

## Health Counseling and Physical Examination, Blood Pressure, Blood Sugar and Free Treatment at the Hibas Primary Clinic, Simalungun Regency

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### ABSTRACT

The community service program, "Health education and physical examinations, blood pressure, blood sugar, and free medical treatment at the Pratama Hibas Clinic in Simalungun Regency," was successfully implemented. Health is a human right and an investment for the success of national development. Hypertension, or high blood pressure, is a leading cause of heart failure, stroke, and kidney failure. High blood pressure is called the "silent killer" because people with it often don't show symptoms. The National Heart, Lung, and Blood Institute estimates that half of people with high blood pressure are unaware of their condition. Once diagnosed, patients' blood pressure should be monitored at regular intervals, as high blood pressure is a lifelong condition. Therefore, comprehensive health development is necessary to create a healthy society. The community has received positive feedback, and they hope similar activities will be held regularly. This kind of health education should be ongoing for both the community and their families, as increasing age or apathy among the community can endanger their health. Furthermore, children and siblings in the community also share the responsibility to maintain the health of their fathers, mothers, and siblings with adequate knowledge.

**Keywords:** Health, Physical Examination, Blood Pressure, Blood Sugar and Free Treatment.

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### INTRODUCTION

Efarina University carries out Tri Dharma Perguruan Tinggi (Three Pillars of Higher Education) which includes education and teaching activities, research, and community service (Sitti Mukarramah, Indriani, & Zulaeha A. Amdadi, 2021). As part

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of Efarina, the Faculty of Health has a community service program organized by lecturers in accordance with the University's Vision and Mission. In this program, we carried out community service activities with the activity title "Health counseling and physical examinations, blood pressure, blood sugar, and free treatment at the Pratama Hibas clinic, Simalungun Regency." Through community services, it is hoped that lecturers can apply their knowledge so that the benefits can be directly felt by the community (Hernawati & Eriany, 2020);(Yoosefi Lebni, Solhi, Ebadi Fard Azar, Khalajabadi Farahani, & Irandoost, 2023a);(Puspitasari & Azzahroh, 2022) Health is a human right and investment in the success of national development. Therefore, comprehensive health development is necessary to create a healthy society.

Based on observations conducted in the Simalungun Regency, the average number of patients with hypertension (7%) (7 people), diabetes mellitus (9%), and other diseases (around 84%) were classified as mild. Five % of the population smokes, 3% are often angry, and around 92% have normal habits (Yoosefi Lebni et al., 2023a);(AH, 2021). These data indicate that the risk of morbidity in the community is relatively high (Hernawati, 2020);(Yoosefi Lebni, Solhi, Ebadi Fard Azar, Khalajabadi Farahani, & Irandoost, 2023b);(Anjana, Archana, & Mukkadan, 2022).

Hypertension is a condition where systolic blood pressure is greater than 120 mmHg and diastolic blood pressure is greater than 80 mmHg. Hypertension often causes changes in the blood vessels that can lead to higher blood pressure (Vasist & Amrutha Raju, 2024). Hypertension, or high blood pressure, is a leading cause of heart failure, stroke, and kidney failure (Aziz, Rahmatullah, & Khilmiyah, 2023);(Kotruchin et al., 2021)High blood pressure is called the "silent killer" because people with it often have no symptoms (Vilaval, Sasinan, Mayuree, Chananun, & Somchai, 2019). The National Heart, Lung, and Blood Institute estimates that half of people with high blood pressure are unaware of their condition. Once diagnosed, patients' blood pressure should be monitored regularly, as high blood pressure is a lifelong condition (Mulyasari et al., 2023);(Mitsungnern, Srimookda, Imoun, Wansupong, & Kotruchin, 2021).

Diabetes mellitus itself is a condition of chronic hyperglycemia accompanied by various metabolic disorders due to hormonal disorders, which causes various chronic complications in the eyes, kidneys, nerves, and blood vessels, accompanied by lesions on the basement membrane in examination with an electron microscope (Puspita et al., 2020);(Mendizábal et al., 2018).

## METHOD

The stages of activity implementation include (Kimura, Goddess, Rahman, & Tualeka, 2020):

1. Licensing

Following up on the letter of request from the Hibas Primary Clinic regarding a request for a health check for the community (Pakaya, Katili, & Umar, 2021);(Mulyasari et al., 2023).

2. Coordination with the Clinic Leader

Coordination was carried out with the Clinic Leader to ask about the location of health check-up activities for the community (Merminod & Benaroyo, 2022).

### 3. Health Check

Public health examinations include physical examinations, blood pressure, blood glucose levels and uric acid levels (Puspadiina & Kurniawati, 2023).

### 4. Reading the results

The results of the examination were recorded on a results card which was then read out individually to the participants regarding the results of blood pressure and blood glucose levels (Puspita et al., 2020).

### 5. Counseling

After the results are read, counseling is continued, namely by providing information about the risk of complications if blood pressure (hypertension) and glucose levels, which are at risk of diabetes mellitus, exceed normal limits. In addition to providing information about the risk of complications at values above the normal limits, the community is also provided with information on prevention and healthy living methods in the hope of improving the community's quality of life. If a community is found to have high blood pressure, blood glucose, or uric acid test results, it is recommended to have an examination at a community health center or doctor (Rhodes et al., 2021).

## RESULTS AND DISCUSSION

Examinations and outreach activities were conducted in June 2024 at the Hibas Primary Clinic in Simalungun Regency (Kavle et al., 2019). The entire community was targeted for examination and outreach. The results of the outreach and examination can have a positive impact on the community, especially on public health (Ernawati, Nurjanah, Adriana, Pratiwi, & Apriani, 2022).



Figure 1. Counseling



**Figure 2. Documentation of Community Service Activities**

## CONCLUSION

The community service program, "Health education and physical examinations, blood pressure, blood sugar, and free medical treatment at the Pratama Hibas Clinic in Simalungun Regency," was successfully implemented. The community's response was very positive, and they hoped to engage in similar activities regularly.

## Suggestion

This kind of health education should be ongoing for both the community and their families, as increasing age or apathy in the community can endanger their health. Furthermore, children and siblings in the community share the responsibility to maintain the health of their fathers, mothers, and siblings with adequate knowledge.

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