

Improving Community Knowledge about Asthma Prevention and Treatment in Ngronggo Village

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ABSTRACT

Asthma is one of the most common types of disease suffered by Indonesian people. Behaviors that can cause shortness of breath (asthma), especially in Kediri City, are increasing, for example exposure to cigarette smoke, dust, animal dander and so on, this is due to a lack of knowledge about the dangers of exposure to trigger substances and the influence of an unfavorable environment. As a result, a person is careless about the presence of substances that can trigger shortness of breath. Therefore, we, students of the Bachelor of Nursing Study Program at the Strada Indonesia Institute of Health Sciences, carry out community service activities to provide education about preventing and treating asthma. The aim of this research is to increase knowledge of asthma prevention and treatment in Ngronggo Village. Bronchial asthma is an inflammatory disease that occurs in the respiratory tract involving various types of cells. Bronchial asthma is a chronic inflammatory disorder of the airways that involves many inflammatory cells such as eosinophils, mast cells, leukotrienes. This chronic inflammation is associated with airway hyperresponsiveness. Using the offline Extension Event Unit (SAP) method. After counseling, almost 82% of respondents were able to understand how to prevent and treat asthma.

Keywords: Asthma, knowledge, shortness of breath

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INTRODUCTION

According to data from the World Health Organization (WHO), there are 300 million people suffering from bronchial asthma, 225 thousand patients die from bronchial asthma throughout the world. The death rate caused by bronchial asthma worldwide is estimated to increase by 20% over the next 10 years, if it is not controlled properly. Meanwhile, according to data from the World Health Organization (WHO, 2013), the death rate due to bronchial asthma in Indonesia reached 24,773 people from the total number of population deaths and placed Indonesia in 19th place in the world due to bronchial asthma. Meanwhile, according to data from the Global Initiative for Asthma (GINA, 2015), there are 300 million people worldwide suffering from bronchial asthma in various age groups and this is increasing, especially in developed countries.

According to Gina (2015). Asthma is a chronic inflammatory disease of the airways that causes hyperactivity of the bronchi in response to various stimuli, giving rise to symptoms such as wheezing, coughing, shortness of breath and chest tightness, especially at night or early in the morning, and is generally reversible with or without treatment. Ministry of Health of the Republic of Indonesia, 2009. Asthma has spread throughout the world, affecting people of all ages.

Bronchial asthma is an inflammatory disease that occurs in the respiratory tract involving various types of cells. Bronchial asthma is a chronic inflammatory disorder of the airways that involves many inflammatory cells such as eosinophils, mast cells, leukotrienes. This chronic inflammation is associated with airway hyperresponsiveness.

Knowledge about bronchial asthma is very important in managing and controlling recurrence of bronchial asthma. People who understand bronchial asthma will be aware of the dangers they face if they suffer from bronchial asthma so that patients will try to avoid factors that trigger bronchial asthma such as exercise, allergens, smoke, dust, strong odors, colds, viruses, emotions, stress, weather and pollution. Therefore, the public must take part in education to increase knowledge about bronchial asthma so that they consciously avoid trigger factors, use medication correctly, and consult the health team.

METHOD

Our target for this community service activity is the community in Ngronggo Village, Kediri City. By holding this outreach, it is hoped that the community will increase their knowledge and insight and know how to prevent and treat asthma. This activity will be held on Tuesday 23 May 2023 at 18.00. To determine the level of public knowledge about the importance of preventing and treating asthma, we used 3 methods, namely the first, namely providing health education, the second, a method of inviting the public on how to reduce the risk of increasing asthma and the third, an evaluation method.

RESULT

The implementation was entitled Increasing Community Knowledge About Asthma Prevention and Management in the Ngronggo Village Area. This research uses secondary and primary methods. In this technique, the number of subjects is calculated first in the accessible population from which the subjects will be selected as research samples.

The total number of case and control samples will be grouped first with the largest cases.

No.	Gender	Amount
1.	Woman	21
2.	Man	2

Table 1. Subject distribution based on data collection of the number of participants RT 03 RW 01 Ngronggo Village

The total number of samples in this second implementation is as many as 23 respondents in the region of Kelurahan Ngronggo.

The results and discussion of the program are divided into:

a. Program

Optionally, the Community Knowledge Improvement Program on Asthma Prevention and Treatment in Ngronggo Village Region, means the implementation of the program that originates from the government and then implemented by the community. Which was done on May 23, 2023.

b. Program implementation

Based on the results of observations in the field, the implementation of community service is divided into several activities, namely: a) participant attendance; b) providing consumption; c)

pretest distribution; d) education for respondents about how to prevent and treat asthma. In line with the results of the interviews conducted, information was obtained that the implementation of the community service program took the form of a health improvement program in the community.

Results and Discussion of Community Understanding

The results of educational activities and questionnaires show that respondents' knowledge regarding the prevention and treatment of asthma has increased. This shows that the knowledge of the people of RT 03 RW 01 Ngronggo Village regarding the prevention and treatment of asthma before carrying out activities or education, some of them still don't understand, but there are several respondents, namely 3 respondents who understand. So it can be concluded that the average knowledge of respondents is quite good. With the increase in knowledge among respondents about the prevention and treatment of asthma, it has increased. This is supported by research conducted by the Global Initiative for Asthma (GINA, 2015), there are 300 million people worldwide suffering from bronchial asthma in various age groups and this is increasing, especially in developed countries. According to Gina (2015). Asthma is a chronic inflammatory disease of the airways that causes hyperactivity of the bronchi in response to various stimuli, giving rise to symptoms such as wheezing, coughing, shortness of breath and chest tightness, especially at night or early in the morning, and is generally reversible with or without treatment.

DISCUSSION

Bronchial asthma is a type of long-term or chronic disease of the respiratory tract which is characterized by inflammation and narrowing of the airways which causes shortness of breath or difficulty breathing. Apart from difficulty breathing, asthma sufferers can also experience other symptoms such as chest pain, coughing and wheezing. Asthma can be suffered by all age groups, both young and old.

The etiology of asthma is caused by environmental and genetic factors, asthma itself is included in chronic inflammation, however, asthma patients have high heterogeneity, namely 30-45% of asthma patients usually do not respond to inhaled corticosteroids. Describes asthma as a grade A heterogeneous disease which is usually characterized by chronic inflammation of the respiratory tract with symptoms including wheezing, shortness of breath, chest tightness, and coughing that varies from time to time. Asthma is often considered an allergic disease where allergens (pollen, and certain animals) in certain places can also trigger narrowing of the airways, in western countries (with high incomes), there is a smaller potential for airway inflammation, (Global Astma Report, 2018).

This activity was held on May 23 2023 in Ngronggo Village, RT 03 RW 01. This activity was attended by 23 adult participants. Activities include: distributing snacks, preparing activities, then providing education to respondents about "Improving Public Knowledge about Asthma Prevention and Management". And then continued with a question and answer session and giving prizes to those who asked. All participants participated in the activity properly and correctly. After carrying out the activity, respondents were able to learn about how to prevent and treat asthma.



Figure 1. Group Photo



Figure 2. Counseling Session



Picture 3. Question and Answer Session

Respondent Characteristics

Amount	
Frequency	Gender
2	Man
21	Woman

The table above shows that there are a total of 23 respondents. There were 2 male respondents and 21 female respondents. Recapitulation of Knowledge Level Regarding Asthma Prevention and Management.

From the results of direct questions and answers, it was found that as many as 82% of respondents or all 23 respondents, almost 35% of respondents knew how to prevent asthma and the others did not know, this is very in accordance with our activities, namely providing *telemedicine* how to prevent and treat asthma so that you can apply it properly and correctly.

CONCLUSION

Treating Asthma at Home First aid is the initial treatment given to someone who experiences a sudden injury or illness. First aid must be quick and precise using the facilities available at the scene. First aid for asthma sufferers is very important for the public, especially asthma sufferers and their families, to know, because asthma attacks can occur anywhere, especially at home. This asthma treatment has two goals, namely to relieve symptoms and prevent symptoms from recurring. There are several main treatments for asthma that can be carried out at home, namely the first is to avoid triggers for the appearance of asthma symptoms. Second, when an asthma attack strikes, ask the client to sit in semi-Fowler's position and remain calm. Giving asthma patients the semi-Fowler position has been done as a way to help reduce shortness of breath. The third uses medicines or spices found around the house to relieve asthma, such as eucalyptus oil, cermai, kemuning leaves and black cumin.

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