IMPLEMENTATION OF 30 DEGREE HEAD OF BED (HOB) ELEVATION AND ORAL HYGIENE AS A *VENTILATOR ASSOCIATED PNEUMONIA (VAP)* PREVENTION BUNDLE FOR PATIENTS DIAGNOSED WITH CVA ICH ON MECHANICAL VENTILATION IN THE INTENSIVE CARE UNIT AT RSUD Dr. SAIFUL ANWAR, MALANG

Nazilatul Khoiroh, Sulastyawati, S.Kep., Ns., M.Kep
Nursing Professional Education Study Program, Department of Nursing,
Politeknik Kesehatan Kemenkes Malang
Email: nazilatulkhoiroh2523@gmail.com

ABSTRACT

Background: *Ventilator-Associated Pneumonia* (*VAP*) is one of the most common nosocomial infections among patients receiving mechanical ventilation in intensive care units, contributing to prolonged hospitalization, increased healthcare costs, morbidity, and mortality. Patients with *Cerebrovascular Accident Intracerebral Hemorrhage* (*CVA ICH*) are at high risk of developing *VAP* due to impaired airway protective reflexes, secretion aspiration, and microbial colonization. **Objective:** To describe the implementation of nursing care aimed at preventing *VAP* through the application of a 30° *Head of Bed* (*HOB*) elevation and *oral hygiene*. **Methods:** This study employed a case study design using the nursing process, including assessment, nursing diagnosis, planning, implementation, and evaluation. **Intervention:** Nursing interventions focused on the nursing diagnosis of infection risk through consistent implementation of a 30° *HOB* elevation and *oral hygiene* based on *evidence-based practice*. **Implementation:** Interventions were carried out consistently for three days by maintaining a 30° *HOB* position, performing *oral hygiene* according to standard procedures, and monitoring the patient's clinical responses. **Results:** The interventions were implemented as planned, oral hygiene was maintained, the risk of secretion aspiration was reduced, and no clinical signs indicating *VAP* were observed during the observation period. **Conclusion:** The implementation of a 30° *HOB* elevation and *oral hygiene* as part of the *VAP prevention bundle* may support efforts to reduce the risk of *Ventilator-Associated Pneumonia* in mechanically ventilated patients with *CVA ICH*.

Keywords: *Ventilator-Associated Pneumonia* (*VAP*), mechanical ventilation, *CVA ICH*, *Head of Bed* (*HOB*), *oral hygiene*.