



Optimization Of Arjowinangun Cadre Of Integrated Health Service

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ARTICLE INFO

Keywords: BLS, PPDG, Cadre
of Integrated Health Service

Received : 9, January

Revised : 15, February

Accepted: 29, March

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ABSTRACT

Cadre of Integrated Health Service are a community forum consisting of mothers working in the health sector to assist the Puskesmas screening program, reducing morbidity and mortality. The findings after FDG found that health training had never been carried out. This program aims to upgrade the knowledge and skills of Posyanda cadres to assist with puskesmas program tasks. Programs community service increase science and technology in the community with various programs: 1. Increasing the posyandu program for toddlers and older people to be more innovative, 2. Training and assistance with Basic Live Support (BLS) and emergency first aid (PPGD), 3 education on infectious diseases and how to handle them independently, 4 uses of natural ingredients to improve children's nutrition. Mentoring and training were carried out for four days. After the implementation of community service activities had a positive impact, Cadre of Integrated Health Service were able to help Community Health Center officers carry out screening to detect Non -communicable diseases.

INTRODUCTION

Cadre of Integrated Health Service is a community forum managed and organized from, by, for and with the community in the area. Community-Based Health Efforts (UKMB) aim at health development to empower the community and make it easier for the community to obtain basic health or basic social services to help reduce disability rates and accelerate the reduction in death rates at all levels of society (Nurhidayah et al., 2019). Success in increasing the role and function of Cadre of Integrated Health Service must align with the role of Cadre of Integrated Health Service. Besides providing health information to the surrounding community, Cadre of Integrated Health Service are very large and significant (Wahyuni et al., 2019); as a community promoter to take part in activities and come during Cadre of Integrated Health Service activities (Rohmah & Siti Arifah, 2021), Apart from that, as a role model, implementing clean and healthy living behavior (Susanto et al., 2017).

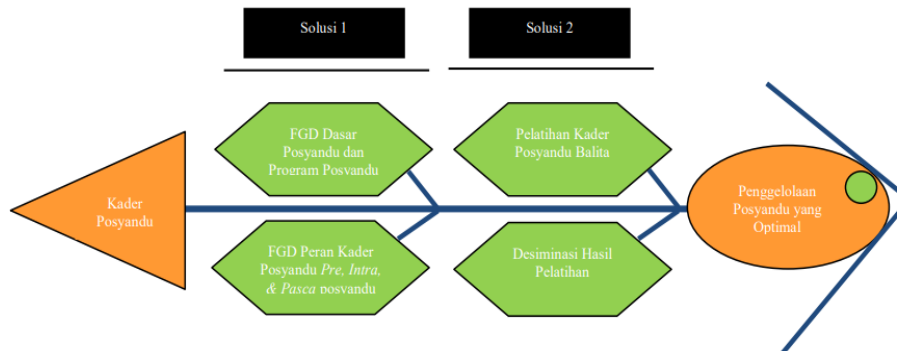
Cadre of Integrated Health Service are at the forefront of society as promoters in the health sector; for this reason, it is important to provide assistance and training to hone their skills so that they are responsive to surrounding conditions and able to carry out actions related to health in general and emergencies in particular (Utami & Endriyani, 2017). It is no less important to provide health care for problems that often occur in the family but are considered trivial. Cases of accidents that cause burns caused by hot water, electric shock or fire. The treatment currently carried out in the community is to apply toothpaste or soy sauce to the area affected by the burn. Burns most often occur in children who handle hot objects without realizing it and outside their parents' supervision (Mantiri et al., 2020)

Stunting is also a special concern in the Arjowinangun RW IV Cadre work area. Stunting is a condition of growth failure in children due to chronic malnutrition, especially a lack of adequate nutritional intake during critical periods of growth, especially in the first 1,000 days of life (from pregnancy to 2 years of age) (Wati, 2016). The causes of stunting in society are complex and involve various interconnected factors. The problems in the RW IV Arjowinangun area are mothers' need for knowledge about the criteria for stunting, providing proper nutrition to children, and how to use ingredients for children's additional food. So far, mothers think their children's growth is normal without experiencing any problems.

First aid or PPGD (Emergency First Aid) is a solution to help the cases described above to reduce morbidity and mortality rates (Ngurah & Putra, 2019). The community, especially Cadre of Integrated Health Service, should be able to provide first aid in these incidents before the health team arrives to assist as a preventative intervention to prevent more serious injuries from occurring, provided by lay people to help and wait for further intervention from the medical team. By having the correct knowledge regarding simple handling of domestic emergencies, you can reduce the occurrence of more serious injuries, which can have fatal consequences. According to the Public Health service program, this service aims to upgrade the knowledge and skills of postage workers so that they can carry out their role as health educators and promoters.

IMPLEMENTATION AND METHODS

Based on the description of the problems faced by partners as per the findings of the FDG results, this service activity offers several solutions:



Gambar 3.1: *Fish Bone Diagram* Metode Pelaksanaan IbM Kader Posyandu Balita Dalam Upaya Optimalisasi Pengelolaan Posyandu.

1. Planning for the regeneration of Cadre of Integrated Health Service to refresh members to improve performance. Leadership and cadre formation are closely related to creating higher-quality human resources in an organization. The implementation of cadre formation is structured step by step, with each target set rationally and according to individual abilities. This cadre formation is carried out to improve the performance of staff. Additionally, cadre formation can eliminate stress due to the boredom experienced.
2. Planning and creating public health Centre programs that can attract community interest to participate and be active in programs to improve welfare and improve clean and healthy living.
3. Making modules and posters improves education and health information for Cadre of Integrated Health Service, especially the general public. A module is a book written with the aim that students or trainees can learn independently without or with teacher guidance so that the module contains at least all the basic components of the material.
4. Assistance to increase cadres' knowledge about communicable dissemination and how to carry out simple interventions. In addition, training is provided on how to use basic food around the house to make a nutritious menu for children and correctly process it.
5. Training and mentoring on PPGD and BLS is the highlight of this training to improve the skills of the cadres. In addition to the PPGD and BLS

training activities, the cadres' skills were enhanced by screening for blood sugar and cholesterol and simple vital sign observations.

RESULTS AND DISCUSSION

UMM lecturers and UMM students carried out this service activity, especially from the virginity department, who took the PNM program Padamu Negeri 2024 group 59. Initial socialization was conducted at Posyandu Cadres RW IV Arjowinangun to explain the programs offered on March 17-20, 2024. This service is implemented by UMM nursing lecturers consisting of four lecturers from the basic department team and 5 students who carry out PMM. The training and mentoring for Posyandu cadres was carried out for 4 days starting from 17-20 March 2024. The initial meeting held outreach, sharing knowledge and experience from the presenters with the Posyandu cadres. The material provided on the first day included management or the role of the family for family members who have had a stroke, nutrition and nutrition for children, and how to calculate Body Index and Diabetes Mellitus (DM). All the material provided was on the problems faced by Posyandu cadres.

In the second meeting, the team provided PPGD assistance and training. The material provided with PPGD material includes how to provide basic assistance to adult and infant patients who have stopped breathing, CPR (cardiopulmonary resuscitation), how to help if choking occurs in adults and infants, management when helping accident victims with broken bones, handling victims who have been splashed with water. Heat, chemicals and fire. Apart from PPGD assistance and training, cadres are also trained on how to carry out initial scanning to help the health team's task of early detection of diseases, especially non-communicable diseases. The training includes:

Observe:

1. Observing pressure. blood.
2. Checking a glucose check.
3. Using an oximetry.
4. Using monitor oxygen saturation levels. and
5. Observing v.
6. Observing includes temperature, pulse and respiration.
7. Before being

Given TTV training, cadres are given education about the normal TTV values.

Table 1. Achievement of Outcome Targets

N	Target	100%
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o		Achievement	
		Done	Not yet implemented
1	Survey of problems faced by Cadre of Integrated Health Service	100	-
2	Checking and refreshing the tools owned by Cadre of Integrated Health Service	100	-
3	Manage work program permits to village officials	100	-
4	Socialization of the work program to the head of the Cadre of Integrated Health Service and the village head	100	-
5	Counseling about frequently occurring health problems. The material provided is DM, hypertension, stunting, management for each problem	100	-
6	PPGD training and mentoring	100	-
7	Training and assistance on screening or early detection to help health workers detect non-communicable diseases that often occur	100	-
8	Training and mentoring on the role of the family for family members who have a stroke in the family	100	-
9	The usefulness of the skills given to cadres is transmitted to the general public	100	-
10	Preparation of activity progress reports, final reports, photo and video albums of activities and financial reports	100	-
Achievement of external targets		100	-

Of the ten indicators of achievement of targets and outcomes from the training and mentoring program for the Cadre of Integrated Health Service, an average success of 90% has been achieved. Judging from these indicators, the

results that are still lacking are training for families who have members who have had a stroke to play a more active role in carrying out self-management so that recurrence does not occur and to monitor the therapy given.

The implementation team always allows participants to ask questions and ask questions to evaluate whether the participants can understand the material provided. By sharing experiences while the cadres carry out their duties, they become more aware of them. The skills acquired by the Cadre of Integrated Health Service can be transmitted to the community. Table 1 illustrates the achievement of the output targets of the posyandu cadre training and mentoring program implemented at the Cadre of Integrated Health Service.

CONCLUSIONS DAN RECOMMENDATIONS

The main problem experienced by partners is the need for more training and mentoring, especially to hone the skills of the cadres. A public health centre program is necessary for people to attend programs of public health centres. By having a Cadre of Integrated Health Service with skills, the role of the cadres will be more optimal in helping the Health Team achieve the maximum level of health. The active role of cadres in carrying out screening so that there is no increase in the number of diseases or recurrence.

Apart from that, with this training, cadres can utilize the tools they have to increase income to increase program creativity. It is hoped that the PPGD training that has been provided can be used primarily for oneself or applied in the family and community. The service team's skills that the Cadre of Integrated Health Service have acquired can be used to help with the infectious disease early detection screening program. It is hoped that this program will conduct regular training and mentoring so cadres can be upgraded optimally. Community Health Center officers and village officials' participation is needed to continue this program.

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