

## ABSTRACT

### DIFFERENCES IN LENGTH OF STAY AND EARLY MOBILIZATION BETWEEN PATIENT WITH SC USING ERACS METHOD AND PATIENT WITH SC USING NON-ERACS METHOD AT RSIA PUTI BUNGSU CENTRAL LAMPUNG REGENCY IN 2022

By

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**Background:** The number of CS deliveries at the request of mothers has been increased and can be seen from the large ratio of CS deliveries worldwide which has increased and exceeded the WHO recommended range in 2015 by 10-15%. Enhanced Recovery After Caesarean Section (ERACS) is a surgical technique developed for cesarean delivery which shows several advantages over conventional SC care, such as faster functional recovery and a shortening of the patient's length of stay. This study aims to determine differences in length of stay and early mobilization between patients with SC surgery using the ERACS method and patients with SC surgery using the non-ERACS method.

**Method:** This research is an observational analytic study with a cross-sectional approach using primary data which was conducted in November-December 2022. Sampling used a consecutive sampling technique with a total of 104 people which were then adjusted to the inclusion and exclusion criteria, and 100 people were obtained as samples. Data was obtained by filling out the questionnaire. Data were processed using the Mann-Whitney test (for the numerical data group) and Chi-Square (for the categorical data group).

**Results:** 50 samples were obtained from the ERACS method SC patient group and 50 samples from non-ERACS method SC patients. The results of the bivariate test showed that SC patients with the ERACS method had a shorter hospitalization time than non-ERACS SC patients with  $p = 0.009$ . In addition, there were more SC patients with the ERACS method who fulfilled the implementation of early mobilization than non-ERACS method SC patients with  $p = 0.001$ .

**Conclusion:** There is a differences in length of stay and early mobilization between patients with SC surgery using the ERACS method and patients with SC surgery using the non-ERACS method.

**Keywords :** early mobilization, ERACS, length of stay, sectio caesarea

## ABSTRAK

### PERBEDAAN LAMA RAWAT INAP DAN MOBILISASI DINI ANTARA PASIEN *SECTIO CAESAREA* METODE ERACS DAN PASIEN *SECTIO CAESAREA* METODE NON ERACS DI RSIA PUTI BUNGSU KABUPATEN LAMPUNG TENGAH TAHUN 2022

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**Latar Belakang :** Meningkatnya angka persalinan SC atas permintaan ibu dapat dilihat dari besar rasio persalinan SC di seluruh dunia yang telah meningkat dan melebihi batas kisaran yang direkomendasikan WHO pada 2015 yaitu 10-15%. *Enhanced recovery after caesarean section* (ERACS) merupakan salah satu teknik operasi yang dikembangkan pada persalinan sesar yang menunjukkan beberapa keunggulan dibandingkan perawatan SC konvensional, seperti adanya pemulihan fungsional yang lebih cepat serta memperpendek lama rawat inap pasien. Penelitian ini bertujuan untuk mengetahui perbedaan lama rawat inap dan mobilisasi dini antara pasien operasi SC metode ERACS dan pasien operasi SC metode non ERACS.

**Metode:** Penelitian ini merupakan penelitian yang bersifat analitik observasional dengan pendekatan *cross sectional* menggunakan data primer yang dilakukan pada bulan November-Desember 2022. Pengambilan sampel menggunakan teknik *consecutive sampling* dengan jumlah 104 orang yang kemudian disesuaikan dengan kriteria inklusi dan eksklusi, lalu didapatkan 100 orang menjadi sampel. Data diperoleh dengan pengisian kuesioner. Data diolah menggunakan uji Mann-Whitney (untuk kelompok data numerik) dan Chi-Square (untuk kelompok data kategorik).

**Hasil:** Didapatkan 50 sampel dari kelompok pasien SC metode ERACS dan 50 sampel pasien SC metode non ERACS. Hasil uji bivariat menunjukkan bahwa pasien SC metode ERACS memiliki waktu rawat lebih cepat daripada pasien SC metode non ERACS dengan nilai  $p = 0,009$ . Selain itu, didapatkan jumlah pasien SC metode ERACS yang memenuhi pelaksanaan mobilisasi dini juga lebih banyak dibandingkan pasien SC metode non ERACS dengan nilai  $p = 0,001$ .

**Kesimpulan:** Terdapat perbedaan lama rawat inap dan mobilisasi dini antara pasien SC metode ERACS dan pasien SC metode non ERACS.

**Kata kunci:** ERACS, lama rawat inap, mobilisasi dini, *sectio caesarea*