

Health Education in Management Radiological Examination in the Era of the Covid-19 Pandemic

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Abstract

The Covid-19 pandemic impacts increasing psychological problems (anxiety disorders, depression, and insomnia) in the community and health workers. People experience clinical anxiety, so they are afraid to check their health to health services when they experience symptoms of illness. The purpose of this community service is to increase the knowledge and attitudes of health workers in providing good health education to the community so that people understand health behaviour and can make decisions based on the information that has been obtained. This education was conducted online for 300 health workers (Indonesian Radiographers/PARI), with the media zoom meeting. The implementation of this education begins with a pre-test, implementation of education, questions and answers, then a post-test. The results of the pre-test before the implementation of health education obtained a mean value of 36.50, a median of 30, and a standard deviation of 17,060, while the post-test results after the implementation of health education obtained a mean value of 93.00, a median of 100, and a standard deviation of 10.773. There is an increase in the knowledge of health education participants between before and after the health education is given. Recommendations from this community service activity are expected that health workers can continue to provide good health education to the community. The level of anxiety and stigma against Covid-19 decreases, and people feel calm and safe to check their health.

Keywords: Education, Radiology Management, Covid-19 Pandemic

INTRODUCTION

The continuous increase in cases of the Covid-19 pandemic has increased significantly, and the mode of transmission can cause fear and cause social stigma in the community (Muhidin, Vizheh, & Moghadam, 2020). Fear, anxiety, and the abundance of information through social media, not all of which can be trusted, have created negative stereotypes for the public and health workers who treat Covid-19 patients (Novita & Elon, 2021). The psychological condition of health workers and the public during the Covid-19 pandemic has not become the government's main focus. However, research shows that most people in the world experience symptoms of mild stress, and health workers also experience stress due to workload, stigma, and fears of being infected (Handayani, Kuntari, Darmayanti, Widiyanto, & Atmojo, 2020).

Health workers on the front line in charge of saving patients' lives are also stigmatized; this happens because of the public's misunderstanding that they are carriers of the virus after returning from work (Wanodya & Usada, 2020). Health workers have difficulty maintaining physical and mental health due to psychological disorders and the stigma of Covid-19 (Rosyanti & Hadi, 2020). The causes of stress for health workers against Covid-19 are workload, fear of infection, and negative stigma from the community (Handayani et al., 2020). Stigma impacts worker outcomes and can guide management communication strategies related to pandemic risk for healthcare workers (Ramaci, Barattucci, Ledda, & Rapisarda, 2020).

The impact of the Covid-19 stigma encourages people to hide their illness to avoid discrimination and slows people from immediately seeking health care (Kemenkes RI, 2020). According to WHO

(2020), stigma can encourage people to hide their illness, prevent people from seeking health care, and prevent people from adopting healthy behaviours (CNN Indonesia, 2020).

Understanding the psychological burden on health workers during the Covid-19 pandemic is very important in providing psychological support and strengthening mental health services (Bao, Sun, Meng, Shi, & Lu, 2020). The emergence of stigma in society due to transmission factors, inaccurate knowledge (Kipp et al., 2011). Lack of knowledge is a risk factor for the stigma against Covid-19 patients and health workers (p-value 0.005). The less risky knowledge is 2.13 times more likely to give stigma (Oktaviannoor, Herawati, Hidayah, Martina, & Hanafi, 2020).

Prevention of COVID-19 can be done by providing education, health promotion, providing credible information, and providing psychological support to individuals stigmatized by society. Education is one of the most effective ways to stop stigma (Nilam Fitriani Dai, 2020), (Wanodya & Usada, 2020), (Oktaviannoor et al., 2020), (Sulistiadi, Rahayu, & Harmani, 2020), (Novita & Elon, 2021). Together with religious leaders and security forces, the central and local governments have a responsibility to provide education, appropriate information, and accurate and appropriate communication strategies, increasing community empathy and sympathy (Sulistiadi et al., 2020). So based on the research problem above, the purpose of this community service is to increase the knowledge and attitudes of health workers in providing good health education to the community so that people understand health behaviour and can make decisions based on the information obtained.

METHOD

This community service activity providing health education is carried out online for 300 health workers (Radiographers throughout Indonesia/PARI/Indonesian Radiographers Association), consisting of 44 members of PARI Cirebon city health workers Indonesian PARI members as many as 255 health workers with sampling techniques. Sample by snowball sampling (A. Aziz Alimul Hidayat, 2014). This activity was given through a media zoom meeting on July 11, 2021. This education began with a pre-test, implementation of education, questions, and answers, and then a post-test was carried out. The questions consisted of 10 multiple choice questions with a time of 10 minutes via a google form link shared by the IT committee team in the zoom meeting chatroom. Data analysis was carried out by univariate analysis by looking for measures of central tendency (mean, median, mode, minimum value, maximum value, and standard deviation) of the participants' pre-test and post-test results.

RESULTS

The results obtained from this community service activity are in the form of providing health education on the management of radiology examinations in the Covid-19 Pandemic Era to 300 health workers, namely the results of the pre-test implementation before health education obtained a mean value of 36.50, median 30, standard deviation 17.060, mode 30, a minimum value of 10, and a maximum value of 100, while the post-test results after the implementation of health education obtained a mean value of 93.00, a median of 100, and a standard deviation of 10,773, a mode of 100, a minimum value of 50, and a maximum value of 100.

The evaluation results of this service activity were obtained, including participant opinions on the pre-test and post-test questions from 56.8% of all respondents stating it was easy, 38.5% said it was difficult, and the rest chose very easy and very difficult. Participants' opinions of the speakers 54.1% stated that the speaker was very well versed in the material presented, 40.5% stated that the speaker had mastered the material presented, and the rest chose something else. The material presented was 62.2% said it was interesting, and 37.8% said it was very interesting.

DISCUSSION

These community service results show an increase in the knowledge of health education participants between before and after the health education is given, which is marked by an increase in the mean value between before and after the intervention. The results of this service are in line with the results of previous research, which stated that the provision of health education is one of the Covid-19 prevention interventions that can reduce anxiety and stigma that occurs in the community (Nilam Fitriani Dai, 2020), (Wanodya & Usada, 2020), (Oktaviannoor et al., 2020), (Sulistiadi et al., 2020), (Novita & Elon, 2021).

Efforts can be made to reduce the level of anxiety and stigma in the community so that people feel safe and calm to check themselves into health services, which is expected that the community will be able to determine the problems and needs they need to make the most appropriate decisions in improving their health. Efforts that can be made to reduce stigma are by educating the public with role models, conveying positively charged news such as people who have recovered, the government must convey the correct information, and implement adaptive coping strategies with the community (Sulistiadi et al., 2020). The role model in this community service activity is the role of health workers in providing appropriate health education to the community. Health education helps individuals take a wise attitude towards their health and quality of life and increase knowledge to apply it in daily life (Novita & Elon, 2021).

Education as a communication medium to convey medical information is not only given to patients, but also the patient's family. This is where the ability of health workers to provide good education is needed. The general public tends to have high trust in the words or decisions of doctors (Azzahra, 2019). Inappropriate education can lead to misunderstandings and irrational decision-making by the patient or family, either because of emotion or misunderstanding (Raodhah, Surahmawati, Aeni, & Zulmi, 2018). Before educating the patient, health workers should conduct an assessment of the patient/family, then proceed with educating the patient, starting by explaining the patient's indications. After the education is completed, a verification process must be carried out to determine whether the patient and family have understood the material presented. The right education is education that can adapt to the characteristics or background of the patient, where health workers get the information at the time of the assessment at the beginning of the educational process being given (Azzahra, 2019).

Prevention that can minimize stigma is the provision of education in the form of health campaigns and promotions to the community and screening of hoax news so that the public gets information from credible official sources (Wanodya & Usada, 2020). Efforts that must be made to support the successful handling of Covid-19 are building trust in existing health services and facilities, showing empathy, understanding the disease itself, and adopting practical and effective steps to help take care of themselves those who are sick. Loved ones stay safe (IFRC, Unicef, 2020).

Education regarding the prevention and spread of Covid-19 and the importance of mental health during the Covid-19 pandemic needs to be improved so that the public is not misinformed and misunderstood (Novita & Elon, 2021). Communication is not only in the form of information in the form of words but can be in the form of mutually reinforcing expressions that can foster sympathy and empathy and foster motivation in themselves and others (Muslih, 2020). The results of this community service activity require good health workers in delivering health education to the community so that the community can make appropriate health behaviour decisions based on the information they have obtained.

CONCLUSIONS AND RECOMMENDATIONS

The results of community service activities providing health education in the management of radiological examinations in the Covid-19 Pandemic Era obtained an increase in the knowledge of education participants as indicated by an increase in the mean value of knowledge between before and after the health education intervention was given. Thus, the role of health workers is needed as

a role model to be able to continue to provide excellent and appropriate education to the community so that the level of anxiety and stigma in the community decreases and the community feels safe and calm to seek health services for the health problems they suffer.

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