

**EFFORTS TO PREVENT DECUBITUS ON IMMOBILIZATION
ELDERLY THROUGH BOOKLET MEDIA**

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SUMMARY

Background: *The problem of pressure sores is often found in the elderly with immobilization. cases of decubitus in elderly patients accounted for 11%. In the age range of 70-75 years, the risk level is twice that of those aged 55-69 years and the highest incidence occurs at the age of 80-85 years. Decubitus sores are sores that arise due to pressure on the area of the bone that protrudes as a result of prolonged immobilization. Old age has a great potential for decubitus due to aging in the skin where there is a decrease in the subcutaneous fat, collagen and elastic tissue as a result, the skin becomes thinner and brittle. Preventive measures that can be taken include performing skin care, changing positions every two hours, providing anti-decubitus mattresses, providing cushioning for protruding bones, providing adequate nutrition.* **Purpose:** *to provide information and insight to the community, especially the elderly, regarding the prevention of pressure sores.* **Methods:** *project This finalis a media booklet.* **Result:** *This final project is a media booklet "Efforts to Prevent Decubitus Wounds in the Elderly".* **Conclusion:** *This booklet of prevention of pressure sores in the elderly is expected to be useful as a medium for health education for the elderly and society in general.*

Keywords: *Decubitus Wounds, Elderly, Booklet.*