

*Nursing Study Program (Bogor Campus) Diploma Program Three Health Polytechnic Ministry of Health Bandung*

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*APPLICATION OF 30° LATERAL INCLINED POSITION TO PREVENT THE RISK OF DECUBITUS IN STROKE PATIENTS AT RSUD CIBINONG*

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## **ABSTRACT**

**Background :** *Stroke is a condition that arises from nervous system disorders, caused by abnormalities in the blood circulation in the brain, resulting in clinical symptoms such as paralysis of body parts, leading to limited mobility for the patient. Patients with mobility impairments who do not receive regular mobilization may experience pressure on certain body areas, potentially obstructing blood flow. For stroke patients, preventing the risk of decubitus ulcers involves reducing pressure on body areas and using the 30° Lateral Inclined Position. The 30° Lateral Inclined Position minimizes pressure on body areas when the patient is tilted. Position changes from right lateral to left lateral are done every 2 hours, with a 30° tilt supported by foam pillows. **Objective :** This study aims to evaluate the effectiveness of the 30° lateral incline position in preventing decubitus ulcers in stroke patients. **Method :** This study employs a descriptive case study research design. Sampling is conducted using observation sheets with three respondents. **Results :** The findings indicate that in the assessment of the Braden Scale scores before and after the implementation of the 30° lateral inclined position for Mrs. M, Mrs. S, and Mr. M, conducted every 2 hours over 4 days, there was an improvement. This suggests a reduced risk of developing decubitus ulcers. **Conclusion :** There was a noted improvement in reducing the risk of decubitus ulcers among the respondents. Thus, this method can be considered an effective non-pharmacological technique for preventing the risk of decubitus ulcers.*

**Keywords :** *Stroke, Decubitus, 30° Lateral Incline Position*