

**PENERAPAN *EVIDENCE BASED NURSING* POSISI  
LATERAL 30° DAN *MASSAGE EVOO (EXTRACT VIRGIN  
OLIVE OIL)* TERHADAP PENCEGAHAN LUKA TEKAN  
PADA PASIEN DI RUANG ICU**

**Anasya Firmansyah**

**Abstrak**

*Intensive Care Unit (ICU)* adalah komponen dari rumah sakit dengan petugas dan fasilitas khusus. Pasien dengan keadaan kritis akan mengalami penurunan kesadaran dan imobilisasi yang mengharuskan pasien untuk tirah baring, tirah baring berkepanjangan dapat menimbulkan luka tekan. Luka tekan ialah kerusakan pada lapisan kulit atau jaringan lunak akibat tekanan dalam jangka waktu lama. Luka tekan dapat terjadi pada tulang sakrum, tumit, ishium, trokanter mayor, *malleolus* (lateral dari medial), dan oksiput yang disebabkan tekanan dengan waktu yang lama, gesekan antara tubuh dan permukaan kasur, serta faktor lainnya. Luka tekan dapat dicegah dengan memberikan posisi lateral 30° setiap 2 jam dan *Massage EVOO (Extract Virgin Olive Oil)*. Tujuan penelitian ini untuk mengetahui efektivitas kombinasi penerapan posisi lateral 30° dan *Massage EVOO (Extract Virgin Olive Oil)* pada pasien di ruang ICU. Penelitian ini menggunakan penilaian skala braden untuk mengukur risiko luka tekan. Hasil penelitian didapatkan setelah penerapan intervensi kombinasi selama 4 hari, tidak terjadi luka tekan, kulit menjadi lembab, dan terhidrasi setelah perawatan hari ke-9 di ruang ICU.

**Kata Kunci** : Posisi Lateral 30°, *Massage EVOO (Extract Virgin Olive Oil)*, Luka Tekan

# **APPLICATION OF EVIDENCE BASED NURSING LATERAL POSITION 30° AND EVOO MASSAGE (EXTRACT VIRGIN OLIVE OIL) TO PREVENTION OF PRESSURE ICU IN PATIENTS IN THE ICU**

**Anasya Firmansyah**

## **Abstract**

The Intensive Care Unit (ICU) is a component of a hospital with specialized staff and facilities. Patients with critical conditions will experience a decrease in consciousness and immobilization which requires the patient to be bed rest, prolonged bed rest can cause pressure sores. Pressure sores are damage to the layers of the skin or soft tissue due to long-term pressure. Pressure sores can occur in the sacrum, heel, ischium, greater trochanter, malleolus (lateral to medial), and occiput caused by prolonged pressure, friction between the body and the mattress surface, and other factors. Pressure sores can be prevented by giving a lateral position of 30° every 2 hours and Massage EVOO (Extract Virgin Olive Oil). The purpose of this study was to determine the effectiveness of the combined application of 30° lateral position and EVOO Massage (Extract Virgin Olive Oil) in patients in the ICU. This study uses the Braden scale assessment to measure the risk of pressure sores. The results of the study were obtained after implementing the combination intervention for 4 days, no pressure sores occurred, the skin became moist, and hydrated after the 9th day of treatment in the ICU.

**Keywords** : Lateral Position 30°, Massage EVOO (Extract Virgin Olive Oil), Pressure ulcer