

**APPLICATION OF VIRGIN COCONUT OIL THROUGH MASSAGE
FOR THE PREVENTION OF PRESSURE SORES
OF BED REST PATIENTS**

Intan Kharisma Sari¹, Hermawati²

intank403@gmail.com

Diploma III Nursing Study Program

Aisyiyah University Surakarta

ABSTRACT

Background: Pressure sores are one of the incidents that occur in patients who are hospitalized under conditions of prolonged bed rest. The incidence of pressure sores in Indonesia reached 33.3%. Pressure sores are a disease caused by the pressure of soft tissue over the protruding bone due to external pressure in a continuous and long period of time. Massage Virgin Coconut Oil is one of the preventive measures for pressure sores and has been shown to increase circulation to the tissues and maintain skin moisture. **Objective:** To describe the comparison of the application of Virgin Coconut Oil before and after massage to prevent pressure sores in the ICU of Karanganyar Regency Hospital. **Methods:** Descriptive applied research with case studies to 2 respondents, carried out for 5 minutes in the scapula, sacrum and heel areas of each massage area for 1 minute, once a day after bathing for 3 days. **Results:** Based on the results of the application, there was an increase in pressure sore scores on Mrs. S from moderate risk to mild risk while Mrs. M from high risk to moderate risk. **Conclusion:** There is a difference in development before and after giving Virgin Coconut Oil through Massage to prevent pressure sores in bed rest patients.

Keywords: *Massage, Pressure_Sores, Virgin_Coconut_Oil*