

**IMPLEMENTATION OF 30 DEGREE HEAD UP POSITIONING TO
REDUCE HEADACHE AND IMPROVE OXYGEN SATURATION LEVELS
IN PATIENTS WITH MILD TRAUMATIC BRAIN INJURY IN JIMBARAN
WARD AT DR. SAIFUL ANWAR REGIONAL GENERAL HOSPITAL**

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ABSTRACT

Brain injury is trauma to the head that can cause neurological dysfunction and potentially lead to complications if not managed appropriately. Common complaints in patients with mild head injury include headache and hemodynamic disturbances caused by intracranial physiological changes that affect oxygenation. This study aimed to analyze the implementation of a 30-degree Head-Up position in reducing headache intensity and improving oxygen saturation in patients with head injury in the Jimbaran Ward at Dr. Saiful Anwar Regional General Hospital. The research method used was a case study involving one patient with mild head injury who experienced headache and decreased oxygen saturation. The intervention was implemented continuously for five days. Pain intensity was measured using the Numeric Rating Scale (NRS). Initial assessment findings showed that the patient experienced headache with an NRS score of 6 (moderate pain), dizziness, and oxygen saturation of 95%. After applying the 30-degree Head-Up position for five days, headache intensity gradually decreased to an NRS score of 2, and oxygen saturation increased to 99%. The patient also reported reduced headache and dizziness with stable neurological status. The 30-degree Head-Up intervention is easy to apply, noninvasive, requires no special equipment, has minimal risk, and can be implemented continuously as a supportive intervention in patients with head injury.

Keywords: Mild Head Injury, 30 degree Head Up, Headache, Oxygen Saturation.