

EFFORTS TO PREVENT DECUBITUS IN BED REST PATIENTS BY OVER LYING DOWN THROUGH THE MEDIA BOOKLETS

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ABSTRAC

Background: *Bed rest is the lying down of the patient in bed due to the inability to perform movement or activity. Prolonged bed rest can have a negative impact on the patient's body system, one of the negative impacts is that it can cause loss of skin integrity such as pressure sores. Changes in position to prevent pressure sores by giving a position every 2 hours by giving a bed transfer has the opportunity to reduce pressure and friction on the skin so as to prevent pressure sores. Lack of public knowledge requires media to be used as a means of health education.* **Method:** *Patients who experience bed rest when given over bed for 2 hours can prevent pressure sores. This method is very effective and there are research journals that prove it.* **Result:** *The author is interested in making the output in the form of booklet media. Making the booklet itself aims to increase knowledge and add insight.* **Conclusion:** *The media booklets for preventing pressure sores by replacing beds can provide information on how to prevent pressure sores from occurring.*

Key Word: *Bed rest, Decubitus, Booklet*