

Health services in an effort to control degenerative diseases in the Pakansari Cibinong sub-district

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Abstract: Health is one of the basic human needs that is important to maintain. With good health conditions, humans can carry out activities and fulfill other life needs well. Health services are a dynamic activity in the form of helping the community in monitoring the scale of their health. Health services are efforts carried out jointly to maintain and improve health, prevent and cure disease, and increase public attention to their health conditions. Degenerative is a group of diseases in which there is a change in the function of certain parts of the body. As age increases, body function also decreases, so that degenerative diseases cannot be avoided. The dominant risk factor for degenerative diseases is heredity. Exercise habits and the habit of consuming balanced nutrition will also help with a healthy and good aging process. The aim of this service activity is so that people in the Pakansari Cibinong sub-district who take part in the activity can know the importance of knowing their health conditions and also raise awareness among the people in the Pakansari Cibinong sub-district regarding their health conditions. Activities carried out at community service events for the community in Cibinong sub-district are general health checks, Body Mass Index (BMI) checks, blood pressure checks, blood sugar checks and uric acid checks. There were 38 people who took part in the activity, including 26.3% men and 73.7% women. From the results of the examination, it was found that 39.5% of participants had a normal BMI, 47.4% were overweight and 13.2% were obese. Hypertensive conditions were found to be dominant in pre-hypertensive conditions, namely with a percentage of 29.7%. Blood sugar conditions were found to be hypertension, namely with a percentage of 86.5% and uric acid conditions were dominated by participants who had normal conditions with a percentage of 64.9%.

Key Words: health services; degenerative diseases; elderly

1. INTRODUCTION

Health is the most important part of society's welfare. Health development is one of the efforts of national development carried out in all areas of life. The aim of health development is to achieve a healthy life for every community, as well as to realize an optimal level of health (Nurmala, 2019).

With the development of science in the world of health today, understanding and knowing health conditions and awareness is an important part of achieving comprehensive public health. Health is also one of the basic human needs, good and monitored health will improve people's quality of life. Elderly people are at higher risk or more likely to experience various degenerative diseases compared to young people. Degenerative diseases are chronic, chronic diseases that greatly affect a person's quality of life and productivity. By increasing age, a person is at risk of decreasing organ function in the body, stimulated by unhealthy living habits. Increasing the understanding of the public and community cadres regarding degenerative diseases, especially the incidence of hypertension, in preventing and controlling hypertension in the elderly is very much needed (Ariyanti, 2020).

Degenerative diseases can be understood as diseases that result in organs or tissues that have been damaged over time due to the aging process. Degenerative diseases themselves have many types related to lifestyle, genetics and the aging process (Widiharti, 2023). There have been many ongoing efforts by the government and private agencies to increase public knowledge and also public awareness regarding health information (Hidayah, 2022). Lack of information and knowledge in the elderly regarding the incidence of degenerative diseases, habits that stimulate the occurrence of degenerative diseases, healthy lifestyles, and lack of awareness of early prevention patterns, are still the main causes of the high incidence of disease complications in the elderly. The inability of elderly people to access health services for the elderly is also a factor preventing elderly people and their families from getting information related to this disease. Inappropriate use of medication is also a factor in the decline in body organ function which triggers degenerative diseases (Nurmala, 2020).

Pakansari Cibinong Village is a village in the Bogor district, West Java, which has quite a large number of elderly people. The elderly in Pakansari Cibinong Village, based on the results of previous community service activities, need comprehensive information regarding degenerative diseases, which apparently from the results of previous activities is still not optimal. Based on this analysis, this activity needs to focus on providing effective knowledge regarding the incidence of degenerative

diseases and the accompanying risk factors as well as appropriate prevention patterns, so that it is hoped that the Pakansari Cibinong Village Community will have high awareness and it will not be too late to carry out treatment such as prevention or treatment (Rokhmah, 2023). In general, the aim of this community service activity is to increase awareness and the level of public health by increasing the knowledge of elderly people about degenerative diseases in the Pakansari Cibinong Village area. Specifically, the objectives of this activity are (1) to provide an understanding of health awareness through BMI calculations, (2) to provide knowledge to the elderly about hypertension, (3) to provide knowledge to the elderly about diabetes, (4) to provide knowledge to the elderly about the disease gout, (5) provide knowledge to the elderly about how to prevent and treat gout, hypertension and diabetes mellitus. Ideal body weight is one image of a healthy body. According to WHO, body mass index (BMI) is classified into underweight, normal, overweight and obese.

2. METHOD

The methods designed in this community service activity with a focus on problem solving, several activity methods carried out are as follows:

1. Community service material given by Lectures from the FMIPA Pharmacy study program at Pakuan University and Discussions Providing information about health is carried out using the lecture and discussion method. The lecture aims specifically to ensure that elderly people get accurate and clear information about degenerative diseases, types of diseases, risk factors and causes, as well as appropriate prevention and treatment patterns. Active discussion and question and answer activities are carried out so that the information conveyed takes place in two directions and at the same time evaluates the elderly's understanding of the material presented. The media used to provide this information is LCD and leaflets. This media is quite effective and informative because the delivery provided is more visual by including relevant and interesting images, and is also accompanied by quite comprehensive explanations.
2. Health Examination This health examination activity includes checking BMI, blood pressure, uric acid and glucose.

3. Educational Approach The educational approach is integrated during the lecture, discussion and question and answer process. The aim of this approach is to raise awareness and motivate the elderly to be willing and able to monitor and solve health problems that occur to them independently and consistently.

3. RESULT AND DISCUSSION

This Community Service activity takes the form of counseling and health examinations which are divided into three stages, namely starting with first providing education regarding degenerative diseases, types of disease, risk factors and causes, and also providing problem solving regarding appropriate prevention and treatment patterns. This first stage activity was also filled with active discussions and questions and answers. This was done so that the information conveyed took place in two directions and at the same time evaluated participants' understanding of the material presented. Then after that, proceed to stage two, namely the health examination carried out by the community service team, namely lecturers from the FMIPA Pharmacy study program at Pakuan University. This community service activity was attended by 38 participants. Counseling is provided regarding the prevention and treatment of degenerative diseases including diabetes mellitus, gout, hypertension, and also calculating Body Mass Index (BMI). The following is documentation of community service activities which can be seen in the photos below:



Picture 1: Providing counseling by the Community Service Team



Picture 2: Taking blood to check blood sugar



Photo 3: Blood pressure check

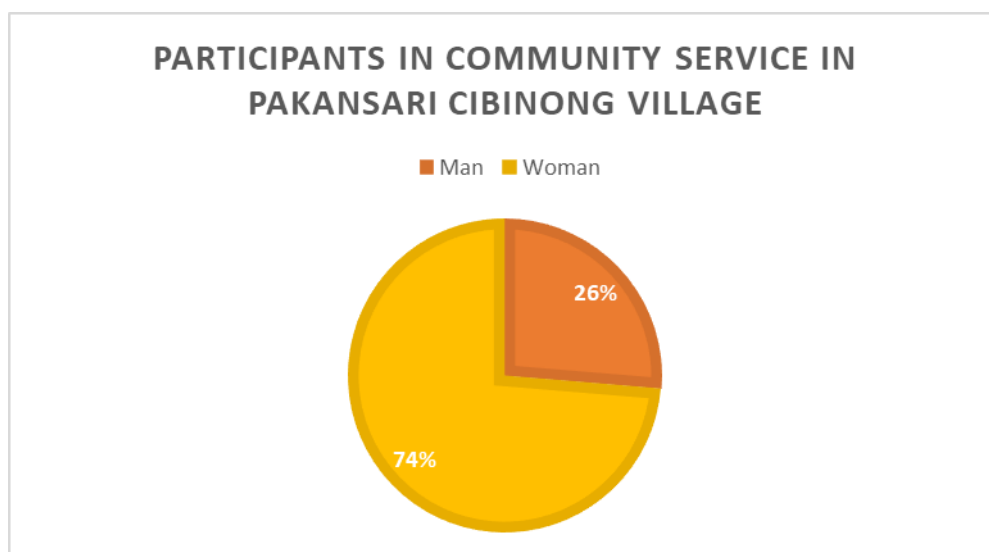


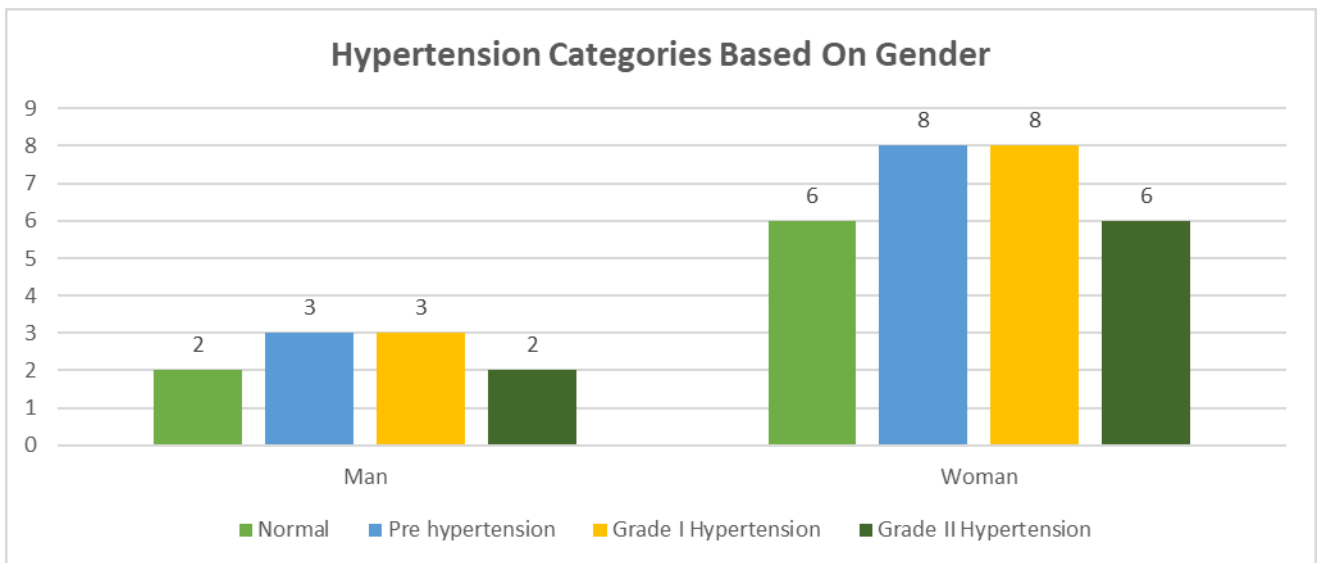
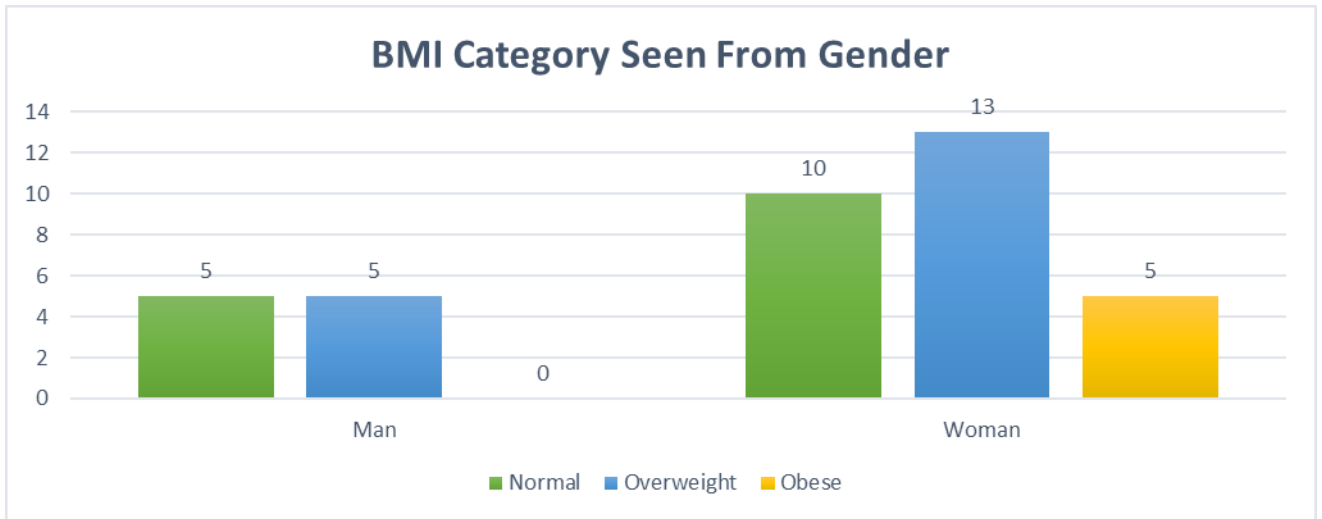
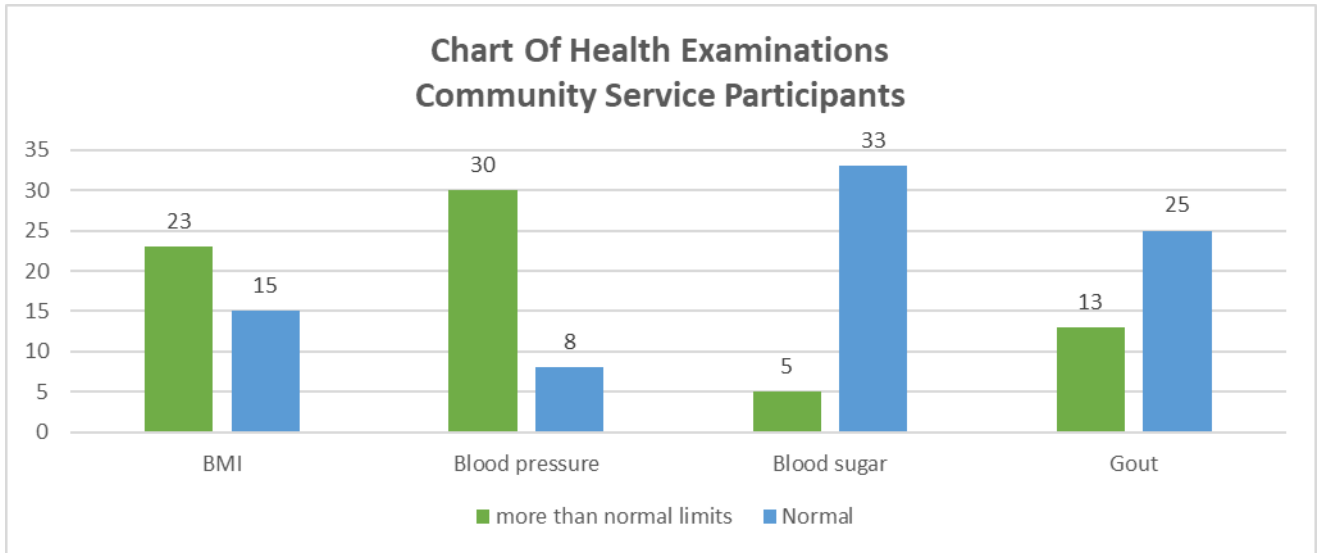
Picture 4: Preparation for Health Examination

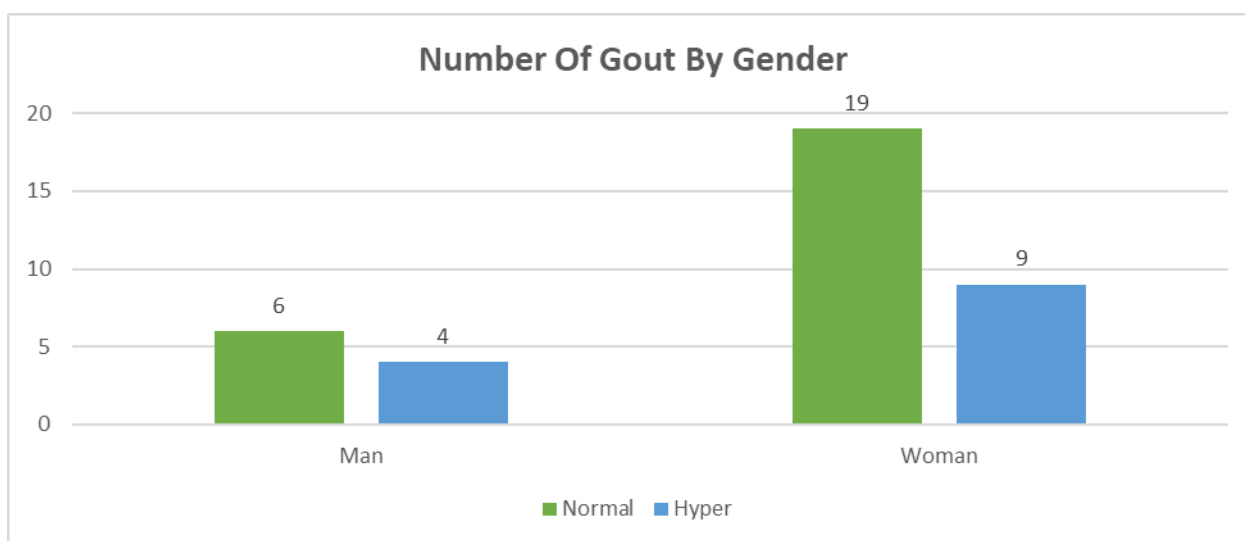
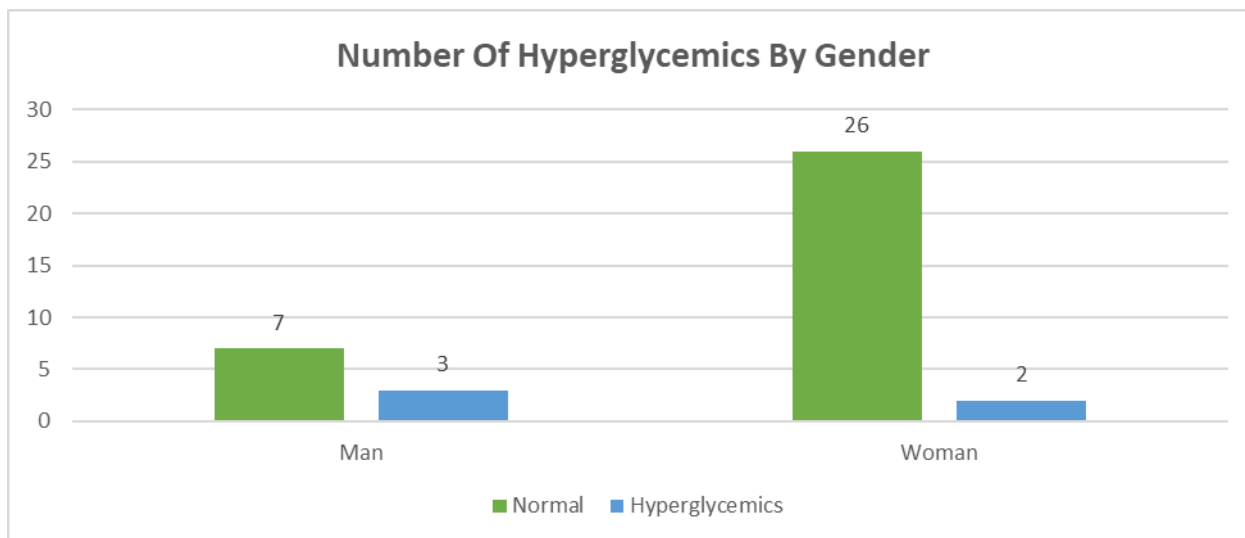


Picture 5: Group photo of participants and Community Service TEAM

In the first stage of implementation, the delivery of information regarding health was carried out using lecture and discussion methods related to degenerative diseases. At this stage, participants listen and can also join in the discussion if there are questions they want to ask regarding the explanation that has been given. After that, we enter the second stage, namely the Health Examination. The health examination begins with a BMI measurement to convey to the participant which category they are in and for participants who find a BMI result other than normal, they are given an understanding and strategy on how to get the BMI number to normal. Next, blood pressure, uric acid and glucose are checked. The results of the data obtained are as follows:







Health service activities in Pakansari Cibinong Village and discussions regarding awareness of degenerative diseases, knowing BMI, health conditions seen from uric acid levels, blood pressure and blood sugar levels went smoothly and the participants were quite enthusiastic, participants asked various questions about these diseases and the measurement results obtained. The activity participants were dominated by 28 women and 10 male participants. The results of BMI measurements showed that 15 people had normal BMI conditions, 5 men and 10 women. There were 18 people overweight, 5 men and 13 women and the Obese category was only 5 women. Obesity occurs in women because women do not do enough exercise in their daily lives, so it is recommended to exercise every day for at least 15 to 30 minutes a day.

The results of blood pressure measurements showed normal results for 8 people consisting of 2 men and 6 women. The pre hypertension category was found in 3 men and 8 women. Grade I

hypertension was found in 3 men and 8 women and grade II hypertension was found in 6 women and 2 men. From the results of blood pressure measurements that are abnormal or high, it is recommended that you see a doctor for further examination so that you get appropriate treatment and it is hoped that you can maintain normal blood pressure by also maintaining a healthy diet and living habits such as exercising. For measuring blood sugar levels, normal blood sugar results were obtained for 33 participants consisting of 7 men and 26 women. Hyperglycemic conditions were found in 5 participants, including 3 men and 2 women. From these results, it is recommended that participants in the hyperglycemic category have their condition checked further at the hospital. If they receive drug therapy, they are advised to consume it regularly and maintain a healthy lifestyle. The condition of high uric acid was also found to be 13 participants who had high uric acid levels, including 4 men and 9 women. It was explained to the participants that they must maintain normal uric acid conditions because when uric acid levels in the body are out of control, it can cause joint damage in the body.

It is hoped that this community service activity can help the elderly to carry out initial treatment for the degenerative diseases they suffer from the importance of preventing it from happening further complications due to the disease degenerative. So this activity is very beneficial for elderly people who are still healthy, or those who have been affected by one degenerative disease. Raising awareness of activity participants to find out the level of health they are experiencing and improving the quality of their health.

4. CONCLUSION

The examination results showed that there were participants who experienced symptoms of degenerative diseases. A small percentage of participants who had examination results above normal values already knew that they were suffering from a degenerative disease. Most do not know that they have the early symptoms of a degenerative disease. Participants in their daily activities have not adopted the healthy lifestyle that must be lived as an elderly person.

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