

## Optimizing Cadres of *Gerbek Paru* (Pulmonary Case Elimination Movement) in Padureso Village Jumo District, Temanggung Regency, Indonesia

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### ABSTRACT

Indonesia is one of the countries with the highest TB cases in the world. There are 845,000 cases with a mortality rate of 98,000 or equivalent to 11 death per hour. Data from the control and eradication of infectious diseases section (P2PM) of Tumanggung Health Office indicated that TB case-finding in Temanggung is still far from the predetermined targets. In 2021, from 1490 targets, it was achieved 8046 TB suspects. The results also showed that both TB case-finding and suspects findings were below the targets. Therefore, this activity aimed to eliminate TB in Padureso village. The activity was carried out by the following methods: socialization, counselling and training, and accompaniment. First, the socialization was held with partner. Then, training was conducted in terms of contact investigation, TB suspects screening, and sputum sample delivery with internal courier. Next, accompaniment included TB treatment through drug supervisors (PMO), finding and treating TB patients until cure (TOSS TB), demonstrations of effective coughing, glass tile installation for nonstandard houses of TB patients, as well as the overall activity. This activity has optimized cadres' knowledge and roles to achieve TB elimination.

**Keywords:** Community Service, Tuberculosis, TB Cadres.

### INTRODUCTION

Data from the World Health Organization (WHO) showed that an estimated 10 million people worldwide fell ill with TB and caused 1.2 million death each year. Indonesia is one of the countries with the highest cases globally which up to 845,000 cases with 98,000 deaths or equivalent to 11 deaths per hour (World Health Organization, 2021).

Data from control and eradication of infectious diseases section (P2PM) of Temanggung Health Office indicated that TB case-finding in Temanggung is still far from the targets. In 2021, from 1490 target cases, it was achieved 8046 TB suspects. This fact has confirmed that TB case-finding and suspect finding are still below the target.

Jumo Health Center (Puskesmas) is a Regional Technical Implementation Unit (UPTD) under Temanggung Health Agency which is responsible for community health in Jumo district. According to the profile data of Puskesmas Jumo, in 2020 one of the programs that did not meet the target of 12 indicators of Minimum Service Standards was TB program, in which the achievement percentage was about 50% from the target of 75%. The data showed that there were 22 TB cases in 8 eight villages of Jumo district where the highest number was in Padureso village (Puskesmas Jumo, 2020).

The results of the preliminary survey showed that at the beginning of the Covid-19 pandemic in 2020 until October 2021 there were 4 positive AFB cases (2 cases recovering in October 2021, 1 still under treatment and 1 dropout case which declared positive from the Rapid Molecular Test (TCM) but refused to be treated). This means that the risk of transmission to the community is still high, so it is necessary to take effective measures to prevent transmission and case addition.

Based on the description above, the lack of TB suspects screening and awareness of TB patients in treatment will have an impact on the spread of TB cases in Padureso village.

Therefore, we would like to provide a solution to these problems by conducting community service in an integrated manner by optimizing the role of TB cadres who are members of *Gerbek Paru* in screening TB suspects and assisting TB treatment for positive TB cases. This community service aimed to achieve TB elimination in Padureso Village.

## METHODS

The activities were focused on optimizing the roles of *Gerbek Paru* cadres in Padureso Village, Jumo District, Temanggung Regency. Problem solving methods included:

1. Socialization  
Socialization was held to the cadres of *Gerbek Paru* in Padureso Village, Jumo District, Temanggung Regency.
2. Counselling and Training
  - a. TB disease
  - b. Training on contact investigation and screening of TB suspects through KETUK PINTU PLUS program
  - c. Delivery of sputum samples by internal courier method
  - d. Accompaniment to Drug Supervisor (PMO)
  - e. TOSS TB (Finding and Treating TB patients until cure)
  - f. Effective coughing and effective phlegm removal techniques during a pandemic
  - g. Glass tile installation program for nonstandard patients' houses
3. Accompaniment  
Accompaniment was carried out to *Gerbek Paru* cadres in educating TB patients, patients' family, and TB suspects.

## RESULTS AND DISCUSSIONS

This activity was carried out to TB cadres of the Pulmonary Case Elimination Movement or better known as *Gerbek Paru*, which consisted of 12 cadres. The details were as follows:

1. Socialization  
Socialization to the target group, *Gerbek Paru* cadres, was carried out on Monday, January 3, 2022 at the Padureso Village Hall. The socialization was attended by the Head of the P2PM section of the Temanggung Health Office, the Head of the Jumo Health Center, the Head of Padureso Village, the Head of 3 Hamlets namely Krajan 1, Krajan 2, and Piyudan, and 12 *Gerbek Paru* cadres. The activity presented the purpose of the activity, schedule, signing of commitments, activities to be carried out, and community contributions to the activity. Socialization is very important for program achievement (Hanum et al., 2021).
2. TB Materials  
This activity reviews the concept of TB disease from understanding, causes, signs and symptoms, supporting examinations and management. The aim of this activity was to increase cadres' knowledge so that they can be applied in direct activities to the community (Silitonga et al., 2021).
3. KETUK PINTU PLUS program  
This activity was in the form of carrying out contact investigations and screening TB suspects carried out by *Gerbek Paru* cadres in the community. The activities were in the form of home visits to at least 20 contacts from TB patients and home visits to residents who had a long cough. The purpose of this activity was to provide counselling about TB disease and conduct screening for TB patients through sputum examination from close contacts of TB patients and TB suspects (Majara et al., 2018). This activity began on Sunday, January 9, 2022 with assistance by the team, which was then carried out independently by cadres and monitored by the team.
4. Delivering phlegm to Puskesmas Jumo using an internal courier method.  
The activity was to deliver the phlegm which was carried out independently by cadres to the Puskesmas Jumo. This activity was carried out on January 10 to 12, 2022. Sputum delivery was carried out several times because the sputum produced by both close contacts and

suspected/suspected TB did not come out at the same time. The purpose of this activity was that partners and target communities were able to know about people who were at risk of contracting TB and to know one of the examination methods to diagnose TB disease (Putri et al., 2020).

5. Treatment Assistance for TB patients as drug supervisors

The activity was carried out on Monday, January 15, 2022. The cadre acted as a drug supervisor for TB patients during the treatment period. The purpose of this activity was to achieve optimal treatment for TB patients. The basis of this activity is a long period of treatment so that it is possible for the patients or families to feel bored. Therefore, the role of *Gerbek Paru* cadres as drug supervisors for providing support and motivation is needed for TB patients. Another goal is the accuracy of taking medication so that there are no patients who drop out of TB treatment (Rosaline & Herlina, 2020).

6. Actively socialize TOSS TB

Apart from the above activities, cadres also played an active role in campaigning and socializing TB at several village events such as during the integrated health service event (Posyandu), religious events, and other village activities. The purpose of this activity is to provide an understanding of TB disease through cadres to the community.

7. Installation of glass tiles.

Installation of glass tiles on patients' houses which aims to let the sunlight entering the room. This may help the recovery process of TB patients (Majdawati & Inayati, 2021).

### CONCLUSIONS AND SUGGESTIONS

In overcoming TB disease, not only Puskesmas officers who have to play a role but TB cadres also have an important contribution in screening suspects and assisting TB patient treatment in their area. Good knowledge and the optimal role of cadres can be a solution in achieving TB elimination targets. A positive impact is also obtained for the village, with an increase in the screening of TB suspects, it is hoped that they will find new cases optimally and get the maximum standard of treatment. Thus, a healthy and productive village community will be realized, and the socio-economic life of the village community will be better because of guaranteed welfare in the health sector

### ACKNOWLEDGMENT

We wish to thank the Temanggung Health Office, Jumo Health Center, Village Government and Padureso Village Cadres, and LPPM of Muhammadiyah University of Magelang for the assistance provided in the Integrated Community Service (PPMT) contract number 031/Kontrak/PPMT/2022.

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APPENDIX

