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Skripsi, Agustus 2025  
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**PENGARUH MOBILISASI DINI TERHADAP PENURUNAN  
SKALA NYERI PASIEN *POST OF OPERATION OPEN REDUCTION AND  
INTERNAL FIXATION (ORIF) DI RSUD CIDERES***

xvi + 119 + 9 tabel + 6 skema + 12 lampiran

**ABSTRAK**

Pembedahan merupakan suatu peristiwa yang bersifat bifasik terhadap tubuh yang berimplikasi pada pengelolaan nyeri. Pembedahan ini bisa disebabkan oleh berbagai hal diantaranya karena patah tulang (*fracture*) yang termasuk operasi Orthopedi. *Open Reduction Internal Fixation (ORIF)* adalah jenis operasi dengan pemasangan internal fiksasi yang dilakukan ketika tidak dapat direduksi secara cukup dengan *close reduction*, untuk mempertahankan posisi yang tepat pada fragmen fraktur. Masalah keperawatan yang muncul pada pasien *post* operasi diantaranya nyeri, kerusakan integritas kulit, dan resiko infeksi.

Penelitian ini bertujuan untuk mengetahui pengaruh mobilisasi dini terhadap penurunan skala nyeri pasien *Post of ORIF* di RSUD Cideres tahun 2025. Penelitian ini menggunakan jenis penelitian pre eksperimental. Desain yang digunakan berbentuk *one group pretest-posttest design* dan didapatkan 45 sampel.

Data hasil pemeriksaan yang diperoleh dilakukan uji *Wilcoxon*. Hasil analisis data diperoleh kesimpulan yaitu lebih dari setengahnya (51,2%) atau 23 orang pasien *Post of ORIF* di RSUD Cideres tahun 2025 sebelum dilakukan mobilisasi dini dengan skala nyeri berat. Sedangkan, lebih dari setengahnya (77,7%) atau 35 orang pasien *Post of ORIF* di RSUD Cideres tahun 2025 setelah dilakukan mobilisasi dini dengan skala nyeri sedang.

Uji *Wilcoxon* menunjukkan nilai sig.  $p_{value}$  0,000. artinya ada pengaruh mobilisasi dini terhadap penurunan skala nyeri pasien *Post of ORIF* di RSUD Cideres.

**Kata Kunci : *Post ORIF, Mobilisasi Dini, Skala Nyeri***  
**Daftar Pustaka : 36 (2016 – 2025)**

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*Mini Thesis, August 2025*

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***THE EFFECT OF EARLY MOBILIZATION ON DECLINE PAIN SCALE OF  
PATIENTS POST OPEN REDUCTION AND INTERNAL FIXATION (ORIF) AT  
CIDERES HOSPITAL***

*xvi + 119 + 9 tables + 6 scheme + 12 enclosure*

**ABSTRACT**

*Surgery is a biphasic event on the body that has implications for pain management. This surgery can be caused by various things, including fractures (fractures) which include Orthopedic surgery. Open Reduction Internal Fixation (ORIF) is a type of surgery with internal fixation that is performed when it cannot be sufficiently reduced by close reduction, to maintain the proper position of the fracture fragment. Nursing problems that arise in postoperative patients include pain, damage to skin integrity, and risk of infection.*

*This study aims to determine the effect of early mobilization on reducing the pain scale of Post of ORIF patients at Cideres Hospital in 2025. This study uses a pre-experimental type of research. The design used was in the form of a one group pretest-posttest design and 45 samples were obtained.*

*The data obtained from the examination results was carried out by the Wilcoxon test. The results of the data analysis came to the conclusion that more than half (51.2%) or 23 Post of ORIF patients at Cideres Hospital in 2025 before early mobilization with a severe pain scale were carried out. Meanwhile, more than half (77.7%) or 35 Post of ORIF patients at Cideres Hospital in 2025 after early mobilization with a moderate pain scale.*

*Wilcoxon's test shows a value of sig. pvalue 0.000. This means that there is an effect of early mobilization on the reduction of the pain scale of Post of ORIF patients at Cideres Hospital.*

***Kata Kunci : Post ORIF, Early Mobilization, Pain Scale***

***Referencies : 36 ( 2016 – 2025)***