

**VIRGIN COCONUT OIL TO PREVENT
DECUBITUS SORES IN BED REST PATIENTS**

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SUMMARY

Background: *The problem of decubitus ulcers is often found in patients with prolonged bed rest due to continuous pressure in the same area and for a long time. The incidence of pressure ulcers of all inpatients was the highest prevalence rate in the ICU, which was around 56%. This happens because the patient's ICU room has decreased consciousness and is also receiving sedatives which can affect the patient's perceptual and sensory functions. One of the preventive measures that can be done to prevent pressure ulcers in bed rest patients is to use virgin coconut oil (VCO). The high content of saturated fatty acids acts as anti-bacterial and anti-fungal and contains vitamin E and antioxidants which can provide softness and protect the skin from free radicals. VCO that is used for skin care may not have side effects from use. The media used is a pocket book.*

Purpose: *To provide information and insight to the public, especially bed rest patients, regarding the prevention of pressure ulcers using virgin coconut oil.*

Method: *Using the pocket book media "Prevent Decubitus with VCO".*

Conclusion: *This pocket book for decubitus ulcer prevention is expected to be useful as a medium for health education for bed rest patients and society in general.*

Keywords: *Virgin Coconut Oil (VCO), Decubitus ulcers, Bed rest.*