

**IMPLEMENTATION OF LEVEL 1 PROGRESSIVE MOBILIZATION TO PREVENT PRESSURE ULCERS IN VENTILATED CVA PATIENTS IN THE ICU OF DR. SAIFUL ANWAR GENERAL HOSPITAL, MALANG**

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**ABSTRACT**

*Cerebrovascular accident (CVA) is a condition that can lead to death and various other health complications, one of which is pressure ulcers (decubitus). This study aims to describe nursing care for patients with impaired skin integrity specifically decubitus by focusing on the implementation of level 1 progressive mobilization interventions. Level 1 progressive mobilization is the initial phase of a rehabilitation program designed to gradually restore patients' physical function, particularly in those with limited mobility. This scientific work employs a descriptive research design using a case study approach. The study utilized the standard operating procedure (SOP) for level 1 progressive mobilization as the guideline for intervention. The nursing care provided in this study includes assessment, diagnosis, planning, implementation, and evaluation. The research was conducted from March 3 to March 7, 2025. The results showed that after five days of intervention, a previously observed grade 1 pressure ulcer on the patient's back had resolved, and the skin surface had returned to an intact state. The findings indicate that level 1 progressive mobilization including elevating the head of the bed to 45°, followed by flexion, extension, and rotation of the shoulders, legs, fingers, and wrists, as well as repositioning to the right and left sides is effective in preventing pressure ulcers in ventilated CVA patients. This intervention helps improve tissue perfusion and maintain skin integrity without compromising the patient's hemodynamic stability.*

**Keywords:** *Cerebrovascular Accident (CVA), Impaired Skin Integrity, Level 1 Progressive Mobilization*