APPLICATION OF EFFLEURAGE MASSAGE WITH OLIVE OIL TO PREVENT DECUBITUS DURING BED REST IN THE WORKING ARE OF THE NGORESAN PUBLIC HEALTH CENTER

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ABSTRACT

Background: *Bedridden patients are at high risk of developing pressure ulcers due to continuous pressure that damages skin integrity. The lack of natural moisturizers such as olive oil, which is rich in vitamin E and fatty acids, can cause the skin to become dry and prone to redness; therefore, an appropriate lubricating intervention is needed.* ***Objective:*** *To evaluate the effectiveness of effleurage massage with olive oil in preventing pressure ulcers among bedridden patients.* ***Methods:*** *A descriptive case study was conducted on two stroke patients Mrs. S and Mrs. W. Effleurage massage using olive oil was applied twice daily for 5 days, targeting pressure-prone areas. The Braden Scale was used to assess pressure ulcer risk.* ***Results:*** *Both patients showed increased Braden Scale scores after the intervention, indicating a reduced risk of pressure ulcer development.* ***Conclusion:*** *Effleurage massage with olive oil was effective in improving skin condition and reducing the risk of pressure ulcers. It can be recommended as a simple non-pharmacological intervention for bedridden patients.*

Keywords: *Bedridden Patients, Effleurage Massage, Olive Oil, Pressure Ulcer Prevention.*