

ABSTRAK

PENERAPAN *MASSAGE EFFLEURAGE* MENGGUNAKAN *VIRGIN COCONUT OIL* MENURUNKAN RISIKO GANGGUAN INTEGRITAS KULIT PASIEN STROKE NON HEMORAGIK

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ABSTRAK

Latar belakang: Stroke merupakan suatu kondisi yang ditandai dengan penyumbatan aliran darah ke otak, umumnya mengakibatkan stroke iskemik, yang mencakup 70%-85% dari semua kasus stroke. Ketidakmampuan bergerak dalam jangka waktu lama pada pasien stroke akan meningkatkan risiko terjadinya luka dekubitus. Pencegahan yang efektif mencakup perubahan posisi secara teratur dan perawatan kulit yang teliti. Pijat *effleurage*, memanfaatkan Minyak Kelapa Murni (VCO), meningkatkan sirkulasi darah dan kelembaban kulit, sehingga mengurangi risiko gangguan integritas kulit. **Tujuan** studi kasus ini adalah untuk menganalisis kasus kelolaan klien Stroke non hemoragik dengan pemberian terapi *Massage Effleurage* menggunakan *Virgin Coconut Oil (VCO)* menurunkan Risiko gangguan integritas kulit. **Metode** studi kasus dilakukan melalui kunjungan ke rumah sakit pada klien stroke non hemoragik, dengan penerapan *massage effleurage* menggunakan *Virgin Coconut Oil (VCO)* untuk menurunkan risiko gangguan integritas kulit selama 3 hari. Intervensi ini dilakukan dalam 2 pertemuan dalam sehari yang dilakukan pagi dan malam hari. Pengukuran dilakukan sebelum dan setelah intervensi menggunakan skore skala Braden. **Hasil:** terdapat penurunan risiko gangguan integritas kulit pada klien setelah 3 kali pertemuan dilakukan penerapan *massage effleurage* menggunakan *virgin coconut oil*. **Kesimpulan,** dari hasil pengukuran skor skala braden menunjukkan bahwa penerapan *Massage Effleurage* menggunakan *Virgin Coconut Oil* dapat menurunkan risiko gangguan integritas kulit pada pasien stroke non hemoragik.

Kata Kunci: stroke non hemoragik, risiko gangguan integritas kulit, *Massage Effleurage*, *Virgin Coconut Oil (VCO)*

ABSTRACT

THE APPLICATION OF EFFLEURAGE MASSAGE USING VIRGIN COCONUT OIL TO REDUCE THE RISK OF SKIN INTEGRITY DISORDERS IN NON-HEMORRHAGIC STROKE PATIENTS

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ABSTRACT

Background: *Stroke is a medical condition characterized by a disruption in blood flow to the brain, most commonly resulting in ischemic stroke, which accounts for 70%–85% of all stroke cases. Prolonged immobility in stroke patients increases the risk of pressure ulcers. Effective prevention strategies include regular repositioning and meticulous skin care. Effleurage massage, when combined with Virgin Coconut Oil (VCO), enhances blood circulation and skin hydration, thereby potentially reducing the risk of impaired skin integrity.*

Objective: *To analyze the management of a non-hemorrhagic stroke patient through the application of Effleurage Massage therapy using Virgin Coconut Oil (VCO) to reduce the risk of skin integrity impairment.*

Methods: *This case study involved a non-hemorrhagic stroke patient who was observed during hospital visits over a three-day period. Effleurage massage using VCO was applied twice daily—once in the morning and once at night. Skin integrity was assessed before and after the intervention using the Braden Scale.*

Results: *A decrease in the risk of skin integrity impairment was observed following the intervention, as evidenced by improved Braden Scale scores.*

Conclusion: *Effleurage Massage using Virgin Coconut Oil may serve as an effective complementary therapy to reduce the risk of skin integrity impairment in non-hemorrhagic stroke patients.*

Keywords: *Non-hemorrhagic stroke, skin integrity impairment, effleurage massage, Virgin Coconut Oil (VCO)*

