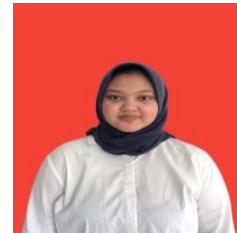




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EFFORTS TO PROVIDE HEALTH SERVICES FOR NON-COMMUNICABLE DISEASES AND INFECTIOUS DISEASES IN LUWUNG VILLAGE, CIREBON REGENCY

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Abstract

Background: Non-communicable diseases (NCDs), such as hypertension and diabetes mellitus (DM), have become major health issues in Luwung Village, Cirebon Regency. On the other hand, communicable diseases such as dengue hemorrhagic fever (DHF) and acute respiratory infections (ARI) remain threats that require attention. This study aims to analyze the community's health conditions based on free health check-ups and evaluate healthcare efforts in preventing and managing both communicable and non-communicable diseases.

Methods: This study employed a convenience sampling method, where 60 residents of Luwung Village who attended the village hall participated in free health check-ups. The collected data were analyzed descriptively to determine the distribution of the disease. Additionally, observations and evaluations were conducted on healthcare service programs in the village, including NCD screening activities (Posbindu PTM), dengue prevention campaigns, cough etiquette education, and handwashing with soap (CTPS) campaigns.

Results: The examination results showed that 18% of residents were in good health, 48% had hypertension, 20% had diabetes mellitus, and 14% suffered from both diseases. These findings indicate a high prevalence of NCDs in the village. Healthcare efforts implemented include Posbindu PTM, management of hypertension and DM patients, and education on healthy and clean lifestyles.

For communicable diseases, preventive measures included dengue prevention campaigns through the 3M Plus Movement, cough etiquette education for ARI and tuberculosis prevention, and CTPS campaigns to reduce the spread of infections.

Conclusion: The high prevalence of hypertension and diabetes in Luwung Village highlights the need for increased routine check-ups and community health education. Meanwhile, efforts to prevent communicable diseases must be continually strengthened through the empowerment of healthcare cadres, clean living campaigns, and the enhancement of community-based healthcare services. With an integrated strategy, it is expected that the community's health quality can improve significantly.

Keywords: Non-communicable diseases, communicable diseases, healthcare services, hypertension, diabetes mellitus, dengue prevention, cough etiquette, handwashing.

INTRODUCTION

Infectious and non-communicable diseases are the two main categories of health problems that affect people in various regions, including Luwung Village, Cirebon Regency. Infectious diseases, such as dengue hemorrhagic fever (DHF), tuberculosis (TB), and diarrhea, can spread quickly in densely populated communities with inadequate sanitation. Meanwhile, non-communicable diseases such as hypertension, diabetes mellitus, and mental health disorders, also showed a relatively high increase along with lifestyle changes and other risk factors such as not caring about one's health, and others.

In Cirebon Regency, efforts to combat these two types of diseases have been undertaken through various health service programs and initiatives. For example, the Mundu Health Center conducts early detection examinations for non-communicable disease risk factors, including blood pressure, blood sugar, uric acid, and cholesterol checks, targeting individuals over 45 years of age. With the health center program held every month, we as KKN-T students from the Faculty of Medicine help hold a free health check-up program consisting of blood pressure and blood sugar checks with the target of people who are far from the reach of the health center to make it easier for the health center to achieve the target of screening for non-communicable diseases.

Infectious diseases such as diarrhea, TB, and dengue remain the top priorities in Cirebon Regency. To overcome these challenges, cross-sector synergy is needed in the implementation of early detection, prevention, and response to diseases. The Joint Movement on stunting literacy, immunization, dengue prevention, and TB control has been mobilized as part of efforts towards a Healthy Indonesia 2045.

In Luwung village, it is crucial to assess the effectiveness of the programs that have been implemented, as well as the factors that contribute to their success or obstacles to implementation. A participatory approach involving local communities, health workers, and

other stakeholders is needed to achieve optimal results in health service efforts against infectious and non-communicable diseases. With the existence of KKN-T students of Gunung Jati Swadaya University in Luwung Village, Cirebon Regency, helping these programs to detect infectious and non-communicable diseases and help the health center to carry out screening targets for people who are pretty far away and challenging to reach by the health center by carrying out free health check-up programs starting from blood pressure and blood sugar checks and socialization about diseases infectious diseases such as dengue, TB with a socialization program on cough etiquette and a good and correct handwashing program to break the chain of diarrheal diseases. By understanding the situation and the efforts that have been made, it is hoped that a more effective and efficient strategy can be formulated to improve the public health situation in Luwung Village, in particular, and Cirebon Regency, in general.

METHOD

The research method employed is convenience sampling, which is based on who comes and is willing to participate without a strict selection process. Respondents come to the village hall to undergo the health check. So the data collected is based on the results of the residents' examination, and the data obtained is analyzed to get an overview of the health conditions of the village community.

RESULTS AND DISCUSSION

The results of the examination conducted by students on a total of 60 patients are as follows:

- a. 18% with 18 patients said to be healthy without diabetes or hypertension
- b. 48% with a total of 29 patients are said to have hypertension
- c. 20% with a total of 12 patients are said to have diabetes
- d. 14% of the total number of patients, 8 people, are said to have hypertension and diabetes.

These findings highlight the need for public health interventions aimed at preventing and treating hypertension and diabetes among the residents of Luwung Village, Cirebon Regency.



Figure 1. Free health check-up activities.

- 1) Health services in Luwung Village, Cirebon Regency, aim to handle both infectious and non-communicable diseases (NCDs). Based on the results of the free examination of 60 patients, it was found that
 - a. 18% in good health
 - b. 48% have hypertension
 - c. 20% suffer from diabetes mellitus
 - d. 14% had hypertension and diabetes mellitus.

This data shows that most people experience non-communicable diseases (81.67%), especially hypertension and diabetes mellitus. This condition indicates the need for better health service efforts in the prevention, early detection, and management of NCDs.

On the other hand, infectious diseases such as dengue hemorrhagic fever (DHF), tuberculosis, and acute respiratory infections (ARI) are also a concern in this village. Therefore, the socialization and prevention programs for infectious diseases need to be strengthened.

- 2) Non-Communicable Disease (NCD) Health Service Efforts
 - a. Early Detection and Prevention of NCDs

- a) PTM Posbindu: This activity aims to detect hypertension and diabetes early by checking blood pressure and blood sugar regularly.
- b) Healthy Lifestyle Education: The public is provided with information about healthy diet, regular exercise, and stress management to prevent hypertension and diabetes mellitus.
- c) Strengthening the Role of Health Cadres: Village health cadres are trained to provide information related to low-salt, low-sugar, and low-sugar eating patterns, and the importance of physical activity.
- b. Management of NCD patients
 - a) Routine medication administration through health centers for patients with hypertension and diabetes mellitus.
 - b) Counseling and monitoring of patients to ensure adherence to treatment.
 - c) Development of a community of NCD patients so that they can share experiences and support with each other.
- 3) Infectious Disease Health Service Efforts

Although most participants in this study were patients with non-communicable diseases, preventing infectious diseases remained a priority. The programs that have been carried out are:

 - a. Socialization of Dengue Hemorrhagic Fever (DHF) Prevention

Because this disease is transmitted through the bite of the *Aedes aegypti* mosquito, prevention is focused on:

 - a) 3M Plus (Drain, Close, Recycle) movement to eliminate mosquito breeding grounds.
 - b) Spraying (fogging) in vulnerable areas if there is an increase in cases.
 - c) Periodic Monitoring of Larvae (CHD) by health cadres to ensure the environment is free from mosquito larvae.
 - b. Cough Etiquette Education for the Prevention of ISPA and Tuberculosis (TB)

Respiratory infections such as tuberculosis and ISPA are spread through droplets when coughing or sneezing. Therefore, cough etiquette education is critical:

 - a) Covering the mouth and nose with a tissue or inner elbow when coughing or sneezing.
 - b) Use a mask if you are sick.
 - c) Do not spit carelessly to prevent the spread of bacteria and viruses.
 - c. Hand Washing with Soap Education (CPTS)

Washing hands with soap is one of the most effective ways to prevent infectious illnesses, including diarrhea, respiratory infections, and COVID-19, as mandated by law. This education is carried out by:

- a) Provision of handwashing facilities in public facilities such as village halls, schools, and markets.
- b) Educating the community and children at school about the seven correct hand washing steps.
- c) Direct counseling by health cadres during posyandu or posbindu activities.

CONCLUSION

Luwung Village faces significant challenges in dealing with non-communicable diseases, especially hypertension and diabetes, which affect more than 80% of patients in this study. However, infectious diseases such as dengue, ISPA, and tuberculosis also need attention through socialization and prevention efforts. With a combination of early detection, health education, and lifestyle changes, as well as the implementation of infectious disease prevention measures, it is hoped that the quality of public health in Luwung village can improve significantly.

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