

Implementation of Chronic Disease Service Program (PROLANIS): Hypertension Disease in the Working Area of Tamansari Health Center, Tasikmalaya City

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ABSTRACT

Chronic disease is a type of disease that has a long duration of time. Chronic diseases, based on the 2013 Basic Health Research, are one of the main causes of death in Indonesia. The proportion of chronic diseases is quite large and requires enormous financing, namely 60% of the health financing of the entire community in Indonesia so that it needs special attention, which requires a breakthrough program that is preventive, promotive, curative, and rehabilitative on an ongoing basis, namely a health service system with effective and efficient service costs, namely PROLANIS. Puskesmas Tamansari Tasikmalaya City has 42 PROLANIS participants. This community service activity was carried out as an effort to assist partners, namely Puskesmas Tamansari, in implementing PROLANIS activities in the form of providing education about chronic diseases: hypertension, hypertension exercises and blood pressure checks which aim to make PROLANIS participants: hypertensive patients know their health status so that it is hoped that complications will not occur and quality of life can be optimal. The results of this community service were obtained by increasing knowledge and knowing the screening of disease risk factors for PROLANIS participants: hypertensive patients in the working area of the Tamansari Community Health Center, Tasikmalaya City.

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INTRODUCTION

Hypertension is a chronic disease, the biggest cause of death and has a long duration (Meiriana et al., 2019). Chronic diseases, based on the 2013 Basic Health Research, are one of the leading causes of death in Indonesia (Sadomo & Fauzi, 2021). The principle of hypertension treatment: always start with a low dose and increase gradually until reaching the target "start low go slow" (Lestari et al., 2021). In addition to being controlled with pharmacological therapy, it is very important to support lifestyle interventions by improving behavioral factors and living habits (Wilson & Sweeney, 2018), namely smoking cessation, weight control, reducing mental stress, limiting salt and alcohol consumption and increasing physical activity (Lisa & Allen, 2015).

The high number of hypertension cases and the consequences of hypertension, which can cause sudden death "silent killer" in Indonesia (Lisa & Allen, 2015), especially in the Tamansari Puskesmas working area, is the background for the initiation of the UMTAS academic community to foster partner relationships with PKM Tamansari to hold community service activities for hypertension sufferers in the chronic disease management program (PROLANIS).

The chronic disease management program (PROLANIS) is a health service system and proactive approach that is implemented in an integrated manner in the context of health maintenance for insurance participants suffering from chronic diseases to prevent complications and achieve optimal quality of life with effective and efficient health service costs (Muchsina et al., 2021).

Puskesmas Tamansari Tasikmalaya City has 42 PROLANIS participants. This community service activity was carried out as an effort to assist partners, namely Puskesmas Tamansari, in implementing PROLANIS activities in the form of providing education about chronic diseases: hypertension, hypertension exercises and blood pressure checks which aim to make PROLANIS participants: people with hypertension know their health status so that it is hoped that complications will not occur and quality of life can be optimal.

METHOD OF IMPLEMENTATION

Community service activities include 3 activities, namely:

- Health counseling about hypertension disease PROLANIS Puskesmas Tamansari Tasikmalaya City.
- Hypertension gymnastics for prolanis participants: people with hypertension
- Health screening: checking blood pressure in people with hypertension, carried out according to the PROLANIS implementation schedule at the Tamansari Health Center, Tasikmalaya City, namely in November and December 2020.

RESULTS AND DISCUSSIONS

Community service activities for 42 PROLANIS participants with hypertension in the Tamansari Puskesmas working area of Tasikmalaya City are in the form of education about chronic diseases: hypertension, blood pressure checks and hypertension exercises which took place at the Tamansari Puskesmas hall for 2 days, namely Monday, November 30 and Wednesday, December 2. The results of the activity obtained increased knowledge and knowledge of screening risk factors for PROLANIS participants: hypertension sufferers, one of which is a bad lifestyle such as high consumption of salt, mental stress.



FIGURE 1. hypertension Exercises. Source: Author's document, 2020

This community service activity was carried out by the academic community of FIKes- UMTAS as a form of implementing the tridharma of higher education, the hope is that the knowledge developed in the educational environment can be useful for the community as an effort to assist partners, namely the Tamansari Health Center in implementing PROLANIS activities.

dr. Ida Ayu Ria, and dr. H Mohammad Ali Syaban, medical personnel at the Tamansari Health Center in Tasikmalaya City revealed that hypertension is one of the biggest causes of death, where the principle of treatment: always start with a low dose and increase gradually until it reaches the target "start low go slow". In addition to being controlled with pharmacological therapy treatment, it is very important to improve behavioral factors and living habits, namely smoking cessation, weight control, reducing mental stress, limiting salt and alcohol consumption and increasing physical activity.

CONCLUSIONS AND SUGGESTIONS

Hypertension is one of the biggest causes of death, where the principle of treatment: always start with a low dose and increase gradually until it reaches the target "start low go slow". Hypertension in addition to being controlled with pharmacological therapy treatment is very important to be supported by lifestyle interventions by improving behavioral factors and living habits, namely smoking cessation, weight control, reducing mental stress, limiting consumption of salt and alcohol and increasing physical activity.

Community service activities include counseling on hypertension, hypertension exercises and blood pressure checks. The results of this community service were obtained by increasing knowledge and knowing the screening of disease risk factors for PROLANIS participants: people with hypertension in the working area of the Tamansari Community Health Center, Tasikmalaya City. Community service activities are expected to run continuously and be maintained, to jointly provide the best for the community in creating an optimal healthy community.

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