

ANALISIS ASUHAN KEPERAWATAN INTERVENSI MOBILISASI DINI TERHADAP KEKUATAN OTOT PADA PASIEN DI RUANG INTENSIVE CARE UNIT (ICU)

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Abstrak

Lamanya waktu perawatan pasien di ruang ICU dapat menimbulkan masalah selain penyakit utama pasien. Pasien di ruang ICU seringkali terjadi penurunan kesadaran sehingga menambah waktu pasien *bed rest*. Selain itu, pasien *bed rest* juga dikarenakan penggunaan ventilator dan kondisi kritis pasien sehingga perlu imobilisasi, hal ini dapat meningkatkan risiko terjadinya kelemahan otot. Kondisi ini biasa disebut ICU-AW (*Intensive Care Unit-Acquired Weakness*), prevalensi ICU-AW sendiri beragam tergantung dari penyakit dan kondisi imobilisasi pasien, bisa terjadi karena sepsis (50%), penggunaan ventilator (33%) dan perawatan lebih dari satu minggu di ICU (50%). Mobilisasi dini diberikan pada pasien yang belum lama atau 1-3 hari masuk ruang ICU, selain itu perlu memperhatikan keadaan pasien sebelum diberikan intervensi. Penelitian ini bertujuan untuk menganalisis efek mobilisasi dini sebagai intervensi non farmakologis dalam meningkatkan kekuatan otot pasien. Keberhasilan intervensi yang telah diberikan diukur dengan MRC Scale (*Medical Research Council*), pasien mengalami peningkatan kekuatan otot pada tungkai atas dan bawah.

Kata Kunci : ICU, Kekuatan Otot, Mobilisasi Dini

NURSING CARE ANALYSIS OF EARLY MOBILIZATION INTERVENTION ON MUSCLE STRENGTH IN INTENSIVE CARE UNIT (ICU) PATIENTS

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Abstract

The treatment time of patients in the ICU room can cause problems other than the patient's main disease. Patients in the ICU require intensive care and there is often a decrease in consciousness in patients, thus prolonging bed rest time. In addition, bed rest patients are also due to the use of ventilators and the critical condition of the patient so that it needs immobilization, this can increase the risk of muscle weakness. This condition is commonly called ICU-AW (Intensive Care Unit-Acquired Weakness), the prevalence of ICU-AW itself varies depending on the disease and condition of the patient's immobilization, it can occur due to sepsis (50%), ventilator use (33%) and treatment for more than one week in the ICU (50%). Early mobilization is given to patients who have not long or 1-3 days entered the ICU room, besides that it is necessary to pay attention to the patient's condition before being given the intervention. This study aims to analyze the effect of early mobilization as a non-pharmacological intervention in increasing patient muscle strength. The success of the intervention that has been given is measured by the MRC Scale (Medical Research Council), patients experience increased muscle strength in the upper and lower limbs.

Keywords: Early Mobilization, ICU, Muscle Strength