

IMPLEMENTATION OF HEALTH TRANSFORMATION IN PRIMARY SERVICES THROUGH IPC AND IPE INTEGRATED PKLT

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ARTICLE INFO

Keywords :

health transformation,
community empowerment,
IPE

ABSTRACT

The purpose of community service is to increase the knowledge and understanding of citizens to reduce the risk of non-communicable diseases, (Hypertension, Diabetes Militus, and Asthma) high risk of infectious diseases, (TB and Scabies) adolescent health risks. Family Planning (KB) program, risk of pregnant women and SEZ, risk of illness in toddlers. This activity will be a forum for learning and community service with the Inter Professional Collaboration (IPC) and Inter Professional Education (IPE) approaches. This activity is packaged in the form of an integrated PKLT in all fields of health at the Poltekkes Kemenkes Bengkulu, with counseling activities on infectious and non-communicable diseases, BB, TB, LiLa, TD, Blood Sugar, Hb and health status, packaged in the form of Posbindu, Posyandu and group counseling and mutual assistance, the results of the activity found hypertensive elderly 45% DM elderly 12.5%, obese mothers 67%, None of the adolescents were anemic, with a short category of 7.7% and thin 14.4% This devotion created a collaboration between the Kelurahan Penurunan, the Puskesmas Penurunan, the Lecturers and Students of the Poltekkes Kemenkes Bengkulu. It is hoped that all activities that have been carried out can continue to be carried out regularly in order to create a healthy community.

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1. INTRODUCTION

The Ministry of Health has determined to carry out the transformation of Indonesia's health system through the Six Pillars of Health Transformation. One of its main pillars is the Primary Care Transformation which is carried out to overcome various challenges in achieving National Health Indicator¹.

Primary Care Transformation is focused on improving promotive and preventive services, such as strengthening prevention, early detection, health promotion², building infrastructure, completing facilities, infrastructure, human resources (HR), and strengthening management in all primary health services in the country³. The operational concept of Tri Dharma Perguruan Tinggi is education, research and community service. Integrated fieldwork practice (PKLT) is one form of the Tri Dharma of Higher Education, namely community service because students are given the opportunity to directly contact the community to apply all forms of knowledge that have been obtained in higher education^{4,5}.

Health Polytechnic of the Ministry of Health Bengkulu as a Health Education institution is one of the Health College institutions that has the task of implementing the Tri Dharma of Higher Education. has a role in the success of achieving primary care health transformation based on community empowerment through Community Service activities. This Community Service activity is an inseparable part of the learning program system that involves students, lecturers and cross-sector involvement in improving scientific competencies, therefore good cooperation and collaboration between health professions is needed to increase community satisfaction in obtaining health services. This activity will become a forum for learning and community service with the approach of Inter Professional Collaboration (IPC) and Inter Professional Education (IPE). Inter Professional Collaboration (IPC) is an effective collaboration forum to

improve health services to the community consisting of health worker professions including, Nurses, Midwives, Dieticians, Medical Laboratory Technology, Sanitarians, Promoters and

Pharmacy. While Inter Professional Educatio (IPE) is a joint learning in the educational period by interacting to achieve important goals by collaborating in promotive, preventive, curative, rehabilitative efforts. The best development of interprofessional and functional practice can be achieved through interprofessional learning. IPC is very important in improving the quality of education and health services and the influence of students' roles and perspectives in efforts to develop IPE. ⁶

The practice of good collaboration among health science professions is known as *Interprofessional Collaboration* (IPC). Because it can further synergize and streamline the care provided to patients, IPC is important. ³ The sustainability of IPC will be better if all health workers understand the roles, core competencies, language basis and mindset of other health workers and develop good attitudes and behaviors.⁴ IPC improvement can be done by introducing other professions and collaboration systems from the education period through Interprofessionalism Education (IPE). The definition of IPE is "any form of education, training, teaching or learning in which there are two or more health and social professions engaged in interactive learning".⁷ WHO has endorsed IPE because it is considered an important step in improving health professions education. In 2013, WHO issued the Framework for Action on Interprofessional Education and Collaboration Practice as a form of support for IPE. The IPE program is considered to improve the overall quality of health services ^{5,6}

Community Service Program (PPM) activities are important activities for higher education. Therefore, this activity is listed as one of the elements of the Tri Dharma of Higher Education, namely education, research, and community service. The implementation and implementation of this activity is carried out by lecturers under the coordination of the Community Service Institute. Its implementation in the Ratu Samban Subdistrict Reduction Village in Bengkulu City is a follow-up to the cooperation agreement between the Bengkulu Ministry of Health Poltekkes and the Bengkulu City Decline Health Center with a letter of Agreement No HK. 03.02/V/1504/XI/2021 and No 514/PKM-P/XI/2021 dated November 1, 2021⁷. Community service carried out by universities must adhere to the principles of institution, cooperation, sustainability, education, community empowerment, and regional development⁸. Lecturers and students can practice science and technology (IPTEK) through scientific methods directly to people in need, in an effort to succeed health programs and develop competencies that have been obtained which are carried out jointly between disciplines. Through this Community Service activity, the implementation of IPE and IPC⁹ can be carried out by combining 7 (seven) fields of science (Nursing, Midwifery, Nutrition, Medical Laboratory Technology, Health Promotion, Pharmacy) in an integrated manner that collaborates with cross-sector and cross-program (Head of RT / RW / Village Head, Babinkamtibmas, Babinsa, Health Cadres, Puskesmas, and Posyandu in the implementation of primary care health transformation by strengthening empowerment in the village of Bengkulu City Decline in 2023. This activity involved many parties, including the Decline Village, the Decline Health Center, the Bengkulu Ministry of Health Poltekkes Lecturers, the Bengkulu Ministry of Health Poltekkes Students, and the Bengkulu City Decline Village Community.

Problems found in partners 1) Lack of knowledge about the risk of increasing the incidence of non-communicable diseases, especially Hypertension, Diabetes Militus, and Asthma 2) Lack of knowledge about the high risk of increasing infectious diseases, especially tuberculosis and Scabies 3) Lack of knowledge about the risk of health problems in adolescents. 4) Low community participation in family planning programs. 5) Lack of knowledge about the risk of disorders in pregnant women and SEZs. 6) Lack of knowledge about the risk of health problems in toddlers.

The purpose of this service is to provide knowledge and understanding about the risk of increasing the incidence of non-communicable diseases, especially Hypertension, Diabetes Militus, and Asthma. high risk of infectious diseases, especially tuberculosis and scabies. Risk of health problems in adolescents. the importance of community participation in Family Planning (KB) programs, the risk of disorders in pregnant women and SEZs, the risk of health problems in toddlers.

The target of this activity is the entire community of Decline Village, Ratu Samban District, Bengkulu City, especially pregnant women, infants, toddlers, adolescents and people who have a risk of infectious and non-communicable diseases.

The Implementation of Primary Care Health Transformation with Strengthening Community Empowerment¹⁰ carried out has the following targets: 1) The implementation of counseling activities and several examinations on the risk of non-communicable diseases, especially hypertension, diabetes mellitus, and asthma 2) The implementation of counseling activities and several examinations on the high risk of increasing infectious diseases, especially tuberculosis and scabies 3) Implementation of counseling

activities and several examinations on the risk of health problems in adolescents. 4) Implementation of Counseling activities regarding the importance of community participation in Family Planning (KB) programs 5) Implementation of Counseling activities and several examinations on the risk of interference in pregnant women and SEZs. 6) Implementation of counseling activities and several examinations regarding the risk of health problems in toddlers.

2. METHOD

The activity was carried out by the Decline of Ratu Samban Sub-District of Bengkulu City for seven days starting from 19 January 2023 to 25 January 2023 The approach used in this activity is as follows: Carry out the process of administering activity permits directly Coordination between the Poltekkes Kemenkes Bengkulu, Lurah Kelurahan Penurunan, and Puskesmas Turunkota Bengkulu. Preparing service places, examination tools, knowledge information media in the form of PPT and Leaflets, Counseling as a rare promotive and preventive and Health Services and laboratory examinations. Health status check As a curative measure. The target subjects of each program are toddlers, school children, adolescents, couples of childbearing age, the elderly and residents directly related to health programs, through Posyandu, Posyandu Adolescents. Posbindu, RT activities culminate in the form of mutual assistance in all 18 RTs

3. RESULTS AND DISCUSSION

Community service is carried out in conjunction with PKLT Poltekkes Kemenkes Bengkulu from all study programs and fields of Nursing, Midwifery, Nutrition, Medical laboratory Teknik, Health Environment Promotion and Pharmacy, to carry out IPC and IPE collaboration in Kelurahan Penurunan, this village is sorted because it is one of the eight Poltekkes target areas of the Ministry of Health Bengkulu.

Kelurahan Turunhan is one of the sub-districts in Ratu Samban sub-district. The eastern part is bordered by Kebun Beler Village, the Western part is bordered by Anggut Bawah Village, the North Village is bordered by the Indian Ocean and the Eastern part is bordered by Kebun Kiwat Village. Kelurahan Turunhan is located in one of the tourist attractions in Bengkulu Province, namely Panjang Beach. Kelurahan Turun, consists of 18 RTs and 4 RWs with 1 (one) Puskesmas Turun, and independent midwife practices as community health centers

Activity implementation phase Day 1 (January 19, 2023 Coordination Meeting between the Lecturer in Charge and Student in Charge of all activities Preparation of places, examination tools, knowledge information media in the form of PPT and Leaflets, etc. Creating and multiplying educational media in the form of PPT and Leaflets on Reproductive Health Identifying Communities in the Village Area Decline

Day 2 (January 20, 2023): Activities Risk of increased incidence of non-communicable diseases Opening Activities Registering for Elderly Posyandu Activities Counseling Activities on Hypertension and Diabetes Counseling Activities on Eucalyptus Oil Inhalation Activities for Providing Information on Medicines Taichi Gymnastics Activities Examination Activities (TTV, Anthropometry, GDS Examination) with the results of the activity attended by 16 elderly and pre-elderly, with an average age of 61.4 years, seven men and nine women with an average Systole blood pressure of 139 mm Hg and Dyastole an average of 81 mmHg with hypertension of 43.75% and blood sugar test results when an average of 163 g / dl classified as Diabetes mellitus two people (12.5%). Non-aging disease counseling and inhalation were attended by 18 elderly people. Family planning counseling activities were attended by 18 mothers Counseling Activities on anemia Examination Activities (TTV and Anthropometry) were attended by 18 mothers of productive age with an average age of 34.7 years, an average height of 158.2 cm, an average body weight of 65.4 kg, an average BMI of 26.2 categories, light fat with details of weight fat 39%, light fat 28% and normal BMI 33% and no thin mothers. With an average blood pressure of 117/74.9 mmHG mothers in almost all normal categories

Day 3 (January 21, 2023): Opening of Activities to Register for Adolescent Posyandu Activities Adolescent Reproductive Health Counseling Activities Anemia Counseling Activities in Adolescents Examination Activities (TTV, Anthropometry, HB Examination) Documenting the results of the activity were attended by 13 adolescent girls with an average blood pressure of 104.6/67 mm Hg all normal categories, adolescents had an average height of 50.46 cm one person was classified as short at 144 cm (7.7%) with an average body weight of 45, 84 kg with an average adolescent abdominal circumference of 75.07 cm The average adolescent Hb value was 13.85 mg/dl and none had anemia, with an average lila of 23.46 with two lila size less than 23 (915.4%) when calculated nutritional status with BMI indicators the results showed two people (14.4%) adolescents classified as severely underweight, one teenager lightly thin and 10 people with normal nutritional status (76.9%) Examination

Day 4 (January 22, 2023): Opening of Activities Registering Counseling Activities Counseling Activities on (TBC, Scabies, DHF, and PHBS) Examination Activities (TTV and Anthropometry) Gotong Royong Activities, all RTs adri 18 RTs in RT reduction villages that carry out mutual assistance in 15 RTs (covering RT 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, 13, 15, 16, 17, 18) and those who cannot carry out mutual assistance activities there are 3 RTs (RT 1, 11, 14) Gotong Royong will be carried out on Saturday, January 22, 2023. ABATE powder distribution activities Closing Activities

Day 5 (January 23, 2023): Counseling Activities for Pregnant Women Opening Activities Registering Counseling Activities Health Care Giving Activities on Health and Nutrition for Pregnant Women Counseling Activities on Breastfeeding Mothers Counseling Activities for Toddlers Opening Activities Registering Counseling Activities Health and Nutrition Giving Activities for Toddlers. Anthropometric Examination Activities in Toddlers Closing Activities. The results of activities were followed by five pregnant women with an average age of 28 years, the arm circumference of pregnant women averaged 29.3 cm in all normal categories or more than 23.5 cm, with an average blood pressure of 104/72 mm Hg in all normal categories, with an average Haemoglobin (Hb) test result of 11.6 mg / dl in all normal categories,

Day 6 (January 24, 2023) was carried out counseling on infectious diseases in the form of diarrhea, tuberculosis scabies which was attended by 20 adolescents and children, children who participated in counseling as well as height and weight checks with the results of an average height of 142.5 CM and an average weight of 37.12 kg, when classified nutritional status based on BMI, underweight 15 people (75%) normal four people (20%), fat weight of one person (5%).

Day 7 (January 25, 2023), a toddler posyandu activity was held which was attended by 21 toddlers, consisting of 11 male toddlers and 10 female toddlers. Toddlers have an average height of 85.3 cm, weight 10.3 kg with an average head circumference of 42.59 cm. Implementation Activities for Primary Care Health Transformation by Strengthening Community Empowerment are the implementation of promotive and prefective efforts in the form of counseling, health services and several examinations carried out related to therisk of non-communicable diseases, the risk of infectious diseases, the risk of health problems in adolescents, understanding of the importance of participation in family planning programs, knowledge about disorders in pregnant women and SEZs, and the risk of disorders in toddlers. This implementation activity to the community will take place from January 16-28, 2023 at the Decline Village, Ratu Samban District, Bengkulu City.

The results of the GDS examination in the elderly with the results of activities were followed by 16 elderly and pre-elderly, with an average age of 61.4 years, seven men and nine women with an average blood pressure Systole 139 mm Hg and Dyastole an average of 81 mmHg with hypertension 43.75% This figure is still low compared to previous research showing that male respondents mostly did not experience hypertension (53.85%), Female respondents were mostly hypertensive (53.57%)¹⁰. and the results of blood sugar tests when an average of 163 g / dl classified as Diabetes mellitus two people (12.5%). This result is lower when compared to In this study, it was found that the elderly who met the criteria for diabetes as many as four people (14.81%) and the elderly who had normal glucose as many as 23 people (85.19%). This study is in accordance with Rosyada and Trihandini's research in 2013 conducted at the elderly polyclinic Puskesmas Jatinegara District, it was found that the elderly who fit the criteria for diabetes mellitus were around 35.5%.¹¹

Examination activities (TTV and Anthropometry) were attended by 18 mothers of productive age with an average age of 34.7 years, an average height of 158.2 cm, an average body weight of 65, 4 kg, an average BMI of 26.2, a light fat category with details of fat weight 39%, light fat 28% and normal BMI 33% and no thin mothers. Women in Indonesia's wealthiest, richest, middle and poorest households have prevalence rates of 98%, 60%, 32% and 22% respectively = an average of 53% higher likelihood of becoming obese. In Indonesia, it is found that housewives with low education and low income prefer foods that are low in fiber compared to healthy foods, causing fat accumulation¹².

Examination (TTV, Anthropometry, HB Examination) Documenting The results of the activity were followed by 13 adolescent girls with an average blood pressure of 104.6/67 mm Hg all normal categories, adolescents had an average height of 50.46 cm one person was classified as short at 144 cm (7.7%) with an average body weight of 45.84 kg with an average adolescent abdominal circumference of 75.07 cm The average Hb value of adolescents was 13, 85 mg/dl and none of them had anemia, with an average lila of 23.46 with two people the size of lila less than 23 (915.4%) when calculated nutritional status with BMI indicators the results showed two people (14.4%) adolescents classified as severely underweight, one teenager lightly thin and 10 people with normal nutritional status (76.9%). This figure is lower when compared to the stunting prevalence of adolescent students at the end of TPB IPB is 16.4% and the rest (83.6%) is not stunting. The prevalence of short adolescents is included in the category of not nutritional

problems because the prevalence is relatively low. This is in accordance with the statement of the World Bank (2006) which states that areas that have a stunting prevalence between 20%-29% are included in the category of mild problems. The prevalence of stunting adolescents obtained from this study is lower when compared to the 2013 Basic Health Research (Riskesdas) data which results are 31.4% for adolescents aged 16-18 years for the nation. This figure is much lower than the results of the research obtained. This prevalence result is also much lower when compared to the national stunting prevalence data for all ages from Riskesdas 2013 (37.4%) (Balitbangkes, 2013)¹³. The average abdominal circumference of adolescents is 75.07 cm, this value is higher when compared to normal abdominal circumference in adolescents, generally 60 centimeters for adolescent boys and 57 centimeters for adolescent girls. The average adolescent Hb value is 13.85 mg / dl and no one has anemia in line with Hb levels Adolescent girls Hb levels >12 g / dl then it is said to be normal or not anemia, with an average lila of 23.46 with two people the size of lila less than 23 (915.4%) when calculated nutritional status with BMI indicators the results showed two people (14.4%) adolescents classified as severely underweight, one teenager lightly thin (7.7%) and 10 people with normal nutritional status (76.9%) this figure is lower when compared to Riskesdas 2018 data shows that 25.7% of adolescents aged 13-15 years, 8.1% of adolescents aged 16-18 years with *underweight* and very *thin* conditions¹⁴.

Toddlers with malnutrition status as much as 15.3%. In this study, no toddlers with very less or more nutritional status were found. This result is greater than the percentage of under-five children with malnutrition status in Indonesia and West Sumatra of 7.3% and 4.2%.¹⁴ This shows that there is still a high number of toddlers with malnutrition status in the working area of the Belimbing¹⁵ health center.

The obstacle during mutual aid and distribution of ABATE powder is the lack of community participation in several rts for mutual aid activities. In contrast to the residents of Mulyajaya Village who still uphold the principle of mutual cooperation life of their community. Making latrines in a mutual manner. For those who have not been able to make toilets at home, we provide solutions to devour or provide public toilets in a mutual cooperation manner that have been provided by the village government so that they are suitable for use for people who do not have toilets at home¹⁶.

4. CONCLUSION

Implementation Activities for Primary Care Health Transformation with Strengthening Community Empowerment carried out by lecturers and students of Poltekkes Kemenkes Bengkulu can be concluded: 1) Counseling activities regarding the risk of non-communicable diseases, the risk of infectious diseases, the risk of health problems in adolescents, an understanding of the importance of participation in family planning programs, knowledge about disorders in pregnant women and SEZs, and the risk of disorders in toddlers 2) Examination services (TTV, Anthropometry, HB Examination, and GDS Examination), 3) Establishment of cooperation between the Decline Village, the Decline Health Center, the Lecturers and Students of the Poltekkes Kemenkes Bengkulu. Recommendations It is hoped that all activities that have been carried out can continue to be carried out regularly in order to create a healthy and knowledgeable community in the health sector, through Promotive and Preventive efforts.

ACKNOWLEDGMENTS

Accept kasi to the head of the Decline sub-district, the Head of the Decline Health Center and the Director of Poltekkes of the Ministry of Health Bengkulu.

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