

**PENGARUH MOBILISASI DINI TERHADAP *LENGTH OF STAY* (LOS)
PADA PASIEN AMI DI RUANG ICU/ICCU RS DKT. dr SOEDJONO
MAGELANG DAN RSUD TIDAR**

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INTISARI

Latar Belakang : Pasien AMI yang menjalani perawatan di ICU/ICCU mengalami kondisi *bed rest*/imobilisasi. Pasien dalam kondisi *bed rest* dapat memperburuk kondisi kerja jantung yang akan memperlama lama rawat. Untuk mencegah efek yang merugikan, penatalaksanaan yang dapat diberikan adalah mobilisasi dini.

Tujuan Penelitian : Diketahui pengaruh mobilisasi dini terhadap *length of stay* (LOS) pada pasien AMI di Ruang ICU/ICCU RS DKT dr. Soedjono Magelang dan RSUD Tidar Magelang.

Metode Penelitian : Jenis penelitian adalah *Quasi Experiment* dengan pendekatan *cohort study*. Sampel dalam penelitian ini sebanyak 22 responden dengan teknik pengambilan sampel *purposive sampling*. Penelitian ini dilakukan pada bulan 1-12 Agustus 2017 di Ruang ICU/ICCU RS DKT dr. Soedjono Magelang dan RSUD Tidar Magelang. Hasil penelitian ini dianalisis menggunakan *Independent T-Test*.

Hasil Penelitian : Hasil penelitian menunjukkan lama rawat pasien AMI pada kelompok kontrol yang tertinggi adalah selama 3 hari dan 4 hari berjumlah 4 orang (36.4%), pada kelompok intervensi yang tertinggi dirawat selama 2 hari berjumlah 6 orang (54.5%). Hasil uji perbedaan lama rawat antara kelompok kontrol dan kelompok uji yaitu signifikan dengan nilai *p value* .011.

Kesimpulan : Terdapat perbedaan yang signifikan lama rawat antara kelompok kontrol dan kelompok intervensi, pasien yang dilakukan penatalaksanaan mobilisasi dini di Ruang ICU/ICCU RS DKT dr. Soedjono Magelang dan RSUD Tidar Magelang.

Kata Kunci : Mobilisasi dini, *Length of stay* (LOS), *Acute myocardial infarction* (AMI)

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**The Influence of Early Mobilization on Length Of Stay (LOS) in Patients
With AMI in ICU/ICCU Room of dr. Soedjono Military Hospital of
Magelang and Tidar General Hospital**

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ABSTRACT

Background : Patients with AMI who are having care in ICU/ICCU room are under bed rest/immobilization condition. Patients under bed rest condition may get worse myocardial function and need longer care period. In order to prevent harmful effect, management that can be implemented is early mobilization.

Objective : To identify The Influence of Early Mobilization on Length of Stay in patients of AMI in ICU/ICCU room of dr. Soedjono Military Hospital of Magelang and Tidar General Hospital

Method : The type of this study was quasi experiment with cohort study approach. Samples in this study were 22 respondents selected through purposive sampling technique. This study was conducted on 1st-12th August 2017 in ICU/ICCU room of dr. Soedjono military hospital of Magelang and Tidar general hospital of Magelang. The study result was analyzed by applying Independent T-Test.

Result : The study result revealed that the longest length of stay of patient with AMI in control group was 3 days and 4 days as many as 4 persons (36,4%), in intervention group was 2 days as many as 6 persons (54,5%). The significance test result figured out the difference between length of stay of control group and intervention group with p value of 0.011.

Conclusion : There was a significantly different length of stay between control group and intervention group patients who received early mobilization management in ICU/ICCU room of dr. Soedjono military hospital of Magelang and Tidar general hospital of Magelang.

Keywords : Early Mobilization, Length of Stay (LOS), Acute Myocardial Infarction (AMI).

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