ABSTRACT

Early mobilization is an effort to maintain independency as early as possible by guiding patients to maintain their physiology function after having sectio caesarean. Early mobilization on post-surgical patient may prevent complications like lung embolism and thrombophlebitis. When post sectio caesarean patient does not do early mobilization, it may cause bad uterine involution and raise body temperature because of unreleased blood and causes infection. The purpose of this study is to know about the implementation of early mobilization in post sectio caesarean patients. Method: this is descriptive observational study which was done by observing early mobilization of post sectio caesarean patients in the first 24 hours. There were 52 respondents as samples, technique of sampling used in this study was accidental sampling. Result of study showed that 69,2% of post sectio caesarean patients in ward had done early mobilization. There were some factors that supported implementation of early mobilization, 69,4% of patients who did early mobilization were 21-35 years old, 55,6% of patients who did early mobilization graduated from senior high school, statistical analysis showed that there was correlation between implementation of early mobilization and education of patient. 61,1% of patients who did early mobilization had occupation, 75% of patients who did early mobilization had normal BMI, 83,3% of patients who did early mobilization had normal blood pressure, 80,6% of patients who did early mobilization were multigravida, 52,8% of patients who did early mobilization had sectio caesarean for the first time, 66,7% of patients who did early mobilization got support from health provider, statistical analysis showed that there was correlation between implementation of early mobilization and level of support gotten by patient from health provider.

Conclusion implementation of early mobilization of post sectio caesarean patient was influenced by education of patient and support from health provider.

Keyword: Early mobilization, post sectio caesarean

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