

## Empowerment Of The Community Through Integrated Coaching Post For Non-Communicable Disease

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### **ABSTRACT**

The prevalence of Non-Communicable Diseases in Indonesia has increased. According to the Bali Province Riskesdas (2013) people who are obese 15.2%, Diabetes Mellitus (DM) by 1.4%, hypertension 5.3% based on the interview method and 18.4% through measurement, on average increase at the age of 45 years and over by 0.4%. One of the Puskesmas in Denpasar City is Puskesmas III North Denpasar. On average, the target area experiences a lifestyle transition from rural to urban. The community began to switch from farm work to office workers so that the time and activity of their movements were very limited. Hypertension, diabetes mellitus and rheumatism are diseases that are always present in a series of 10 major diseases based on a visit to the Puskesmas III North Denpasar (Register of Health Center III North Denpasar, 2017). Based on the above phenomenon, it is very necessary to form a forum as a center for health services in order to improve the health status of the people especially those aged 15 years and over. Interviews with the head of Puskesmas III North Denpasar strongly support the establishment of integrated coaching post for non-communicable diseases which is expected to be a primary health care center for the promotion and prevention of disease.

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### **INTRODUCTION**

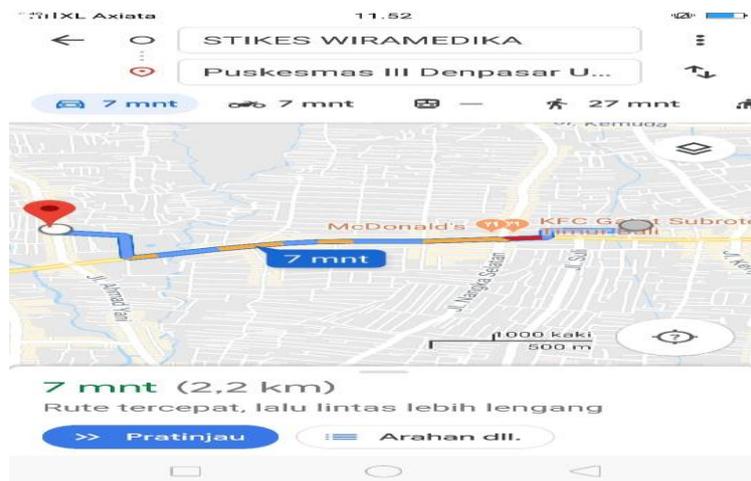
Non-Communicable Diseases (PTM) is currently experiencing an increase in cases not only in Indonesia but also the world of Report on Non-communicable Disease (WHO, 2011). Non-communicable diseases such as heart disease, cancer, chronic lung disease and diabetes militus are the four main diseases that are 80% causes of death according to Riskesdas (2013). PTM is a disease that requires a long time to cure, but most of the risk factors can be prevented. Non-communicable diseases cause almost 60% of deaths in Indonesia, most are under the age of 60, which negatively impacts productivity and development (Riskesdas, 2013). Thus, it will also cause poverty because it consumes a lot of time and money for treatment.

Prevention of Non-communicable diseases is the obligation of all people, multisectoral approach is the key to the prevention and control of Non-communicable diseases. The government's responsibility makes Non-communicable diseases as a priority development agenda. Community

responsibility plays an active role in every effort to control Non-communicable diseases. Academics, the media, the private sector, and other development partners have the same responsibility in every effort to control PTM according to their respective roles and functions. Based on the above phenomenon, it is very necessary to form a forum as a center for health services in order to improve the health status of the people especially those aged 15 years and over. Interviews with the head of Puskesmas III North Denpasar strongly support the establishment of Empowerment of The Community Through Integrated Coaching Post for Non Communicable Disease which is expected to be a primary health care center for promotive and preventive efforts for the occurrence of disease.

### METHODS

This activity was carried out at Puskesmas III North Denpasar located on Jalan Ahmad Yani Utara 110 Denpasar. Puskesmas III of North Denpasar established an urban transition area located in a low-lying area with an area of 17.05 km<sup>2</sup> covering one village and three villages namely DauhPuri Kaja Village, Peguyangan Village, Peguyangan Kaja Village and Peguyangan Kangin Village, Consisting of 49 (forty) Nine) Banjar. The average distance of the population to North Denpasar Health Center III is 3.5 km with an average travel time of 13 minutes, with motorized vehicles and the distance of about 10-15 minutes from the STIKes Wira Medika. Thus, it took less than 20 minutes for its trip, make it easier to reach. This distance become one of main reason why the village is chosen

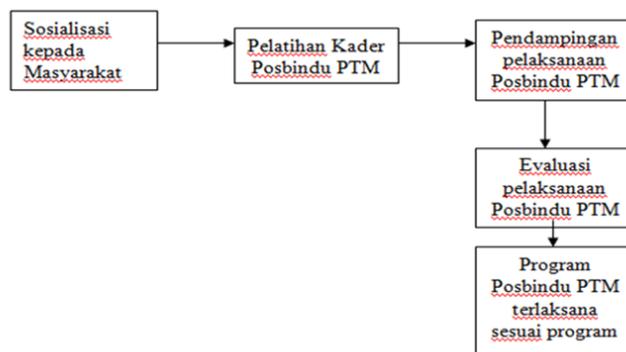


### SURVEY & OBSERVATION

The location was chosen by Survey and Observation Before the activity took place, community service team doing survey and observation done in coordination with the Puskesmas III North Denpasar in this case the holder of a non-communicable disease program.

#### Stages of Application of Science and Technology

The Community Through Integrated Coaching Post in community service activities can be described as follows:



## RESULT AND DISCUSSION

### Coordination and Outreach Activities of the The Community Through Integrated Coaching Post for Non-Communicable Disease Science and Technology Program

The activity begins with the implementation of coordination with the head of the Puskesmas III North Denpasar, program holders and target community leaders, as well as assessing the readiness of community leaders to accept the program with the results, the head of the Puskesmas, program holders and community leaders welcomed the PKMS IPTEK community empowerment through the establishment of The Community Through Integrated Coaching Post for Non-Communicable Disease.



### Implementation of the leader Knowledge Pre-Test and Training Phase 1

The Community Through Integrated Coaching Post for Non-Communicable Disease. Leader training begins with the selection of leader candidates by community leaders. Before the training was conducted, the team carried out pre-test of leader knowledge. The training was provide 5 Desk system, which was also attended by community leaders and program holders from Puskesmas III North Denpasar.



### Leader Training Phase 2 and Implementation of Knowledge Test for candidates

The second stage of leader training was carried out by carrying out exercises and direct demonstration of leader candidates such as how to calculate body mass index, train for health education, measure blood pressure, check blood sugar, uric acid, cholesterol with a simple tool, namely GCU glucometer, measure stomach circumference and the practice of filling. The activity continued with Post Test of knowledge of leader candidates.



### **Inauguration, Inauguration of Cadres and Handover of Posbindu PTM Activities**

This activity was carried out in the presence of the Chairperson of STikes Wira Medika Bali, Head of Puskesmas III North Denpasar, Person in charge and holder of the Integrated Coaching Post program, Head of village and all community leaders. This activity began with the inauguration of Integrated Coaching Post by the head of Puskesmas III North Denpasar, can be done with the inauguration of cadres and the PTM postbindu submission program by the chair of STikes Wira Medika Bali to the Village Head of Dauh Puri Kaja. As well as activities closed with the program carried out Integrated Coaching Post 5 official tables by cadres directly to the community.



### **CONCLUSION**

PKMS Science and Technology Activities Community empowerment through Integrated Coaching Post activities has been held based on the plan. Community leaders, PUSKESMAS staff and the community were very enthusiastic in participating in the program

### **ACKNOWLEDGE**

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