

## ABSTRAK

Pengaruh Mobilisasi Dini Terhadap *Post Operative Nausea and Vommiting* Pada Pasien Post Operasi Dengan General Anestesi Di RSUD Ngudi Waluyo Wlingi. Herin Fidela Roosyidah (2020). Skripsi, Program Studi Sarjana Terapan Keperawatan Malang, Jurusan Keperawatan, Politeknik Kesehatan Malang. Pembimbing (Utama) Dra. Goretti Maria Shindarti, M.Kes (Pendamping) Taufan Arif, S.Kep., Ns., M.Kep

**Kata Kunci** : General Anestesi, *Post Operative Nausea and Vommiting*, Mobilisasi Dini

*Post Operative Nausea and Vommiting* adalah salah satu yang sering dikeluhkan pasien pasca operasi dengan general anestesi. Pemberian mobilisasi dini akan mempercepat metabolisme pada tubuh, dan mempercepat pelepasan sisa anestesi yang dikeluarkan melalui keringat. Mobilisasi dini menjadi salah satu cara untuk menurunkan PONV. Metode penelitian ini menggunakan desain quasy eksperimen dengan metode penelitian *pre test –post test with control group design*. Sampling menggunakan rumus Frederer. Jumlah sampel yang diteliti berjumlah 36 responden. Penelitian ini menggunakan instrumen *RINVR* untuk mengukur PONV pasien, dan menggunakan SOP mobilisasi dini untuk acuan dalam pemberian intervensi. Penelitian ini dilakukan pada bulan Januari–Februari 2020. Hasil penelitian pada kelompok perlakuan diberi intervensi mobilisasi dini menunjukkan perubahan sebelum diberi intervensi nilai mean menunjukkan 11,61 menjadi 0,00 setelah diberi intervensi, dan nilai p value 0,000. Hasil penelitian pada kelompok kontrol diberi intervensi farmako saja menunjukkan perubahan sebelum diberi intervensi nilai mean menunjukkan 9,61 menjadi 0,83 setelah diberi intervensi dan nilai p value 0,000. Hasil penelitian pengaruh mobilisasi dini terhadap PONV menunjukkan nilai P value 0,003. Mobilisasi dini menyebabkan lancarnya sistem peredaran darah sehingga mengembalikan sistem CVC yang sebelumnya terganggu dan mengekskresikan sisa anestesi melalui keringat. Saran bagi peneliti selanjutnya agar meneliti perbedaan durasi pemberian mobilisasi dini sehingga dapat menurunkan muntah pada pasien post operasi.

## ABSTRACT

The Effect of Early Mobilization on Post Operative Nausea and Vommiting in Postoperative Patients with General Anesthesia at Ngudi Waluyo Wlingi Regional Hospital. Herin Fidela Roosyidah (2020). Thesis, Malang Nursing D-IV Study Program, Nursing Department, Malang Health Polytechnic. Advisor (Principal) Dra. Goretti Maria Shindarti, M. Kes (Assistant) Taufan Arif, S.Kep., Ns., M.Kep

**Keywords:** General Anesthesia, Post Operative Nausea and Vommiting, Early Mobilization

Post Operative Nausea and Vommiting is one of the most commonly complained postoperative patients with general anesthesia. Provision of early mobilization will speed up metabolism in the body, and accelerate the expression of residual anesthesia that is released through sweating. Early mobilization is one way to reduce PONV. This research method uses quasy experimental design with pre-post-test research with control group design. Sampling uses the Frederer formula. The number of samples studied amounted to 36 respondents. This study uses the RINVR instrument to measure a patient's PONV, and uses an early SOP for mobilization as a reference in providing interventions. This research was conducted in January-February 2020. The results of the study in the treatment group were given early mobilization interventions showing changes before being given the intervention, the mean value showed 11.61 to 0.00 after being given the intervention, and the p value was 0,000. The results of the study in the control group were given pharmako intervention alone showed a change before being given an intervention the mean value showed 9.61 to 0.83 after being given the intervention and the p value was 0,000. The results of the study the effect of early mobilization on PONV showed a P value of 0.003. Early mobilization causes a smooth circulatory system so that the CVC system that was previously disrupted and excreted residual anesthesia through sweat. Suggestions for further researchers to examine the differences in the duration of early mobilization so as to reduce nausea and vomiting in postoperative patients.