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IMPROVING OF SOCIETY'S KNOWLEDGE ABOUT PREVENTION OF CORONARY HEART DISEASE FROM AN EARLY AGE

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ABSTRACT

Community Service activities organized by Health Polytechnic of Kerta Cendekia, Sidoarjo in collaboration with Baitul Mal Hidayatulloh (BMH) Sidoarjo held a Health Talk Show which was broadcast live streaming on the POS DAI SIDOARJO channel with the theme "Prevention of Coronary Heart Disease Early". The Health Talk Show was held on Sunday, April 11, 2021 at the BMH office in Pondok Mutiara Sidoarjo. This activity was carried out in a team consisting of three lecturers of Health Polytechnic of Kerta Cendekia, Sidoarjo, 2 students, and a team from BMH Sidoarjo. The activity was arranged by the team for two weeks, starting from determining the theme of the activity, the form of the activity, the timing of the activity, and the socialization of the activity through social media. This activity was witnessed by the wider community, especially in the Sidoarjo area. As a form of evaluation, this community service activity ran smoothly, seen 250 viewers on the YouTube channel, viewers were enthusiastic about participating in the activity by asking questions via live chat.

Keywords: Coronary heart disease, early age, knowledge, health prevention.

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INTRODUCTION

Coronary heart disease is a disease caused by decreased blood flow and oxygen to the heart organ. Heart disease also called the silent killer because it often shows no symptoms in the early stages of the disease. Coronary heart disease is a deadly disease, especially when there is a delay in providing help. Some of the risk factors that can trigger coronary heart disease include hypertension, hypercholesterolemia, diabetes mellitus, genetic factors, obesity, unhealthy diet, and a lifestyle that is not enough to exercise. WHO data in 2016 stated that more than 17.9 million people worldwide died from heart and blood vessel disease. The results of Riskesdas in 2018 show that 1.5% or 15 out of 1,000 people in Indonesia suffer from coronary heart disease.

At the time of the attack, the sufferer will feel chest pain like burning or crushed and spread to the neck, back. Patient safety when having a heart attack depends on the initial handling of the golden time, which is in the first 20 minutes when the attack occurs. Family or people around the sufferer must immediately seek medical help within the first 5 minutes. The role of nurses is very much needed in this case, especially in providing education to sufferers, families, and even the wider community about heart disease and early management of heart attacks. With this health education, it is hoped that the community will be able to provide early aid to people with cardiac arrest so that the patient's chance of surviving death increases.

OBJECTIVES

General Purpose

After 60 minutes of health education, it is hoped that the community will be able to

understand heart disease and its management.

Special Purpose

After 60 minutes of health education, it is hoped that the community will be able to:

1. Identify the etiology of coronary heart disease.
2. Identify sign and symptom of coronary heart disease.
3. Identify the prevention of coronary heart disease.
4. Identify the implementation of coronary heart disease.

PLAN OF ACTION

Strategy Plan

The strategy plan implemented, including:

1. Coordinate with the team from Baitul Mal Hidayatulloh (BMH) Sidoarjo to carry out community service activities in the form of providing health education to the community.
2. Determine the time contract with BMH team and determine the form of activity.
3. Providing health education to the community at large.

Implementation

Actions taken in the implementation of these activities, including:

1. Prepare the place and all equipment needed for the implementation of health talk show.
2. Delivering material about the management of coronary heart disease from an early age.

Setting

This health talk show was held in Baitul Mal hidayatullah (BMH) Office in

Pondok Mutiara Sidoarjo on April 11, 2021.

Target

Target in this health talk show event is community at large especially in Sidoarjo area.

RESULTS AND DISCUSSION

Health talk show that has theme “Prevention of Coronary Heart Disease from an Early Age” took place on April 11, 2021 which lasted for two hours starting at 9.00 to 11.00 WIB. Activities carried out according to plan that has been set before. This activity was attended by 250 viewers who overall seemed enthusiastic in the process of delivering the material of health education. This was indicated by the questions asked by viewer via live chat. In delivering materials, the speakers use language that easily understood by the public. The media used in this health talk show include laptop, powerpoints, speakers, sound, camera, LCD, and Youtube.

CONCLUSION

Knowledge improvement of prevention of coronary heart disease can prevent an incident of heart disease sufferers.

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