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LAMPIRAN

Lampiran 1: SOP Tindakan Elevasi 20° Ekstremitas Bawah

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|--|---|
|  <p>Kemenkes Poltekkes Malang</p> | <p align="center">SOP Pemberian Posisi Meninggikan Kaki 20° Pada Klien Post Operasi Fraktur Ekstermitas Bawah</p> |
| <p>Pengertian</p> | <p>Peninggian posisi kaki 20 derajat pada pasien adalah salah satu dari proses intervensi yang dapat dilakukan perawat untuk mengurangi edema kaki. Dengan peninggian kaki maka melawan tarikan gravitasi, sehingga meningkatkan aliran balik vena ke jantung dan mencegah timbulnya statis vena.</p> |
| <p>Tujuan</p> | <p>Peninggian posisi kaki 20 derajat bertujuan agar sirkulasi perifer tidak menumpuk di area distal ulkus dan menyebabkan aliran darah akan cenderung menuju perifer terutama kaki yang mengalami fraktur, dan juga untuk megurangi edema pada kaki. Dimana dengan peninggian kaki maka melawan tarikan gravitasi, sehingga meningkatkan aliran balik vena ke jantung dan mencegah timbulnya statis vena.</p> |
| <p>Prosedur</p> | <p>Persiapan :</p> <p>1. Alat Bantal berupa jirijen yang telah diisi air hingga penuh, sarung tangan, medline, kertas, pulpen</p> <p>2. Lingkungan Siapkan lingkungan yang nyaman dan tenang</p> <p>Cara Kerja :</p> <ol style="list-style-type: none"> 1) Menjelaskan kepada pasien tindakan yang akan dilakukan dan kontrak waktu 2) Mencuci tangan 3) Memposisikan klien sesuai dengan posisi yang nyaman, dengan cara tubuh berbaring dengan kepala memakai bantal dan menjaga privasi klien 4) Lakukan pengukuran pada daerah edema menggunakan <i>medline</i> 5) Catat hasil pengukuran kemudian lakukan peninggian posisi kaki 20° diatas tempat tidur dengan jirijen yang dapat membentuk kaki dengan sudut 20° 6) Lakukan kembali pengukuran derajat edema dengan menekan daerah yang bengkak kemudian catat hasilnya 7) Lakukan peninggian posisi kaki 20° dalam sehari tergantung kemampuan pasien 8) Merapikan klien dan alat |