

**ASUHAN KEPERAWATAN PEMBERIAN TERAP MOBILISASI  
DINI DALAM MENINGKATKAN MOBILITAS FISIK PADA  
PASIEN POST OPERASI LAPAROTOMI COLIC  
ABDOMEN DIRUANG PAVILLIUN DAHLIA  
RSUD dr. H KOESNADI BONDOWOSO**

**KARYA ILMIAH AKHIR**



**Oleh :**

**Dina Khoirunnisa S.Kep**

**NIM. 24101079**

**PROGRAM STUDI PROFESI NERS**

**FAKULTAS ILMU KESEHATAN**

**UNIVERSITAS dr. SOEBANDI**

**JEMBER**

**2025**

## HALAMAN PENGESAHAN

### ASUHAN KEPERAWATAN PEMBERIAN TERAPI MOBILISASI DINI DALAM MENINGKATKAN MOBILITAS FISIK PADA PASIEN POST OPERASI LAPAROTOMI COLIC ABDOMEN DIRUANG PAVILLIUN DAHLIA RSUD dr. H KOESNADI BONDOWOSO

#### KARYA ILMIAH AKHIR NERS

Disusun Oleh :

**Dina Khoirunnisa S.Kep**

**NIM. 24101097**


Telah berhasil dipertahankan dihadapan Dewan penguji dalam ujian sidang karya ilmiah akhir ners pada Tanggal 4 Bulan September Tahun 2025 dan telah diterima sebagai bagian persyaratan yang diperlukan untuk meraih gelar Ners pada Program Studi Profesi Ners Fakultas Ilmu Kesehatan Universitas dr. Soebandi Jember


#### DEWAN PENGUJI


Penguji I     Hendra Dwi Cahyono, S.Kep., Ns., M.Kep  
                  NIDN. 0724099204

Penguji II     Yudi Mardiyantowijoyo S.Kep., Ns  
                  NIP. 198903172022041001

Penguji III    Andi Eka Pranata S.ST., S.Kep., Ns., M.Kes  
                  NIDN. 0722098602

(  )

(  )

(  )

Ketua Program Studi Profesi Ners

  
Emi Eliya Astuti S. Kep., Ns., M. Kep  
NIDN. 0720028703

## ABSTRACT

### **NURSING CARE OF EARLY MOBILIZATION IN IMPROVING PHYSICAL MOBILITY IN POST-OPERATIVE LAPAROTOMY COLIC ABDOMEN PATIENTS IN THE DAHLIA PAVILION OF THE DR. H KOESNADI BONDOWOSO REGIONAL GENERAL HOSPITAL**

**Dina Khoirunnisa<sup>\*</sup>, Andi Eka Pranata<sup>\*\*</sup>**

*Nursing Professional Study Program, Faculty of Health Sciences, Dr. Soebandi University, Jember*

*email: [dinakhoirunnisa717@gmail.com](mailto:dinakhoirunnisa717@gmail.com)*

*Korespondensi Penulis: [info@uds.ac.id](mailto:info@uds.ac.id)*

***\*\*Korespondensi Penulis :***

#### *Abstract*

**Introduction:** Patients who have undergone laparotomy for abdominal colic often experience limited physical mobility due to pain, muscle weakness, and fear of movement, which can affect the healing process. Prolonged immobilization increases the risk of complications such as deep vein thrombosis, pneumonia, and ileus. Early mobilization is one of the nursing interventions to accelerate physical function recovery and reduce postoperative complications. **Objective:** To determine the effectiveness of early mobilization in improving physical mobility in patients after abdominal colic laparotomy in the Dahlia Pavilion Room of Dr. H. Koesnadi Bondowoso Regional General Hospital. **Methods:** This study used a descriptive study design with a case study approach. The research subjects were post-operative patients who underwent laparotomy for abdominal colic and received early mobilization intervention according to the hospital's standard operating procedures (SOP). Data collection was conducted through observation, nursing assessment, and documentation of the patients' physical mobility progress during 3 days of care. **Results:** The results showed a gradual increase in physical mobility after early mobilization. On the first day, patients were only able to turn on their beds with assistance. On the second day, patients can sit on the edge of the bed for approximately 15 minutes. On the third day, they are able to stand and walk 3–5 steps with assistance. Early mobilization intervention has been proven effective in increasing the level of physical mobility independence in patients. **Conclusion:** Early mobilization has a positive effect on improving the physical mobility of patients after laparotomy for abdominal colic. These results support the importance of implementing early mobilization as an integral part of post-surgical nursing care to accelerate recovery and prevent complications.

**Keywords:** Abdominal colic, Early mobilization, Physical mobility, Pain