



EDUCATION AND HEALTH CHECK-UP FOR THE ELDERLY IN LUTHU LAMWEU VILLAGE, ACEH BESAR DISTRICT

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Abstract

Education and health assessments for the elderly are essential for the community, particularly for senior citizens, and should be delivered using appropriate methods to ensure that the information is effectively received and can be applied in their daily lives. The aim of the health check-up is to identify diseases affecting the elderly in Luthu Lamweu village and to provide them with knowledge about effective prevention and treatment options. The team are conducted to help the elderly understand how to prevent and manage the illnesses they may encounter. Additional empowerment techniques involve performing health checks by monitoring vital signs, assessing blood glucose levels, and measuring oxygen saturation. The activities took place at the Luthu Lamweu meunasah, with participation from 25 elderly individuals. The health check-up results indicated that hypertension, and diabetes mellitus were the most prevalent conditions among the elderly in this village.

Keywords: *Education, Health assessments, Elderly age.*

INTRODUCTION

Advancements in science and technology, along with socio-economic improvements, positively affect community health and life expectancy, leading to a rise in the elderly population. This increase in the elderly demographic impacts various life aspects. The primary consequence of a growing elderly population is heightened dependence among older adults. This reliance results from declines in physical, psychological, and social well-being in the elderly (Ully, Santi, and Arlianti 2024; A. Candra et al. 2022).

Aging is a phase that everyone will eventually experience. While many individuals can enjoy their senior years, some face illnesses and may not experience a fulfilling old age. People generally aspire to have a happy old age, but wishes do not always materialize. In reality, numerous seniors struggle with depression, stress, and chronic health issues. Physical fitness is a crucial element of engaging in sports activities. Maintaining physical fitness is essential for individuals to perform daily tasks. Often, people overlook the significance of health, especially as they age. In contemporary society, many prioritize various activities and neglect their health, particularly physical well-being (A. Candra and Santi 2022; Alkausar, Zakaria, and Dilla Santi 2024; Aditya Candra et al., n.d.; Marianda, Lastri, and Santi 2023).

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Additionally, there is a significant gap in knowledge regarding the importance of physical fitness and a healthy lifestyle for the elderly. Many fail to recognize the impact of physical awareness on daily activities. Conversely, some individuals dismiss the importance of exercise for sustaining physical fitness, particularly among older adults. To effectively enjoy aging while preserving strength and fitness, seniors need to engage in regular physical activities, adopt a healthy lifestyle, ensure adequate rest, avoid smoking, and undergo health screenings (Santi 2019; Ully, Santi, and Arlianti 2024).

The first challenge faced by residents of Luthu Lamweu Village is a lack of awareness about quality of life for the elderly. Generally, an increase in public health correlates with an increase in life expectancy. This trend results in a growing elderly population. The elderly stage of life requires significant attention, especially since it is prone to degenerative diseases and diminishing quality of life. A decline in quality of life is often evident in elderly individuals who struggle with daily tasks like bathing or dressing, who cannot participate in family activities, and who lack social interactions, such as religious or other community engagements.

METHOD

In Oktober 2024, a community service initiative took place at the meunasah of Luthu Lamweu Village in Aceh Besar Regency. The activities included conducting health assessments for elderly individuals, which involved checking blood pressure, blood glucose levels, and oxygen saturation. Local seniors attended the event, where they received education about common ailments affecting older adults and learned preventive measures and treatment options for existing conditions.

The service team also provided nutritional guidance for the elderly and demonstrated physical activities that are beneficial for them. Following this, the seniors had their health documented and were examined by a physician to identify any health issues they might have. Many participants shared their health concerns and were given the chance to ask the doctor questions regarding their conditions.

RESULTS AND DISCUSSION

Health Education For Elderly

The education sessions were conducted successfully. The elderly participants actively engaged with the health education materials shared. The team emphasized the significance of participating in activities suited to the elderly's capabilities and avoiding overexertion, such as engaging in physical exercises for at least 10 minutes three times a week. Beneficial physical activities for seniors include walking, senior gymnastics, and stretching exercises to help prevent muscle stiffness (Santi 2019; Cahyani, Abdullah, and Santi 2024).

The team also highlighted the importance of nutritional intake for seniors, recommending an increase in foods rich in calcium like fish and dairy products. This can help prevent osteoporosis among the elderly. Seniors are advised to include fiber-rich foods such as vegetables and fruits in their diet to prevent constipation. Staying hydrated is crucial, with a recommendation of six glasses of water per day to avoid dehydration, which can lead to forgetfulness, dementia, and an increase in blood sodium that raises the risk of hypertension (Putri, Santi, and Arbi 2023).



Figure 1. The service team provides health education to the elderly

Moreover, the empowerment team suggests reducing the intake of sugar, salt, and unhealthy fats because these can elevate the risk of hypertension, high cholesterol, high blood sugar levels, and diseases such as stroke, coronary heart disease, diabetes, and cancer (Rahmi, Santi, and Azwar 2024; Uliya, Santi, and Arlianti 2024; Laila, S, and Candra, 2022)

Health Check-Up

The doctor records the elderly who are present and immediately conducts a health check-up to find out the health problems they are suffering from. The doctor asks for the name, age and current illnesses suffered by the elderly and the treatment being carried out. Next, blood pressure checks, blood glucose levels and oxygen saturation are checked.

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Figure 2. The service team conducted health checks on the elderly

The diseases most commonly suffered by the elderly in Luthu Lamweu village are hypertension and diabetes mellitus. The doctor also takes the time to listen to the elderly's complaints regarding the symptoms of the disease they are experiencing and provides education on disease prevention and recommended treatment.

CLOSING

Conclusion

Empowerment activities have been carried out smoothly including education and health checks on the elderly. The results of this activity are that the elderly get nutritional information that must be met, physical activities that can be done and consume 6 glasses of water per day. In addition, the most elderly disease screening was obtained, namely hypertension and diabetes mellitus.

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