

PENERAPAN MASSAGE EFFLEURAGE DENGAN VIRGIN COCONUT OIL PADA PASIEN TIRAH BARING LAMA DI RUANG ICU RSUP DR. SOERADJI TIRTONEGORO

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ABSTRAK

Latar Belakang: Pasien tirah baring lama di ruang *Intensive Care Unit* (ICU) memiliki risiko tinggi mengalami *pressure ulcer*, akibat imobilisasi dan berbagai faktor predisposisi lainnya. Gangguan integritas kulit dapat memperpanjang masa rawat inap, meningkatkan risiko infeksi, dan menurunkan kualitas hidup pasien. Salah satu intervensi non-farmakologis yang potensial untuk mencegah dan mengatasi masalah ini adalah *massage effleurage* dengan *virgin coconut oil* yang dikenal memiliki efek melembapkan dan anti-inflamasi.

Tujuan: Penelitian ini bertujuan untuk menggambarkan dan mengevaluasi penerapan *massage effleurage* dengan *virgin coconut oil* pada pasien tirah baring lama dalam upaya mengatasi risiko gangguan integritas kulit di ruang ICU RSUP dr. Soeradji Tirtonegoro.

Metode: Desain penelitian ini adalah studi kasus. Subjek penelitian adalah satu pasien tirah baring lama yang mengalami risiko gangguan integritas kulit. Intervensi *massage effleurage* dengan *virgin coconut oil* dengan durasi 5 menit, sebanyak 1 kali sehari selama 3 hari. Pengukuran kondisi kulit dan penilaian risiko gangguan integritas kulit dilakukan menggunakan *Braden Scale*.

Hasil: Setelah dilakukan *massage effleurage* dengan *virgin coconut oil* skor *braden scale* meningkat dari 8 menjadi 11 dan pada Tn. D meningkat dari 10 menjadi 13.

Kesimpulan: *Massage effleurage* dengan *virgin coconut oil* efektif dalam *pressure ulcer*.

Kata Kunci: *Massage effleurage*, *virgin coconut oil*, tirah baring lama, risiko gangguan integritas kulit, *pressure ulcer*.

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**APPLICATION OF EFFLEURAGE MASSAGE WITH VIRGIN COCONUT
OIL IN PATIENTS WITH PROLONGED BED REST IN THE ICU OF
DR. SOERADJI TIRTONEGORO HOSPITAL**

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ABSTRACT

Background: Prolonged bedridden patients in the Intensive Care Unit (ICU) are at high risk of developing pressure ulcers due to immobilization and other predisposing factors. Impaired skin integrity can prolong hospitalization, increase infection risks, and reduce patients' quality of life. One potential non-pharmacological intervention to prevent and address this issue is effleurage massage using virgin coconut oil, which is known for its moisturizing and anti-inflammatory effects.

Objective: This study aims to describe and evaluate the implementation of effleurage massage with virgin coconut oil in prolonged bedridden patients to address the risk of impaired skin integrity in the ICU of Dr. Soeradji Tirtonegoro General Hospital.

Methods: This research employed a case study design. The subject was one prolonged bedridden patient at risk of impaired skin integrity, intervention consisted of effleurage massage with virgin coconut oil, administered for 5 minutes once daily for 3 consecutive days. Skin condition and risk of skin integrity impairment were assessed using the braden scale.

Results: Following the effleurage massage intervention with virgin coconut oil, the Braden Scale score increased from 8 to 11. In another patient, Mr. D, the score improved from 10 to 13.

Conclusion: The application of effleurage massage using virgin coconut oil is effective in the prevention of pressure ulcers.

Keywords: Effleurage Massage, virgin coconut oil, prolonged bed rest, risk of impaired skin integrity, pressure ulcer.

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