

**APPLICATION OF MASSAGE EFFLEURAGE USING OLIVE OIL AND
ALMOND OIL TO REDUCE THE RISK OF DECUBITUS IN ICU
KARANGANYAR HOSPITAL**

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ABSTRACT

Background: *The application of bed rest as a treatment for trauma and chronic diseases provides many benefits, but if it is done for too long it can cause new problems, one of which is decubitus. Efforts that can be made to reduce the risk of decubitus in patients in the ICU are doing massage effleurage using olive oil dan almond oil.* **Objective:** *To find out the results of applying effleurage massage using olive oil and almond oil to reduce the risk of decubitus.* **Method:** *This application uses a descriptive case study by describing how the application of massage effleurage using olive oil and almond oil reduces the risk of decubitus. This application was carried out for 3 days with a duration of 3-4 minutes for 2 respondents.* **Result:** *The results of this application show that both respondents experienced a decrease in the risk of decubitus from very high risk to high risk and medium risk.* **Conclusion:** *There is a reduced risk of decubitus after applying effleurage massage using olive oil and almond oil in the Karanganyar Hospital ICU.*

Keywords : *Massage Effleurage, Olive Oil, Almond Oil, Decubitus Risk*