

***APPLICATION OF EFFLEURAGE MASSAGE WITH VIRGIN COCONUT OIL
(VCO) FOR THE PREVENTION OF PRESSURE ULCERS
PRESSURE SORES IN BED REST PATIENTS IN
ICU ROOM OF Dr. SOEHADI Hospital
PRIJONEGORO
SRAGEN***

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ABSTRACT

Background: *Bed rest or immobilization is a condition in which a person cannot move freely due to factors that limit movement (activity). If bed rest or immobility lasts for a long time, it can have a negative impact on the body, such as damage to skin integrity or pressure sores. One way to avoid these problems is by applying effleurage massage with Virgin Coconut Oil (VCO).* **Objective:** *to determine the results of the application of effleurage massage with Virgin Coconut Oil (VCO) for the prevention of pressure sores in patients on bed rest in the ICU of RSUD dr. Soehadi Prijonegoro Sragen.* **Methods:** *This application uses a case study with a descriptive method design.* **Results:** *In the first respondent previously in the high risk category became medium risk, while in the second respondent previously in the very high risk category became high risk after the effleurage massage with Virgin Coconut Oil (VCO).* **Conclusion:** *Massage effleurage with Virgin Coconut Oil (VCO) is very effective in preventing the risk of pressure sores in bed rest patients.* **Keywords:** *Bed rest, effleurage massage, Virgin Coconut Oil (VCO), pressure sores.*