

Improving Health Status in The Elderly Through Health Checks and Education at Nuriah Nursing Homes in Karimun.

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ABSTRACT

Background. Elderly is the final stage of development in human life. Everyone who goes through old age will experience various changes.

Purpose. From the results of data collection for the elderly at the Nuriah Nursing Home, Kec.Sei Lakam, Kab. Karimun can identify the main problem in the elderly, namely the risk of declining health status of the elderly as evidenced by the existence of health problems such as CKD, high blood pressure, heart disease, rheumatism, paralysis and diabetes mellitus.

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 health status.

KEYWORDS

Education, Elderly, Health Examination

INTRODUCTION

Elderly is the final stage of development in human life. Everyone who passes through the elderly will experience various changes (Gabriela dkk., 2022; Kartel dkk., 2022; Qureshi dkk., 2022). The elderly are the population aged 60 years or more. The aging process is a continuous or continuous process naturally and is generally experienced by all living things (Kayingo dkk., 2021). Humans will experience a decline in both the structure and function of organs and this situation can lead to reduced adaptability to the environment (Saad, 2015). Indonesia has entered the era of aging structured population with the

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population aged 60 years and above reaching more than 7%.

This has resulted in an epidemiologic transition in the health sector such as increased morbidity due to degenerative diseases (Worsley dkk., 2020). The government's recommendation in order to prevent the onset of degenerative diseases is CERDIK, where one of the points is Routine Health Checks (Maeseneer dkk., 2021). Elderly examination activities include checking daily activities including basic activities in life, such as eating / drinking, walking, bathing, dressing, getting in and out of bed, defecating / urinating and so on (Dodd dkk., 2021). Examination of mental status related to mental emotional using the two-minute method guideline, Examination of nutritional status through weight weighing and height measurement and recorded on a body mass index chart (Dewi S dkk., 2022; Hikmah dkk., 2022; Keshav dkk., 2022), Measurement of blood pressure using a blood pressure meter.

Measurement of blood pressure using a tensimeter and stethoscope and counting the pulse for one minute (Browne dkk., 2017). Changes also occur in the cardiovascular system, characterized by anatomical changes in the heart and blood, decreased maximum pulse rate, increased blood pressure (Ruiz-hern, 2013), 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) (Maeseneer dkk., 2021). Elderly people experiencing optimal aging will remain active and not experience shrinkage in daily life activities (Cavioni dkk., 2020). From the results of data collection for the elderly at Nuriah Nursing Home, Sei Lakam Kec. Karimun Regency, it can be identified that the main (Jun dkk., 2022) problem in the elderly is 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 (Maeseneer dkk., 2021). Based on the above problems, a forum has been formed for the elderly in terms of overcoming their health problems, namely health checks (Ruiz-hern, 2013). One of the goals of this activity is to improve or maintain the health of the elderly. To achieve this goal, it is planned to check blood pressure and blood sugar (Anoum dkk., 2022; Demina dkk., 2022; Firman dkk., 2022). Therefore, Ners Professional students will carry out health checks and education activities for the elderly at Nuriah Karimun Nursing Home in 2023.

RESEARCH METHODOLOGY

Health examination and health education activities attended by all elderly people at Nuriah Karimun Nursing Home who are able and willing to participate in the activities organized. The activity was carried out on Monday, April 17, 2023 with a total of 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 Nuriah Karimun Nursing Home, this activity is attended by all elderly Nuriah Karimun Nursing Home who are able and willing to participate in health checks and health education activities. health education. Participants in this activity were accompanied by joint nursing home officers and also Awal Bros University Nursing Profession Students as facilitators.

2. Planning Stage

At this stage, planning is carried out by explaining to the elderly about the plan for implementing the activities to be carried out. The facilitator prepares several tools needed to support activities such as checking blood sugar levels, uric acid, cholesterol and vital signs. For health education activities, the tools needed are in the form of benner media containing educational material.

3. Implementation Stage

The implementation stage of this activity begins with conducting health checks on the elderly as many as 5 elderly. Health checks are carried out by checking blood sugar levels, uric acid, cholesterol, vital signs. After obtaining the results of the health examination, continued with health education which aims to improve the health status of the elderly.

4. Evaluation Stage

This stage is the stage of monitoring and evaluating the implementation of health checks and health education activities. Evaluation of this activity is carried out by observing during the activity. The results of the observation were that all elderly people actively participated in the activities, looked happy and the elderly seemed enthusiastic about the activities carried out because they were active

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 the orphanage management regarding matters that can support this activity.

b. Library Studies

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



RESULT AND DISCUSSION

Health checks and health education were carried out on Monday, April 17, 2023. The time of implementation of this activity has been carried out in accordance with the agreement that has been determined. The organization of the moderator, presenter, facilitator and observer is in accordance with their respective functions (Hartini dkk., 2022; Ilham dkk., 2022; Safitri dkk., 2022). The material for health checks and health education activities is in accordance with the activities to be carried out. A total of 5 elderly people (100%) seemed to actively participate in health checks and health education activities.

The number of elderly who participated in this activity was 5 elderly. Participants were able to follow the activities from start to finish, the time for implementing this activity was in accordance with what had been planned (Dianovi dkk., 2022; Najeed dkk., 2022; Nopiana dkk., 2022). The observation results showed that all participants, namely 5 (100%) elderly, actively participated in the activity from start to finish. All elderly people looked happy, excited during the activity and the elderly experienced an increase in knowledge from before, the level of knowledge of the elderly after education was in a good category.

The health examination 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 taken to prevent diseases that can reduce the health status of the elderly (Amado-Alonso dkk., 2019; Rahmah dkk., 2022; Rohmalimna dkk., 2022). To avoid a decrease in the quality of life in 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 organizing 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 (Hermansyah dkk., 2023; Noer dkk., 2023). Another effort that can be made to improve the health of the elderly is to increase the awareness of the elderly to routinely maintain their health and have regular health checks.

CONCLUSION

Based on the results of the implementation of health examination activities and health education for the elderly at the Nuriah Karimun Nursing Home, it can be concluded that the activities that have been provided 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, excited during the activities and the elderly experienced increased knowledge.

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AUTHORS' CONTRIBUTION

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

Author 2: Conceptualization; Data curation; In-vestigation.

Author 3: Data curation; Investigation.

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

Author 5: Supervision; Validation.

Author 6&7: Other contribution; Resources; Visuali-zation; Writing - original draft.

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