

**EFFORTS TO INCREASE KNOWLEDGE ABOUT MASSAGE WITH
VCO (*Virgin Coconut Oil*) TO PREVENT PRESSURE WOUND ON
BIRTHDAY PATIENTS WITH VIDEO MEDIA**

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SUMMARY

Background: Based on the data it was found that in Indonesia the incidence of pressure sores in patients treated in the ICU reached 33%. This figure is very high when compared to the incidence of pressure sores in Southeast Asia, which ranges from 2.1% -31.3%. This has an impact on increasing health problems that arise in patients with prolonged bed rest, so the prevention of pressure sores must be done as early as possible. One way to treat pressure sores is massage with VCO (*Virgin Coconut Oil*). **Method:** Taking or recording images using a camera because in massage with VCO there is a circular massage movement, so that it is clearer and easier to understand by the community, especially for families with patients with prolonged bed rest. **Results:** Output in the form of video media about tips and tricks for preventing pressure sores in patients with prolonged bed rest with VCO massage (*Virgin Coconut Oil*) as an effort to increase knowledge about the benefits and ways of doing VCO massage so that it can motivate families with bed rest sufferers to apply VCO massage . **Conclusion:** Video on tips and tricks for preventing pressure sores in bed rest sufferers with VCO massage as a medium for disseminating information to prevent pressure sores.

Keywords: *Bed, rest, pressure, wound, Massage, VCO, Video*