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Serving Together Towards a Healthy Community to Implement Free Health in Bambi Village, Driyorejo District, Gresik Regency

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A B S T R A C T

With increasing age, health problems are certainly more common in the elderly, this is due to the decline in the human immune system. Health problems that are often experienced are hypertension, cholesterol, blood sugar, uric acid and so on. The purpose of this activity is to carry out public health checks, especially the elderly. The total number of participants on the first day and the second day was 130 people. Documentation of the results of women's blood pressure checks 26 people in men 8 people, blood glucose when in women 8 people in men 2 people. At this stage, the local midwife performs anamnesis and examinations, giving free medicine.

INTRODUCTION

Hypertension is a major problem in Indonesia with a prevalence of 25.8%. In 2018, the prevalence of the population with high blood pressure in East Java Province was 36.3%. The prevalence is increasing with age. When compared to 2013 (26.4%), the prevalence of high blood pressure has increased significantly. The estimated number of hypertension patients aged ≥ 15 years in East Java Province is around 11,008,334 residents, with a proportion of 48.83% males and 51.17% females. Of these, 35.60% or 3,919,489 people with hypertension receive health services.

Based on data from the Central Statistics Agency of Driyorejo District, the results were obtained that in Kesambenwtan village there are 2 midwives and there are no nurses and doctors. There are no hospitals, maternity homes, or polyclinics. Begiru also does not have a pharmacy. However, in Kesambenwetan village there is no malnutrition, and it is very easy to get to health facilities (Central Statistics Agency, 2021).

With increasing age, health problems are of course more and more suffered by the elderly, this is due to a decline in the human immune system. Health problems that are often experienced are hypertension, cholesterol, blood sugar, gout and so on. Physical changes experienced by the elderly result in a decrease in body function, this will affect various aspects of life in old age. So, it requires maintenance that is different from the age of children, adolescents and adults who need support from the people around them.

In response to this social phenomenon, we have created a free examination work program for the elderly which includes blood pressure and blood sugar checks. This activity was carried out for 2 days, the first was carried out at the Bambi Village Hall and the second at the Hamlet Hall. This activity has the purpose of conducting an inspection of public health, especially the elderly. The total number of participants on the first and second days was 130 people.

In the implementation of community service activities in the form of health checks and free treatment, the service capacity that we limit to 150 participants which are evenly distributed in Bambi Village, Driyorejo District, Gresik Regency. Documentation of the results of blood pressure checks for 26 women in 8 men, blood glucose in women 8 people in 2 men. At this stage, local midwives perform anamnesis and examinations, giving free medicine.

Stages of local midwives provide health education for the community. Indicators of achievement are that people get the right treatment and ways to prevent disease.

In this activity, preventive efforts against health risks in the Bambi Village area, Driyorejo District, Gresik City were achieved by carrying out health checks in the form of weight and height checks, blood pressure and blood sugar. It is known that the status of the level of physical fitness in the bambi village area, Driyorejo District, Gresik Regency is a preventive effort in maintaining the level of physical fitness.

METHOD

The form of this work program activity is in the form of health checks, especially for the elderly for free and open according to the schedule of each place. Where this activity was carried out for two days. A survey was conducted for the implementation of free health checks, starting with determining the place, time, equipment and parties who took part in this activity. It is hoped that the place used can be easily reached by the surrounding community and carefully prepared so that this activity is carried out smoothly. The preparation stage of this activity starts from activity planning, event concepts, to the equipment needed such as tables, chairs, measuring instruments, and so on. Coordination in carrying out community service permits to the village head of Bambi, and continued coordination with local midwives to determine the course of the implementation of health examination activities. This activity was held on July 22 and 23, 2022 at the Bambi village hall and in Ngambar hamlet.

The participants who attended this activity reached 134 people consisting of men and women in the elderly. The arrangement of the health checkup place is in accordance with the plan made. The equipment used for health checks is already available and used as appropriate. The student's assignment is in accordance with the previous plan by remaining under the supervision of local midwives. In this activity, students collaborate with the local health center so that the event runs as it should.

The implementation of this activity started at 08.00 WIB to 11.30 WIB according to the planned schedule. The equipment used is complete and does not experience problems or damage. The parties involved shall take part in accordance with their respective responsibilities.

RESULT AND DISCUSSION

Blood sugar and blood pressure check activities were carried out in Bambe Village, Driyorejo District on July 22-23, 2022, the number of community capacity participating in health check-up activities for the elderly was 132 people,

The demographic characteristics of the people participating in this activity are as follows:

1. By Age

The average age of participants who participated in blood sugar health checks was between 40 and 50 years old, with the youngest age being 25 years old and the oldest being 95 years old, an overview of the age distribution of participants can be seen in table 1.

Table 1 Age distribution of participants

Age (Years)	Blood Sugar	
	Sum	%
20-29	2	1,55
30-39	2	1,55
40-49	16	12,4
50-59	47	36,5
60-69	45	34,9
70-79	15	11,7
80-89	1	0,77
90-99	1	0,77
Total	129	100

2. By Gender

Based on gender, blood sugar checking activities were attended by 27 male participants and 107 female participants, an overview of participant discrimination by gender can be seen from table 2.

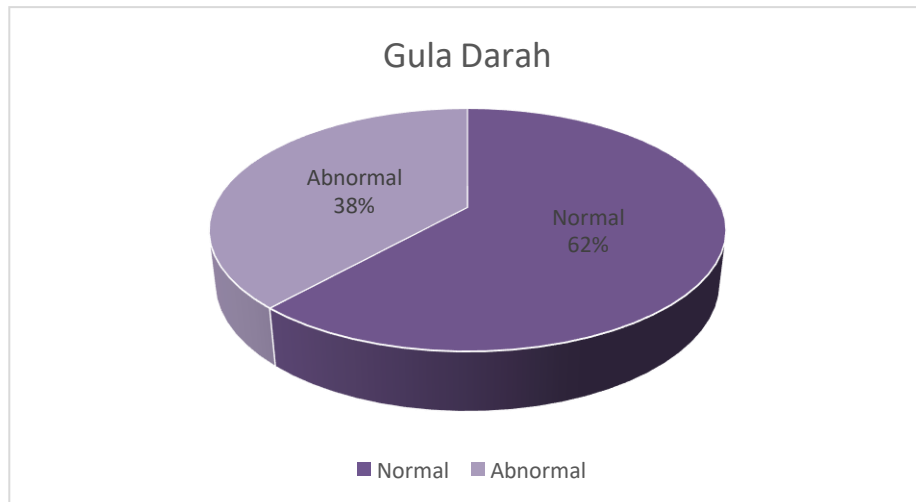
Table 2 Gender discrimination of participants in blood sugar examination activities

Gender	Sum	%
Man	27	20,1
Woman	107	79,99
Total	134	100

3. Based on the results of the Blood Sugar Test

Based on the results of blood sugar level checks from 134 participants whose blood sugar was categorized as normal was 42 people, while those who had blood sugar in the abnormal category were 26 people.

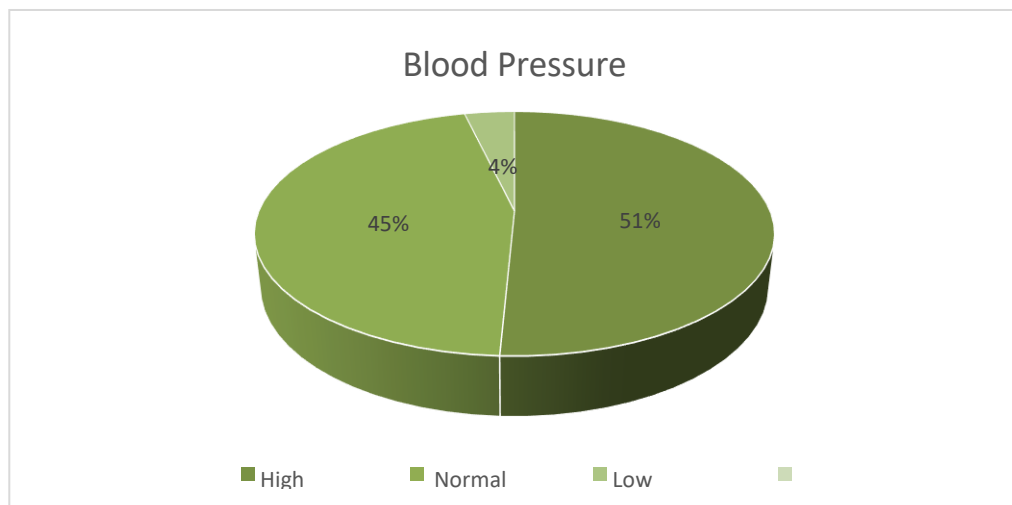
Diagram 1. Dispersion of blood sugar levels of activity participants



4. Based on the results of the Hypertension examination

Based on the results of blood pressure checks from 134 participants who had high blood pressure, as many as 68 people, and those who had low blood pressure as many as 5 people, and who had normal blood pressure as many as 61 people.

Diagram 2. Blood Sugar Pressure Distribution Participants



CONCLUSION

Results of the activity Blood sugar and blood pressure check activities were carried out in Bambe Village, Driyorejo District on July 22-23, 2022, the number of community capacities participating in health checkup activities for the elderly was 132 people, based on gender, blood sugar check activities were attended by 27 male participants and 107 female participants.

Based on the results of the Blood Sugar Examination of 134 participants whose blood sugar was categorized as normal, it was 42 people, while those who had blood sugar in the abnormal category were 26 people. Based on the results of blood pressure checks from 134 participants who had high blood pressure, as many as 68 people, and those who had low blood pressure as many as 5 people, and who had normal blood pressure as many as 61 people.

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