

**ASUHAN KEPERAWATAN PADA PASIEN STROKE
NON HEMORAGIK DENGAN RISIKO LUKA
TEKAN MENGGUNAKAN *MASSAGE
EFFLEURAGE VIRGIN COCONUT
OIL* DI KECAMATAN
CIPAYUNG**

**AULIA SABRINA
221FK08001**

Program Studi DIII Keperawatan, Fakultas Keperawatan
Universitas Bhakti Kencana Jakarta

ABSTRAK

Stroke non hemoragik merupakan salah satu penyebab utama disabilitas dan kematian di Indonesia. Klien pasca stroke umumnya mengalami imobilisasi dalam jangka waktu lama, yang berisiko menimbulkan komplikasi berupa luka tekan. Luka tekan terjadi akibat gangguan aliran darah ke jaringan akibat tekanan yang berkepanjangan pada area tertentu. Salah satu upaya untuk mencegah luka tekan adalah dengan pemberian terapi komplementer berupa *massage effleurage* menggunakan *virgin coconut oil* (VCO). Teknik *effleurage* merupakan pijatan lembut yang dilakukan dengan gerakan panjang mengikuti arah sirkulasi darah, sedangkan VCO bermanfaat menjaga kelembapan dan elastisitas kulit. Penelitian ini bertujuan untuk mengetahui penerapan intervensi *massage effleurage* dengan VCO dalam mencegah risiko luka tekan pada klien stroke non hemoragik. Metode yang digunakan adalah studi kasus pada dua klien yang mengalami imobilisasi pasca stroke. Intervensi dilakukan selama tujuh hari berturut-turut di rumah pasien. Hasil menunjukkan bahwa setelah intervensi, kedua klien mengalami peningkatan integritas kulit. Tidak ditemukan tanda-tanda kemerahan, nyeri tekan, maupun luka tekan. Kulit tampak lebih lembab dan elastis, serta skor Braden meningkat. Klien juga tampak lebih nyaman dan rileks. Berdasarkan hasil tersebut, dapat disimpulkan bahwa terapi *massage effleurage* menggunakan VCO efektif sebagai intervensi komplementer dalam mencegah risiko luka tekan pada pasien stroke non hemoragik, dan dapat diterapkan di lingkungan rumah dengan edukasi serta pengawasan yang tepat.

Kata kunci: stroke non hemoragik, luka tekan, *massage effleurage*, *virgin coconut oil*

**NURSING CARE FOR A CLIENT WITH NON-HEMORRHAGIC
STROKE WITH RISK OF PRESSURE WOUNDS USING *EFFLEURAGE*
MASSAGE WITH *VIRGIN COCONUT OIL* IN CIPAYUNG DISTRICT**

**AULIA SABRINA ANNUR
221FK08001**

*Diploma III Nursing Study Program, Faculty of Nursing
Bhakti Kencana University*

ABSTRACT

Non-hemorrhagic stroke is a leading cause of disability and death in Indonesia. Post-stroke patients generally experience prolonged immobilization, which can lead to complications such as pressure ulcers. Pressure ulcers occur due to impaired blood flow to the tissue due to prolonged pressure on a specific area. One effort to prevent pressure ulcers is through complementary therapy in the form of *effleurage massage* using *virgin coconut oil* (VCO). The *effleurage* technique is a gentle *massage* performed with long strokes following the direction of blood circulation, while VCO is useful for maintaining skin moisture and elasticity. This study aims to determine the application of *effleurage massage* intervention with VCO in preventing the risk of pressure ulcers in non-hemorrhagic stroke patients. The method used was a case study of two clients who experienced post-stroke immobilization. The intervention was carried out for seven consecutive days at the patients' homes. Results showed that after the intervention, both clients experienced improved skin integrity. There were no signs of redness, tenderness, or pressure ulcers. The skin appeared more moisturized and elastic, and the Braden score increased. The patients also appeared more comfortable and relaxed. Based on these results, it can be concluded that *effleurage massage* therapy using VCO is effective as a complementary intervention in preventing the risk of pressure ulcers in non-hemorrhagic stroke patients and can be implemented at home with appropriate education and supervision.

Keywords: non-hemorrhagic stroke, pressure ulcers, *effleurage massage*, *virgin coconut oil*