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Health Counseling About Rheatoid Arthritis In RT 26 Sawah Lebar District, Bengkulu City

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Abstract. Based on data from the World Health Organization (WHO) in 2016, approximately 335 million people worldwide suffer from rheumatism. According to data from the Health Office of Bengkulu City in 2019, based on doctor diagnoses, the prevalence is 11.11%. Gout arthritis is among the top 10 most prevalent diseases in Bengkulu City, ranking 7th (Health Office of Bengkulu City, 2020). The aim of this study is to assess the frequency distribution of knowledge before and after conducting educational activities on rheumatoid arthritis, focusing on improving public understanding as a preventive measure against the disease. The method used in this research involved two activities: lectures and Q&A sessions. Results and Discussion: In this community service activity titled "Health Education on Rheumatoid Arthritis in Rt. 26, Sawah Lebar Subdistrict, Bengkulu City," analysis of questionnaire responses showed a significant increase in knowledge distribution between the pre-test and post-test phases. Initially, the average knowledge score was 65 (fair), which improved to 80 (good) after the education session. This indicates the effectiveness of the intervention in enhancing elderly understanding of rheumatoid arthritis. Recommendations: The results of this rheumatoid arthritis education activity are expected to provide information that enhances public understanding of the importance of prevention and management of rheumatoid arthritis.

Keywords: *Artritis Rematoi Health Education.*

INTRODUCTION

Based on World Health Organization (WHO) data in 2016, 335 million people in the world experienced rheumatism (Rasiman, N.B & Reskiani, 2022). The incidence of rheumatism in the elderly each year is around 3 cases per 10,000 population, and the prevalence rate is around 1%, increasing with increasing age and peaking between the ages of 35 and 50 years. In Indonesia, in 2020, the number of elderly people was 28.8 million people experiencing various kinds of diseases, including 49.0% of rheumatism. The prevalence of rheumatism in Indonesia is quite high, namely one of 12 non-communicable diseases (Andri et al in Minropa A, et al, 2022).

Based on 2018 Riskesdas data, the number of rheumatism sufferers in Indonesia reached 7.30%. The prevalence diagnosed by doctors is higher, women (8.5%) compared to men 6.1% (RI Ministry of Health, 2018). The results of Basic Health Research show that the rate of rheumatism in Bengkulu Province is ranked second after Aceh Province, namely 12.11%.

According to the age characteristics, those who experience more rheumatism are those aged over 60 years, namely 18.95% (Ministry of Health of the Republic of Indonesia, 2018).

Rheumatism sufferers often experience recurrence itself, namely repeated events experienced by sufferers more than once with the quality of occurring frequently. As the number of rheumatism sufferers in Indonesia increases, the level of awareness and misunderstanding about this disease is quite high. This situation explains the lack of knowledge among Indonesian people, especially sufferers, to know more deeply about rheumatic diseases. In preventing recurrence, it is necessary to prevent risk factors for recurrence first, so that a good level of knowledge, activity and healthy eating patterns can reduce risk factors for rheumatic recurrence (Deka Ade A, 2019).

Meanwhile, if we compare the prevalence that occurs in Bengkulu Province based on data from the Bengkulu City Health Office in 2019 from the results of a doctor's diagnosis, namely 11.11%, Gout arthritis is included in the 10 most common diseases in Bengkulu City at number 7, data from the City Health Office Bengkulu (Bengkulu City Health Service 2020) shows that there are 20 people with gout arthritis from the age of 45-70 years at the Sawah Lebar Health Center UPTD based on the data I have recorded from the patient registration book.

RESEARCH METHODS

Group 2B KKN activity through Community Service is entitled "Health Education about Rheumatoid Arthritis at Rt. 26 Sawah Lebar Subdistrict, Bengkulu City" The implementation of this activity began with coordination between the Sawah Lebar Community Health Center UPTD Team, Field CI and DPL. This counseling uses the lecture and question and answer method which is carried out on Rt. 26 wide rice fields in the city of Bengkulu, where students carry out Real Work Lecture (KKN) activities at the Faculty of Health Sciences, Dehasen University, Bengkulu.

The target is the elderly and pre-elderly who are already affected by rheumatoid arthritis or who are at risk of developing rheumatoid arthritis at Rt. 26 Sawah Lebar Village, Bengkulu City for health education about rheumatoid arthritis as a form of prevention of rheumatoid arthritis. The method of work begins with a request for permission from the Head of Sawah Lebar Village, carrying out an assessment of the sub-district, from the results of the study it was found that the problem of Rheumatoid Arthritis on Rt. 26 Sawah Lebar Subdistrict, Bengkulu City, then conducted health education about rheumatoid arthritis as a form of preventing rheumatoid arthritis.

RESULTS AND DISCUSSION

Outreach activities about rheumatoid arthritis in the elderly were held on Saturday 13 July 2024 at 16.00 WIB at the house of Mrs. Irma Rt. 26 Sawah Lebar Subdistrict, Bengkulu City. This activity begins by filling out a pretest questionnaire about rheumatoid arthritis, then continues with providing education about rheumatoid arthritis, and finally the post-test questionnaire is given again. In carrying out outreach activities about rheumatoid arthritis in the elderly at the home of Mrs. Irma Rt. 26 Sawah Lebar Subdistrict, Bengkulu City uses several documents including:

1. Leaflet
2. Attendance sheet
3. Counseling using speakers and microphones
4. Documentation of activities
5. Minutes

The benefits of education about rheumatoid arthritis as a form of prevention of this disease include increasing public information about what rheumatoid arthritis is, causes, signs

and symptoms, treatment, patient diet, warm compresses, how to administer rheumatoid arthritis medication and the public knows about the factors associated with it. rheumatoid arthritis.

This research aims to see whether there is an increase in the knowledge of the elderly in following education about rheumatoid arthritis or whether there is actually no increase.

According to the KBBI (Big Indonesian Dictionary), knowledge is everything that is known, intelligence, and everything that is known regarding something (KBBI, 2023). This knowledge will be maximized if it is influenced by the intensity of a person's attention and perception of the object. The object of the elderly is media that attracts the elderly to read repeatedly, so that respondents' knowledge increases due to leaflets and counseling media.

Above shows that the elderly experienced an increase in knowledge from the pre-test with an average of 65 and post-test with an average of 80, with a difference of 15. The results of the knowledge frequency distribution between the pre-test and post-test show a significant increase in their knowledge. Previously, the average knowledge was 65 (fair), after counseling it increased to 80 (good). This indicates the effectiveness of the intervention in increasing the elderly's understanding of rheumatoid arthritis.



Figure 1 Education about rheumatoid arthritis

CONCLUSION

Education about rheumatoid arthritis can increase public information about what rheumatoid arthritis is, causes, signs and symptoms, treatment, patient diet, warm compresses, how to administer rheumatoid arthritis medication and the public knows about the factors associated with rheumatoid arthritis. In this extension activity, the elderly experienced an increase in knowledge from the pre-test with an average of 65 and post-test with an average of 80

80, with a difference of 15. In this activity, the elderly who participated in this extension activity were very enthusiastic starting from activities start to finish.

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