

INCREASING AWARENESS OF CHRONIC DISEASE SUFFERERS IN PARTICIPATING IN THE PROLANIS ACTIVITY PROGRAM AT THE MEUREUBO HEALTH CENTER, WEST ACEH REGENCY

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Abstract

This survey was conducted at the Meureubo Health Center in West Aceh Regency with the aim of seeing the increase in awareness of prolanis sufferers at the Meureubo Health Center in West Aceh Regency in participating in the prolanis activity program. Awareness for people with chronic diseases is very necessary to do so as not to cause complications, by following prolanis. BPJS Kesehatan has also implemented a chronic disease management program (prolanis) for the management of hypertension and type 2 diabetes mellitus. Since 2014. In 2021 the Meureubo Health Center has 217 people with hypertension and type 2 diabetes mellitus, with 32 patients, plus in 2022 the disease hypertension to 543 patients. The purpose of this study was to determine the increase in awareness of chronic disease sufferers in participating in the Prolanis program organized by BPJS Kesehatan Meulaboh Branch and run by the Meureubo Health Center. This type of research is a case study qualitative research design (case study).

Keywords: *awareness, Program Prolanis, activities*

1. INTRODUCTION

Hypertension and diabetes mellitus are non-communicable diseases (PTM) that have become a worldwide concern, so they are dubbed the silent killers because they often appear without consequences, as many sufferers are late in getting adequate treatment. Hypertension and diabetes mellitus are a big challenge because these two diseases are most often found in health services with quite high numbers. Based on the results of the Basic Health Research (Riskesmas) in 2013 people with hypertension in Indonesia reached 25.8% then in 2018 it rose to 34.1%. In 2014 people with diabetes mellitus reached 422 million then rose to 425 in 2017. Currently, Indonesia is a country that has the highest cases of diabetes mellitus sufferers, which increased from 2015 and became the second highest in the world after China, which amounted to 10,276,100 sufferers. , while China has 120,907,995 sufferers, and is in third place with 8,343,288 cases of diabetes mellitus, which is placed by Japan.

In Indonesia, in order to control hypertension and diabetes mellitus, the government makes a promotive and preventive program that is expected to be able to improve the optimal quality of life for people with chronic diseases so that complications such as heart failure and stroke do not occur. Chronic disease is a degenerative disease that requires healing in a long time, according to (Ministry of Health RI, 2014) which is one of the main causes of death in Indonesia is a chronic disease. Since 2014 promotive and preventive programs in chronic disease management programs (prolanis) including hypertension and type 2 diabetes (BPJS Kesehatan the national health insurance program (JKN) in an effort to keep participants healthy, BPJS Kesehatan has implemented) Aceh is the area with the most DM sufferers, which ranks 7th after DKI Jakarta, DI Yogyakarta, East Kalimantan, North Sulawesi, East Java and Kep. Bangka Belitung. Based on data from the Aceh Health Profile in 2018, where the number of PTM cases for hypertension was 172,213 cases, DM 97,033 cases, stroke 32,200 cases, asthma bronchiale 26,412 cases and obesity 23,531 cases. The Meureubo Health Center in West Aceh district is one of the health centers that has

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the highest cases of hypertension sufferers in West Aceh district. The data calculated based on 2021 are 217 cases of hypertension and 32 cases of DM. In addition, in 2022, hypertension will reach 556 cases.

2.LITERATURE REVIEW

This type of research uses descriptive qualitative methods, which is a research process that uses data in the form of numbers to analyze research findings. So hereby the authors take sample data from the results of the calculation of indicators of hypertension and DM patients based on 2021 to 2022 sent by the Meurebo Health Center as a monitoring of the increase in patients participating in the prolanis program activities.

3.RESEARCH RESULTS

Table 1. year 2021

Prolanis Participant Data at Meurebo Health Center

	MRB	pasie pinang	P masjid	P A Baroh	RPT	PCU	UTD
Hipertensi	40	40	28	30	21	58	40
DM	-	32	-	-	-	-	-

Table 2. year 2022

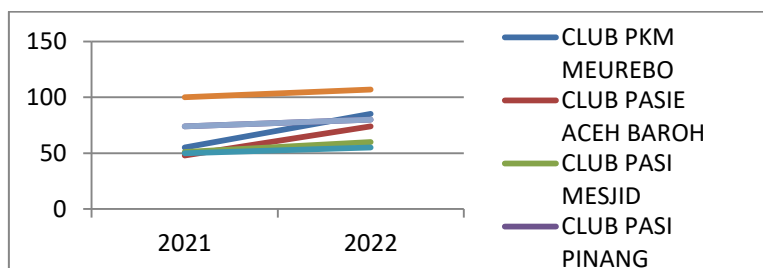
Prolanis Participant Data at Meurebo Health Center

	MRB	pasie pinang	P masjid	P A Baroh	RPT	PCU	UTD
Hipertensi	45	40	30	34	25	62	50
DM	-	-	-	-	-	-	-

Source: Meurebo Health Center, West Aceh Regency

Based on the table above, the prevalence of the increase in the number of participants with chronic diseases at the Meurebo Health Center is increasing. This can be seen from 2021 to 2022, so it is necessary to check the history of visits in activities following the chronic disease management program (prolanis).

Chart. Prolanis club visit in 2021-2022 at the Meurebo Health Center, Kab. West Aceh



Source: Meurebo Health Center, West Aceh Regency

Based on the 2021-2022 graph above, the prevalence of the increase in the number of patients participating in prolanis activities is increasing, this is a form of awareness of patients in participating in the prolanis program which is getting better, this can maximize the number of sufferers so that complications do not occur and make patients who come have quality optimal life.

The implementation of the chronic disease management program (prolanis) is a program created for people with hypertension and type 2 DM to participate in chronic disease management program activities run by health facilities. Patient awareness is one of the forms so that the health of patients with hypertension and type 2 diabetes remains stable by participating in the chronic disease management program (prolanis) organized by BPJS. The main objective in the chronic disease management program (prolanis) is to achieve optimal quality of life with an indicator of 75% for chronic disease sufferers who participate in prolanis activities at first-level health facilities (FKTP).

4.DISCUSSION

4.1.Medical consultation

Medical consultation is an explanation of health that is carried out by doctors and a team that has been determined for complaints from patients, at the Meurebo Health Center besides being able to carry out direct implementation, medical consultations can also be done online using whatshap, this makes it easier for patients who want to consult related to patient complaints without waiting for the implementation schedule directly. However, based on observations, it is found that every club registered has many prolanis participants who do not have androids, thus making chronic disease sufferers have to wait for a medical consultation schedule, which is once a month.

4.2.Group education

Group education activities are carried out once a month to increase knowledge about health, prevent complications and improve health status for prolanis participants. Group education is useful for adding insight and knowledge about health to sufferers as well as maintaining healthy eating and living patterns. Based on the results of the observations of the prolanis group club, although it is held once a month, the enthusiasm of the group club is quite enthusiastic, this can be seen from the arrival of patients who attend the health club education that is quite good, almost 90% of patients come to attend the prolanis club education.

4.3.Medical examination

Health checks are carried out once a month for people with chronic diseases, each club carries out health checks which include checking blood pressure, weighing, and checking blood sugar. Club prolanis conducts health checks in conjunction with posbindu activities at the Meurebo health center, from the results of monitoring research carried out by meetings between patients and doctors, then the doctor prescribes drugs according to what is needed. At posbindu, the prolanis club conducts health checks on patients which are carried out according to the regional group of each club, the aim is to make it easier for patients to get health services. Based on the results of observations, patients who do health checks must queue to wait for their turn for health checks so that all patients will be well controlled.

4.4.Gymnastics

The implementation of prolanis gymnastics activities at the Meurebo Health Center is carried out once a week with a minimum of 15 participants who take part in the gymnastics of each club. Based on the results of observations, each prolanis club has a whatshap group which is useful for inviting and informing the schedule of gymnastics activities that you want to do. Based on the results of the observation that the gymnastics activities carried out by each club were very good, it can be seen from the absence of the presence of more than 15 participants who took part in the prolanis gymnastics.

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4.5.Home Visit

Home visit activities at the Meurebo Health Center which are carried out by the person in charge of the program for prolanis sufferers which are carried out once a month to provide health education information to patients. prolanis. Based on the results of observations by researchers, the activities of visiting the homes of prolanis participants carried out by the person in charge of prolanis were very good

5.CONCLUSION

After conducting research (observations) at the Meurebo Health Center, West Aceh Regency, the authors can draw conclusions related to increasing awareness of chronic disease sufferers in participating in the Prolanis program that is very good, this is caused by monitoring and the officers responsible for the Prolanis program really properly maximize so that the program is actually run properly. Thus, so that the number of cases of chronic disease sufferers does not get higher, the Meurebo Public Health Center needs to be implemented to improve health screening for participants who come for treatment at the Meurebo Health Center to be able to detect the disease early on to participants, as well as medical consultations that are carried out online via WhatsApp. represented by the participant's family so that it can make it easier for participants to consult.

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