

Optimizing the Application of International Classification Standards of Function, Disability & Health (ICF) Cases Musculoskeletal Disorders in Employees Permata Hospital Bekasi

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ABSTRACT

Optimal health services are an absolute requirement for government administrators and private parties. Optimizing health services can be done through innovation, to bring services closer to the community, more easily accessible, higher quality and cheaper. The application of innovation is expected to make communication between medical personnel better, each individual is encouraged to work more quickly, precisely and carefully, and innovation is expected to give birth to a better work culture. The direct service to the community that is quite highlighted is health services. On this basis, we carry out service interventions in the form of workshops and mentoring for PERMATA BEKASI Hospital employees to further optimize service innovation. The workshops carried out included the latest ICF (Japan) international standard assessment system that can be applied in Indonesian health services, Optimizing Employees in preventing Musculoskeletal disorder problems and Implementing and optimizing the addition of Dry needle services for Musculoskeletal disorder cases. The activity was carried out on June 29 2024. Before conducting the workshop, service innovations that had been implemented were identified. As a result, the residency, which previously had been appealed to several international hospitals, including Japan and Thailand, is still in the process of standardization efforts carried out by countries whose index of health services or hospitals can be an example and motivation.

Keywords: Dry Needling, ICF, Medical Rehabilitation, Musculoskeletal Disorder

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INTRODUCTION

ICF is the abbreviation for International Classification of Functioning, Disability and Health. It is a system of classification of functions, disorders, and health conditions related to human health established by the World Health Organization (WHO). It is widely used in medical and social welfare research, policy making, intervention planning, and evaluation of nursing care and rehabilitation.

Musculo Sceletal Disorders (MSDSs) are chronic disorders of muscles, tendons and nerves caused by repetitive use of force, rapid movements, use of large amounts of force, contact with pressure, awkward or extreme postures, vibration and low temperatures.

Permata Bekasi Hospital was inaugurated on August 8 2008. Permata Bekasi Hospital stands in the middle of a residential area to answer the needs of local residents for better services. Permata Bekasi Hospital complements general services with specialist and subspecialist services, as well as supporting examinations and is committed to customer satisfaction and patient safety. Permata Bekasi Hospital is committed to providing quality health services for the safety and satisfaction of customers with dedicated employees so that patients feel maximally supported in their journey towards recovery.

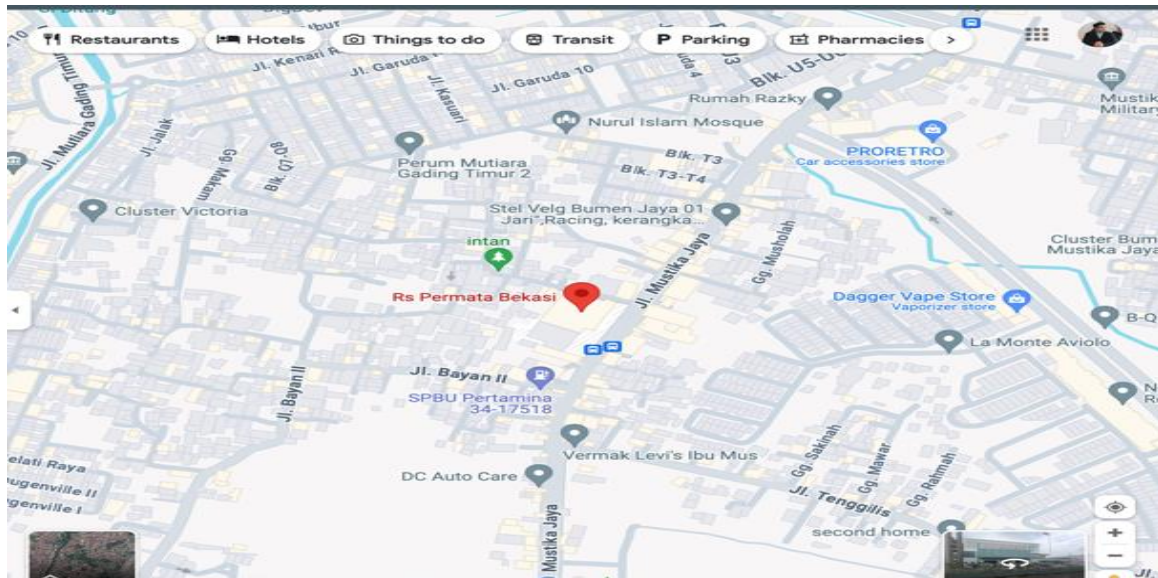
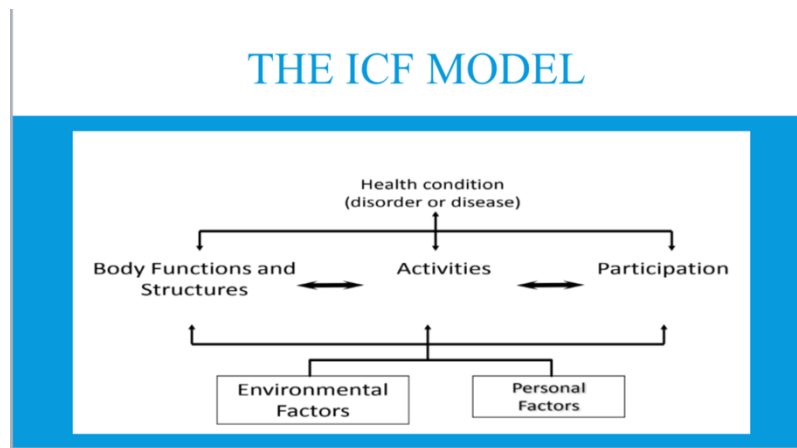


Figure 1.0 Location Map

The problems that occur are related to two objective problems, namely writing assessments & musculoskeletal disorder problems in medical rehabilitation unit employees. The assessment flow for writing medical records in the medical rehabilitation unit still uses the SOAP standard. Meanwhile, the basis of assessment in cases of musculoskeletal disorders requires information ranging from daily activities, to whether there is potential for injury from the work being done, while SOAP is one of the formats for recording medical records. What is often used is the SOAP format. The SOAP format is an abbreviation of subjective, objective, assessment plan which is felt to be too short and the scope of the information obtained is still largely unresolved, whereas in handling musculoskeletal cases, the assessment stage is very important to carry out a plan and evaluate the treatment starting from consultation. to evaluation. In contrast to the ICF concept which is very detailed in discussing the causes of problems, especially in musculo-skeletal cases, the following is an explanation and application of the ICF assessment concept in the following patient's Spinal Cord Injury case.



Figure

2.0 ICF Assessment Model

The picture above explains the flow of writing a clinical status for physiotherapy or medical rehabilitation, starting from the anatomical structure, then daily activities to the social impact of the injury suffered, then explained by personal factors including the patient's work and personal data, this data is really needed because it strengthens the diagnosis and differential diagnosis as well as an appropriate treatment program to achieve the target of pain-free daily activity and being able to be independent in the social environment.

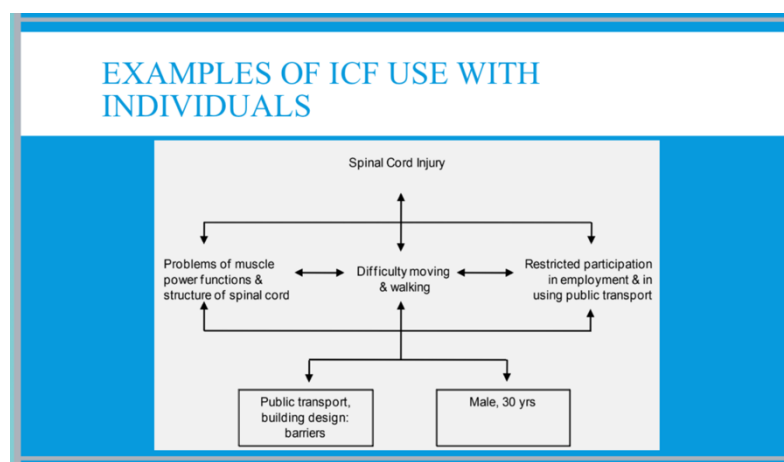


Figure 2.1 Implementation of the ICF Model Assessment in the SCI case

Picture the above explains the flow of writing a clinical status for physiotherapy or medical rehabilitation in a case, starting from the patient's anatomical structure, whether there are any indications of structural problems, such as scoliosis at the cervical angle or other, then daily activities to the social impact of the injury suffered, whether he can activities independently and social activities, explained by personal factors including the patient's work and personal data, this data is really needed because it can strengthen the diagnosis and differential diagnosis as well as appropriate treatment programs to target pain-free daily activities and be able to be independent in the social environment.

METHODS

The Optimization Method here is the pattern, sequence and stages carried out in carrying out community service activities. The stages carried out include:

Analysis of the situation of Medical Rehabilitation Employees

In the initial stage, the Residency Team carries out basic examinations on medical rehabilitation employees including basic assessments in the form of posture checks, then anamnesis of complaints and specific tests.

Identify the problem

After carrying out the examination, it was found that up to 90% of employees had complaints of MusculoSkeletal Disorders, especially in the neck area, and from the results of the physical examination, it was also dominant due to forward head posture, which means loading and activities inside and outside the hospital, employees still really do not pay attention to static posture and patterns. good and correct stretching

Determine or plan a solution to solve the problem

The key to solving this problem with employees is media education, this is attempted and hoped to be remembered more by employees, such as displaying posters on how to stretch and then posters on the degree of load on the neck area, this is also expected to become a rule or standard from medical rehabilitation, especially for employees.

Social approach

Before the service activities were carried out, the previous members took a social approach to the employees who would be involved on the day of implementation, where the employees were given examples of how to write ICF standards and how to solve Musculoskeletal Disorders problems in employees or patients.

Implementation of activities

The activity was carried out on July 29 2024, the activity took the form of a mini workshop which was attended by representatives from each unit, especially the medical rehabilitation staff, namely presenting how to write the ICF Assessment for musculoskeletal cases and prevention and handling of musculoskeletal cases appropriately and accurately, in the activity also in show one of the new methods in handling this case, namely Dry needling, Dry needling or dry needle technique isa medical rehabilitation method that uses solid needles to relax muscles, this method inserts a filiform needle into the skin, fascia or muscle. Filiform needles are short, fine stainless steel needles that do not introduce fluid into the body

After the community service activities have been completed, the members carry out an evaluation of the implementation of the activities to find out deficiencies that need to be addressed for the implementation of the next service activities and in this evaluation the members also report the results of the activities and make efforts to plan online solutions for deficiencies during the implementation of the activities that have been carried out previously.

RESULT

This training activity explains 3 main points including:

How can the updated ICF (Japan) international standard assessment system be applied in Indonesian health services

In this section, employees are presented and explained from the beginning the basic benefits of implementing the ICF system, which has also been implemented by many international hospital services in developed countries, which has been proven to validate its benefits for inter-medical communication, especially in medical rehabilitation services.



Figure 3.1 Explanation of how to apply the ICF Assessment

Employee Optimization in preventing Musculoskeletal disorder problems

In this section, employees are presented with the causes of the problem, Neck Pain, which is one of the biggest problems in musculoskeletal cases, in the form of stretching and ergonomics when they sit and the tools used.



Figure 3.2 Explanation of Ergonomic Posture

DISCUSSION

Implementation and optimization of additional Dry needle services for Musculoskeletal disorder cases

In this section, the organizers provide a mini workshop for employees to carry out dry needling which is directly applied to employees who do have complaints of neck pain, then they are given the opportunity to apply it, not just practice, the basic theory of dry needling is also explained in order to provide basic reinforcement. and encouragement for hospitals to add dry needling services.



Figure 3.3 Mini Workshop on Dry Needling Application

CONCLUSION

From the service activities for employees and the ranks of the PERMATA BEKASI Hospital Medical Rehabilitation Unit, the conclusions obtained include: Community service activities carried out to provide education on how important it is to write assessments so that there are no miscommunications which can have fatal effects in the future, then apart from the system we have It is clear that providing education and intervention is also one of the factors in the success of the rehabilitation process.

THANK-YOU NOTE

The author would like to thank all levels of the PERMATA BEKASI Hospital structure, especially the Medical Rehabilitation unit, which has provided the opportunity for the residency team to be able to contribute in providing input and evaluation which we hope can become a reference in efforts to treat patients or fellow Medical Rehabilitation employees.

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