

SOCIALIZATION OF PREVENTION OF KIDNEY FAILURE IN THE SIMPANG TIGA HEALTH CENTER WORKING AREA ACEH BESAR

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Abstract

Kidney failure has become a serious problem for public health in the world. This population increase is due to the lack of public awareness of living a healthy lifestyle and the increasing incidence of diseases which are risk factors. The aim of this activity is to provide information in the form of education to the public regarding kidney failure. Method: This community service activity was carried out in the work area of the Simpang Tiga Health Center, Aceh Besar Regency. The number of participants was 30 people who were health cadres and community leaders. This activity includes counseling and discussion. The results of Community Service Activities (PKM) provide information and knowledge about kidney failure. Healthy living behaviors that are still not implemented include lack of exercise, consumption of instant food and packaged drinks. This habit has been understood by the public as a risk factor for kidney failure. Conclusion: Increased risk factors from a history of disease and less healthy living behavior need to be of concern to all related parties, namely individuals, community leaders/health cadres, and related government institutions, especially community health centers as primary health service locations that carry out promotive and preventive efforts. It is necessary to identify two historical diseases that are risk factors for kidney failure, namely diabetes mellitus and hypertension.

Keywords: *Kidney Failure, Socialization, Simpang Tiga Health Center*

1. INTRODUCTION

According to the World Health Organization (WHO)¹, in 2015, the incidence of kidney failure worldwide reached 10% of the population, while kidney failure patients undergoing hemodialysis (HD) were estimated to reach 1.5 million people worldwide. The incidence rate is estimated to increase by 8% every year. This disease has the 20th highest death rate in the world. Based on the National Chronic Kidney Disease Fact Sheet, (2017) in the United States, there are 30 million adults (15%) who have kidney failure. Based on the Center for Disease Control and Prevention, the prevalence of CKD in the United States in 2012 was more than 10% or more of 20 million people. Based on Basic Health Research (Riskesdas) in 2018², the prevalence of kidney failure in Indonesia was 499,800 people (2%).

2. LITERATURE REVIEW

The increase in the incidence of kidney failure is due to a transformation in the epidemiology of the disease in recent years. Chronic kidney failure patients undergoing hemodialysis therapy will experience anxiety caused by the threat of death, and not knowing the final results of the therapy being carried out. This activity aims to provide information to the public regarding kidney failure. There were 30 community service participants. In life, without a healthy body, humans cannot function properly. Bad eating patterns and habits can trigger various diseases, one of which is kidney failure^{3,4}. Kidney failure is a progressive and irreversible disorder of kidney function, where the body is unable to maintain metabolism, fails to maintain fluid and electrolyte balance which results in an increase in urea⁵.

To overcome problems related to kidney failure and the expensive treatment of kidney failure, various preventive measures are needed, one of which is adopting a healthy lifestyle and using plants around the house (living pharmacy) such as papaya leaves as food ingredients that are healthy for the body. and has anti-inflammatory and antioxidant effects^{6,7,8,9}. Adequate treatment and diet management focuses on regulating and controlling energy, protein, fluid and electrolyte intake for someone who suffers from diseases at risk of chronic kidney failure. It is necessary to regulate and control the intake of energy, protein and electrolyte fluids, because in kidney failure there is a decrease in filtration in the glomerulus (where blood is filtered in the kidneys) which causes many nephron functions to be damaged.

The nephron itself functions as a regulator of water and electrolytes in the body by filtering the blood, then reabsorbing fluids and molecules that the body still needs. Knowledge about healthy lifestyles to prevent chronic kidney disease, care and management of diet and fluid intake in kidney failure sufferers is important to know, not only for those who already suffer from kidney disorders, but also for those who are determined to reduce the risk of kidney disorders, because If people with kidney problems don't know, it can result in rapid weight gain (more than 5%), edema, wet crackles in the lungs, swollen eyelids, shortness of breath, hypertension caused by excessive fluid volume and uremic symptoms that can be life-threatening. life safety, especially for those who are at the stage of chronic kidney failure¹⁰⁻¹². The problem is, not all people, especially sufferers, understand and understand the prevention and treatment of this disease. Therefore, solutions and various anticipatory steps are needed, including early detection of disease causes and efforts to prevent it. It is hoped that the local community will implement independent efforts to prevent disease and minimize the incidence of kidney failure and heart failure¹³.

3. METHOD

Service activities are carried out by lecturers and involve students. PKM is implemented in an effort to disseminate information about kidney failure, its prevalence, risk factors, negative impacts and prevention efforts. Therefore, in an effort to achieve this goal, the Abulyatama University medical faculty team carried out community service in the work area of the Simpang Tiga Health Center, Aceh Besar Regency. The target groups are parents, teenagers and the entire community who want to participate. This community service activity was carried out for 1 day. The PKM stage begins with coordinating the team with partners, namely health workers at the Simpang Tiga Community Health Center, to determine the target group and direct the activities carried out. Socialization was carried out in the Puskesmas hall using a lecture method and using power points with material related to prevention, treatment of kidney failure and how to manage a healthy lifestyle in consuming food^{14,15}.

4. RESULTS AND DISCUSSION

Community service activities (PKM) take the form of outreach regarding the prevention of kidney failure by providing knowledge and information to the community in the Simpang Tiga Health Center working area. Socialization is one of the activities in primary prevention¹⁶. This outreach or counseling can instill knowledge and access information regarding kidney failure and hypertension to raise public awareness. Through this activity there is an interactive process that can add new knowledge and can change people's attitudes and lifestyles in consuming unhealthy food so that their kidneys don't get sick⁴.



Figure 1. Socialization of Kidney Failure Prevention

Service activities were carried out in the Simpang Tiga Community Health Center hall using the lecture method using power points. This activity is carried out to prevent an increase in kidney failure and it is hoped that people in this area will have knowledge about the meaning of kidney

failure and can prevent themselves, neighbors and local communities from consuming foods that can cause this disease so that they have a better quality of life.



Figure 2. PkM team and activity participants

This community service carried out for parents and the community is recommended for community groups who are at risk of experiencing kidney failure. This socialization program is a form of support from the PKM team for the Aceh Besar District Government's program regarding reducing the rate of kidney failure. Socialization activities really need to be carried out, especially based on the Community Health Center, because this is the place where people consult about health problems and treat illnesses they suffer from. Apart from that, the role of health workers, families and the entire village community in detecting new cases of kidney failure. Prevention and treatment of kidney failure that can be done is outreach by providing information about the dangers of fast food, prevention that can be taken and treatment steps that must be taken if kidney failure has been diagnosed, including hemodialysis.

5. CONCLUSION

The recommendation obtained from the results of this service is further assistance regarding the treatment and prevention of kidney failure in people at risk. This takes the form of increasing socialization of the negative impacts caused by kidney failure and good treatment patterns. Apart from that, support from the nearest health facilities through screening, socialization and quick steps if there are community groups who have been diagnosed as well as providing assistance and referrals for further treatment including hemodialysis.

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