

**IMPLEMENTATION OF MOBILIZATION AND MASSAGE TO  
PREVENT THE RISK OF PRESSURE ULCERS IN PATIENTS ON  
BED REST IN THE ICU ROOM OF RSUD dr. SOEDIRAN  
MANGUN SUMARSO WONOGIRI**

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**ABSTRACT**

**Background :** Bed rest conditions can cause complications, one of which is damage to skin integrity caused by prolonged skin pressure, especially in the protruding bone areas, causing skin irritation and developing into pressure sores or decubitus ulcers. Prevention of pressure sores in bed rest patients can be done by providing mobilization and massage. **Objective :** To determine the results of the application of mobilization and massage on the prevention of the risk of pressure ulcers in bedridden patients in the ICU Room of RSUD dr. Soediran Magun Sumarso Wonogiri. **Method :** The research design used is a case study method. Data collection and retrieval were comprehensive by including various data sources. **Results :** The results of the application of mobilization and massage for 3 days showed a decrease in the risk of pressure ulcers. In Mr. Mf, there was an increase in the score from a score of 13 (moderate risk) to a score of 16 (mild risk) and in Mr. My, there was an increase in the score from a score of 12 (high risk) to a score of 14 (moderate risk) after the application of mobilization and massage in the ICU Room of RSUD dr. Soediran Mangun Sumarso Wonogiri with 2 respondents. **Conclusion :** The application of mobilization and massage for 3 days in the two respondents showed results that experienced an increase in scores from day to day after receiving the application of mobilization and massage.

**Keywords :** Mobilization, Massage, Pressure Ulcers, Bedrest