



Proceeding Paper

THE ROLE OF POSBINDU CADRES IN THE DETECTION OF HYPERTENSION IN THE WORKING AREA OF THE NUSA INDAH HEALTH CENTER BENGKULU CITY

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Abstract

Hypertension is a non-communicable disease. Hypertension is a major problem in Indonesian society, its prevalence increases from year to year so that it becomes a serious problem. The role of cadres is needed in overcoming hypertension, cadres are formed to bridge health programs from health center to residents, therefore cadres have a very strategic role to disseminate health information. The purpose of this study was to determine how the role of posbindu cadres in hypertension detection in the working area of the Nusa Indah Health Center, Bengkulu City. This study uses qualitative research method with in-depth interview techniques. The method used in this research is a descriptive method used to examine a human group, an object, a condition, a system of thought, Informants in this study were 10 cadres as main informants and 2 health worker as supporting informants in the working area of health center Nusa Indah Bengkulu City. The results of this study can be concluded that the role of cadres that runs optimally is the role of cadres as coordinators and the role of cadres as activists. Cadres are not given responsibilities in accordance with the 5 tasks of the posbindu cadre role because there is no posbindu structure, cadres only assist posbindu activities but do not hold their respective roles. It is recommended that health service agencies divide cadre tasks according to the posbindu manual so that cadres can carry out their duties in accordance with the 5 roles of posbindu cadres.

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INTRODUCTION

Non-communicable diseases (NCDs) are diseases or medical conditions that cannot be transmitted from one individual to another. Based on WHO data, of the 50% of known hypertension patients, only 25% received treatment, and only 12.5% were treated properly (Rahayu, et al, 2021)

Indonesia is one of the developing countries where most of the population still has a middle to lower economic status, and is now facing a double burden of diseases, namely infectious diseases and non-communicable diseases. The prevalence of NCDs has increased, based on blood sugar testing, diabetes mellitus rose from 6.9% to 8.5%, and the results of blood pressure measurements, hypertension rose from 25.8% to 34.1% (Kemenkes, 2019)

Based on Riskesdas data in 2018, Bengkulu Province states that the proportion of people who regularly measure blood pressure in the population aged >18 years is South Bengkulu 31.81%, Rejang Lebong 53.71%, North Bengkulu 29.63%, Kaur 51.86%, Seluma 45.68%, Mukomuko 56.62%, Lebong 43.21%, Kepahiang 19.35%, Central Bengkulu 30.91%, Bengkulu City 50.33%. Data obtained from the Nusa Indah Health Center for hypertension patients who check blood pressure regularly and take medicine regularly are 471 hypertension patients from September 2021 to April 2022 in the Nusa Indah Health Center poly registration records. Hypertension is an increase in systolic blood pressure of more than 140 mmHg and diastolic blood pressure of more than 90 mmHg on two measurements with an interval of five minutes in a state of rest / calm. Hypertensive disease is a degenerative disease that is commonly found in the elderly. This disease can also cause complications such as cardiovascular disorders (Lusiyana, 2020).

Based on data from the Bengkulu City Health Office, the number of Posbindu in Bengkulu City in 2021 amounted to 98 Posbindu. From the posbindu data, the largest number of posbindu is at Puskesmas Nusa Indah with 12 posbindu and the least is at Puskesmas Kuala Lempuing with 1 posbindu. In 2020, hypertensive patients at the Kuala Lempuing Health Center had the highest percentage of services according to standards, namely 63.3% of 1 posbindu, but hypertensive patients at the Nusa Indah Health Center had a low percentage of services according to standards, namely 2.1% of 12 posbindu. While the percentage for standardized services is 80% (Dinas Kesehatan Kota Bengkulu, 2021)

The role of cadres in Posbindu activities is as a coordinator in charge of activities and coordinating with health center and coaches in the region, as a mobilizer in charge of mobilizing the community as well as conducting interviews in information calls, as a monitor in charge of measuring NCD risk factors, as a counselor in charge of counseling, education, and following up on referrals from health center, and the role of cadres is also as a recorder in charge of recording the results of Posbindu PTM activities and reporting to the Posbindu PTM coordinator (Hastuti, et al, 2019)

Cadres are an extension of health workers. Cadres are formed to bridge health programs from the health center to the community, therefore they have a strategic role in disseminating health information, managing and recording and reporting. In order to carry out their duties, cadres must have sufficient knowledge and skills. Furthermore, competent cadres can form hypertension patient groups as a forum for sharing or exchanging information, motivating and monitoring to improve treatment compliance and adopt a healthy lifestyle (Wirmando, et al, 2022)

The role of cadres as coordinators and activators can be played more optimally than their role as risk factor monitors and counselors. This requires periodic training not only skills in implementing the Posbindu PTM program but also training related to effective communication (Hastuti, et al, 2019). This study aims to determine the role of posbindu cadres in hypertension detection in the working area of the Nusa Indah Health Center, Bengkulu City.

MATERIALS AND METHODS

This type of research is qualitative research and uses descriptive methods. This research was conducted to obtain more in-depth information and to find out how the role of Posbindu cadres in hypertension detection in the Nusa Indah Health Center working area. This research was conducted in May 2022-June 2023. The sampling technique used in this study was purposive sampling. Data collection was carried out by researchers by collecting primary data and secondary data. Before collecting data, the researchers took care of the research ethics issued by the Ethics Committee of the Poltekkes Kemenkes Bengkulu with ethical number No.KEPK.BKL/334/06/2023. Primary data was obtained based on the results of observations and in-depth interviews, namely information and information obtained verbally from informants through meetings and conversations. Secondary data was obtained from reports and data related to the problem under study. This study uses human instruments with an indepth interview guide containing questions about how the role of Posbindu cadres on hypertension detection. In addition, researchers also need supporting tools to conduct interviews such as: Recorder, camera, and stationery. Data analysis in this study uses several stages, namely: Data reduction, data presentation, and conclusion drawing.

RESULT AND DISCUSSION

The results of the main informant interview of the research Role of Posbindu Cadres in Hypertension Detection in the Working Area of health center Nusa Indah Bengkulu City. The study was conducted to determine the role of Posbindu cadres in the detection of hypertension in the working area of the Nusa Indah Health Center, Bengkulu City, while the variables analyzed included the role of Posbindu

cadres in the detection of hypertension and to find out more information about the role of cadres in the detection of hypertension in the working area of the Nusa Indah Health Center, Bengkulu City.

The role of cadres as coordinators

The results showed that the role of cadres as coordinators is working well, as can be seen from the role of cadres who have approached the community. Based on the information obtained, 10 of the informants interviewed claimed to have approached the community.

Researchers asked posbindu cadres about "How do you approach the community?". One of the posbindu cadres in this study said that the role of cadres as coordinators performs its duties by informing the community to participate in posbindu activities by approaching the community by telling them that in posbindu activities there are free health checks. As conveyed by the following informant.

"In a way, there is a posyandu, well in the posyandu there is also an elderly posbindu so that's where the approach to the community around here is told that on this date there is a posbindu coming there, you can check your blood pressure, you can check your blood sugar, you can check your cholesterol, we are cadres so we tell the community that there is a free health check". (I1)

Based on research with the main informant, it is known that the main informant has carried out his duties as the role of cadres as coordinators where the main informant has approached the community by visiting residents' homes and notifying through social media such as whatsapp groups and some have even announced through mosque toa.

The results of the research on the role of cadres as coordinators that the duties of cadres in implementing the Posbindu PTM control program are in accordance with the Posbindu technical guidelines (Juknis), namely coordinating with related parties including health center officers and the community (Nureni et al, 2022)

The role of cadres as coordinators is to approach and socialize the PTM posbindu program to community groups, coordinate with the health center, prepare a place for implementing posbindu and determine the schedule of activities and inform the community (Hastuti, et al, 2019). In this study, cadres also have obstacles, namely cadres as coordinators are hampered by the limitations of cadres in approaching the community because with this habatan cadres are also difficult to ensure participants to attend posbindu activities.

The role of cadres as mobilizers

Researchers explored how cadres perform their role as activators. Based on the results of in-depth interviews, all informants have invited the community to participate in posbindu activities where cadres visit the house directly and remind through whatsapp groups.

Informants provide motivation by telling blood pressure checks, blood sugar checks, and uric acid checks.

"With motivation by giving an explanation, let's go to ke posbindu by checking our blood so that we know whether we have high blood pressure or not, whether we have sugar or not, or uric acid in that way". (If1)

In this study, the results of research with the main informant were obtained. That the role of cadres as activators is also carried out well where cadres not only inform the community through certain activities, but cadres remind through social media, remind through arisan rt, and remind by visiting residents' homes. Where in this study the role of cadres as activators went well. From the results of the research on the role of cadres as activators, where the role of cadres as a driving force in this study is to motivate the community to utilize Posbindu PTM (Hermansyah, 2020)

The role of cadres as monitors

Researchers explored how the role of cadres as monitors performed their duties in the implementation of posbindu where in this interview it was found that of the 10 cadres on duty did not measure blood pressure cadres only measured body weight and height.

Informants conduct monitoring by measuring body weight, height.

"Weigh, take blood pressure, measure waist circumference, measure height". (If2)

In research on the role of cadres as monitors conducted in-depth interviews with key informants, it was found that the role of cadres as monitors only measured body weight and height. Cadres do not measure blood pressure to posbindu participants (Nunik, 2020). Performance can be considered good if cadres are able to perform their duties in accordance with what has been determined in the technical guidelines for Posbindu PTM.

The role of cadres as counselors

Researchers explored how cadres as counselors perform their role from interviews with 10 main informants, 8 out of 10 cadres provide education and counseling to the community. In this study, researchers asked informants how mothers provide counseling and education to the community. The

informants said that they had provided counseling and education to the community as the informants said as follows.

Informants said that they provide education by giving advice to reduce the consumption of salty foods.

"Yes, the most we say is that if the tension is high, reduce salty foods, if it's like gout, reduce foods that contain offal like that". (If1)

In this study, the role of posbindu cadres in hypertension detection obtained research results with the main informant, namely that cadres as counselors of several informants who did not perform their duties such as recording the results of posbindu activities. As has been obtained from the results of this study, cadres as counselors are only partially providing counseling and education to Posbindu participants.

The results of research on the role of cadres as counselors in this study are where in previous studies this role could not be fully carried out by cadres because cadres could only provide motivation to the community because if there was a serious illness then the cadres could not provide information to posbindu participants (Nunik, 2020).

The role of cadres as registrar

Researchers explored how cadres record the results of posbindu activities, where it was found that 9 out of 10 main informants recorded activities and reported them to posbindu. In this study, researchers asked informants how mothers record the results of posbindu activities. Informants said that cadres record the results of posbindu activity examinations such as blood pressure measurements. As expressed by one of the informants as follows.

"Yes, there is from our records". (If6)

Based on research on the role of cadres as recorders obtained from the results of in-depth interviews with key informants that there is one of the informants who does not record the results of posbindu activities where according to the informant he only helps posbindu activities, for those who do the recording it is the health center directly. The results of research on the role of cadres as recorders in this study are in line with previous research, because in previous studies cadres did not perform their role because cadres did not know how to fill out books (KMS FR-PTM) cards to healthy risk factors (Nureni et al, 2022)

Research results of supporting informants

Based on this research, researchers asked supporting informants "How do you think the cadres approach the community?". And supporting informants revealed that cadres as coordinators were carried out by cadres because cadres approached the community and cadres who always reminded the community to come to Posbindu. As expressed by the informant as follows.

Supporting informants said that it was the cadres who approached the cadres and reminded the community.

"Yes, it is usually the cadres who approach the community and who always remind the community to attend posbindu activities". (Ifp1)

CONCLUSIONS

The role of cadres as coordinators and mobilizers has been carried out well. But, the role of cadres as monitors, councilors and registrar has not been carried out well because cadres has not doing their duties optimally

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