

**APPLICATION OF MOBILIZATION AND EFFLEURAGE MASSAGE FOR  
PREVENTION PRESSURE ULSERS IN BEDREST PATIENTS**

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**ABSTRACT**

**Background:** The prevalence of pressure sores in the world according to WHO ranges from 1%-56%. Data on pressure sore patients in Central Java in 2023 amounted to 5000 cases. One of the factors that cause pressure sores is immobilization. Prevention of pressure sores can be done by mobilization and effleurage massage. **Objective:** To determine the level of risk of pressure sores in bedrest patients before and after the application of mobilization and effleurage massage. **Methods:** This application uses a descriptive design with case studies. The sample was 2 bedrest patients. This application was carried out for 3 days, mobilization was carried out 2 times a day with a range of 2 hours, effleurage massage is done once a day for 15 minutes. **Results:** Before the application, the first respondent had a moderate risk of pressure sores, while the second respondent had a high risk of pressure sores. After application, the first respondent became a mild pressure sore risk, while the second respondent became a moderate pressure sore risk. **Conclusion:** Mobilization and effleurage massage can reduce the risk of pressure sores in bedrest patients.

**Keywords:** Prevention; Pressure ulcers; Bedrest; Mobilisasi; Massage Effleurage