

## Health Education Fluor Albus (Vaginal Discharge) In Pregnant Women With Excellent Education Services At PMB Shinta Poland in 2024

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### ABSTRACT

**Background:** Fluor albus (vaginal discharge) is white fluid that comes out of the sexual canal in excess. Fluor albus is a vaginal fluid, not blood. During pregnancy, vaginal discharge increases in quantity. According to the World Health Organization (WHO), recommendations in America that reproductive health problems include 31.6% of pregnant women experiencing vaginal discharge (fluor albus) caused by the fungus *Candida albicans*. In Indonesia, the problem of vaginal discharge is increasing, with more than 75% of women experiencing vaginal discharge due to the humid temperature in Indonesia, making them easily infected. *Candida albicans* fungus, parasites such as pinworms or germs (*Trichomonas vaginalis*) According to data from the 2019 North Sumatra Province Health Profile, there were 648,829 pregnant women in 2019, 1,566 cases of pregnant women experiencing vaginal discharge, in the city of Medan in 2019 there were 855,281 people and 45% had experienced vaginal discharge. Method: This activity begins with the preparation, implementation and evaluation stages. Results: 15 participants in this activity were pregnant women who visited PMB Shinta in Medan Polonia, Medan City. In its implementation, it was explained that the genital organ problem that pregnant women often experience, especially in the third trimester, is fluoride albus (vaginal discharge). The types of vaginal discharge also need to be understood as well as the treatment and therapy that needs to be given to pregnant women in preventing and treating cases of Fluor Albus. Conclusion: The results obtained from this community service activity are an increase in knowledge about preventing vaginal discharge and the treatment that will be carried out if complications occur. Pregnant women who experience vaginal discharge will pose a risk to the health and growth and development of their fetus later. The risk of vaginal discharge before and after was an increase of 15% for the good level of knowledge, and 27% for the sufficient level, and at the level of poor knowledge it decreased by 40%. With this change in the level of knowledge and strengthening understanding of Fluor Albus, it is hoped that pregnant women will be more aware of the conditions of their pregnancy, especially in maintaining personal hygiene which will result in disruption of fetal growth and development. Conclusion: The results obtained from this community service activity are an increase in knowledge about preventing vaginal discharge and the treatment that will be carried out if complications occur. Pregnant women who experience vaginal discharge will pose a risk to the health and growth and development of their fetus later. The risk of vaginal discharge before and after was 15% increased for the good level of knowledge, and 27% for the sufficient level, and for the poor knowledge level it decreased by 40%. (WHO, 2023) (Health Office Province North Sumatra, 2020) (Friza Shirley Srivastava Situmorang et al., 2024a)

**Keywords:** Fluor Albus, Pregnant Woman, Health Education

## INTRODUCTION

Vaginal discharge (fluor albus) is a white fluid that comes out of the vagina in excess. Fluorine albus is a vaginal fluid, not blood. During pregnancy, vaginal discharge increases in quantity. This is because the pH of vaginal secretions becomes more acidic, changing from 4 to 6.5 (Prianti et al., 2023)

According to the World Health Organization (WHO), reproductive health problems in the United States include vaginal discharge (fluor albus), which is caused by the fungus *Candida albicans*, which affects 31.6% of pregnant women. In Indonesia, the problem of vaginal discharge is increasing, with more than 75% of women experiencing it due to Indonesia's humid climate, which makes it susceptible to infection by *Candida albicans*, parasites such as pinworms, or bacteria. (Mahdiyah et al., 2018)

According to data from the 2019 Indonesian Demographic and Health Survey (SDKI), one of the most common complaints encountered in maternal and child health clinics (MCH) is vaginal discharge/fluor albus. 16% of those with vaginal discharge are pregnant women. One of the most common complaints among pregnant women is vaginal discharge, which is classified as candida. 53%, *Trichomonas* 3.1%, and 40.1% of bacteria. *Candida* is the most common group found in vaginal discharge sufferers. (Oktavia et al., 2022)

According to the 2019 North Sumatra Provincial Health Profile, of 648,829 pregnant women in 2019, 1,566 cases of vaginal discharge occurred. In Medan, 855,281 pregnant women in 2019 experienced vaginal discharge, and 45% experienced vaginal discharge. (Dwi Wahyunita & Saragih, 2023)

Vaginal discharge (fluor albus) in pregnant women occurs due to increased

hormones during pregnancy. Increased estrogen levels increase the water content in the cervical mucus and increase glycogen production by the superficial mucosal epithelial cells of the vaginal walls, resulting in increased vaginal secretions, which then flow out and are referred to as (Darwis et al., 2023)

vaginal discharge. Vaginal discharge in pregnant women can increase the risk of premature rupture of membranes, resulting in premature birth or low birth weight, and the fetus is at risk of infection. Vaginal discharge during labor can lead to premature rupture of membranes, chorioamnionitis, and even sepsis (Jenni, 2018).

Based on preliminary study data at PMB Shinta, the majority of pregnant women reported a lack of understanding regarding the causes and treatment of vaginal discharge. This motivated the researchers to conduct community service at PMB Shinta, Medan Polonia District, Medan City, North Sumatra Province. (Levina et al., 2022)

## METHOD

The implementation method for this community service program is systematically structured as follows: (Friza Shirley Srivastava Situmorang et al., 2024b)

1. The Preparation Phase consists of:
  - a. Surveying the activity location
  - b. Administrative arrangements and permits for the community service location
  - c. Preparation of materials such as PPTs, leaflets, banners, posters, and so on as educational materials for health promotion regarding Fluor Albus (vaginal discharge) and explanations on preventing and addressing problems related to poor personal hygiene during pregnancy.

2. The Activity Implementation Phase is carried out after the preparation and permits are complete. ( Notoatmodjo , 2020)
  - a. Conducting physical examinations and measuring blood pressure on pregnant women.
  - b. Pre-testing pregnant women's knowledge regarding Fluor Albus (vaginal discharge).
  - c. Providing education regarding personal hygiene during pregnancy. Health Education on Fluor Albus (vaginal discharge) for Pregnant Women with Service Excellent Education at PMB Shinta Medan Polonia in 2024
  - d. Providing information about the dangers of vaginal discharge and simulation
3. Evaluation Internship  
Providing a post-test questionnaire to evaluate pregnant women's understanding of vaginal discharge prevention, management, and treatment, as well as complications that may arise if vaginal discharge is not addressed. (Lapau, 2021)

## RESULT AND DISCUSSION

### A. Univariate Analysis

The results of the community service activity entitled "Health Education on Fluor Albus (Vaginal Discharge) for Pregnant Women with Service Excellent Education at PMB Shinta in 2024" were conducted on Wednesday, January 24, 2024. Data obtained showed that 15 pregnant women participated in the activity. This community service activity provided education to pregnant women about Fluor Albus (Vaginal Discharge). This education was delivered through lectures, discussions, and a question-and-answer session. Furthermore, leaflets and posters were used as

additional information, which pregnant women could refer to at any time as reminders. In addition to the leaflets and posters, another simple instrument was a questionnaire used for pre- and post-tests as an evaluation stage of this community service activity. This instrument was used to assess the knowledge of pregnant women before and after receiving education, specifically about Fluor Albus (Vaginal Discharge). By providing this education, pregnant women are re-emphasized regarding health and needs during pregnancy, and the importance of carrying out. This includes prenatal checkups, maintaining personal hygiene, and empowering pregnant women to self-evaluate their pregnancy and prevent pregnancy complications. The results of this community service program address the initial objective of this activity, which is to determine the level of knowledge of pregnant women regarding pregnancy, and to improve maternal and fetal health by strengthening their understanding of pregnancy risks and the importance of being aware of conditions during pregnancy. Analysis of the data from this community service program serves as a reference and input to relevant parties in implementing the program and evaluating the sustainability of this community service activity, namely to continue regular education so that pregnant women understand and know how to manage intimate organ problems, especially Fluor Albus (vaginal discharge). Pregnant women also recognize the signs and symptoms of high-risk pregnancies by understanding the prevention and complications or dangers that can occur if they experience vaginal discharge during pregnancy, as discussed during the counseling.

Women regularly undergo prenatal checkups and prepare for future pregnancies by considering future pregnancies and using long-term contraception. ( Prianti et al., 2023)

**Knowledge table about Prevention Fluor Albus**

Pre-test Mother's Knowledge	%	Post test	%
Good	2	4	27
Enough	4	8	53
Less	9	3	20
<b>Quantity</b>	<b>15</b>	<b>15</b>	<b>100,0</b>

Based on Table 1, the knowledge of pregnant women before receiving education was at a low level. After receiving education, there was an increase in knowledge of pregnant women to a fair and good level. However, some still had poor knowledge and needed further reinforcement regarding high-risk pregnancies. Efforts to increase pregnant women's understanding include raising awareness of the dangers or complications that can occur if vaginal discharge is not treated promptly to increase self-efficacy in understanding these danger signs (Herinawati et al., 2021). According to Nugroho (2018), the cause of Fluor Albus in pregnant women is the influence of increased levels of the hormone estrogen, which causes an increase in water content in cervical mucus and glycogen production by epithelial cells in the vaginal wall. Consequently, vaginal secretions increase. This fungal discharge often affects pregnant women because during pregnancy, the vagina becomes rich in glucose, called glycogen, which is a good food source for fungi and bacteria to grow.

**DISCUSSION**

Strengthening We are strengthening pregnant women's understanding of high-risk pregnancies by conducting simulations with cases of pregnant women. Then, the

pregnant women analyze whether they experience vaginal discharge. Vaginal discharge in pregnant women has not been optimally addressed. Prevention and management of vaginal discharge in pregnant women at PMB Shinta, Medan Polonia District, Medan City, North Sumatra Province, is still experiencing a significant increase in 2023. Therefore, community service through the provision of Information and Education Communication (KIE) about vaginal discharge to pregnant women at PMB Shinta, Medan Polonia District, Medan City, North Sumatra Province is necessary. (Mahdiyah et al., 2018)

Vaginal discharge is common in pregnant women in every trimester, and vaginal discharge is a form of discomfort for pregnant women. Vaginal discharge in pregnant women, if not promptly treated, will lead to unmet maternal comfort needs and can lead to pathological vaginal discharge or more serious complications.

Therefore, it is necessary to manage vaginal discharge to prevent pathological vaginal discharge. (Tambunan, 2023)

Maintain cleanliness of the external genitalia by washing with clean water, especially after defecation and urination. The correct way to wash is from the front (vagina) to the back (anus). Incorrect

washing methods, for example, include (Oktavia et al., 2022)

The movement from back to front can cause microorganisms around the anus to be carried into the vagina. While routine prenatal checkups can identify the risk of pregnancy complications, all pregnant women should be supported to maintain their pregnancies through healthy lifestyle behaviors recommended by health practitioners, namely behaviors that help prevent complications. Preventing complications places all mothers directly in charge of their pregnancies. These include consuming iron supplements, eating a balanced diet, adopting a healthy lifestyle by avoiding smoking and alcohol, practicing daily self-care and hygiene, and practicing other healthy lifestyle habits (Dwi Revelation & Saragih, 2023)

Providing education in this pregnancy class regarding high-risk pregnancies can increase pregnant women's awareness, enabling them to identify potential pregnancy risk factors and potential delivery complications. (Yuliana & Null Hakim, 2021)

With this knowledge and awareness, pregnant women can intensively implement preventive measures and prepare for them. (Meda Y, 2021) There were no significant obstacles in implementing this community service activity. Overall, everything went smoothly thanks to all parties involved. (Margareta, Liana, 2023)

## CONCLUSION

The results of this community service activity showed an increase in knowledge about fluoride among pregnant women before and after the intervention, with a 15% increase for those with good knowledge, a 27% increase for those with sufficient knowledge, and a 40% decrease for those with poor knowledge. With this change in knowledge and the strengthening of pregnant women's understanding of the

causes, treatment, and complications that can occur if vaginal discharge is not promptly addressed, it is hoped that pregnant women will be more aware of their pregnancy and maintain better personal hygiene, as well as undergo more regular prenatal checkup. (Dwi, 2023)

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