

ABSTRAK

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PERBEDAAN WAKTU MOBILISASI DINI ANTARA IBU *POST SC*
KONVENSIONAL DAN IBU *POST SC ERACS* DI RSUD Dr. WAHIDIN SUDIRO
HUSODO KOTA MOJOKERTO

xv + 91 halaman + 7 tabel + 12 lampiran

Jumlah kelahiran yang ditangani melalui operasi Caesar di Indonesia menunjukkan tren kenaikan yang berkelanjutan setiap tahunnya. Pada tahun 2021, WHO melaporkan bahwa pelaksanaan persalinan melalui operasi *Sectio Caesarea* mengalami peningkatan di seluruh dunia, dari sebelumnya sekitar 7% menjadi 21%, di Indonesia, berdasarkan Survei Demografi dan Kesehatan Indonesia (SDKI) tahun 2021, tercatat bahwa 17% dari seluruh persalinan yang terjadi di fasilitas kesehatan dilakukan dengan metode *Sectio Caesarea*. Pada tahun 2024, data persalinan di RSUD Dr Wahidin Sudiro Husodo Kota Mojokerto membuktikan bahwa jumlah operasi *Sectio Caesarea* (SC) sebanyak 347 kasus, dengan rincian 95 kasus menggunakan metode Konvensional dan 252 kasus menggunakan metode ERACS.

Tujuan dilaksanakannya penelitian ini guna menganalisis perbedaan waktu dimulainya mobilisasi pada ibu pascapersalinan *Sectio Caesarea* antara pendekatan konvensional dan pendekatan Enhanced Recovery After Cesarean Surgery (ERACS), di mana ERACS memungkinkan mobilisasi lebih awal dibandingkan metode tradisional..

Desain penelitian berupa analitik observasional dengan pendekatan *kohort*. Penggunaan teknik *accidental sampling* untuk pemilihan sampel, dengan instrumen berupa lembar observasi, dan analisis data dilakukan dengan uji *Mann-Whitney* karena data berdistribusi tidak normal. Hasil penelitian menunjukkan adanya perbedaan yang signifikan antara kedua metode. Seluruh ibu yang menjalani metode *ERACS* mampu melakukan mobilisasi dini dalam waktu ≤ 24 jam, sedangkan sebagian besar ibu dengan metode konvensional baru dapat melakukan mobilisasi ≥ 24 jam pascaoperasi. Metode *ERACS* terbukti lebih efektif dalam mempercepat waktu mobilisasi dini dibandingkan metode konvensional. Oleh karena itu, penerapan metode *ERACS* perlu dipertimbangkan secara luas dalam pelayanan kebidanan untuk meningkatkan kualitas pemulihan pascaoperasi SC.

Kata kunci : SC, Konvensional, *ERACS*, Mobilisasi dini.

Daftar bacaan : 26 buku (2020-2024)

ABSTRACT

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DIFFERENCE IN EARLY MOBILIZATION TIME BETWEEN MOTHERS POST CONVENTIONAL SC AND MOTHER POST ERACS SC AT DR. WAHIDIN SUDIRO HUSODO HOSPITAL, MOJOKERTO CITY

xv+ 91 pages + 7 tables + 12 appendices

The number of deliveries using the Sectio Caesarea (CS) method in Indonesia continues to increase every year. WHO estimates that in 2021 the use of Sectio Caesarea operations will continue to increase globally, the rate of Sectio Caesarea operations worldwide has increased from around 7% -21%. According to data from the 2021 SKDI (Indonesian Demographic and Health Survey), the incidence of deliveries in Indonesia using the Sectio Caesarea method was 17% of the total number of births in health facilities. In 2024, data on deliveries at Dr. Wahidin Sudiro Husodo Hospital, Mojokerto City showed that the number of Sectio Caesarea (CS) operations was 347 cases, with details of 95 cases using the Conventional method and 252 cases using the ERACS method.

This study aims to analyze the difference in early mobilization time in post-CS mothers between the conventional method and the Enhanced Recovery After Cesarean Surgery (ERACS) method.

This study uses an observational analytical design with a cohort approach. Samples were taken using the accidental sampling technique. The data collection instrument used an observation sheet, and data analysis was performed using the Mann-Whitney test because the data were not normally distributed. The results showed a significant difference between the two methods. All mothers who underwent the ERACS method were able to perform early mobilization within ≤ 24 hours, while most mothers with the conventional method were only able to mobilize ≥ 24 hours after surgery. The ERACS method has been proven to be more effective in accelerating early mobilization time compared to the conventional method. Therefore, the application of the ERACS method needs to be widely considered in obstetric services to improve the quality of post-CS recovery.

Keywords: SC, Conventional, ERACS, Early Mobilization.

References : 26 book (2020-2024)