

Covid 19 Prevention Education to Pregnant Mothers In The Sub-District of Medan Sunggal, Medan City in 2022

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ABSTRACT

Coronavirus is a large family of viruses that cause diseases ranging from mild to severe symptoms and can even cause death. Pregnant women are one of the groups vulnerable to being exposed to the coronavirus which will endanger the health of the mother and the fetus she is carrying. One way to prevent transmission to pregnant women is to wash your hands frequently with soap or a hand-sanitizer for 20 seconds, wear a mask when leaving the house and practice the correct etiquette of coughing and sneezing. The area around Sunggal Village is a coronavirus red zone in Medan City. the purpose of this service is to increase knowledge about how to prevent coronavirus in pregnant women in Sunggal village, Medan City. The method used in this service is to provide health education through a leaflet that is distributed directly to the target audience of 40 pregnant women affected by the coronavirus. The results of the evaluation show that there is an increase in the knowledge of the target audience about how to wash hands and use masks correctly from less knowledge (21%), moderate (65%), good (24%) to moderate knowledge (15%) and good (85%). This activity will improve hygiene and healthy living habits that can help prevent Coronavirus transmission to pregnant women so that it will reduce morbidity and mortality rates for mothers and fetuses.

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INTRODUCTION

Coronaviruses are a large family of viruses that cause illness ranging from mild to severe symptoms. There are at least two types of *coronavirus* that are known to cause diseases that can cause severe symptoms, such as *Middle East Respiratory Syndrome* (MERS) and *Severe Acute Disease Respiratory Syndrome* (SARS). *Coronavirus Disease 2019* (COVID-19) is a new type of disease that has never been previously identified in humans. The virus that causes COVID-19 is called Sars-CoV-2. Corona virus is zoonotic (transmitted between animals and humans). Research says that SARS was transmitted from *civet cats* to humans and MERS from camels to humans. Meanwhile, the animal that became The source of the transmission of COVID-19 is still unknown. Covid-19 is endemic throughout the world today and becoming a global pandemic has had a serious impact on the joints of the economy and public health [1,2,3].

COVID-19 infection can cause mild, moderate or severe symptoms. The main clinical symptoms that appear are fever (temperature $>38^{\circ}\text{C}$), cough and difficulty breathing. In addition, it can be accompanied by severe shortness of breath, *fatigue*, myalgia, gastrointestinal symptoms such as diarrhea and other respiratory symptoms. Half of patients develop shortness of breath within one week. In severe cases rapidly and progressively worsens, such as ARDS, septic shock, uncorrected metabolic acidosis and bleeding or coagulation system dysfunction within a few days. In some patients, the symptoms are mild, not even accompanied by fever, most patients have a good prognosis, with a small proportion in critical condition or even death. [1,2,3].

Person which risky exposed virus corona that is people who live in and travel to areas where this virus is spreading have the potential to contract the corona virus, people who are in close contact with COVID-19 patients, including those who care for COVID-19 patients. Indonesia has become one of the pandemic countries Covid-19. The number of positive cases every day is increasing [4,5].

Pregnant women are one of the vulnerable groups exposed to *coronavirus*, pregnant women have a higher risk of contracting severe disease, morbidity and mortality compared to the general population. Side effects on the fetus in the form of preterm delivery have also been reported in pregnant women with COVID-19 infection. However, this information is very limited and it is not clear whether these complications are associated with infection in the mother. In two reports describing 18 pregnancies with COVID-19, all infected in the third trimester, the clinical findings in pregnant women were similar to those in non-pregnant adults. Fetal distress and preterm labor were found in some cases. In two cases a cesarean delivery was performed and testing for SARS-CoV-2 was found to be negative in all the infants examined [6].

Many efforts have been made to prevent the transmission of the *coronavirus*. The principles of preventing transmission of *coronavirus* in pregnant women include *universal precautions* by always washing hands with soap for 20 seconds or hand sanitizer, using personal protective equipment (cloth masks), maintaining body condition by diligently exercising and getting enough rest, eating with balanced nutrition, and practicing cough-sneezing etiquette [4,5].

Based on the problems described above, we need our role as a society to prevent

the transmission of *coronavirus* to pregnant women. Midwives must be able to provide consistent, *evidence-based midwifery care* in providing support to every mother in the process of pregnancy, childbirth and the puerperium. Midwives are able to plan care, namely prevention and appropriate treatment that can be given to mothers according to the needs of pregnancy in preventing transmission of *coronavirus*.

Based on the initial survey conducted by the service team, 10 people were selected as examples pregnant women in Sunggal Village, Medan City. There are 6 pregnant women who do not know the right technique or method to prevent transmission of *coronavirus* in pregnancy and the baby they are carrying, thus the service team will provide knowledge to prevent transmission of *coronavirus* to pregnant women in Sunggal Village, Medan City.

METODE

The method used in this service is to provide health education through leaflets which will be distributed directly to the target audience and assisted by health workers/midwives who work in Puskesmas and independent practice in the Medan Sunggal Village area, Medan Sunggal District and D3 Midwifery students. The target audience for this service activity are pregnant women in the Sunggal Village area, Medan City, totaling 40 people. Before and after being given health education to the target audience, questionnaires were distributed to determine the level of knowledge about how to prevent transmission of the *coronavirus*. After the pretest, the target audience was given gifts in the form of a 3 ply cloth mask, handsoap, hand sanitizer and multivitamin. The evaluation was carried out by asking the target audience to properly wash their hands and use masks. This evaluation is carried out directly by the team servant.

RESULTS AND DISCUSSION

Results

This service activity was carried out from 20 to 23 May 2020. Prior to the implementation of the target audience, a pretest was carried out to determine their *baseline* knowledge about how to prevent the transmission of *coronavirus* in pregnancy and the baby they were carrying. The results of the pretest showed that the target audience had less knowledge (21%), moderate (65%), good (24%). The final evaluation was carried out 1 month later, namely June 20, 2020. The results of the posttest knowledge increased to good knowledge (85%) and moderate or sufficient (15%).



Figure 1. Activity Evaluation

Discussion

Based on the results of the evaluation of this service activity, 85% of the 40 pregnant women (target audience) had good knowledge. The results of this service show that the target audience has good knowledge about how to prevent *coronavirus*, because the target audience has been exposed to the material provided by the service team through leaflets and demonstrations during the implementation of activities. Those with good knowledge on average have carried out proper hand washing (6 steps of washing hands) using hansonap and hand sanitizer and wearing masks when leaving the house and in crowds, so that during the evaluation they were able to carry out demonstrations properly. This is in accordance with the directives of the Indonesian Ministry of Health (2020) that to prevent transmission of the *coronavirus* to pregnant women, pregnant women must follow the Healthy Living Community Movement (GERMAS), namely:

- a) Wash your hands with soap and running water for at least 20 seconds (correct hand washing instructions on MCH handbook p. 28). Use an alcohol-based hand sanitizer that contains at least 70% alcohol, if soap and water are not available. Wash hands especially after defecating (BAB) and urinating (BAK), and before eating (KIA Book page 28).
- b) Especially for postpartum mothers, always wash their hands before and after holding the baby and before breastfeeding. (KIA book p. 28).
- c) Avoid touching your eyes, nose and mouth with untouched hands washed.
- d) As much as possible avoid contact with people who are sick.
- e) Use a medical mask when sick. Stay at home when sick or go to the appropriate health facility immediately, don't do a lot of activities outside.
- f) Cover your mouth and nose when coughing or sneezing with a tissue. Dispose of tissue in the designated place. If there is no tissue, cough according to etiquette cough.
- g) Clean and regularly disinfect frequently used surfaces and objects touched.
- h) Using a medical mask is one way to prevent the transmission of respiratory diseases, including COVID-19 infection. However, the use of masks alone is still not enough to protect a person from this infection, so it must be accompanied by other prevention efforts. The use of masks must be combined with hand hygiene and other preventive measures. [4,5].

The use of the wrong mask can reduce its effectiveness and can make ordinary people ignore the importance of other equally important prevention efforts such as hand hygiene and healthy living behavior [7].

In this service activity, 3 ply cloth masks were distributed so that they could avoid the transmission of *coronavirus* to pregnant women [8,9,10].

Results devotion also showing that from 40 the target audience still has moderate or sufficient knowledge as much as 15%. From interviews conducted by the service team, they said that they had not applied hand washing properly in accordance with the directions, namely 6 steps of washing hands, in their daily life they only washed their hands with water and rubbed them lightly with soap and rinsed with clean water, even though in fact they know the steps that should be taken, as well as in wearing masks they say they often forget to wear masks when leaving the house and only wear masks when in a crowd. After the evaluation, the service team reminded the target audience to always comply with health protocols during the pandemic this.

This is in line with the opinion of Notoadmodjo (2014), that the adoption of behavior that goes through the process as above and is based on knowledge, positive awareness, then the behavior will be long lasting *but* on the *contrary* if the behavior is not based on knowledge and awareness, then the behavior is temporary or will not last long [10].

CONCLUSION

This service activity can increase the knowledge of pregnant women about preventing the transmission of *coronavirus* and clean and healthy living behaviors that can help prevent the transmission of *coronavirus* in pregnant women so that it will reduce morbidity and mortality in the mother and fetus.

Thank-you note

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