

## Improving the Degree of Health in the Elderly Through Health Checks and Education

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### ABSTRACT

**Background.** The thesis focuses on the elderly as the final stage of human development and acknowledges that individuals in old age undergo various changes. The research is conducted at the Nuriah Nursing Home, located in Kecamatan Sei Lakam, Kabupaten Karimun. The purpose of the research is to identify the main health problems faced by the elderly in the nursing home, specifically the risk of declining health status. The thesis mentions specific health problems prevalent among the elderly, such as chronic kidney disease (CKD), high blood pressure, heart disease, rheumatism, paralysis, and diabetes mellitus.

**Purpose.** This activity aims to determine the health status.

**Method.** The method used is by conducting health checks and counseling followed by 5 elderly people.

**Results.** The results of this activity showed that from 5 elderly people, 1 elderly had hypertension because the elderly underwent dialysis 2 times a week. 1 elderly suffers from malnutrition. 1 elderly had dementia, and one elderly experienced long bed rest.

**Conclusion.** The conclusion is that 70% are all carried out / assisted by orphanage officers. Starting from bathing, clothes, chapters, and tubs. The elderly seem to understand how to improve their health status. instructional approaches to meet the specific needs of their students.

### KEYWORDS

Education, Elderly, Health Examination

### INTRODUCTION

The elderly are the final stage of development in human life. Everyone who passes through old age will experience various changes. Seniors are residents aged 60 years or older (Luo dkk., 2019; Zhang dkk., 2020). The process of aging is continuous or continuous naturally and is generally experienced by all living things. Menusia will experience a deterioration in both the structure and function of organs and this situation can cause reduced adaptability to the environment (Chang dkk., 2019; Kehler dkk., 2020).

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Indonesia has entered the era of an aging structured population with people aged 60 years and over reaching more than 7%. This has resulted in epidemiological transitions in the health sector such as increased morbidity due to degenerative diseases (Lau dkk., 2021; Wang dkk., 2020). The government's recommendation to prevent the onset of degenerative diseases is CERDIK, where one of the points is Routine Health Checks. Examination activities for the elderly include examination of daily activities including basic activities in life, such as eating/drinking, walking, bathing, dressing, going up and down the bed, defecating/urinating, and so on (Chen dkk., 2020). Examination of mental status related to mental-emotional using two-minute method guidelines, Nutritional status examination through weight weighing and height measurement and recorded on index charts

Body mass, Blood pressure measurement using a sphygmomanometer and stethoscope, and pulse calculation for one minute (Gabriela dkk., 2022; Qureshi dkk., 2022; Rohmalimna dkk., 2022). Changes also occur in the cardiovascular, characterized by anatomical changes in the heart and blood, decreased maximum pulse rate, increased blood pressure, postural hypotension, changes in pulse recovery after physical activity, decreased amount of blood pumped in each beat, and changes in cells (red blood cells, hemoglobin). The elderly who experience optimal aging will remain active and do not experience shrinkage in daily life activities (Dewi S dkk., 2022; Kartel dkk., 2022; Keshav dkk., 2022). From the results of data collection for the elderly at the Nuriah Nursing Home Kec.Sei Lakam, Karimun Regency can be identified as the main problem in the elderly, namely the risk of decreasing the health status of the elderly as evidenced by health problems such as CKD, high blood pressure, heart disease, rheumatism, paralysis, and diabetes mellitus. Based on the above problems, a forum has been formed for the elderly in terms of overcoming their health problems, namely health checks (Anoum dkk., 2022; Demina dkk., 2022; Hikmah dkk., 2022). One of the objectives of this activity is to improve or maintain the health of the elderly. To achieve this goal, blood pressure and blood sugar checking activities are planned. Therefore, Ners Professional students will carry out health check-ups and education activities for the elderly at the Nuriah Karimun Nursing Home in 2023.

## RESEARCH METHODOLOGY

Health check-ups and health education activities were attended by all elderly at Nuriah Karimun Nursing Home who were able and willing to take part in the activities held. The activity was held on Monday, April 17, 2023, with 5 elderly respondents. The method of implementing this activity includes 4 stages, namely:

### 1. Identification stage

This stage is the stage of situation analysis and needs analysis at the Nuriah Karimun Nursing Home, this activity is attended by all elderly Nuriah Karimun Nursing Home who are able and willing to take part in health check-ups and education activities health. Participants of this activity were accompanied by nursing home officers together and also Professional Students of Ners Universitas Awal Bros as facilitators.

### 2. Planning Phase

At the Planning stage, this is done by providing an explanation to the elderly about the plan for the implementation of the activities to be carried out. Facilitators prepare several tools needed to support activities such as checking blood sugar, uric acid, cholesterol, and vital signs. For health education activities, the tools needed are benner media containing educational materials.

### 3. Implementation Phase

The stage of this activity begins with conducting a health examination on the elderly as many as 5 elderly people. Health checks are carried out by checking blood sugar, uric acid, cholesterol, and vital sign levels. After obtaining the results of the medical examination, proceed with health education aimed at improving the health status of the elderly.

### 4. Evaluation Phase

This stage is the monitoring and evaluation stage of the implementation of health examination and health education activities. Evaluation of this activity is carried out by observing during the activity. The results of observations found that all elderly people actively participated in the activity, it seemed bagahia and the elderly seemed enthusiastic about the activities carried out because it was the first time this activity was carried out at the Nuriah Karimun Nursing Home.

#### a. Field studies

Field studies include observation, data collection related to physical examination activities and physical activity education carried out, as well as interviews with orphanage administrators regarding matters that can support these activities.

#### b. Literature Study

Literature study as a basis for obtaining a good reference so that this activity report can be scientifically accounted for.

Figure 1. Health examination and provision of health education



## RESULT AND DISCUSSION

The health examination and health education will be conducted on Monday, April 17, 2023. The time for the implementation of this activity has been carried out following the predetermined agreement (Firman dkk., 2022; Ilham dkk., 2022; Safitri dkk., 2022). The organization of moderators, presenters, facilitators, and observers is by their respective functions. The material for health examination and health education activities is by the activities to be carried out. As many as 5 elderly (100%) seemed to be actively participating in health check-ups and health education activities. The number of elderly who participated in this activity was 5 seniors. Participants can follow the activity from beginning to end, and the time of implementation of this activity is as planned (Hartini dkk., 2022; Nopiana dkk., 2022). The results of the observation were obtained by all participants, namely 5 (100%) elderly actively participating in the activity from start to finish. All elderly seemed happy, and excited during the activity and the elderly experienced an increase in knowledge from before, the level of knowledge of the elderly after education was carried out in good categories.

The health check-up and health education activities that have been carried out aim to improve the health status of the elderly both physically and mentally. Health checks and physical activity education are carried out as preventive measures carried out to prevent the occurrence of diseases that can reduce the health status of the elderly (Dianovi dkk., 2022; Najeed dkk., 2022; Rahmah dkk., 2022). To avoid a decrease in the quality of life of the elderly, this activity is considered very important to do for the elderly. Along with the increasing elderly population, the government has formulated various policies, namely providing health services for the elderly. Health services at the community level are elderly Posyandu, basic elderly health services are Puskesmas, and advanced health services are Hospitals (Nadya dkk., 2022). Another effort that can be made to improve the health of the elderly is to increase awareness of the elderly to routinely maintain health and check health regularly.

## CONCLUSION

Based on the results of the implementation of health check-up activities and health education for the elderly at the Nuriah Karimun Nursing Home, it can be concluded that the activities that have been given to the elderly are preventive measures to maintain the health status of the elderly and improve the quality of life of the elderly. All elderly people looked happy, and excited during the activity and the elderly experienced an increase in knowledge.

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## AUTHORS' CONTRIBUTION

Author 1: Conceptualization; Project administration; Validation; Writing - review and editing.

Author 2: Conceptualization; Data curation; Investigation.

Author 3: Data curation; Investigation.

Author 4: Formal analysis; Methodology; Writing - original draft.

Author 5-7: Supervision.

Author 8: Other contribution; Resources; Visuali-zation; Writing - original draft.

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