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IMPROVING COMMUNITY HEALTH THROUGH HEALTH SCREENING FOR POSYANDU CADRES AND THE COMMUNITY OF JAYARAGA VILLAGE

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ABSTRACT

This Community Service Activity (PkM) aims to identify risk factors for diabetes mellitus (DM) as one of the comorbidities that exacerbate the condition of the elderly. The expected outcome of this activity is for residents to be aware of the risk factors for the disease and their own health conditions, particularly regarding DM. It is hoped that this activity will increase community awareness about DM management. The activity was attended by 50 residents of Jayaraga Village, Tarogong Kidul District, Garut Regency. The results of the activity revealed that 7 individuals (14%) confirmed having diabetes mellitus, 31 individuals (62%) had hypertension, and 12 individuals (24%) had gout. Therefore, through this community service initiative, we conducted a health screening program that included free blood pressure checks, uric acid tests, and blood sugar level measurements, as well as weight checks and health education, particularly on diabetes and its prevention methods. With the implementation of this community service initiative, we hope that the health-related issues in Jayaraga Village, Tarogong Kidul Sub-district, Garut Regency, can be addressed to some extent.

Keywords: Health Degree, Community, Health Screening

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1. INTRODUCTION

Health is a fundamental human right and an investment in the success of national development (Indriyawati et al., 2018). Therefore, comprehensive health development must be implemented to achieve a healthy society (Widhi et al., 2023). Hypertension is a condition where systolic blood pressure exceeds 120 mmHg and diastolic blood pressure exceeds 80 mmHg. Hypertension often causes changes in blood vessels that can lead to further increases in blood pressure (Indriyawati et al., 2018). Hypertension or high blood pressure is the leading cause of heart failure, stroke, and kidney failure (Perceka et al., 2022a). High blood pressure is referred to as the “silent killer” because people with high blood pressure often do not exhibit symptoms (Nofita et al., 2022). The National Heart, Lung, and Blood Institute estimates that half of those with high blood pressure are unaware of their condition (Kurniati et al., 2020). Once the disease is diagnosed, the patient's blood pressure must be monitored at regular intervals because high blood pressure is a lifelong condition (Widjaja et al., 2023).

Diabetes mellitus itself is a condition of chronic hyperglycemia accompanied by various metabolic abnormalities due to hormonal disorders, leading to various chronic complications in the eyes, kidneys, nerves, and blood vessels, along with lesions in the basement membrane as observed under an electron microscope (Susanto et al., 2022). The high proportion of elderly individuals is indicated by the high incidence of chronic diseases in a given area. Therefore, health screenings are necessary to detect diseases as early as possible. Here, we chose to conduct blood pressure and glucose tests, as well as provide education on blood pressure and high blood sugar levels (Perceka et al., 2022b). Education about diabetes mellitus and lifestyle patterns to control blood sugar levels is an important step, aimed both as a preventive measure against the disease and to prevent complications (Damora, 2023). Therefore, this community service activity could also serve as a good example for others, as global health issues are the responsibility of all parties, not just a few or specific groups.

2. METHODS

a. Location and time of activity

This activity will be held at the Jayaraga Village Sports Hall, Tarogong Kidul District, Garut, in December 2024.

b. Target

The target of this activity is the elderly in Jayaraga Village, Tarogong Kidul District, Garut Regency.

c. Stages of activity

This community service activity is divided into 4 stages:

1. Registration as participants

2. Time contract
3. Examination implementation
4. Education
5. Activity evaluation
6. Partner participation in activity implementation
7. This activity involves students in preparing media and conditioning participants

3. RESULT AND DISCUSSION

a. RESULT

This community service activity was carried out in Jayaraga Village, Tarogong Kidul District, Garut Regency, by lecturers from STIKes Karsa Husada Garut. The activity was carried out directly in accordance with health protocols, namely the mandatory wearing of masks. This screening activity was carried out in 3 stages, namely the first stage in the form of filling out a screening questionnaire through direct interviews with residents, the second stage was measuring blood pressure, and the third stage was checking blood sugar levels.





b. Evaluation and Results

The educational and screening activities we conducted went well. Thanks to this education and series of screenings, people who previously did not care about their health are now more aware after receiving education and learning the results of their blood sugar levels. After we carried out these activities, the community expressed their desire to maintain a healthy diet and also started taking medication that can be obtained at the community health center. The educational activities were conducted smoothly and successfully, as evidenced by the community's awareness in adopting a healthy lifestyle and their willingness to seek treatment for those with a tendency toward diabetes.

c. Supporting Factors

The location and time provided by STIKes Karsa Husada Garut, along with the community's willingness to participate, were key factors in the success of this activity. Additionally, the participation of the community and the cadres who attended the activity was excellent and fully supported the community service initiative.

d. Constraints

The main constraint was the limited time available to conduct ongoing follow-ups and ensure that the Karangpulos community continues to adopt a healthy lifestyle to prevent diabetes and other degenerative diseases.

4. CONCLUSION

Based on the above descriptions, several conclusions can be drawn, including the following:

- a. In carrying out this activity, namely diabetes education and blood sugar level checks, there were certainly obstacles and problems that arose, but this did not dampen our enthusiasm in making this activity a success.
- b. This activity has had a positive impact on the community of Jayaraga Village, Tarogong Kidul Subdistrict, Garut Regency, in increasing knowledge in the field of health, particularly diabetes.
- c. This activity has received appreciation and support from the local community.

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