

Free mass health check-up at gpm lateri congregation



Wildia Nanlohy^a  | Harianti Fajar^b  | Lintje Sintje Corputty^b  | Sitti R Latuamury^b 

^aDepartment of midwifery, High School Of Health Science Pasapua, Ambon, Indonesia
^bDepartment of Nursing, High School Of Health Science Pasapua, Ambon, Indonesia

Abstract: According to the World Health Organization (WHO), health is a state of physical, mental, and social well-being and not merely the absence of disease or weakness. Meanwhile, according to Health Law No. 36 of 2009, health is a state of physical, mental, spiritual and social health that enables everyone to live productively socially and economically. The activity begins with registration for those who will seek treatment and anamnesis and blood measurements of patients are carried out by health workers and counseling that is individual depending on the disease suffered. After being examined, a prescription will be given for either injections or oral medication. This activity ended at around 13.45 WIT. Of the 48 patients who received treatment at GPM Lateri, 8 people suffered from rheumatism, 12 people suffered from acute respiratory infections, 5 people with gastrointestinal disorders, 23 people suffered from hypertension. 20 of the patients were women and 28 were men.

Keywords: Community Health Screening, Preventive Healthcare, Medical Consultation, Disease Early Detection

1. Introduction

According to the World Health Organization (WHO), health is a state of physical, mental, and social well-being and not just the absence of disease or weakness. Meanwhile, according to Health Law No. 36 of 2009, health is a state of physical, mental, spiritual and social health that allows everyone to live socially and economically productively.

Health is a right for everyone, so everyone has the right to get safe, quality and affordable health services regardless of their social and economic status. For health service facilities themselves, it is a tool or place used to carry out health service efforts, both promotive, preventive, curative and rehabilitative carried out by the government, local governments and the community.

Health efforts are activities to maintain and improve health carried out by the government and the community. This means that the improvement of the health of individuals, groups, or communities must be pursued. Efforts to realize health can be seen from two aspects, namely health maintenance and health improvement.

To improve the health of a person or society, there are several factors that must be considered, namely the physical, mental, social, cultural, political, and economic environment, community behavior, health services and hereditary factors. These four factors are interrelated with each other in influencing a person or society to be affected by infectious and non-communicable diseases (Notoadmojo, 2003).

One of the health facilities in Indonesia is the Puskesmas that provides health services to the entire community, both individually at the first level, by prioritizing promotive and preventive efforts, to achieve the highest degree of public health in their work areas. The Puskesmas is a place to obtain health services aimed at the community, in accordance with the function of the Puskesmas as a center for development, coaching and health services, as well as being a leading operating post in public health development.

In essence, the Health Center must carry out all health programs in order to maintain and improve the health status related to the above, so that together with the GPM Lateri Congregation, Sub Section: Community Health, as well as with other related agencies in this case the Ambon City Health Office, the Farma Chemistry Institute and us as academics in the field of Health are involved as a Health Team. Therefore, a Free Mass Health Examination service was held for the people in the area of the Maluku Protestant Church (GPM), especially in the GPM Lateri Congregation.



2. Materials and Methods

Location and Time of Implementation

This community service activity will be held on Thursday, May 19, 2024, starting at 09.00 WIT until it is finished. The event took place in the Multipurpose Room of the Prosperous Church of the GPM Lateri Congregation, Ambon. This activity aims to provide education and increase public knowledge about health issues, especially related to syphilis. Of the 48 patients who received treatment, this activity is expected to provide useful information and support efforts to prevent and handle the disease among the community.

Implementation

This community service activity will be held on Thursday, May 19, 2024 starting at 09.00 WIT. As the implementing staff is 1 general practitioner, the patient registration section is assisted by STIKES Pasapua Ambon lecturers and the staff of the Lateri health center, the Anamnesis Section, Physical Examination and Counseling, and the Drug Administration Section is held by doctors, midwives and nurses. The number of GPM Lateri Jamaat people who came for treatment was 48 people.

The activity began by registering for those who will receive treatment and anamnesis as well as patient blood measurements are carried out by health workers and counseling that is individual depending on the disease suffered. After the examination is completed, a prescription will be given, both injectable drugs and oral drugs. This activity ended at around 13.45 WIT.

3. Results and Discussion

The 48 patients treated at GPM Lateri, 8 people suffered from rheumatic diseases, 12 people suffered from acute respiratory tract infections, 5 people with gastrointestinal disorders, 23 people suffered from hypertension. 20 of the patients were women and 28 were men.



Figure 1. Implementation of Activities

The community service activity which was carried out on Thursday, May 19, 2024, starting at 09.00 WIT, is an effort to provide health services to the community, especially at the GPM Lateri Congregation, Ambon. In the implementation of this activity, the team of health workers consisted of one general practitioner, a lecturer from STIKES Pasapua Ambon, and the staff of the Lateri Health Center, who collaborated in various aspects of health services. A clear division of duties between health workers, such as patient registration, anamnesis, physical examination, counseling, and medication administration, demonstrates a structured and professional approach to providing services to the community.

The number of people who came for treatment reached 48 people, which shows the enthusiasm and need of the community for health services. The activity process begins with registration for patients who want to receive treatment, followed by anamnesis and blood measurements carried out by health workers. Individual counseling is also carried out, adjusted to the disease suffered by each patient. It is important to provide relevant and specific information, so that patients can better understand their health condition.



Figure 2. Documentation

After the examination is completed, the patient is given a prescription for medicine, both injectable and oral medicine, according to the diagnosis that has been set. This activity ended at around 13.45 WIT, showing efficiency in the implementation of health services. Of the 48 patients who received treatment, the results of the analysis showed that there were 8 people suffering from rheumatic diseases, 12 people with acute respiratory infections, 5 people with gastrointestinal disorders, and 23 people suffering from hypertension. Of these, 20 people are women and 28 people are men.

These results reflect the various health problems faced by the people in the region. Hypertension and acute respiratory infections are common health problems and are often linked to environmental and lifestyle factors. Therefore, the counseling activities carried out during this community service are very important to increase public awareness about disease prevention and management, as well as the importance of regular health checkups.

Overall, this community service activity not only provides health services, but also functions as a means of education for the community. By involving various health workers and paying special attention to the individual needs of patients, this activity is expected to improve the quality of public health in the GPM Lateri congregation and encourage them to be more proactive in maintaining their health.

4. Conclusions

The community service activity, which was held on May 19, 2024 at the GPM Lateri Congregation, Ambon, succeeded in providing health services to 48 patients. The team of health workers consisting of general practitioners, lecturers of STIKES Pasapua Ambon, and staff of the Lateri Health Center showed a professional approach in service. From the results of the examination, various health problems were identified, including hypertension, acute respiratory infections, rheumatic diseases, and gastrointestinal disorders.

Counseling carried out individually is very important to increase public understanding of their health conditions. This activity not only provides medical services, but also serves as education that encourages the community to be more proactive in maintaining health. Thus, this activity is expected to improve the quality of public health and awareness of the importance of regular health checkups.

Conflict of Interest

No conflicts of interest

Acknowledgment

We would like to express our gratitude to the community, the campus as a funder in community service activities which will be carried out in April 2024 and thank the head of the Suli health center for providing opportunities in the implementation of community service

References

- Badan Pusat Statistik. (2021). Statistik kesehatan Indonesia 2020. Jakarta: BPS.
- Hawkins, R. P., & Kreuter, M. W. (2004). Health communication: Strategies for health promotion. Thousand Oaks, CA: Sage Publications.

- Kementerian Kesehatan Republik Indonesia. (2019). Strategi nasional kesehatan 2019-2024. Jakarta: Kementerian Kesehatan RI.
- Kementerian Kesehatan Republik Indonesia. (2020). Pedoman pelaksanaan pemeriksaan kesehatan massal. Jakarta: Kementerian Kesehatan RI.
- Kusnanto, H. (2017). Pemeriksaan kesehatan massal: Strategi dan implementasi di masyarakat. Jakarta: Salemba Medika.
- Marmot, M., & Wilkinson, R. G. (2006). Social determinants of health. Oxford: Oxford University Press.
- Notoatmodjo, S. (2012). Ilmu kesehatan masyarakat: Dasar-dasar pendidikan dan perilaku kesehatan. Jakarta: Rineka Cipta.
- Riyadi, S. (2018). Penyuluhan kesehatan: Teori dan praktik. Yogyakarta: Nuha Medika.
- Suharjo, P. (2019). Penyakit menular seksual: Epidemiologi, diagnosis, dan penanganan. Jakarta: Salemba Medika.
- World Health Organization. (2015). Health check-up: A guide for health professionals. Geneva: WHO.