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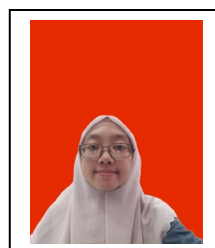
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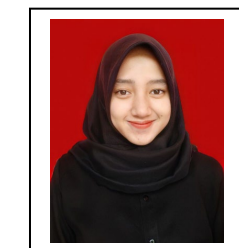
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SOCIALIZATION OF BENEFITS OF ULTRASOUND, FE, AND HEALTHY FOOD FOR PREGNANT WOMEN AND ELEMENTARY SCHOOL CHILDREN

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Abstract. The objectives of the KKN Stikes Muhammadiyah Cirebon activity are 1. To find out the knowledge of pregnant women about ultrasound examinations and compliance with the use of Fe 2 tablets. To increase pregnant women's knowledge about the fetus and the importance of ultrasound examination and its consumption of Fe. The importance of a healthy and nutritious diet. The specific goals to be achieved include increasing public knowledge, understanding, and awareness about healthy diets, especially for pregnant women and children. The results that Salam Village, Sarewu Village RW 03, Pancalang District, Kuningan Regency, especially pregnant women with ultrasound knowledge and agricultural counseling, were held on February 13 and 15, 2023 at the Sarewu Village Health Center and Sarewu Elementary School, targeting pregnant women and elementary school children. The enthusiasm of pregnant women and students is quite good, some pregnant women have had ultrasounds and take Fe tablets. Primary school students also responded quite positively, showing optimal cognitive development and most had a stable weight despite experiencing growth. Family participation plays a very important role in caring for and assisting pregnant women and children in meeting the nutritional needs and development of pregnancy.

Keywords: pregnant women, children, nutrition, ultrasound, and Fe

INTRODUCTION

Real Work Lecture (KKN) is a program that provides learning experiences to students by living amid the community outside the campus. At the same time, through the process of learning and contributing, students can directly identify and handle various problems faced by the community, especially in Salam Hamlet, Sarewu Village RW 03, Pancalang District, Kuningan Regency. Sarewu Village is one of the villages in Pancalang District, Kuningan Regency which is located in the East of Kuningan Regency. Geographically, Sarewu Village is surrounded by 4 villages, namely Sarwadadi to the north, Cipinang to the south, Tarikolot to the west, and Beber to the east. Sarewu Village has a population of 1,398 people consisting of 730 men and 668 women, and has 446 family cards. This village is divided into 3 hamlets: rose, jasmine and salam. Each hamlet has 1 community unit and 2 neighborhood units. Mobilizing community involvement in improving the quality of environmentally friendly health education is a goal that PPKn STIKES Muhammadiyah Cirebon students want to achieve, by involving the community in identifying maternal health and nutrition problems, as well as exploring the existing potential to solve these problems.

There are three main factors that cause maternal death, namely: 1. direct obstetric causes such as hypertension or high blood pressure by 32 percent, 2. the rate of postpartum complications reaches 31 percent, while the incidence of postpartum bleeding is as much as 31 percent, and 3. postpartum bleeding after childbirth is 20%. Maternal mortality is also caused by the contribution of 4 Too much, or too often, the pregnancy interval that is too old and too short. In addition, there are three things that are too late, namely undetected danger signs

quickly reaching health facilities, and late getting adequate advice (Ministry of Health of the Republic of Indonesia, 2015).

Efforts have been made to reduce AKI with various types of services, including health services for pregnant mothers. Pregnant women's health checks are carried out with the Ante Natal Care (ANC) program according to the stage of pregnancy. All pregnant women who regularly check their pregnancy with ANC should be aware of the importance of iron supplementation.

When the doctor conducts an ANC examination, an ultrasound procedure will be performed to monitor the development of the fetus (Brahmana, 2022). Anemia contributes as much as 40.1% to the risk of maternal death due to postpartum hemorrhage. This statement reflects the findings of research by Chi, et al. which show that the maternal mortality rate is 70% in women with anemia and 19.7% in women without anemia (Purnamasari et al., 2016).

One of the ways of gynecological health check-ups which is generally called the Ante Natal Care (ANC) examination for pregnant women is ultrasound (ultrasound) to monitor the development of the fetus in the uterus. In 2017, the WHO confirmed that ultrasound is an imaging method with high-frequency sound waves to visualize the baby in the womb (Colilal et al., The year 2020 (Smith, 2020).

Take iron tablets if it is more than 90% of the amount of tablets to take. If pregnant women take iron pills, their hemoglobin levels will increase. As needed, pregnant women should take iron pills every day. The administration of iron tablets may not achieve its purpose due to the side effects it causes. These negative impacts can make a person disobedient to the correct use of iron tablets due to many factors, including poor knowledge, attitudes, and behaviors of pregnant women (Mardiah and Marlina, 2019).

This identification needs to be carried out by the community itself so that they can be encouraged to actively participate in strengthening improvement efforts, under the limits of their authority, and improving the degree of health and potential in Sarewu Village. The objectives of community service activities are: 1. Identify pregnant women's understanding of ultrasound examinations and adherence to taking Fe Tablets. Wealth inequality is still an ongoing problem in society, with significant disparities between the rich and the poor leading to socioeconomic disparities. Increase the knowledge of pregnant women about the importance of ultrasound examination and the use of Fe Tablets.

METHOD OF IMPLEMENTING ACTIVITIES

A. Problem Observation Results

Observing village officials, village midwives, and the people of Sarewu Village to find out the social conditions of the village that we will use as a benchmark for the work program that we will run. Based on the results of field observations and interviews with Sarewu Village officials and the community, several problems were found, as follows:

1. Health Sector

Problems in the field of education in Sarewu Village include:

- a. Lack of public knowledge about balanced nutrition
- b. Lack of knowledge of pregnant women related to ultrasound examination and compliance Taking Fe Tablets

B. Output Target

1. The output targets achieved in this KKN are:

No.	Activity Stages	Extension Activities	Participant Activities	Time
1.	Unveiling	<ul style="list-style-type: none"> Preparation of the venue and media/tools to be used Opening greetings Introduction of all KKN members of the group Explain the purpose and purpose of the counseling 	<ul style="list-style-type: none"> Answering greetings Listening, paying attention and listening 	30 minutes
2.	Implementation	<ul style="list-style-type: none"> Provides an explanation of the beneficial content contained in bay leaves Providing an explanation of the benefits of consuming bay leaf tea for health Explain and teach how to make bay leaf tea bag products Providing beverage testers with bay leaf tea bags Distributing leaflets and bay leaf tea bag products 	<ul style="list-style-type: none"> Listening, paying attention and listening 	60 minutes
2.	Cover	<ul style="list-style-type: none"> Conduct Q&A with the audience Closing counseling and giving greetings 	<ul style="list-style-type: none"> Ask if anyone doesn't understand Paying attention and listening Answering greetings 	30 Enit

Implementation of Activities

Activities	Goal	Time	Place
Pregnant Women Class	Pregnant women in Sarewu Village	Tuesday, February 2024	13 Sarewu Health Center
Balanced nutrition programs for the role of parents and teachers as well as dangerous medical equipment toy programs	All students of SD Sarewu	Thursday, February 2024	15 Sarewu Village Elementary School

RESULTS AND DISCUSSION

Pregnant Women's Class on Education on the Importance of Ultrasound in Pregnancy and the Importance of Consuming Blood Boosting Tablets

The Importance of Ultrasound in Pregnancy

Ultrasound in pregnancy helps in accurate clinical evaluations such as assessment of pregnancy location, number of fetuses, and prenatal diagnosis of congenital abnormalities in the fetus. Just as is known, the pregnancy period is divided into 3 trimesters, namely trimester 1, trimester 2, and trimester 3. During these 3 periods, there is an increase, in maturity, and growth of the fetus that can be observed from the increase in the mother's weight and uterine height during the physical examination or abdominal palpation of the mother. Pregnancy examination using ultrasound is not harmful to the fetus. Ultrasound can measure the depth of an object under the skin by calculating the time it takes for the ultrasonic waves to be emitted and reflected back. The use of ultrasound for diagnostic imaging is considered safe even for pregnant women because the high-frequency sound waves used are not heard by humans (Nasrudin, et al., 2019).

The Importance of Taking Blood Supplement Tablets (Fe)

Iron (Fe) tablets are needed by the body to make red blood cells, namely hemoglobin. Fe is a very vital element in the formation of red blood cells. Iron is obtained naturally through food. If a person lacks iron in the food they consume every day, it can result in nutritional anemia (lack of blood). Iron-based (Fe) tablets are very important for pregnant women, therefore pregnant women are required to take a minimum of 60 Fe tablets during their pregnancy. Iron (Fe) has a role as a component in the formation of myoglobin, a protein that carries oxygen to muscles, as well as in the formation of enzymes and collagen. Additionally, iron also plays a role in the body's immune system. Iron tablets are very important for pregnant women because of their various benefits such as increasing fetal nutrient intake, preventing anemia due to iron deficiency, preventing bleeding during childbirth, reducing the risk of maternal death due to bleeding during childbirth, and as a source of food containing iron. Pregnant mothers need to eat foods that contain a lot of iron, such as whole grains, red meat, nuts, green vegetables, and liver. Increased iron absorption in the body can also occur by consuming enough vitamin C.

General purpose

1. Knowing the knowledge of pregnant women related to ultrasound examinations and compliance with Consuming Fe Tablets.
2. Adding insight to pregnant women about the importance of ultrasound examination
3. Adding to pregnant women's insight into the importance of consuming Fe Tablets.
4. Provide information related to ultrasound examinations and the benefits of ultrasound examinations.
5. Provide information regarding the benefits and dangers of not consuming Fe Tablets.

Special Purpose

1. Make pregnant women aware of the importance of ultrasound examination.
2. Reminding pregnant women related to the minimum number of ultrasound examinations.
3. Make pregnant women aware of the importance of consuming Fe Tablets.
4. Remind pregnant women to always take Fe Plus tablets.

5. Provides information about taking Fe tablets appropriately.

Target : Pregnant women in the 1st-3rd trimester

Time : Tuesday, February 13, 2024

Method: Presentation of material and question and answer discussion

Media: Ultrasound Examination Pamphlet and Pamphlet on the Importance of Consuming Fe Tablets.

Results: The enthusiasm of pregnant women is quite good, some pregnant women have done ultrasound examinations and consumed Fe tablets.

Evaluation: Some pregnant women do not consume Fe tablets.

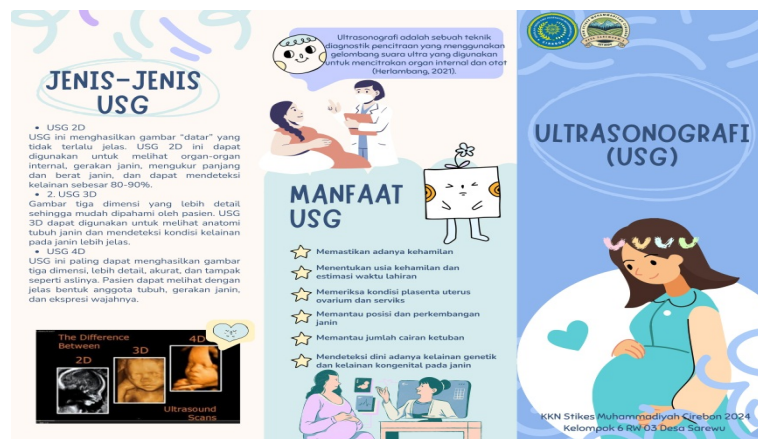


Figure 1. Leaf leaf about ultrasound



Figure 2. Leaf leaf about Fe

Evaluation

In this counseling activity, the participants were less conducive and the room used was less comfortable.

Counseling on Balanced Nutrition

It is important to talk about balanced nutrition in children because balanced nutrition plays an important role in their growth and development. Children need to get balanced nutrition for optimal growth and development. Balanced nutrition is getting the right nutrients in the right amounts. For children, this is very important because they are going through a phase of rapid growth and development.

Unfortunately, many children in Indonesia and around the world do not get adequate or balanced nutrition. Based on information provided by UNICEF, almost 30 percent of children under the age of five in Indonesia are stunted, a condition in which children's growth is stunted due to long-term malnutrition. In addition, unhealthy eating habits such as consuming instant foods and sugary drinks also contribute to nutritional imbalances, which can lead to obesity and various other health problems.

So, it is important for parents, educators and governments to understand and apply the principles of balanced nutrition in children's diets every day. This will ensure that children get the nutrients they need for optimal growth and development. General purpose

1. Children need a variety of nutrients to support their growth and development. Balanced nutrition can help ensure that they grow proportionately and healthily.
2. Balanced nutrition can help prevent health conditions such as malnutrition and obesity. Both can have a long-term negative impact on children's health and quality of life.
3. A healthy and balanced diet as children can help prevent chronic diseases later in life, such as diabetes and heart disease.
4. Good nutrition can improve children's concentration and learning performance. Children who are fulfilled in their nutrition tend to do better in learning and have lower attendance rates at school.
5. Getting children used to healthy food and balanced nutrition from an early age can help them develop healthy eating habits that they will carry with them into adulthood.

Special Purpose

1. Ensuring Adequate Energy Intake: The children of SDN Sarewu Village to ensure they get enough calories every day.
2. to improve the nutritional status of children at SDN Sarewu Village if they previously experienced malnutrition or malnutrition.
3. to prevent certain nutritional deficiencies that can affect the growth and development of children, such as iron, iodine, or vitamin D deficiency.
4. Ensure children get nutrients that support brain function and good mood.
5. and forming healthy eating habits early on, which can help prevent health problems such as obesity and chronic diseases later in life.

Target : Students of SDN Sarewu Village

Time : Tuesday, February 6, 2024

Method: We will make a pamphlet containing nutritious foods that contain vitamin D, carbohydrates, protein, etc. Then we explained it easily according to the sentences that the children understood, besides that we provided a fun atmosphere by giving games and ending the quiz which was rewarded with a special gift for the children who were active and successfully answered our questions.

Media : Pamphlet

Results: quite positive, both show optimal cognitive development and most have a stable weight in addition to their development.

Evaluation : Less active participant

CONCLUSION

The real work lecture activity lasted for 3 weeks in Salam Hamlet RW 03, Sarewu Village, Pancalang District, Kuningan Regency from January 29, 2024, to February 17, 2024. The awareness of pregnant women and school children is quite high, many pregnant women have had an ultrasound examination and consumed Fe Tablets. Elementary school children also show positive responses by achieving optimal cognitive progress and most have a stable weight during their development. Family involvement functions very significantly in providing attention and assistance to pregnant women and children in meeting nutritional needs and pregnancy development.

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