

**APPLICATION OF MOBILIZATION AND MASSAGE TO PREVENTION OF
PRESSURE ULTRA RISK IN BEDREST PATIENTS IN THE ICU OF THE
HOSPITAL PANDAN ARANG BOYOLALI**

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ABSTRACT

Background; *The incidence of pressure sores in Indonesia in patients treated in the ICU is 33% with limited movement conditions and decreased consciousness. Patients who are at risk for pressure sores have the possibility of increasing morbidity and mortality rates, so non-pharmacological management is needed, one of which is mobilization and massage to prevent pressure sores.* **Objective;** *Knowing the results of applying mobilization and massage to preventing the risk of pressure sores in bed rest patients.* **Method;** *The application was carried out using a descriptive case study method to 2 respondents in bed rest patients for 3 days with a frequency of 2 times a day for 15 minutes.* **Results;** *Based on the results of the implementation that has been done, there is a reduced risk of pressure sores before and after the application of mobilization and massage.* **Conclusion;** *Mobilization and massage can be used as a non-pharmacological technique or independent intervention in bedridden patients to prevent the risk of pressure sores.*

Keywords: *Decrease, Pressure sores, Mobilization and massage*