

ABSTRAK

Pasien terkonfirmasi COVID-19 yang tanpa gejala dan gejala ringan tidak memerlukan rawat inap di rumah sakit tetapi harus menjalani isolasi selama 10 (sepuluh) hari baik secara isolasi mandiri di rumah maupun isolasi terpusat di fasilitas publik yang dipersiapkan pemerintah pusat, pemerintah daerah, maupun swasta sesuai dengan ketentuan peraturan perundang-undangan. Pelaksanaan isolasi mandiri yang diikuti dengan menurunnya aktivitas fisik dapat mengakibatkan menurunnya kebugaran, gangguan muskuloskeletal, penurunan kognitif dan atrofi otot. Penelitian ini bertujuan untuk membuat prototype aplikasi android LET'S FISIO (Layanan, Edukasi Dan Terapi Bersama Fisioterapis) sebagai solusi fisioterapi mandiri pada pasien Covid-19 isolasi mandiri sehingga dapat membantu masyarakat terdampak COVID-19 yang sedang melakukan isolasi mandiri di rumah agar dapat terus sehat dan bugar sehingga dapat mempercepat penyembuhan dan menyatukan kegiatan belajar mengajar terkait Kampus Merdeka sehingga dosen dan mahasiswa dapat berpartisipasi dan terlibat langsung dalam menghadapi pandemi COVID-19 yang sedang terjadi. Desain dan Perancangan meliputi: penentuan perangkat, pembelian perangkat, perangkat, perakitan komponen, uji coba dan evaluasi, maintenance dan luaran berupa: model/rancangan kegiatan MBKM, publikasi pada jurnal Internasional minimal submitted pada tahun berjalan, aplikasi LET'S FISIO, prototype buku ajar, draft PATEN sederhana (terdaftar) program aplikasi LET'S FISIO, video rekaman (HKI) produk model aplikasi LET'S FISIO, publikasi media massa, manual book program aplikasi LET'S FISIO. Aplikasi android LET'S GO FISIO dilengkapi dengan berbagai fitur antara lain: Quick Call, Physiotherapy on The Way, Call and SMS, Medical Record, My Wallet, dan lain-lain dan diharapkan dapat dimanfaatkan oleh pasien dan fisioterapis sehingga dapat mendekatkan pelayanan fisioterapi ke masyarakat.

Kata Kunci : aplikasi android, fisioterapi, isolasi mandiri, pasien COVID-19, LET'S FISIO

ABSTRACT

Confirmed COVID-19 patients who have no symptoms and mild symptoms do not require hospitalization but must undergo isolation for 10 (ten) days either independently at home or in centralized isolation in public facilities prepared by the central government, regional government, or private sector. in accordance with the provisions of the legislation. Implementation of self-isolation followed by decreased physical activity can result in decreased fitness, musculoskeletal disorders, cognitive decline and muscle atrophy. This study aims to create a prototype android application LET'S FISIO (Services, Education and Therapy with Physiotherapists) as an independent physiotherapy solution for self-isolated Covid-19 patients so that they can help people affected by COVID-19 who are self-isolating at home so that they can stay healthy and stay healthy. fit so that they can accelerate healing and unite teaching and learning activities related to the Merdeka Campus so that lecturers and students can participate and be directly involved in dealing with the ongoing COVID-19 pandemic. Design and Design includes: device determination, equipment purchase, equipment, component assembly, testing and evaluation, maintenance and outputs in the form of: MBKM activity model/design, publication in international journals at least submitted in the current year, LET'S FISIO application, textbook prototype, a simple (registered) PATENT draft for the LET'S FISIO application program, video recordings (HKI) of the LET'S FISIO application model product, mass media publications, manual book for the LET'S FISIO application program. The LET'S GO FISIO android application is equipped with various features including: Quick Call, Physiotherapy on The Way, Call and SMS, Medical Record, My Wallet, and others and is expected to be used by patients and physiotherapists so that they can bring physiotherapy services closer to the community.

Keywords: android application, physiotherapy, self-isolation, COVID-19 patients, LET'S FISIO