

Effort to Increase Acupressure Massage Skills in Health Cadres and Nurses in the Cimahi City

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Abstract

Acupressure is now included as a nursing intervention and is recognized in more than 40 countries. The Nursing science strata S1 Study Program and the Nurse Profession Study Program, Faculty of Technology and Health, Unjani Cimahi have advantages in the field of complementary acupressure therapy. Acupressure therapy has been applied to the learning process, laboratory practice and practice in the community, but for clinical instructors as guides for learning in practice areas and in the community, it is still lacking. There is a need for training efforts given to puskesmas nurses and health cadres in the Cimahi City area to prepare prospective clinical instructors for student mentors in practice areas. Acupressure massage training was given to 14 nurses and health cadres in the Cimahi City area for 3 days through lecture and demonstration methods by resource persons and ended with a practical exam. The results of the training activities obtained that the average skill before being given training was 67.14 and the average skill after being given training was 89.07. There was a significant increase in skills (p value 0.001) in puskesmas nurses and health cadres in the Cimahi City area. It is recommended for cadres and nurses to apply acupressure massage skills in their area as a complementary therapy to overcome various symptoms and disorders caused by diseases experienced by the community.

Keywords: acupressure, skills, training

INTRODUCTION

Acupressure is a stimulation technique using finger massage on acupoints to launch the flow of vital energy in the body's meridians. Acupressure actually comes from China and is now widely studied in various parts of the world, including in Indonesia. Acupressure is a complementary therapy with the principle of healing touch which shows more caring behavior towards the patient so that it can provide a feeling of calm, comfort and relaxation (Gusti Ayu Pramita Aswitami et al., 2020). Acupressure is one of the nursing interventions that has been included in the nursing intervention classification. Acupressure is a complementary therapy that accompanies medical therapy to treat various complaints, is not invasive and has minimal side effects. Acupressure is considered effective as an adjunct to reduce medical complaints with minimal side effects (Wahdini et al., 2020). Acupressure is currently a recommended complementary therapy to treat various disorders such as anxiety, dysmenorrhea, sleep disorders, digestive problems, respiratory disorders, kidney disorders, work-related problems and other disorders.

The presence of disturbances or symptoms of a disease can be caused by a blockage in the flow of vital energy in the body's meridians. In our body there are 12 main meridians of organs, namely ST, GB, BL, SP, LR, KI, LI, TE, SI, LU, PC, HT, and 2 special meridians namely Ren and Du meridians. Acupressure massage that is done can restore the flow of vital energy in the body's meridians so that a balance condition between the Yin and Yang elements is achieved. The essence of acupressure treatment is to restore the body's balance system (homeostasis) which is manifested by a regular and harmonious flow of qi (Risa Wahyuningsih et al., 2020).

Acupressure is currently one of the leading courses in the Nursing Science Study Program, Faculty of Technology and Health, Jenderal Achmad Yani University, Cimahi. The students have

started to carry out theoretical learning and practical learning about acupressure in the laboratory, but later on, students will have practice in the community, there is still a shortage of prospective clinical instructors as student mentors when practicing in the field.

Puskesmas is one that will later become a place for acupressure practice in the field. Of course, students who carry out this practice need nurses from the puskesmas who will be mentors for students in the field. Furthermore, these students are also expected to practice directly in the community. Health cadres are extensions of the puskesmas and become people who know more about conditions in the community. So that puskesmas nurses and health cadres can become prospective student mentors when practicing acupressure at the puskesmas and in the community, but the number of nurses and health cadres who have acupressure massage skills is still too few. Efforts are needed to improve the knowledge and skills of acupressure massage on puskesmas nurses and health cadres so that later they will be able to guide students who follow practice in the field. Based on that, through a community service program carried out by all lecturers of the Nursing Study Program S1 and the Nursing Profession Study Program, the Faculty of Technology and Health, Jenderal Achmad Yani University, Cimahi, through the provision of acupressure massage skills training for puskesmas nurses and health cadres in the Cimahi City area. This community service program through the provision of acupressure massage skills training aims to improve acupressure massage skills for nurses and health cadres in the Cimahi City area. Complementary acupressure is currently a pioneer in excellence courses in the Nursing Science Study Program S1. Students have studied theory in class and acupressure massage skills in the laboratory, but when students carry out practice at the puskesmas and in the community, there is still a shortage of field supervisors who come from nurses at the puskesmas and health cadres who have acupressure massage skills. These nurses and health cadres will later become student mentors.

Through this community service program, acupressure massage training was held 3 days which took place at room 201-202 Floor 2 of Building A FITKES Unjani Cimahi. It is hoped that the outcomes of this community service program will increase acupressure massage skills for nurses and health cadres in Cimahi City areas.

METHOD

The acupressure massage training was held for three days from Thursday to Saturday, June 10 to June 12, 2021, attended by 14 nurses and cadres from the Cimahi City area. The training was carried out using the lecture method, laboratory practice and massage practice in the community. The resource persons who gives this training came from internal lecturers of Nursing Science Study Program S1, Jenderal Achmad Yani University who have been certified by the National Professional Certificate Agency (BNSP) as an acupressure therapist and practitioner resource persons from Perkumpulan Persaudaraan Pelaku dan Pemerhati Akupresur Indonesia (P3AI) Cimahi City.

In this training activity, knowledge about the theory of acupressure, Yin and Yang balance, body meridians was given and a demonstration of acupressure massage skills in 12 meridians of the body organs was given. After seeing the next demonstration, the trainees practiced acupressure massage skills with their participant. This acupressure massage skill is also practiced directly to the community members in the area where they live.

Measurement of acupressure massage skills using an acupressure massage skill observation sheet which was carried out twice, namely before the activity started on the first day and after being given a demonstration of acupressure massage skills on the second day. Furthermore, the skills data obtained were analyzed using the dependent t test. In this training activity, they continue to apply strict health protocols in which all participants before the training begins have been subjected to a genose examination and all the results have been declared negative for Covid 19.

RESULTS

Following are the results of improving the ability of acupressure massage skills for puskesmas nurses and health cadres which are described in the following table:

Table 1. Distribution of the average practice scores of participants before being given training.

Variable	Mean Median	SD	Minimal- Maximal	95% CI
Practice	67,14 73,50	24,054	24-95	53,25-81,03

From the results of table 1 analysis, the average practice value before being given training was 67.14, median 73.50 (95% CI: 53.25-81.03) with a standard deviation of 24.054, the lowest practice value was 24 and the highest practice value 95. From the interval estimation it is concluded that it is 95% believed that the average skill score is between 53.25 to 81.03.

Table 2. Distribution of the average practice scores of participants after being given training

Variable	Mean Median	SD	Minimal- Maximal	95% CI
Practice	89,07 89,00	5,427	80-100	85,94-92,21

From the results of table 2 analysis, it was found that the average practice value after being given training was 89.07 median 89.00 (95% CI: 85.94-92.21) with a standard deviation of 5,427, the lowest practice value was 80 and the highest practice value was 100. From the interval estimation, it is concluded that it is 95% believed that the average skill score is between 85.94 to 92.21.

Table 3. Distribution of the average practice scores of participants before and after being given training

Variable	Mean	SD	SE	P Value	N
before training	67,14	24,054	6,429	0,001	14
After training	89,07	5,427	1,451		

From the results of table 3 analysis, it was found that the average value of practice before being given training was 67.14 with a standard deviation of 24.054, for participants who had received training the average value was 89.07 with a standard deviation of 5.427. The results of statistical tests obtained P value = 0.001 so it can be concluded that there was a significant increase in massage acupressure skills from health cadres and puskesmas nurses in Cimahi City areas.

DISCUSSION

This community service program is carried out as an effort to improve the ability of nurses and health cadres in terms of acupressure massage skills. Community service through this training activity has been carried out for 3 days through the provision of materials, training in acupressure massage skills, evaluating skills after receiving training and conducting massage practices directly to the community in the area where they live for each participant.

The skills improvement obtained by the community service participants include the ability of level 2 acupressure massage where the massage ability at this level is more towards relaxation and fitness massage, but participants also get acupressure massage skills to help overcome the disorders and symptoms of some of the most common diseases found in the community. The results of this community service are in line with the results of the service carried out by (Mertha et al., 2020) which states that there is an increase in acupressure massage skills that can be performed correctly by 54% to cadres after being given acupressure massage skills to overcome complaints in DM disorders and hypertension disorders. The results of this study are also consistent with the results of previous studies which stated that the provision of training can improve the knowledge and skills of posyandu cadres in detecting stunting in the COVID-19 pandemic situation (Prabandari et al., 2021). Acupressure has been shown to treat

postoperative nausea and vomiting, pain, sleep disturbances with few side effects (Noll et al., 2017). As for some of the symptoms of diabetes mellitus, gastritis, asthma, stroke and hypertension. It is hoped that later after obtaining these skills, these nurses and health cadres, apart from being able to become field supervisors for Fitkes students who carry out practice in the field, will also be able to take advantage of the acupressure massage skills for their clients who seek treatment at the puskesmas or for people who experience complaints and are sick in their living environment area.

CONCLUSIONS And RECOMMENDATIONS

Community service through the acupressure massage skills training program showed a significant increase in skills for nurses at the puskesmas and health cadres in the Cimahi City area. These nurses and cadres are later expected to become candidates for practical mentors for students who practice at the Puskesmas in the community. It is also recommended for cadres and nurses to apply acupressure massage skills in their area as a complementary therapy to overcome various symptoms and disorders caused by diseases experienced by the community members.

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APPENDIX



Figure 1. training practice of acupressure massage



Figure 2. Observation of acupressure massage skill



Figure 3. acupressure massage practical in their community living area