

BUILDING A HEALTHY COMMUNITY BY IMPROVING THE HEALTH OF THE ELDERLY IMPLEMENTATION THE DIARII PROGRAM IN SOUTH KALIMANTAN

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ABSTRACT

Hypertension is still one of the most common diseases among the elderly. One of the areas where hypertension cases are still high is South Kalimantan. The elderly need internal and external support as a preventive measure to avoid further consequences of hypertension. The role of cadres in this case is very important to provide education about hypertension in the elderly. Community service was carried out with the aim of improving the quality of cadres in the care of the elderly, especially those suffering from hypertension, whose activities were carried out on 26 May 2023. The participants in this activity were 15 cadres and 40 elderly people. The activities were carried out for 3 weeks. The first week, the cadres were trained in gerontic care. The second week, the elderly hypertension and their families were counseled during the implementation of the DIARII programme. The third week, the elderly gymnastics activities were carried out. The service activities carried out received a positive response from the cadres and the community, considering that this is an effort to improve the performance of the cadres and to improve the quality of life of elderly groups with hypertension.

Keywords: *Elderly, DIARII, Hypertension*

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INTRODUCTION

The incidence of hypertension recorded at Pekauman Community Health Center in 2022 at the age of >55 years

reached 2084 cases. This amount is quite high when compared to other regions. Hypertension in the elderly requires support from internal such as family and

from external, that is health workers. Families need to be given education about efforts that can be made to prevent further consequences of hypertension (Herlinah, Wiarsih and Rekawati, 2013). The family is the main support system for the elderly in maintaining their health. Involving families in care is urgently needed at home as a form of support for elderly with hypertension. Apart from involving the role of family, the role of elderly Posbindu cadres also determines how hypertension is managed in community (Hutapea, 2011).

The few times that Posbindu for the Elderly has been held in the riverine area, the enthusiasm of the elderly to participate in Posbindu has actually been quite good. They come to Posbindu to check their health. Some of the elders were accompanied by their families. Some of the elders said that they always come when there is Posbindu Elders, it's just that sometimes Posbindu Elders activities are not held regularly every month. The elders regret this but cannot do anything about it because they also know that the number of cadres available is also limited.

Many elderly and family are actually aware that blood pressure monitoring is very important for people with hypertension. Regular blood pressure checks let people with hypertension know if their blood pressure is high or low. If the blood pressure is high, the elderly can get treated immediately that the risk of hypertension-related complications such as heart disease, stroke and other vascular diseases can be prevented (Ogedegbe, et al., 2013). But many people have no idea what the right diet for hypertension should be. All they know is that they should reduce their intake of salty foods, even though there are other things that go into a

hypertension diet. Previous research has shown that when people with hypertension know how to manage it properly, their blood pressure can be controlled properly (Er Unja, Chrismilasari and Rachman, 2022). Hypertension in the elderly can be partly controlled by implementing a healthy lifestyle for clients, this is the responsibility of nurses to be able to provide health promotion about hypertension in the elderly (Handayani and Wahyuni, 2012).

According to several cadres, their numbers are very limited compared to the size of the area. So they have to be able to organise themselves in such a way that they can visit each area equally. They said it would be better if the number of cadres could be increased. They also said that they had previously received some information and training from the Community Health Center, but it was very limited. It had been a long time since they had received any training or mentoring. The cadres have also been provided with some health screening equipment, such as blood pressure meters, blood glucose meters, cholesterol meters and uric acid meters. However, the equipment is limited compared to the number of people who need to be served. The cadres only have 2 sets of blood pressure monitors, 1 set of blood sugar, cholesterol and uric acid testers, and 1 set of body scales and a height meter (to measure abdominal girth). The cadres admitted that they would be very receptive to any parties who would like to help provide new knowledge. For this reason, the community service team intends to carry out community service activities for the cadres and the community, especially for elderly people with hypertension.

Based on the situation analysis, it is necessary to provide an alternative solution that can improve the performance of the cadres and improve the quality of life of the elderly group with hypertension. In addition, activities are needed that can increase enthusiasm and skills and care for the elderly to provide comfort and happiness at the end of their lives. There is technology transfer to the community by providing gerontic (elderly) care training to Posbindu cadres as community partners. At the same time, counselling activities on hypertension and valuable hypertension exercises can be successful, meaning that the training can be implemented in the surrounding elderly, who in turn can control hypertension for members of the elderly group as partners. Elderly empowerment includes increasing the ability to overcome elderly problems (physical, mental, spiritual, social, knowledge and skills) (Lintang, 2013; Mahardika, 2017) and creating several new elderly health cadres by seeking cooperation with community health centres.

OBJECTIVES

General Purpose

This service activity is expected to improve the quality of cadres in providing care to the elderly, especially those suffering from hypertension.

Special Purpose

1. Increase the coverage of Posbindu activities that are routinely carried out to detect health problems in the elderly related to hypertension.
2. Improve the ability of cadres to educate and recommend hypertension treatment (treatment at Community Health Center) for elderly was identified with

uncontrolled hypertension through the DIARII programme.

3. Carry out health checks on elderly people with hypertension.

PLAN OF ACTION

Strategy Plan

In the implementation stage, some of the activities carried out in stages are :

1. The first week of activities consisted of socialising and introducing the DIARII programme to the Posbindu Elder cadres.
2. The second week of activities was to educate elderly hypertension patients and their family caregivers about the DIARII Programme.
3. The third week is devoted to hypertension exercises and health checks for the elderly.

Implementation

Community service activities with the theme Improving the Health Status of the Elderly Implementation of the DIARII Program are community service activities for beginners who have passed the Ministry of Research, Technology and Higher Education's funding grant in 2023 and have obtained implementation permits number 101.072/LPPM/STIKES-SI/VI/2023.

Coordinate with several parties including the Pekauman Community Health Center, Mantuil Community Health Center, Health Cadres and Community Leaders in Mantuil Village. The implementation of the activities is carried out according to the contract carried out with the mantuil village health cadres and the activities are carried out according to plan. The implementation of this community service activity is by providing training and counseling to cadres and the

community directly face to face and followed by the implementation of elderly gymnastics.

Setting

This activity was carried out in the riverside area of the Mantuil sub-district, South Banjarmasin sub-district, in the province of South Kalimantan

Target

The target of this activity is 15 health cadres in the Mantuil work area and 40 elderly people with hypertension.

RESULTS AND DISCUSSION

This community service project took place on Wednesday, 26th May 2023 in the riverbank area of Mantuil village, where previous data indicated a high prevalence of hypertension. To access the location, the implementation team utilized a kelotok boat. The project aimed to benefit health cadres in the riverbank area and community groups of elderly individuals with hypertension.



Figure 1. On the way to the service location

In the first week the activities carried out were training to cadres on gerontic or elderly care. The counselling participants who attended this community service activity were 15 health cadres in the mantuil area and all of them were female.

This session aimed to provide a detailed explanation of the purposes and advantages of gerontic care, as well as to offer instructions on care training materials. Training modules were distributed during this session, which was attended by the Head of Neighbourhood, Community Service Team and Posbindu Cadres. Gerontic Care Training follows on from the socialisation activities which were conducted during the preparation phase. The training involves direct practical experience in the field. After receiving the theoretical module, partners are required to immediately apply gerontic care practices. Instructors, who have received gerontic care training, will supervise and guide this activity. This training was expected to be carried out comprehensively and continuously to ensure that partner communities really understand and master gerontic care independently and this group is a parent or core group which will then conduct cadres in their respective areas. The cadres will also be given training and introduction to the DIARII Hypertension Programme to add information on the latest hypertension management.



Figure 2. With cadres during training

The second activity is the stage of implementing the DIARII programme to the elderly with hypertension. This programme will include counseling for hypertension patients and their families. Before carrying out the counseling, all

participants will take a pre-test to assess community knowledge of hypertension management at home. The pre-test results are depicted in the diagram below.

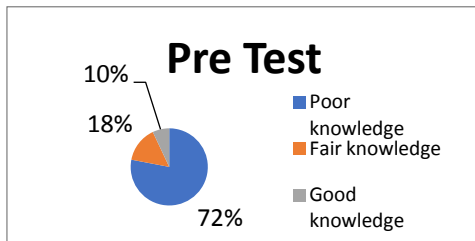


Figure 3. Pre Test Results of Family Knowledge on Hypertension Management

Figure 3 above shows that before the DIARII health promotion activities being given, the community in the riverside area of Mantuil village in Banjarmasin had poor knowledge of hypertension management, which was about 72%, while 18% had fair knowledge and only 10% had good knowledge. The community group said they only knew that people with hypertension should limit their salt intake. Some participants also said they continued to eat meat and fats which can raise blood pressure and participants said they were unaware of other foods that should be avoided. Lack of knowledge about hypertension diet can make it difficult for a family to manage the type of diet that is appropriate for family members with hypertension.

After the pre-test was completed, the team conducted health education on hypertension management and introduced the DIARII programme to local population. The counselling session explained the notion of family support in managing the diet of hypertensive patients and how to modify the hypertensive diet with local vegetables and fruits.



Figure 4: Health counseling

After the counselling was completed, the team conducted a post test again to see the success of the counselling. The results of the post-test are illustrated in the diagram below.

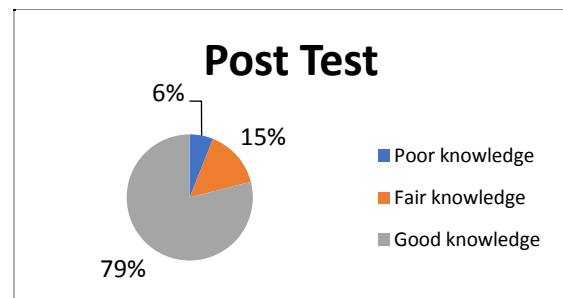


Figure 5. Post Test Results of Family Knowledge on Hypertension Management

Figure 5 above shows data that has increased. Post test results showed that 79% of people had good knowledge about hypertension management. The elderly said that they began to understand the importance of maintaining the pattern and type of foods that can be consumed by people with hypertension. They still keep the leaflet they were given during the previous home counselling session as a guide to managing their hypertension. These results show that the counselling previously given to the elderly community influenced their knowledge about hypertension management.

In the third week, the implementation team organised an exercise session for the elderly. The

elderly gymnastics went very well and up to 40 elderly participated in the activity. The team was assisted by several students who had previously learnt the movements of the elderly gymnastics. The team also checked the blood pressure of the elderly.



Figure 6. Blood pressure check activities

CONCLUSION

After carrying out community service activities, it can be concluded :

1. This community service activity was well supported by the health centre and the cadres.
2. The community service activities carried out can increase the knowledge of cadres in the management of hypertension
3. Counselling activities for elderly can increase their knowledge about hypertension management
4. Elderly gymnastics activities and blood pressure checks can be carried out very well.

The Puskesmas is expected to carry out all these activities to the elderly routinely every month, so that the successful management of hypertension can be achieved.

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