



TITLE: Audio-Visual-Based Health Education to Improve Family Understanding of Pressure Sores Prevention

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ABSTRACT

Introduction: Bed rest patients have a high risk of damage to the integrity of the skin caused by pressure and immobilization (bed rest), known as decubitus ulcers or pressure sores. The occurrence of pressure sores is heavily influenced by the level of education and knowledge of patients and families. **Research objectives:** to analyze the effect of providing audio-visual-based health education in increasing family knowledge about pressure sore prevention. **Method:** quasi-experimental research design with pre-test and post-test designs. The population was families who had patients with a high risk of developing pressure sores at PKU Gamping Hospital. The process of taking samples with a quota sampling technique was 15 people for the control group and 15 people for the intervention group. The instruments used were questionnaires and educational media in the form of audio-visual media. Data were collected using a questionnaire and analyzed using the Wilcoxon Test and Mann-Whitney Test. **Results:** family knowledge in the intervention group after being given health education experienced a significant change with p-value = 0.001 ($p < 0.05$), whereas in the control group, it did not have a change with p-value = 0.314 ($p > 0.05$). Audio-visual-based health education influences the level of family knowledge about pressure sore prevention, p-value 0.000 (p

< 0.05). **Conclusion:** Audio-visual-based health education has a good impact on increasing family knowledge about pressure sore prevention.

BIOGRAPHY

My name is Gema Akbar Purnama Juandi. I was born in Indonesia, 09 April 2001. I completed my bachelor's degree in nursing at the age of 22 years with a GPA of 3.47/4.00 and professional education for nurses with a GPA of 3.97/4.00 at Yogyakarta Muhammadiyah University. During college I took part in various organizational and training activities that supported skills in the nursing field. I also have three research journals which have each been published and work experience as a nurse assistant in several hospitals for seven months and two months in the community.

Now, I work as General Affairs & Health, Safety and Environment at the Sukanda Djaya Company. During my work I was given the opportunity to be a speaker on the topic of Occupational Health and Safety to Diamond Cold Storage Employees in each department. I have high motivation and dedication to develop my career professionally at work by prioritizing work ethic, discipline, thoroughness, responsibility and consistency in completing every job.



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