APPLICATION OF PROPER POSITIONING IN STROKE PATIENTS TO PREVENT DECUBITUS ULCERS

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SUMMARY

Background: *Proper positioning in stroke patients is an effort to prevent pressure ulcers. Stroke is one of the leading causes of disability and often results in complications due to immobilization, one of which is pressure sores. This condition occurs due to prolonged pressure on tissues, especially over bony prominences, leading to impaired blood circulation and tissue necrosis. Therefore, appropriate interventions are needed to prevent pressure ulcers. Proper positioning is a technique of arranging body position regularly and systematically to reduce pressure on body tissues. Position changes include supine, side-lying on the affected side, side-lying on the unaffected side, and sitting positions, with the principle of maintaining proper posture and even pressure distribution. Repositioning every two hours has been proven effective in improving blood circulation, preventing tissue ischemia, and maintaining motor function and range of motion.* ***Objective:*** *This study aims to provide a better understanding for stroke patients regarding the benefits of proper positioning in preventing pressure ulcers.* ***Methods:*** *This study used an educational counseling method by utilizing video as a communication tool for stroke patients.* ***Results:*** *The health education media in the form of a video entitled "Application of Proper Positioning in Stroke Patients to Prevent Pressure Ulcers" contains information on how to prevent pressure ulcers through proper positioning exercises.* ***Conclusion:*** *The video entitled "Application of Proper Positioning in Stroke Patients to Prevent Pressure Ulcers" was chosen as a health promotion media targeting stroke patients.*

Keywords: *Stroke, Proper Positioning, Pressure Ulcers,* Video