

**APPLICATION OF EFFLUGARE MASSAGE WITH VCO (VIRGI COCONUT OIL) TO
PREVENT DECUBITUS IN BED REST PATIENTS IN THE ICU
Dr. Hospital SOEHADI PRIJONEGORO SRAGEN**

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ABSTRACT

Background: Prevalensi dekubitus di Indonesia mencapai 33,3%, dimana angka ini cukup tinggi dibandingkan dengan prevalensi ulkus dekubitus di Asia Tenggara yang berkisar 2,1-31,3%. Pressure ulcers or decubitus wounds are trauma to soft tissue due to continuous pressure or friction in the area of bony prominences. **Objective:** To describe the results of the Braden scale before and after administering efflurage massage with virgin coconut oil (VCO) to prevent pressure ulcers in bed rest patients. **Method:** The application was carried out using the case study method on 2 respondents, according to the inclusion and exclusion criteria, the research instrument used the SOP massage efflurage. For 3 consecutive days with a duration of 4-5 minutes each day. **Results:** Based on the results of the implementation that has been carried out, there is a reduction in the risk of pressure ulcers before and after efflurage massage with VCO. **Conclusion:** There is an effect of Efflurage Massage using VCO to prevent pressure ulcers in bed rest patients.

Keywords: Massage Efflurage VCO, Prevention of Decubitus, Bed Rest