DEVELOPMENT OF VIRGIN COCONUT OIL (VCO) EDUCATIONAL MEDIA AS AN EFFORT TO PREVENT PRESSURE ULCERS THROUGH A POCKET BOOKLET

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SUMMARY

***Background**: Pressure ulcers are skin and tissue damage caused by prolonged pressure, especially in patients with limited mobility. Prevention requires skin care, regular repositioning, skin monitoring, adequate nutrition and hydration, and family education.* Virgin Coconut Oil *(VCO) can be used as part of skin care to help maintain skin moisture. Practical educational media are needed to make information about pressure ulcer prevention easier to understand. **Objective**: To produce an educational media in the form of a pocket book about VCO as part of skin care for pressure ulcer prevention. **Method**: The pocket book was developed through needs identification, scientific literature review, material preparation, media design and production, limited testing with three respondents, and revision based on feedback. **Results**: An educational pocket book entitled "Cegah Dekubitus Dengan VCO" was produced in A6 size with 24 pages. The material includes the definition, risk factors, signs and symptoms, prevention, repositioning, skin care, benefits and use of VCO, and the role of families and caregivers. The trial showed that the media was attractive and easy to understand. **Conclusion**: The pocket book "Cegah Dekubitus Dengan VCO" provides practical education about pressure ulcer prevention for families, caregivers, and the community.*

***Keywords:** VCO; pressure injury; pocket booklet; KIE; skin care.*