

**APPLICATION OF MOBILIZATION AND MASSAGE TO PREVENTION  
OF THE RISK OF PRESSURE INJURIES IN BED REST PATIENTS IN  
THE ICU ROOM OF KARANGANYAR HOSPITAL**

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**ABSTRACT**

**Background:** *Immobility or bed rest for a long time can have a negative impact on the physical, namely damage to the integrity of the skin or commonly called decubitus or pressure sores. One of the actions that can be taken to prevent pressure sores is changing positions or mobilizing and also by doing skin care through massage using various methods or materials such as massage effleurage Virgin Coconut Oil (VCO).* **Objective:** *Knowing the application of mobilization and massage to prevent the risk of pressure sores in bedridden patients in the ICU Room of Karanganyar Hospital.* **Methods:** *The application was carried out using a case study descriptive method to 2 respondents who experienced bed rest in the ICU at risk of experiencing pressure sores for 3 consecutive days. The instrument used to measure the risk of pressure sores is the Braden scale.* **Results:** *The results of the application that has been carried out, there is a reduced risk of pressure sores in bed rest patients in the ICU before and after mobilization and massage with a difference of 2: 1.* **Conclusion:** *There is a reduced risk of pressure sores after the application of mobilization and massage to bed rest patients in ICU.*

**Keywords:** *Pressure ulcers, Massage, Mobilization, Bed rest.*