

Prevention Health Education Acute Respiratory Tract Infections

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Abstract

Acute Respiratory Infection (ARI) is the most common infectious disease causing morbidity and mortality worldwide. The prevalence rate of ARI in Indonesia is 9.3%. Prevalence of ARI based on the diagnosis of health workers in Jambi Province was 5.5%, while the prevalence of ARI in Jambi City was 6.25%. One of the efforts that can be made to reduce ARI transmission is to increase knowledge about ARI prevention. Increasing knowledge can be done through health education activities. This community service aims to provide information about ARI disease. This activity utilized slide and leaflet media and was attended by 25 participants. It is hoped that the results of this activity can be useful for participants to prevent ARI disease.

Keywords: Health Education, Prevention, ARI

A. INTRODUCTION

Acute respiratory tract disease (ARI) is an upper respiratory tract disease (such as rhinitis, pharyngitis, and otitis) and lower respiratory tract (such as laryngitis, bronchitis, bronchiolitis, and pneumonia) that can last for fourteen days (Andaresta, Dewi, and Ludiana 2022). A fourteen-day time limit is used to determine the acute limit of the disease (Bhatti et al. 2020). The respiratory tract is made up of many organs, including the pleura, sinuses, middle ear space, and alveoli of the nose (Wahyuni & Kurniawati, 2021).

The interaction between the cause of the disease, the host or parent of the plant, and the environment can cause the disease. Some factors that can cause ISPA in toddlers include agents such as viruses, bacteria, and fungi; factors such as age, gender, immune system; parental education and birth weight; and environmental factors such as the right ventilation area of the house; fuel used for cooking; smoking habit of family members in the house; and the type of flooring used in the house (Marwati et al. 2019). The spread of ISPA in toddlers begins when the pathogen enters the host (human) body through the respiratory tract. This transmission can occur due to a poor environment, which causes unbalanced host interactions (Lazamidarmi, 2021).

The World Health Organization (2020) states that ISPA is the most common infectious disease that causes death (morbidity) and illness (mortality) worldwide. About four million people die each year from ISPA, with 98% of those deaths caused by lower ISPA. Infant, toddler, and elderly mortality rates are particularly high in low- and

middle-income countries. The death rate of ISPA in toddlers reaches 40 per 1000 live births, or about 15 to 20% per year.

Based on Riskesdas (2018), the prevalence rate of STI in Indonesia is 9.3%. The prevalence of ISPA based on the diagnosis of health workers in Jambi Province is at 5.5%, while the prevalence of ISPA in Jambi City is at 6.25% (Riskesdas, 2018).

Non-pharmaceutical efforts carried out so far include vaccination. Prevention of ISPA transmission can be done through vaccination; There are vaccines to fight the three main influenza viruses, whose formulations change every year to avoid the risk of vaccine-resistant viruses (Solehati et al., 2018). Meanwhile, another effort is to provide health education about ISPA. The health education method used is an individual method using *slides* and *leaflets* to promote, but these methods and means of communication are less effective and efficient because the ISPA rate is still quite high.

Previous research conducted by Ameliya Putri & Gama (2020) and Dwisatyadini et al. (2021) showed a significant influence between ISPA counseling and increased respondents' knowledge of ISPA (Ameliya Putri & Gama, 2020; Dwisatyadini et al., 2021).

Based on the introduction above, it can be determined that the problem that must be an effort to prevent ISPA disease through the provision of health education. Which aims to increase knowledge and prevent the transmission of ISPA in the community.

B. METHODS

This service activity was carried out by lecturers and students of the Jambi University of Jambi Nursing Professional Study Program. The target in this activity is 25 outpatients at H. Abdul Manap Hospital, Jambi City. This service activity is carried out in various stages, namely (1) Preparing SAP (Extension Event Unit), counseling materials and media, in this case *slides* and *leaflets*, (2) Delivery of educational materials through counseling on the prevention of ISPA, (3) Distribution of *leaflets* containing counseling materials, (4) Providing opportunities for the audience to discuss, ask questions and answers about the material that has been delivered.

C. RESULTS

Community Service was held for one day on Tuesday, September 12, 2023 in the waiting room of the H. Abdul Manap Hospital in Jambi City. The activity carried out was the delivery of health information regarding the prevention of ISPA.

The activity began with the opening of the activity carried out by the moderator, the moderator also explored the knowledge of the participants through several general questions about ISPA (Figure 1). Then, it was followed by the delivery of material on definition, causes, signs and symptoms, classification, mode of transmission, first aid and prevention of ISPA disease (Figure 2). After the presentation of material on ISPA prevention efforts that can be carried out independently, the activity continued with a question and answer session from the information that had been conveyed (Figure 3).



Figure 1 Opening of counseling by moderator



Figure 2 Presentation of Material



Figure 3 Discussion Session



Figure 3A Group Photo with PKRS

In general, the implementation of community service activities runs smoothly, starting from the preparation, implementation and evaluation stages. The counseling participants were very enthusiastic both in receiving the material and in providing responses during the counseling activities. In addition, cooperation and support from the Hospital Health Promotion are also one of the factors that make this activity run smoothly.

The results of community service regarding health education about ISPA prevention efforts resulted in *knowledge transfer* from the presenter to the participants, where in addition to the material presented, there was a further discussion from both directions that found an agreement that it is necessary to carry out clean and healthy living behaviors to prevent ISPA transmission.

Health education aims to help individuals and groups be able to implement and decide on the right activities to improve a healthy and prosperous life. This is in line with previous research conducted by Yuki et al (2023) showing an increase in respondents' knowledge about the prevention of ISPA in toddlers before and after being given counseling (p-value 0.000) (Yuki et al., 2023).

Sidabutar and Waruwu (2022) in their research also found that health education with lecture methods and leaflet media increases participants' knowledge about the prevention of ARI. It was observed that the significant value of the t-test in the leaflet group respondents was $p=0.000$ ($p<0.05$) (Sidabutar & Waruwu, 2022).

Knowledge is a very important factor in shaping a person's actions (*over behavior*), in other words, knowledge is one of the most important factors in the process of behavior change.

D. CONCLUSION

Community service carried out in the form of health education regarding ISPA prevention efforts is expected to be able to increase public knowledge about ISPA prevention efforts. Therefore, there is a need for health education activities like this to increase community retention. It is hoped that this activity can be carried out in shared places, so that it can reduce the prevalence of ISPA incidents. Increasing knowledge is expected to be a gateway to change people's behavior, so that efforts to prevent ISPA are more successfully implemented.

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