

**APPLICATION OF EFFLEURAGE MASSAGE TECHNIQUES WITH  
VIRGIN COCONUT OIL IN FULFILLING THE NEEDS FOR SAFE  
COMFORT IN BED REST PATIENTS WITH DIABETES MELLITUS IN  
THE DAHLIA ROOM, MUNTILAN HOSPITAL**

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**ABSTRACT**

**Background:** People with diabetes mellitus can experience various complications, in people with diabetes the body's cells experience a lack of glucose which causes weakness and results in bedrest. Diabetics who are bedrest can experience the risk of pressure sores or pressure sores where the percentage of decubitus ulcers in Indonesia is 33.3%, while in other Asian countries such as Japan, Korea and China it ranges from 2.1-18%. This shows that the incidence of decubitus in Indonesia is still high. There is a technique that can be done to reduce the risk of pressure sores, namely the effleurage massage technique with virgin coconut oil.

**Objective:** To provide nursing care to patients by applying effleurage massage with virgin coconut oil in fulfilling the need for security and protection to prevent pressure sores in Type II Diabetes Mellitus patients in the Dahlia Room, Muntilan Hospital

**Methods:** Case studies of nursing care for Mrs.S and Mr.W in the Dahlia Room, Muntilan Hospital, were conducted from 30 January to 11 February 2023.

**Results:** The application of the effleurage massage technique with virgin coconut oil on Mrs.S and Mr.W was carried out every shift for three days. The nursing evaluation showed that the application of the effleurage massage technique with virgin coconut oil to Mrs.S and Mr.W was able to reduce the risk of pressure sores as seen from skin elasticity, damage to the skin layers, skin temperature, and improved skin texture.

**Conclusion:** The application of effleurage massage technique with virgin coconut oil can reduce the signs and symptoms of the risk of pressure sores in patients with diabetes mellitus on bedrest. Thus this technique can be applied to prevent the risk of pressure sores in bedrest patients.

**Keywords:** Effleurage massage, virgin coconut oil, risk of pressure sores, diabetes mellitus.

**PENERAPAN TEKNIK *EFFLEURAGE MASSAGE* DENGAN *VIRGIN COCONUT OIL* DALAM PEMENUHAN KEBUTUHAN AMAN NYAMAN PADA PASIEN *BED REST* DENGAN DIABETES MELITUS DI RUANG DAHLIA RSUD MUNTILAN**

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**ABSTRAK**

**Latar Belakang :** Penyandang diabetes melitus dapat mengalami berbagai macam komplikasi, pada penyandang diabetes sel tubuh mengalami kekurangan glukosa yang dimana hal ini menyebabkan kelemahan dan mengakibatkan *bedrest*. Penyandang diabetes yang *bedrest* dapat mengalami risiko luka tekan atau dekubitus yang dimana luka dekubitus ini di Indonesia presentase terjadinya sebesar 33,3%, sedangkan di negara asia lainnya seperti Jepang, Korea, dan Cina berkisar 2,1-18%. Ini menunjukkan angka terjadinya dekubitus di Indonesia masih tinggi. Terdapat teknik yang bisa dilakukan untuk mengurangi risiko luka tekan adalah teknik *effleurage massage* dengan *virgin coconut oil*.

**Tujuan :** Melakukan asuhan keperawatan pada pasien dengan menerapkan *effleurage massage* dengan *virgin coconut oil* dalam pemenuhan kebutuhan aman nyaman mencegah luka tekan pada pasien Diabetes Mellitus Tipe II di Ruang Dahlia RSUD Muntilan

**Metode :** Studi kasus asuhan keperawatan pada Ny.S dan Tn.W di Ruang Dahlia RSUD Muntilan dilakukan tanggal 30 Januari sampai 11 Februari 2023.

**Hasil :** Penerapan teknik *effleurage massage* dengan *virgin coconut oil* pada Ny.S dan Tn.W dilakukan setiap shift selama tiga hari. Evaluasi keperawatan menunjukkan penerapan teknik *effleurage massage* dengan *virgin coconut oil* pada Ny.S dan Tn.W mampu menurunkan risiko luka tekan dilihat dari elastisitas kulit, kerusakan lapisan kulit, suhu kulit, dan tekstur kulit yang kian membaik.

**Kesimpulan :** Penerapan teknik *effleurage massage* dengan *virgin coconut oil* dapat menurunkan tanda dan gejala dari risiko luka tekan pada pasien diabetes melitus dengan *bedrest*. Dengan demikian teknik ini dapat diterapkan untuk mencegah risiko luka tekan pada pasien *bedrest*.

**Kata Kunci:** *Effleurage massage*, *virgin coconut oil*, risiko luka tekan, diabetes melitus.