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Serving Together Towards a Healthy Society in An Effort to Implementation of Free Health Checks in Gadung Village Driyorejo District, Gresik Regency

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A B S T R A C T

Hypertension is a big problem in Indonesia. With increasing age, health problems are of course more and more suffered by the elderly, this is due to a decrease in the human immune system. Health problems that are often experienced are hypertension, cholesterol, gout. The aim of this activity is to improve the health of the people of Gadung Village through free health checks and health education as a preventive and promotive effort. This activity is a free health check for the elderly which is carried out for one day, starting with a survey to determine the location, time, equipment, and related parties who ensure the location is easily accessible and well prepared. Preparation involves planning activities, event concepts, and equipment such as tables, chairs, and medical equipment. The implementation of the activity was coordinated with the village head, midwives, and local nurses, taking place on July 31, 2023 at the Gadung Village Hall. The results of the activity showed positive achievements. Of the 48 participants who attended, most received direct benefits, such as health consultations and vitamin provision. Several participants who were detected as having diabetes complaints received follow-up in the form of medication and further medical advice from local midwives.

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 (Idacahyati, 2018). 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 Gadung Village there is 1 midwife and 1 nurse, there are no hospitals, special maternity hospitals, and polyclinics. Likewise, there are no pharmacies, and there are also health centers. However, access to health facilities is easy to reach. (Sodani & Fanida, 2020).

With increasing age, health problems are of course suffered by the elderly, this is due to a decline in the human immune system (Siregar & Yusuf, 2022). Health problems that are often experienced are hypertension, cholesterol, and gout. Physical changes experienced by the elderly result in a decrease in body function, this will affect various aspects of life in old age (Andesty & Syahrul, 2018). 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 checks, random blood sugar, cholesterol and uric acid (Rizky, 2022). This activity was carried out for 1 day, the first of which was carried out at the Gadung Village Hall. This activity has the purpose of conducting public health checks, especially for the elderly. The total number of participants is 48 people. In the implementation of community service activities in the form of health checks and free treatment, we limit the service capacity that we carry out to 60 participants were distributed evenly in Gadung Village, Driyorejo District, Gresik Regency. The number of participants who attended included 47 women and 2 men, at this stage local midwives carried out anamnesis and examinations, providing free medicine. Stages of providing local midwives 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 Gadung village area, Driyorejo District, Gresik Regency were carried out with health checks in the form of weight and height checks, blood pressure, and sugar random blood, cholesterol and uric acid. It is known that the status of the level of physical fitness in the Gadung village area, Driyorejo District, Gresik Regency is a preventive effort in maintaining the level of physical fitness. The aim of this activity is to improve the health of the people of Gadung Village through free health checks and health education as a preventive and promotive effort.

METHOD

1. Form of Activity

The form of this work program activity is in the form of free health checks, especially for the elderly, where this activity is carried out for one day.

2. Survey Stage

A survey was conducted for the implementation of free health checks, starting with determining the place, time, equipment and parties participating 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 can be carried out smoothly.

3. Preparation Stage

The preparation stage of this activity starts with activity planning, event concepts, to the equipment needed such as tables, chairs, medical devices, and so on.

4. Implementation Stage

Coordination in carrying out community service permits to the head of Gadung village, and continued coordination with local midwives and nurses to determine the course of the implementation of health examination activities. This activity was held on July 31, 2023, at the Gadung Village Hall.

5. Evaluation

a. Structure

The participants who attended this activity reached 48 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 students' duties are in accordance with the previous plan by remaining under the supervision of local midwives. In this activity, students collaborate with village midwives and nurses as well as local health cadres so that the event runs as it should.

b. Process

The implementation of this activity started at 08.30 WIB to 12.00 WIB according to the planned schedule. The equipment used is complete and does not experience problems or damage. The parties involved take part in accordance with their respective responsibilities.

c. Results

The results obtained from this activity include Participants who have diabetes complaints are obtained and followed up by local midwives with the administration of medicine. Participants who are not at risk of diabetes receive consultation facilities and vitamin administration.

RESULT AND DISCUSSION

Blood pressure, weight, body circumference, random blood sugar, cholesterol and uric acid checks and early detection of stroke education were carried out. The demographic characteristics of the people participating in this activity are as follows:

1. Based on Age

Table 1 Distribution of the age of activity participants.

Age	Blood Sugar	
	Sum	%
30-39	1	2,08
40-49	9	18,75
50-59	15	31,25
60-69	20	41,67
70-79	2	4,17
80-89	1	2,09
Total	48	100

2. By Gender

Based on gender the blood sugar check activity was attended by 48 participants, 47 women and 2 men. An overview of participant discrimination by gender can be seen from table 2.

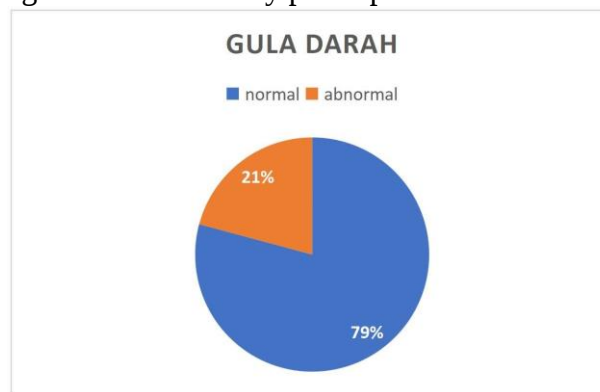
Table 2 Gender discrimination of participants in blood sugar examination activities

Kind Sex	Sum	%
Man	2	4,17
Woman	46	95,83
Total	48	100

3. Based on the result, the Blood Sugar Test

Based on the results of the blood sugar level examination of 48 participants whose blood sugar was categorized as normal was 38 people, while those who had blood sugar in the abnormal category were 10 people.

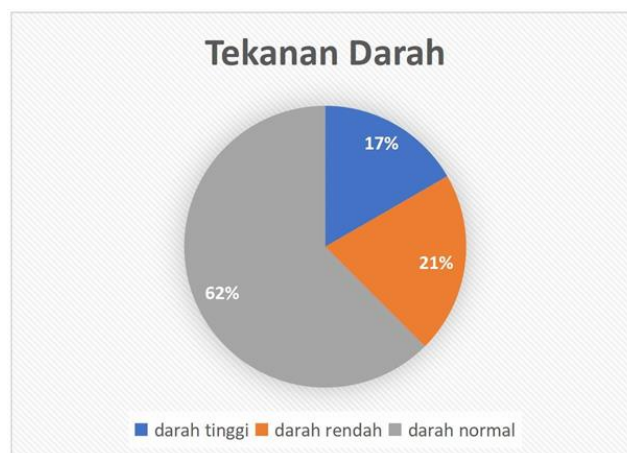
Diagram 1. Dispersion of blood sugar levels of activity participants



4. Based on the results of the Hypertension Examination

Based on the results of blood pressure checks from 48 participants who had high blood pressure, as many as 8 people, and those who had low blood pressure 10 as many people, and who had normal blood pressure as many as 30 people.

Diagram 2. Blood Sugar Pressure Distribution Participants



CONCLUSION

Results of the activity Blood sugar and blood pressure check activities were carried out in Gadung Village, Driyorejo District on July 31, 2023, the number of community capacity participating in health checkup activities on Elderly a total of 48 people, based on gender, blood sugar examination activities were attended by 2 male participants and 46 female participants. Based on the results of the Blood Sugar Examination of 48 participants whose blood sugar was categorized as normal was 38 people, while those who had blood sugar in the abnormal category were 10 people. Based on the results of blood pressure checks from 48 participants who had high blood pressure, as many as 8 people, and those who had low blood pressure as many as 10 people, and those who had normal blood pressure as many as 30 people.

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