

*APPLICATION OF MOBILIZATION AND MASSAGE
TO PREVENT THE RISK OF PRESSURE INJURIES
BED REST PATIENTS AT BAGAS HOSPITAL
WARAS KLATEN*

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ABSTRACT

Background: Based on WHO data, the risk of ICU pressure ulcers is 1-56%.. The data obtained in Klaten was 1250 cases. The factors that cause pressure sores are friction on the bed and excessive sweating. Pressure sores are caused by prolonged pressure over a long period of time in certain areas. **Objective:** To determine the risk level of pressure ulcers in bedside patients, To find out the results before and afterTo find out the results before and after mobilization and massage. mobilization and massage were carried out.**Method:** The application of mobilization and massage to the prevention of the risk of pressure sores is carried out on patients who are lying down with a descriptive method, carried out 3 days in a row for mobilization is carried out 2 hours 2 times a day while massage is done once a day after taking a morning shower for the instrument using the braden scale. **Results:** The effect of mobilization and massage could reduce pressure injuries in 2 respondents, after the application of mobilization for 2 hours and massage 1 time every day for 3 consecutive days. **Conclusion:** The application of mobilization every 2 hours and massage 1 time every day for 3 consecutive days can reduce the risk of pressure sores.

Keywords : Pressure Wounds, *Massage*, Mobilization, Lying Rest.