

THE INFLUENCE OF PRIMARY SERVICES AT THE COMMUNITY HEALTH CENTER, ONE OF WHICH IS THE ROLE OF NURSES IN PROVIDING COUNSELING IN THE FORM OF EDUCATION ABOUT ISPA AT THE KEDAI DURIAN COMMUNITY HEALTH CENTER MEDAN JOHOR DISTRICT IN 2024

Noferia Gulo¹, Lisdayanti Simanjuntak², Indra Agussamad³, Rosmega⁴, Petra Diansari Zega⁵, Sanni Sihombing⁶.

STIKes MITRA HUSADA MEDAN

[Email:nofegulo183@gmail.com](mailto:nofegulo183@gmail.com)

ABSTRACT

puskesmas plays a central role in driving health development with a focus on empowering families and communities, as well as being the primary health service provider at the first level. As part of the structure of the District/City Health Service, Puskesmas has responsibility for managing health development in its area. According to the World Health Organization (WHO), around 4.25 million deaths are caused by Acute Respiratory Infections (ISPA) every year throughout the world. In Indonesia, ISPA is consistently the main cause of death in infants and toddlers. ISPA data at the durian shop health center based on the total number of patients visiting from January-December 2023 reached 1928 and from the results of observations ISPA occurred due to air pollution, one of which was due to the presence of factories. ISPA can be transmitted through direct contact or droplets that are spread in the air when coughing or sneezing, and can infect other people through the eyes, mouth and nose. To reduce the incidence of ISPA at the Kedai Durian Community Health Center, the role of nurses is very important, one of which is carrying out several steps during field practice including preparing an Outreach Event Unit (SAP), making leaflets about ISPA, as well as presentations that educate the public about the definition of ISPA, causes, symptoms, risk factors, prevention, and complications that may arise. These steps aim to increase public understanding of ISPA and encourage the adoption of effective prevention practices.

Keywords: community, health center, ISPA, role of nurses, intervention and implementation of counseling

INTRODUCTION

According to the World Health Organization (WHO), health is an optimal state from a physical, mental and social perspective, not just the absence of disease, weakness or disability. Health is seen as a human right that must be fulfilled through the provision of systematic, integrated, balanced, fair, equitable, quality and easily accessible health services for the entire community (Law No. 36 of 2014). Health development is needed to increase awareness, desire and ability to live healthily for all individuals in order to achieve optimal public health. Success in health development is very important in improving the quality and competitiveness of human resources in Indonesia.

Community Health Centers play a crucial role as driving centers in health development which emphasizes empowering families and communities, as well as being a place for first level health services. As a technical implementing unit under the auspices of the District/City Health Service, the Community Health Center is responsible for implementing health development in its area. STIKes Mitra Husada Medan is expected to be able to run educational programs that are in accordance with the nursing major curriculum to improve the competency of health workers, especially at Community Health Centers. In this way, level 2 nursing program students can be active in health service programs in the field, such as at community health centers, hospitals or other health institutions. The aim is for students to understand their duties and responsibilities well in the context of field practice. According to the World Health Organization (WHO), every year there are around 4.25 million deaths due to Acute Respiratory Infections (ARI) throughout the world. In 2020, WHO recorded 1,988 cases of

ISPA in toddlers aged 1-5 years with a prevalence of 42.91%. In Indonesia, ISPA is consistently the main cause of death in infants and toddlers. ISPA data at the durian shop health center is based on the number of patients visiting. Overall from January- December 2023 it reached 1928 and from the results of observations ISPA occurs due to air pollution, one of which is due to the presence of factories. The Indonesian Ministry of Health revealed that air pollution in Indonesia has caused an increase in the number of ISPA cases. Starting from 2021 to 2023, ISPA cases continue to increase, reaching 200 thousand cases in 2023.

Data shows a significant spike in cases from less than 3000 cases in 2021, to 50,000-70,000 cases in 2022, and reaching 200,000 cases at the end of the year or early January 2023. According to the Ministry of Health, the number of non-pneumonia ISPA cases in Jabodetabek reached 90,546 in the period 29 August to 6 September 2023. Imran Pambudi from the Ministry of Health stated that 55% of ISPA cases occurred in productive age, with the highest percentage of incidents in children under five (14%), children (14%), and the elderly (8%). The increase in ISPA cases in the region is not only caused by increasing air pollution, but also by the long dry season. Despite this, air pollution remains the main factor causing ISPA, along with extreme seasonal factors. According to data from the DKI Jakarta Health Service, there will be 638,291 cases of ISPA in 2023 until June in Jakarta alone. Nationally, the trend of ISPA cases from January to September 2023 shows a significant number, reaching around 1.5-1.8 million cases. The provinces with the highest cases are Central Java, West Java and DKI Jakarta. ISPA is a serious disease that can threaten the sufferer's life, so prevention is very important. According to WHO, ISPA is the leading cause of death in children throughout

the world, causing around 1.4 million deaths every year. This shows the urgency to increase efforts to prevent and treat ISPA globally. With the role of community health centers as primary health service providers, it is hoped that they can become motivators, facilitators and supervisors in the health development process in their working areas. This is expected to have a significant positive impact on public health in the area. Acute Respiratory Infection (ISPA) is an infectious disease that is spread through the air and is caused by various types of pathogens such as viruses, bacteria, fungi and pollutants. This pathogen attacks the respiratory tract, causing swelling of the mucosal walls and narrowing of the respiratory tract. When these pathogens enter the respiratory tract, they can become trapped in the mucus produced by the mucosa equipped with vibrating hairs (cilium), which then causes excessive mucus production. This can result in mucus coming out through the nose as a symptom of exposure to ISPA. ISPA transmission can occur through direct contact or through droplets spread in the air after coughing or sneezing by an infected individual.

These stick to the mucous membranes of people's eyes, mouth or nose, which can then cause them to become infected with ISPA (Noviantari 2018). Treatment of Acute Respiratory Infections (ISPA) often involves managing risks from mild to severe, which require extra attention with various methods:

Naphar Compress with warm water to reduce fever, but not too hot, Increase fluid intake to prevent mucus from becoming thick; Thick mucus makes it easier for viruses to grow, Avoid consuming cold foods because they can worsen fever, Stay away from air pollution to prevent complications such as pneumonia, Ensure adequate nutritional intake, Giving ginger can help relieve coughs. Pharmacological therapy for ISPA Salbutamol (used mainly to relieve symptoms of shortness of breath) Paracetamol (to relieve fever and pain) Amoxicillin (antibiotic to treat bacterial infections) Acetylcysteine (used to thin mucus in the respiratory tract) Vitamin B complex and Vitamin C (to increase endurance), Dexamethase (used in severe cases to reduce inflammation).

METHOD

The method I applied was a case study at the Kedai Durian Community Health Center in 2024. This research involves the nursing process which includes data collection, diagnosis, intervention, implementation and evaluation. During observations at the Kedai Durian Community Health Center, the majority of patients experienced Acute Respiratory Infections (ARI), and I also conducted interviews with the community to find out the common causes of ISPA. I collected data from the 2023 recap the Kedai Durian Community Health Center to support this research.

RESULT AND DISCUSSION

No	DISEASE NAME	Number of patients (January to December 2023)
1	Upper Respiratory Tract Infection (ARI)	1928
2	Hypertension	864
3	Disorders of the muscle system and connective tissue	596
4	Other intestinal infections	577
5	Diseases of the Vulva and periapical tissues	418
6	Allergic skin disease	341
7	Other disorders on upper respiratory tract	293
8	Diarrhea	269
9	Skin infection disease	237
10	Disorders of other nervous systems	227

First, I carried out an assessment based on data and identified cases of Acute Respiratory Infection (ARI) at the Kedai Durian Community Health Center, Medan Johor District. The diagnosis I received was that there was a high risk health behavior related to ISPA which often recurred in the working area of the Kedai Durian Health Center, Medan Johor District. The aim of this research is to prevent the recurrence of ISPA in the area. Intervensi The intervention steps I took to reduce the incidence of Acute Respiratory Infections (ISPA) at the Kedai Durian Community Health Center during field practice included: Preparation of SAP (Extension Event Unit). Making leaflets about ISPA. Conduct a presentation that includes the definition of ARI, causes, symptoms, risk factors, prevention methods, and complications that may arise. Planning based on the Standards for Implementation of Intervention Activities (SIKI) book, which includes: Observation: identifying health behaviors that need improvement. Therapy: creates an environment that supports health and provides orientation regarding available health services. Education: encourage the habit of washing hands with clean water and soap, not smoking in the house, doing regular physical activity, eating healthy and nutritious food, and maintaining personal and environmental cleanliness. All interventions in accordance with SIKI have been implemented during outreach in the Kedai Durian community. These steps aim to increase public understanding of ISPA and encourage effective prevention practices.

Implementasion

ISPA Extension Event Unit

Sub-topic: ISPA Target: People who come to Posyandu, Time: 45 minutes, Place: In one of the residents' houses Date: 17/05/2024, Extension agent: Noferia Gulo

The main purpose

The main aim of ISPA education is to provide education, information and support to individuals who are at high risk or are experiencing Acute Respiratory Infections (ISPA).

Special purpose

Raising awareness about ISPA: Aims to provide accurate information about ISPA, including risk factors, symptoms, and associated complications, so that importance of maintaining their health, individuals are more aware of the Encouraging healthy lifestyle changes: This counseling aims to educate individuals about the importance of a healthy lifestyle, such as a balanced diet, regular exercise, stress management, and avoiding smoking and excessive alcohol consumption, Increase knowledge about

ISPA treatment and management Provide

information about available ISPA treatments, including the importance of following doctor's prescriptions and maintaining a schedule of medical visits, Improving adherence to treatment: Aims to ensure individuals understand the importance and benefits of prescribed treatment, as well as reducing barriers that may hinder their adherence, Reducing the incidence and complications of ISPA: Through these goals, ISPA education aims to increase individual understanding, skills and motivation in managing ISPA, as well as encouraging a healthy lifestyle to reduce the risk and impact of the disease.

I arranged outreach locations, made leaflets and SAP, and used lecture methods, discussions and question and answer sessions to achieve these goals smoking and excessive alcohol consumption. Increase knowledge about ISPA. the important and benefits of prescribed treatment, as well as reducing barriers that may hinder their adherence. treatment and management: Provide information about available ISPA treatments, including the

importance of following doctor's prescriptions and maintaining a schedule of medical visits. Improving adherence to treatment: Aims to ensure individuals understand Reducing the incidence and complications of ISPA: Through these goals, ISPA education aims to increase individual understanding, skills and motivation in managing ISPA, as well as encouraging a healthy lifestyle to reduce the risk and impact of the disease. Activity Evaluation 1. Structure SAP has been prepared and ratified, Media for outreach activities have been prepared, There is no objection to community participation in activities. Process Activities are held from 09:00 to 10:00 WIB, The community participated in the activity until it was finished, The public's response to the outreach material was positive. Results: The desire to invite 80% of the community was achieved. The community understands the objectives and process of counseling. Good cooperation between the community and the extension team. increasing public knowledge about the causes, symptoms and risk factors of ISPA. There are many questions from the public regarding the counseling material, with good understanding and satisfaction with the answers given. S: The community says they already understand the disease related to ISPA O: the public seems enthusiastic about understanding, following and

asking questions regarding ISPA A: Problem partially resolved P: continue to do outreach.

CONCLUSION

Acute Respiratory Infection (ISPA) is an infectious disease caused by various pathogens such as viruses, bacteria, fungi and pollutants. Transmission occurs through the air and attacks the respiratory tract system, causing inflammation and swelling of the mucosal walls, which can result in narrowing of the respiratory tract. Risk factors for ISPA include an environment exposed to pollution and cigarette smoke, a weak immune system such as in premature babies or with poor nutritional status, and inappropriate treatment in the family. Based on this research, it is increase knowledge about ISPA, especially for parents who have a big responsibility in caring for children. Mothers are advised to actively read and take part in health education held at community health centers or posyandu, especially regarding the prevention and treatment of ISPA. Although education cannot reduce the absolute number of ISPA incidents, it can help change the mindset of people who previously lacked information about how to prevent and transmit it to become more aware and knowledgeable about it

REFERENCES

- Asmaliah, 2004: This article discusses the management of Asthma and Acute Respiratory Infections (ARI) in USU's digital library in 2004 (page 18).
- Jalil, 2018: Research by Jalil in 2018 identified factors related to the incidence of ISPA in toddlers in the Kabangka Health Center working area, Muna Regency.
- Labis, 2019: Study by Labis Ins and Femagel in 2019 regarding the relationship between the presence of house codinful and perskud in the house with the incidence of ISPA in Silan Laut Village, Asuhan Regency.
- Minister of Health Regulation No. 43 of 2019: Regulation of the Minister of Health of the Republic of Indonesia No. 43 of 2019 concerning community health centers.
- Ministry of Health, 2019: Ministry of Health of the Republic of Indonesia related to ISPA.
- iPrabu, 2009: Prabu's 2009 article discusses Acute Respiratory Tract Infections (ARI) in general, available at <http://prabu.wordpress.com/> 2009.0104/mesin-saluran- pernafasan-akut.
- Riskesdas, 2013: Research by the Indonesian Ministry of Health's Health Development Agency in 2013 regarding the prevalence of ISPA in Indonesia.
- Rosana, 2014: Nursing care fo sick children with respiratory problems, 2014 by Rosana.
- Safarima, 2015: Research by Safarima in 2015 regarding the relationship between smoking habits in the house and the incidence of ISPA in toddlers in Cimureme Village, West Bandung Regency..
- Tandi, 2018: Study by Tandi in 2018 regarding antibiotic prescribing patterns for pediatric ARI