OVERVIEW OF IMPLEMENTATION IN TRAINING POST OPERATIVE FOR GENERAL SURGERY PATIENT IN PKU MUHAMMADIYAH HOSPITAL OF SURAKARTA

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Pembimbing I

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Pembimbing II

Okti Sri Purwanti, S.Kep, Ns, M.Ns SP.Kep. MB
OVERVIEW OF IMPLEMENTATION IN TRAINING POST OPERATIVE FOR GENERAL SURGERY PATIENT IN PKU MUHAMMADIYAH HOSPITAL OF SURAKARTA

Aneesa Salaeh *
Siti Arifah, S.Kp.,M.Kes**

Abstrak

Recovery is required to the client undergoing anesthesia procedures to restore the function of the body is disrupted. recovery procedure can be done after the surgery is post-operative exercises are performed early ambulation in patients immediately after surgery at the start of getting and sitting beside on the bed until the patient step on the bed, stood up and started learn to walk. The purpose of this study was to overview the implementation of post-surgery for patients in RS.PKU Muhammadiyah Surakarta. This research is descriptive exploratory study. The sample was 40 patients post operasi general surgery at the Hospital of PKU Muhammadiyah Surakarta. The Data processing techniques is using descriptive techniques. Based on the results of research and discussion, so the conclusions of this study are: the implementation of post-surgery training at the hospital. PKU Muhammadiyah include (1) the breathing exercises performed after 15-30 minutes post-surgery, (2) The exercise when performing effective cough largely implemented, (3) exercise when performing a tilted position largely performed 2-3 hours after surgery, (4) The largely of leg exercise performed in 3-4 hours after surgery, and (5) The largely of implemented exercise while doing early ambulation largely after 48 hours following surgery.

Keywords: exercise post surgery, patients post-surgery, general surgery
INTRODUCTION

Surgery is the treatment measures that use the way of action by opening or display the body part to be handled (Sjamsuhidajat & Jong, 2005). The surgical procedure usually use anesthesia may impede the client's ability to respond to environmental stimuli helps clients to avoid trauma to the body. Recovery is required on the client undergoing anesthesia procedure to restore body functions are disturbed period of recovery from anesthesia vary, depending on the type of anesthesia used. The dose and the individual response (Kozier, 2010).

One of the recovery procedure can be done after the surgery is an exercise of postoperative that early ambulation were performed immediately in patients after surgery in the start up and sat down beside the bed until the patient gets out of bed, stood up and started to learn to walk (Roper, 2005). Problems of that often occur when the patient feels too ill or pain and other factors that cause the patient does not want to do early mobilization and choose to rest in bed (Black & Hawks, 2010). Many factors that affect the implementation of early ambulation of patients post-surgery, as the patient's health condition, nutrition, emotions, situations, and habits, beliefs and values of social support, lifestyle and knowledge (Lewis, 2011).

Preliminary study data in the medical record on November 3, 2014 at PKU Muhammadiyah Hospital in Solo, found the amount of surgery in general surgery in 2014 as many as 1248 cases. Researchers also interviewed the patients about the implementation of the operation against the post workout 3 postoperative patients are able to do breathing exercises and effective coughing then tilted to the right and left can begin. Apparently there are also 2 postoperative patients can not perform all the operations post the implementation of the exercise because of the aches and pains that the reason they tend to move into difficulty urinating result bowel and stiffness.

Based on the explanation above, the research wanted to do a picture of the implementation of post-surgery practice in general surgery patients in hospital PKU Muhammadiyah Surakarta.

RESEARCH METHODOLOGY

Research design

This research used descriptive explorative research. Descriptive analysis only to the description it is to analyze and present the data systematically, so it can be more easily understood and concluded while the exploratory research is a type of research that aims to discover something new in the form of a grouping of symptoms, facts and certain diseases. Descriptive exploratory study aimed to describe the state of a phenomenon, in this study was not intended to test a specific hypothesis but only a portrait of about a variable, symptom or state (Arikunto, 2010).

Population and Sample

The population in this study were all patients postoperative general surgery at the Hospital of PKU Muhammadiyah Surakarta.

The samples were 40 patients with postoperative general surgery at the Hospital of PKU Muhammadiyah Surakarta with the determination of sample accidental sampling technique.

Research Instruments

This study uses a measuring instrument in the form of observation sheet.
Data analysis

Analysis of the data in this study is descriptive univariate.

RESULTS AND DISCUSSION

Frequency Distribution of Implementation Breathing Exercises in General Surgery Patients

Table 1. Frequency Distribution of Implementation Breathing Exercises

<table>
<thead>
<tr>
<th>No</th>
<th>Implementation of Exercise</th>
<th>freq</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>15 – 30 minute</td>
<td>36</td>
<td>90%</td>
</tr>
<tr>
<td>2</td>
<td>&gt; 30 minute</td>
<td>4</td>
<td>10%</td>
</tr>
<tr>
<td>3</td>
<td>not implemented</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>40</td>
<td>100%</td>
</tr>
</tbody>
</table>

Implementation of the breathing exercises in surgical patients at RS PKU Muhammadiyah Surakarta showed largely implemented during the 15-30 minutes after surgery (90%). Implementation of the breathing exercises in PKU Muhammadiyah Hospital performed by the patient after taught by nurses. Breathing exercises done to help patients to control pain experienced after surgery.

The results support previous research that studies Utami (2014). This study examines the implementation of deep breathing relaxation exercises to decrease postoperative pain levels of patients in hospitals Karanganyar apendiktomi. This study shows that the majority of patients with postoperative apendiktomi (85%) get breathing exercises. This study shows that the purpose of performing deep breathing relaxation aims to reduce the level of pain the patient postoperative apendiktomi.

Another study conducted by Julio (2010), which examines the implementation of the breathing exercises in patients with regional surgery in hospital Sao Paolo Brazil. This study showed that most patients receive postoperative regional implementation breathing exercises that aim to reduce the level of pain for patients post-surgery.

This study shows that the implementation of the breathing exercises are mostly done after 15-30 minutes post-surgery operations. This is in accordance with the opinion of Topcu and Findik (2012) which states that non-pharmacological therapy should be carried out on the first day after surgery the patient is awake after 15-30 minutes.

Frequency Distribution of Implementation effective coughing in General Surgery Patients

Table 2. Frequency Distribution of Cough Effective Implementation

<table>
<thead>
<tr>
<th>No</th>
<th>Implementation of Exercise</th>
<th>freq</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1 – 2 hours</td>
<td>7</td>
<td>18%</td>
</tr>
<tr>
<td>2</td>
<td>not implemented</td>
<td>33</td>
<td>82%</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>40</td>
<td>100%</td>
</tr>
</tbody>
</table>

Implementation of effective coughing exercises in surgical patients at RS PKU Muhammadiyah Surakarta mostly not implemented (82%). In this study, the majority of respondents are women who undergo cesarean surgery. Nurses at PKU Muhammadiyah Surakarta not taught for exercises to patients cesarean cough, coughing exercises effective taught and performed for other laparotomy patients by 7 respondents (18%).

This is consistent with research Johansen (2012) which shows that the effective coughing exercises performed for all patients with abdominal surgery. However, this study also shows that in some patients with this type of cesarean surgery do not get exercise effective cough, but patients do not exercise effective cough, it is because not all patients experienced a cesarean operation of collecting secretions in the respiratory tract.
Another study conducted by Jyoti (2014) who studied the effect of planning techniques to parameter ambulate the patient's physical condition and non cesarean cesarean. Physical parameters measured include the level of pain, respiratory, stomach, and swallowing ability. This study shows that there are differences in the level of pain and the condition of the patient’s abdomen and non cesarean, while breathing and swallowing ability there is no difference, where breathing and swallowing abilities in both study groups was good. No interruption in the ability of breathing and swallowing ability, then the patient does not do exercise cesarean enable effective cough.

In this study showed that most patients do not get exercise effective cough. This is due to the majority of respondents are cesarean patients, so the ability to breathe and remove secretions still good (Elizabeth, 2013).

Frequency Distribution of Implementation Exercise Turning (Position Italics) in General Surgery Patients

Table 3. Frequency Distribution of Implementation Exercise Turning (Position Italics)

<table>
<thead>
<tr>
<th>No</th>
<th>Implementation of Exercise</th>
<th>freq</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2–3 hours</td>
<td>21</td>
<td>53%</td>
</tr>
<tr>
<td>2</td>
<td>&gt;3 hours</td>
<td>19</td>
<td>47%</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>40</td>
<td>100%</td>
</tr>
</tbody>
</table>

Implementation of turning exercises in surgical patients at RS PKU Muhammadiyah Surakarta shows all get a workout turning where the highest distribution performed 2–3 hours after surgery (53%). Implementation of turning exercises given by nurses in RS PKU Muhammadiyah Surakarta aims to prevent complications in patients such as the emergence of injuries hit, but it is also to reposition that post partum mothers can sleep comfortably at reducing the pressure on the stomach. Oblique exercises performed on postoperative patients would enable patients to rest or sleep (HSC, 2014).

Results of this study as proposed by Black (2010) who said that turning is done laterally tilted right or left after 2–4 hours post operative patients to prevent complications. General surgery patients, usually will have conditions that are not able to mobilize. This condition causes the risks of complications such as pressure sores. One of the efforts made to minimize these conditions is done turning (exercise tilted position) in patients.

Frequency Distribution of Implementation Exercise Legs in General Surgery Patients

Table 4. Frequency Distribution of Implementation Exercise Legs

<table>
<thead>
<tr>
<th>No</th>
<th>Implementation of Exercise</th>
<th>freq</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>3–4 hours</td>
<td>22</td>
<td>55%</td>
</tr>
<tr>
<td>2</td>
<td>&gt;4 hours</td>
<td>16</td>
<td>40%</td>
</tr>
<tr>
<td>3</td>
<td>not implemented</td>
<td>2</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>40</td>
<td>100%</td>
</tr>
</tbody>
</table>

Implementation of leg exercises in surgical patients at RS PKU Muhammadiyah Surakarta mostly carried out 3–4 hours after surgery (55%). Implementation of leg exercises at RS PKU Muhammadiyah Surakarta aims to facilitate the movement of post-surgical patient’s leg.

Leg exercise is one of the interventions given by nurses to patients post-surgery. It is as stated in the research Renyta (2008) which revealed that the exercises given in surgical patients laparotomy include breathing exercises, active exercise feet, muscle training legs, exercises to strengthen the pelvic floor muscles, exercise squat and stand, and training establishment the right attitude.

The result of this research showed that exercise leg to responden implementation
after 3-4 hours. This case appropriate with conducted by Helton (2004)

In this study there were two respondents (5%) were not doing leg exercises, it is because the patient has not dared to do leg exercises. Actually, the nurses teach and motivate patients to early ambulation, but because the patient was still afraid and do not feel safe to move, then the patient does not want to do leg exercises.

Frequency Distribution of Implementation Early ambulation in General Surgery Patients

Table 5. Frequency Distribution of Implementation Exercise Early ambulation

<table>
<thead>
<tr>
<th>No</th>
<th>implementation of Exercise</th>
<th>freq</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>48 hours</td>
<td>20</td>
<td>50%</td>
</tr>
<tr>
<td>2</td>
<td>&gt; 48 hours</td>
<td>18</td>
<td>45%</td>
</tr>
<tr>
<td>3</td>
<td>not implemented</td>
<td>2</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>40</td>
<td>100%</td>
</tr>
</tbody>
</table>

Implementation of early ambulation training in surgical patients at RS PKU Muhammadiyah Surakarta largely carried out 48 hours after surgery (50%). Exercise early ambulation in PKU Muhammadiyah Hospital aims to improve the recovery of veins and intestines peraltatik patients.

Implementation of early ambulation in patients laparotomy surgery as the result of research Yuni (2013) on the implementation of early ambulation in patients with postoperative laparotomy in the Holy hospitals. This study shows that early ambulation exercises conducted in the recovered unconscious and carried out 24 hours after surgery with the aim to improve the smoothness of the patient's blood circulation.

Implementation of early ambulation in 48 hours as stated by Perry & Potter (2009) which revealed that the patient is advised to immediately mobilized after 24-48 hours of the first post-surgery. Post-operative movement will accelerate the achievement of conditions such as pre-surgery level. Nurses have a role as an educator and motivator so that post-operative patients are able to mobilize independently. Nurses should be able to respond to the needs of patients with nursing action: promotive, preventive, curative and rehabilitative. In this case, the nurse must be able to assess accurately the level of the patient's needs will mobilization, mobilization planning nursing actions to obtain quality health care and comprehensive.

In this study there were two respondents (5%) who do not exercise early ambulation, it is because the patient has not dared to do early ambulation. Actually, the nurses teach and motivate patients to early ambulation, but because the patient was still afraid and do not feel safe to move, then the patient does not want to do early ambulation.

CONCLUSIONS AND SUGGESTIONS

Conclusion
2. Implementation of the exercises during a coughing effective in patients with postoperative general surgery in RS.PKU Muhammadiyah Surakarta largely implemented.
3. Implementation of training during a tilted position in the patient's postoperative general surgery in RS.PKU Muhammadiyah Surakarta mostly carried out 2-3 hours after surgery.
4. Implementation of exercise while doing leg exercises in general surgery patients in RS.PKU Muhammadiyah Surakarta mostly carried out 3-4 hours after surgery.
5. Conduct when performing early ambulation training in general surgery
patients in RS.PKU Muhammadiyah Surakarta largely implemented after 48 hours following surgery.

**Suggestion**

1. For Hospital
   Hospitals should set up regulatory implementation postoperative patient mobility training, so that the patient's recovery process can be further improved.

2. For Nurses
   Nurses should constantly improve their knowledge and skills in conducting training in patients postoperatively. Steps that can be taken, among others by following the training, seminars or work shop, so the quality of nursing care to the patient increase.

3. For Further Research
   Researchers next need to increase the representation of all operations laparotomy patients, for example, sampling techniques which refer to the representation proportional sample of the types of laparotomy surgery. Researchers should further improve the observation, is not merely implemented or not implemented a training post-surgery patient laparotomy, but also whether the implementation of post-surgery exercise is appropriate or inappropriate.

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