


Hypertension Prevention And Control Strategy In Pre-Elderly At Danau Sembuluh Health Center UPTD In 2024

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Article Info	ABSTRACT
<p>Keywords: Hypertension, prevention strategies, control</p>	<p>Pre-elderly hypertension at the Danau Sembuluh Health Center UPTD is relatively high, even though the Seruyan Regency Government has created a health service program for hypertension sufferers according to the standards stated in the Seruyan Regent Regulation Number 2 of 2023 and the Regulation of the Minister of Health of the Republic of Indonesia Number 6 of 2024 concerning minimum technical standards for health services. This study aims to evaluate the prevention and control strategy for hypertension in pre-elderly at the Danau Sembuluh Health Center UPTD. The method used is a qualitative approach with a case study design because it aims to gain a deep and comprehensive understanding of a specific case, namely the hypertension prevention program at the Danau Sembuluh Health Center. Data were collected through in-depth interviews with several informants, field observations, and analysis of relevant documents. Data analysis was carried out using coding, categorization, and thematic analysis techniques. The results of this study identify the great potential of the hypertension prevention and control program in Seruyan Danau Sembuluh Regency. However, to achieve optimal results, efforts are needed to improve the quality of health workers, allocate a more adequate budget, and improve coordination between various parties. Thus, this program can be more effective in reducing the number of hypertension sufferers and improving public health.</p>
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INTRODUCTION

Based on World Health Organization WHO (2020) data, it shows that worldwide there are around 972 million people or 26.4%. Of the 972 million people with hypertension, 333 million are in developed countries and the remaining 639 are in developing countries including Indonesia. The number of people with hypertension continues to increase every year, it is estimated that in 2025 there will be 194 million people who will die from hypertension and its complications. Hypertension complications cause around 9.4 deaths worldwide each year. Hypertension causes at least 45% of deaths from heart disease and 51% of deaths from stroke. Deaths caused by cardiovascular disease, especially coronary heart disease and stroke, are expected to continue to increase to reach 23.3 million deaths in 2030(1).

The prevalence of hypertension in Central Kalimantan in 2018 at the age of >18 years was (30.8%), then in 2020 at the age of 25-60 years it was reported that there were 10,567 old cases and 1,124 new cases per year.(3). According to the Minimum Service Standards data of the Danau Sembuluh Health Center UPTD in 2021, there were 2,567 people with hypertension (91.12%), in 2022 2988 people (97.07%), and in 2023 3112 people (98.26%) which means that hypertension sufferers increase every year. So this study is very important because it can evaluate the prevention strategy for hypertension incidents at the Danau Sembuluh Health Center UPTD. In the working area of the Danau Sembuluh Health Center UPTD, Seruyan Regency, Central Kalimantan Province, hypertension is still a major problem among the pre-elderly.

Pre-elderly is someone who is 45-59 years old. As age increases, blood vessel vascularization will decrease, so the risk of developing hypertension becomes greater. Someone who is at risk of developing hypertension is 45 years old and above. Therefore, efforts to reduce or prevent hypertension can be done at the pre-elderly age to minimize the incidence of hypertension in the elderly.(4).

The occurrence of hypertension in pre-elderly can cause poor quality of life, difficulties in social and physical function and increase morbidity and mortality rates due to the complications it causes and it is hoped that in pre-elderly age it can reduce the prevalence of hypertension in the elderly. UPTD Danau Sembuluh Health Center is one of the health facilities that plays an active role in providing health services to the community, including pre-elderly. One of the services provided is the hypertension prevention and control program which is a program of the Seruyan Government in creating Health Services for hypertension sufferers according to the standards in Seruyan Regent Regulation Number 2 of 2023(5), but in reality there are still many hypertension sufferers in Seruyan Regency so the effectiveness of this program still needs to be evaluated further.

In the Regulation of the Minister of Health Number 6 of 2024 concerning the Technical Standards for Minimum Health Services, there are provisions regarding basic health SPM services in district/city areas, including services for hypertension sufferers. The Health Center in Danau Sembuluh is considered to have met the standards by having competent human resources and supporting equipment such as tensiometers, recording forms, and the reporting application for the Indonesian Health Application (ASIK).(6). Nevertheless, the number of hypertension sufferers in pre-elderly in the UPTD Danau Sembuluh Health Center area is quite high, this indicates the need for evaluation and new innovative strategies in the prevention and control of hypertension.

Therefore, it is necessary to develop new strategies that can overcome the challenges faced in handling hypertension in pre-elderly. In-depth evaluation of the effectiveness of existing services and identification of unmet needs can be the basis for formulating new, more effective strategies. Developing innovations in approaches to preventing and controlling hypertension, such as community education programs, health campaigns, or early detection programs, can help increase awareness and accessibility of health services for pre-elderly people who are vulnerable to hypertension.

By combining evidence-based and participatory approaches from health workers, local governments, and communities, it is hoped that a new, more holistic and integrated strategy can be created in handling hypertension in pre-elderly. This collaborative effort is expected to have a positive impact on improving public health, reducing the risk of hypertension, and improving the quality of life of pre-elderly in the region.

Thus, the urgency of this research is very high and relevant to public health challenges. This research has a very high level of significance and is relevant to current public health challenges. One of the gaps that is the focus of this research is the lack of research that specifically explores hypertension conditions in the pre-elderly group.

The pre-elderly group, which is in the age range of 45-64 years, has several different characteristics and needs compared to the elderly group or the general population. Some of these differences are in health conditions, namely Pre-elderly tend to have better health conditions than the elderly, with a lower prevalence of chronic diseases, but pre-elderly begin to experience a decline in physiological functions related to the aging process, such as decreased muscle strength, endurance, and mobility.(7). Therefore, it is important to specifically Strategy, evaluation of prevention and control of hypertension in this group, this is in line with previous research conducted by Nova Maulana in Bawuran Pleret Village, Bantul, DIY with the title Prevention and Handling of Hypertension in the Elderly(8), and research from Rafiah Maharani P & Rahmah Hida Nurriszka at FKTP with the title Prevention and Control of Hypertension in the Elderly through the Chronic Disease Management Program (PROLANIS)(9). By focusing the research on pre-elderly, it is expected to obtain a deeper understanding and more effective solutions in overcoming hypertension problems in this group. Thus, this research is expected to provide a real contribution in efforts to improve public health, especially in overcoming hypertension problems in the pre-elderly group. Problem Formulation: How is the implementation of the standard hypertension prevention strategy of the Seruyan Regent's Regulation that has been applied to the pre-elderly group at the Danau Sembuluh Health Center UPTD?. To what extent is the effectiveness of the standard hypertension prevention strategy of the Seruyan Regent's Regulation that has been applied to the pre-elderly group at the Danau Sembuluh Health Center UPTD?

METHOD

This study uses a qualitative method with a case study design. Qualitative research is a research method that aims to gain an understanding of reality through an inductive thinking process. Where the main purpose of qualitative research is to understand social phenomena or symptoms by focusing more on a complete picture of the phenomena being studied.(15). Through a qualitative method approach, this study seeks to explore in-depth and comprehensive information on how the strategy is implemented, its effectiveness, and the challenges faced in its implementation. In addition, this study also focuses on identifying opportunities for evaluation and improvement of hypertension prevention and control strategies in pre-elderly.

Case study design is an activity that explores a problem with detailed boundaries, has in-depth data collection, and includes various sources of information. This research is divided by

time and place and the cases studied are programs, events, activities, and individuals.(16). In the context of the case study, the purpose of this study was to evaluate the hypertension prevention and control strategies made by the Seruyan Regency Government in accordance with the circular in the Seruyan Regent Regulation Number 2 of 2023 and has been implemented at the Danau Sembuluh Health Center UPTD. This involves an evaluation of the strategies that have been implemented, including educational programs, pharmacological interventions, and healthy lifestyle promotion. In addition, the purpose of this study also includes an evaluation of the implementation of these strategies and opportunities to increase their effectiveness.

This research was conducted at the UPTD Danau Sembuluh Health Center, Jl. PH.Bhoba.RT VII RW 02, Danau Sembuluh District, Seruyan Regency, Central Kalimantan. The time required for this study was calculated from April 2024 to June 2024. From this village, the researcher selected pre-elderly people with hypertension as informants. The informants in this study were taken purposively. According to Sugiyono, the purposive method is a method of selecting informants by first determining the criteria that will be included in the study, where informants can provide the information needed by researchers.(17). So the informants selected are people who are related to hypertension sufferers in the pre-elderly, collaborating with cross-programs, namely Promkes, PTM, elderly program holders, nutrition officers and people related to hypertension strategies and prevention at the Danau Sembuluh Health Center UPTD. The criteria set as informants in this study are:

Table 1.1 Researcher Informants

NO	INFORMANT	INFORMATION	AMOUNT
1.	public health Office	Head of P2P Division of Health Service	1
2.	Sembuluh Lake Health Center	Head of Health Center	1
3.	Sembuluh Lake Health Center	Health Promotion Program Holder	1
4.	Sembuluh Lake Health Center	Elderly Program Cadres	2
5.	Sembuluh Lake Health Center	Nutrition Officer	1
6.	Pre-Elderly	Hypertension sufferers	8
7.	Village Head	Head of Sembuluh Lake Village	2
8.	Sembuluh Lake Health Center	PTM program holder	1

The data collection method in this study uses research instruments in the form of recording devices, interview guides (question guidelines), and field notes. In addition, this study uses 2 data sources in the study, namely Primary Data in the form of in-depth interviews and observations, and Secondary Data in the form of data collection at the Danau Sembuluh Health Center UPTD.

In the interview, the researcher prepared an interview guide to be given to the interviewer so that they could understand the interview guidelines that had been prepared. Informants were given questions related to hypertension prevention and control strategies such as conducting regular blood pressure checks, reducing salt consumption, exercising regularly through the Elderly Health Center Gymnastics program. Each interview with the researcher's informant will be recorded using a recording device. The recordings are transcribed and coded

to maintain the confidentiality of the informant's identity. In the coding session, important words expressed by the informant in each sentence are identified in relation to the topic and the individual.

RESULTS

This study uses a structured framework to evaluate the program, following the guidelines set out in Government Regulation No. 39/2006 on Procedures for Controlling and Evaluating the Implementation of Development Plans. This program evaluation method is known as the Input-Process-Output approach, which is a systematic way to assess the performance and effectiveness of a program by dividing it into three main elements. By analyzing these three elements, this study aims to answer the main question: how the three components of Input, Process, and Output contribute to the achievement of the research objectives. In other words, this study will evaluate whether the evaluated program has succeeded in achieving its objectives by looking at how resources are used, how the program is run, and what results are achieved.

Input Components

In this case, it discusses Socialization, Human Resources, Budget, Guidelines or related regulations as well as Facilities and Infrastructure in the Evaluation of the Implementation Strategy of Seruyan Regent Regulation No. 2 of 2023. Interviews with various parties related to the implementation of Seruyan Regent Regulation No. 2 of 2023 concerning Minimum Service Standards for hypertension in pre-elderly people showed that there is still room for improvement. The Head of the Health Center admitted that although there has been socialization and supervision, additional training for health workers is needed to improve their ability to handle hypertension in this age group. Pre-elderly cadres, although they have received information, still need more detailed and easy-to-understand explanations about how to control blood pressure and treatment options. Nutrition officers, although they have provided education about healthy eating patterns, face obstacles such as lack of patient knowledge and time constraints. Village heads play an important role in mobilizing residents and disseminating information, but their role can be improved by involving them in education and training programs. Pre-elderly people themselves understand the importance of controlling blood pressure, but they need more detailed information about how to control hypertension and the treatment options available. Although the Regent Regulation has been issued, there are still gaps in the understanding and implementation of minimum service standards for hypertension in pre-elderly people. Improving education and training for health workers, pre-elderly cadres, and pre-elderly people themselves is very important to improve the quality of health services and achieve the goals of the hypertension prevention and control program.

From the results of the interview regarding the budget for the implementation of Perbup Seruyan No.2 of 2023 in Seruyan Danau Sembuluh Regency, the results of the interview showed that although there was a budget allocated for the hypertension prevention and control program in the pre-elderly, there were still several obstacles in its use. Budget limitations, complicated procurement processes, and lack of transparency in budget use are

some of the challenges faced. Increasing the efficiency of budget use, transparency in allocation, and active participation from the community are very important to ensure that this program runs effectively and achieves its goals.

Interview Results Regarding Facilities and Infrastructure for the Implementation of Seruyan Regent Regulation No. 2 of 2023 in Seruyan Regency, show that the availability of facilities and infrastructure to support the hypertension prevention and control program for pre-elderly in Seruyan Danau Sembuluh Regency still needs to be improved. Although the Health Center has several health tools, it still needs more sophisticated tools and more interesting educational aids. Limited facilities and infrastructure in the village are also an obstacle in implementing the program. Improving facilities and infrastructure, both in the Health Center and in the village, is very important to improve the quality of health services and achieve program goals. Although there are still limitations in the facilities and infrastructure available in the implementation of this Regent Regulation, it is hoped that health services to hypertension sufferers in the Health Center or village will not be disrupted.

Process Components

The Process component in program evaluation focuses on the steps, activities, and strategies used in program implementation. This includes how the program is planned, managed, and executed in the Evaluation of the Implementation Strategy of Perbup Seruyan No.2 of 2023. Interview Results Regarding Planning for the Implementation of Seruyan Regent Regulation No. 2 of 2023 to informants showed that planning for the implementation of Seruyan Regent Regulation No. 2 of 2023 concerning Minimum Service Standards for hypertension in pre-elderly has been carried out at various levels, both in Health Centers, villages, and at the individual level. However, stronger coordination and collaboration between all parties is still needed to ensure that this program runs effectively and achieves its goals. Increasing communication and active participation from all parties is essential for the success of this program. This planning activity is a strong foundation for implementing a program to reduce hypertension sufferers in Danau Sembuluh Village, Seruyan Regency.

Interview Results Regarding the Implementation of Seruyan Regent Regulation No. 2 of 2023 show that the implementation of Seruyan Regent Regulation No. 2 of 2023 concerning Minimum Service Standards for hypertension in pre-elderly has been running, but there are still several obstacles. Limited human resources, budget, and time are some of the factors that hinder the optimal implementation of the program. Improving coordination and collaboration between all parties, as well as support from the local government, is very important to overcome obstacles and achieve program goals. This certainly has an impact on the obstacles in the implementation of Seruyan Regent Regulation No. 2 of 2023 in Seruyan Danau Sembuluh Regency.

Output Components (Results)

The Output component in program evaluation refers to the concrete results produced by the program after implementation. This can be a product, service, data, or information produced by the program implemented in the Evaluation of the Implementation Strategy of Seruyan Regent Regulation Number 2 of 2023.

Interview Results Regarding Evaluation of the Implementation of Seruyan Regent Regulation No. 23 of 2023 show that the evaluation of the implementation of Seruyan Regent Regulation No. 23 of 2023 concerning Minimum Service Standards for hypertension in pre-elderly has been carried out, but there are still some shortcomings. Increasing data and monitoring, as well as developing more effective education strategies, are very important to ensure that this program runs according to its objectives. Active participation from all parties, including the community, is also very important for the success of this program. To achieve a significant reduction in the number of hypertension sufferers in Danau Sembuluh Village, structured evaluation and strong cross-sector collaboration are needed. Regular working group meetings, at least once a month, must be a forum for in-depth analysis and appropriate decision making. Evaluations must be focused, use objective methods, and produce written reports containing recommendations and follow-up plans. Increasing community education and empowerment, as well as access to health services, are also very important to achieve program success. By implementing a comprehensive strategy and structured evaluation, the hypertension reduction program can be carried out effectively and optimally, so that Seruyan Regent Regulation Number 2 of 2023 can provide maximum benefits to the community.

Discussion

Hypertension sufferers in Central Kalimantan in 2018 at the age of >18 years were (30.8%), then in 2020 at the age of 25-60 years it was reported that there were 10,567 old cases and 1,124 new cases per year.(3). According to the Minimum Service Standards data of the Danau Sembuluh Health Center UPTD in 2021, there were 2,567 people with hypertension (91.12%), 2,988 people in 2022 (97.07%), and 3,112 people in 2023 (98.26%), which means that the number of people with hypertension increases every year. So this study is very important because it can evaluate the strategy for preventing hypertension at the Danau Sembuluh Health Center UPTD. In the working area of the Danau Sembuluh Health Center UPTD, Seruyan Regency, Central Kalimantan Province, hypertension is still a major problem among the pre-elderly.

One of the objectives of the Regent's Regulation is to optimize the role of regional apparatus and non-governmental organizations in an integrated manner in implementing hypertension prevention and control programs.. The issuance and implementation of Seruyan Regent Regulation Number 2 of 2023 reflects the commitment of the local government to improve public health and reduce the death rate due to hypertension in the region. Several things that influence the evaluation of the implementation of Seruyan Regent Regulation Number 2 of 2023 include: Input Components, Process Components and Output Components.

The process of planning activities, implementing activities, curriculum, meeting schedules, employee/staff training, and all important components in the program. Output is a direct result or short-term result, namely a direct product of the program implementation. Outcomes are medium-term long-term results and results such as participant development after completion(Mertens, 2010).

Each component of the logical framework is interdependent. This means that program input will affect the program process and the program process will affect the program output,

program output will affect the program outcome and program outcome will affect the long-term impact of the program. The implementation of PP No. 39 of 2006 concerning Procedures for Controlling and Evaluating the Implementation of Development Plans has several important points that must be understood, namely "evaluation is the process of comparing the realization of input, output, and outcome against the standard plan". This evaluation is carried out to understand the achievement of results, progress, and obstacles in implementing the development plan. This is important to monitor progress, assess performance, and identify areas that need improvement in the future. Where the main focus of the evaluation is on the output, outcome, and impact of the implementation of the plan. By considering these aspects, the evaluation can provide a comprehensive picture of the effectiveness of the plan accompanied by the importance of compiling performance indicators for the implementation of the plan at least including input, output, and outcome indicators to ensure transparency and accountability in planning. The goal is to ensure that the houses built are useful and can be improved in the future.

Input Components

a. Human Resources (HR)

Evaluation shows the need for improving the quality and quantity of human resources related to hypertension management. Training and coaching for medical personnel in the area need to be improved, including skills in handling hypertension at various levels of severity and preventing complications related to hypertension.

b. Budget

The evaluation highlights the importance of adequate budget allocation to support the implementation of this Perbup. It is necessary to review the available budget allocation, as well as ensure that sufficient funds are allocated to meet the needs related to this hypertension prevention and control program and optimal coordination is needed within the work team for these efforts.

c. Suggestions and Infrastructure

The evaluation shows the need for improving health facilities and infrastructure in Seruyan Danau Sembuluh Regency. This includes adequate health facilities, including facilities for examination, treatment, and prevention of hypertension complications. Investment is needed in the development and improvement of health infrastructure, as well as ensuring good accessibility for the community to obtain health services related to hypertension.

The results of the evaluation of the implementation of Seruyan Regent Regulation Number 2 of 2023 show that although there have been significant efforts in preventing and controlling hypertension, the prevalence of this disease is still quite high, especially among the pre-elderly. Some of the main obstacles faced include low public awareness of hypertension, limited access to health services, and lack of competent human resources.

To overcome these challenges, a comprehensive and sustainable approach is needed. In addition to strengthening health education programs, it is necessary to increase the accessibility of primary health services, as well as increasing the capacity of health workers

in detecting and managing hypertension cases. Cross-sector collaboration is also very important to ensure the success of this program.

Fitzpatrick (2011) describes the logic model as a tool for planning, implementing, and evaluating programs. In the logic model, there are four elements that are the main focus, namely: inputs, processes (activities), outputs, and outcomes. Input is all the resources needed to implement the program, for example the program budget which is usually in the form of an annual budget, employee/personnel facilities, equipment, and various other assets or resources needed to run the program and outcome is the long-term goal of the program. Meanwhile, in PP No. 39 of 2006 it is explained that the Input component in program evaluation refers to all resources, support, and initial factors needed to plan, establish, and run the program. This includes various elements, such as budget, personnel, equipment, time, and other resources needed before the program begins.

Process Components

a. Activity Planning

The evaluation found that activity planning needs to be improved in terms of targeting accuracy and suitability to community needs. There is a need to involve stakeholders more intensively in the planning process. A participatory approach to planning can ensure that the programs designed truly meet the needs and challenges faced.

b. Implementation of Activities

The evaluation showed several obstacles in the implementation of activities, including problems related to coordination between agencies, availability of resources, and inadequate understanding of the program's objectives and strategies. Improved communication and coordination between all relevant parties, as well as better monitoring of the implementation of activities, are needed.

c. Problem Solving Against Obstacles

The evaluation identified several barriers that need to be addressed to improve program effectiveness. One step that can be taken is the formation of a cross-sector team or forum responsible for continuous program monitoring and evaluation. In addition, it is necessary to identify and analyze in-depth the specific barriers and develop appropriate strategies to overcome them, such as increasing human resource capacity, improving regulations, and better budget allocation.

Through this evaluation, it can be concluded that improvements in the planning and implementation process of activities, as well as problem solving for obstacles faced, are key steps in increasing the effectiveness of the implementation of Perbup Seruyan No. 2 of 2023 in Seruyan Danau Sembuluh Regency. A strong commitment from all related parties is essential to make the necessary changes to achieve the goal of reducing the number of Hypertension sufferers more effectively in Seruyan Danau Sembuluh Regency.

The process/activities explained in the Fitzpatrick (2011) logic model are a series of activities or concrete steps taken to achieve program objectives, for example in the form of implementing activities, meeting schedules, employee/staff training and all important components in the program, while in Government Regulation No. 39 of 2011/2006 The Process Component in program evaluation focuses on the steps, activities, and strategies

used in implementing the program. This includes how the program is planned, managed, executed, and evaluated.

Output Components

a. Implementation Progress

The evaluation shows that although efforts have been made in implementing the Regent's Regulation, the progress in reducing the number of Hypertension sufferers indicates that further steps are still needed to achieve the desired reduction target.

b. Obstacles Faced

Several obstacles that hinder the effective implementation of this Regent Regulation include limited human and financial resources, limited access to health services, lack of public awareness of the importance of maternal and neonatal care, and challenges in coordination between agencies.

c. Program Outreach Expansion

Based on the evaluation, there is a need to expand the reach of existing programs and strengthen existing efforts. This includes increasing accessibility to maternal and infant health services, increasing community understanding of the importance of maternal and neonatal health care, and improving the quality of health services.

d. Strengthening Collaboration and Coordination

The importance of strengthening collaboration between various related parties, especially between Working Teams. Good coordination between various parties will increase efficiency in program implementation and optimization of available resources.

e. Continuous Monitoring and Evaluation

Continuous monitoring and evaluation of the implementation of the program and its impact on reducing maternal and infant mortality rates is needed. This step will allow rapid identification of emerging problems and adjustment of strategies needed to achieve the goal of reducing the number of Hypertension sufferers.

Through this evaluation, it is hoped that strategic steps can be identified. Needs to be taken to increase the effectiveness of the implementation of Seruyan Regent Regulation No. 2 of 2023 in Sembuluh Lake. A strong commitment from all related parties is expected to achieve a significant reduction in the number of Hypertension sufferers in the area.

In Fitzpatrick's explanation (2011) output is a direct result or short-term result, namely a direct product of program implementation, while in Government Regulation No. 39 of 2006 the Output Component refers to the concrete results produced by the program after implementation. This can be a product, service, data, or information produced by the program.

CONCLUSION

Input Components, Evaluation of the hypertension prevention and control program in Seruyan Danau Sembuluh Regency shows great potential to improve public health, but there are still several things that need to be improved. First, the need to improve the quality and quantity of health workers who handle hypertension. Training and coaching for them is very important, especially in handling various levels of hypertension severity and preventing complications. Second, the budget allocated for this program needs to be reviewed and increased to meet

existing needs. Good coordination within the work team is also important to ensure effective budget use. Process Components, Furthermore, program planning needs to involve all relevant parties, including local governments, health institutions, communities, and non-governmental organizations, so that the program is in accordance with the needs and conditions in the region. Program implementation must also be carried out in a structured and coordinated manner, with strict supervision and monitoring to ensure the program runs according to plan and achieves its targets. Output Components, To achieve this goal, we need to improve the quality of health workers, allocate sufficient budget, improve health facilities and infrastructure, and improve coordination and collaboration between all parties involved. With joint efforts, the hypertension prevention and control program in Seruyan Danau Sembuluh Regency can be more effective in reducing the number of hypertension sufferers and improving public health.

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