

ABSTRAK

**OPTIMALISASI PEMULIHAN PASIEN *POST-KURETASE* MELALUI
MOBILISASI DINI BERBASIS PROTOKOL PERIOPERATIF DI RUANG OK
RSUP Dr.
TADJUDDIN CHALID MAKASSAR**

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Latar Belakang: Kuretase adalah prosedur ginekologi diagnostik maupun terapeutik. Tindakan ini sering menimbulkan rasa nyeri, meski tiap orang memiliki ambang nyeri berbeda. Anestesi lokal dipakai untuk mengurangi rasa nyeri pada tindakan ginekologi minor, di antaranya blok paraservikal. Mobilisasi dini adalah pergerakan yang dilakukan sedini mungkin di tempat tidur dengan melatih bagian-bagian tubuh untuk melakukan peregangan atau belajar berjalan (merangsang peristaltik dan platus) sehingga menurunkan ketidaknyamanan abdomen.

Metode: Studi kasus ini menggunakan metode observasi mengenai prosedur operasi dan deskriptif dari studi kasus dan pendekatan proses keperawatan.

Hasil: Pemulihan pasien *Pos - kuretase* melalui mobilisasi dini berbasis protokol perioperatif dinilai berhasil dibuktikan dengan setelah pelaksanaan intervensi 1x1 jam nyeri *post kuretase* berkurang dari skala 4 menjadi skala 3 sehingga pasien mampu mobilisasi mandiri.

Kesimpulan: Perlu melakukan mobilisasi dini dengan baik, sehingga bisa membantu pasien untuk cepat pulih, cepat beraktifitas dan menghindari dari kekakuan otot setelah dilakukan tindakan operasi di ruangan Kamar OK RSUP Dr. Tadjuddin Chalid Makassar.

Kata Kunci: Kuretase, Mobilisasi Dini.

ABSTRACT

OPTIMIZATION OF POST-CURETTAGE PATIENT RECOVERY THROUGH EARLY MOBILIZATION BASED ON PERIOPERATIVE PROTOCOLS IN THE OPERATING ROOM OF Dr. TADJUDDIN CHALID HOSPITAL MAKASSAR

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Background: Curettage is both a diagnostic and therapeutic gynecological procedure. This procedure often causes pain, although each individual has a different pain threshold. Local anesthesia is used to reduce pain in minor gynecological procedures, including paracervical block. Early mobilization is movement performed as early as possible in bed by training body parts to stretch or learn to walk (stimulating peristalsis and flatus) to reduce abdominal discomfort.

Methods: This case study used observational methods regarding surgical procedures and descriptive case studies and a nursing process approach.

Results: Post-curettage patient recovery through early mobilization based on the perioperative protocol was deemed successful, as evidenced by reduced post-curettage pain after a 1x1 hour intervention, allowing the patient to mobilize independently.

Conclusion: Early mobilization is important to ensure a speedy recovery, rapid return to activity, and prevention of muscle stiffness after surgery in the operating room at Dr. Tadjuddin Chalid General Hospital, Makassar.

Keywords: Curettage, Early Mobilization.