

Health Counseling and COVID-19 Screening Test at Universitas Nasional in 2021

Penyuluhan Kesehatan Pemeriksaan COVID-19 di Universitas Nasional Tahun 2021

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Abstract:

Rapid tests for initial screening of COVID-19 are urgently needed given the very fast spread of the disease. However, WHO emphasized that this examination does not establish a clinical diagnosis of COVID-19 and is not recommended for triaging patients with suspected COVID-19, the rapid test is only an initial screening; Real-Time Reverse-Transcriptase Polymerase Chain Reaction (RT-PCR) must still confirm the results. Meanwhile, triage of patients uses a rapid risk assessment from the Ministry of Health which refers to the WHO Rapid Risk Assessment of Acute Public Health guidelines. In order to assist the government's program in preventing the spread of Covid-19, it is necessary to carry out health education about the behavior of preventing Covid-19 and early detection of Covid-19 by testing rapid antibodies at the National University. The results of the dedication activity showed that the participants were enthusiastic about listening to the material provided and participating in the inspection activities. Participants admitted that this inspection activity provided great benefits for breaking the chain of the spread of the coronavirus in the National University environment.

Keywords: COVID-19; prevention; knowledge; behavior; screening; test

Abstrak:

Rapid test untuk skrining awal COVID-19 sangat dibutuhkan mengingat penyebaran penyakit yang sangat cepat. Namun, WHO menegaskan bahwa pemeriksaan ini tidak untuk menegakkan diagnosis klinis COVID-19 dan tidak direkomendasikan untuk triase pasien dengan dugaan COVID-19. Rapid tes hanya merupakan skrining awal, hasil pemeriksaan harus tetap dikonfirmasi dengan Real-Time Reverse-Transcriptase Polymerase Chain Reaction (RT-PCR). Sedangkan untuk triase pasien menggunakan penilaian risiko cepat dari kementerian kesehatan yang mengacu pada pedoman WHO Rapid Risk Assessment of Acute Public Health. Demi membantu program pemerintah dalam pelaksanaan pencegahan penyebaran Covid-19, maka perlu dilakukan penyuluhan kesehatan tentang perilaku pencegahan Covid-19 dan deteksi dini covid-19 dengan pemeriksaan rapid Antibodi di lingkungan Universitas Nasional. Hasil kegiatan pengabdian menunjukkan peserta antusias mendengarkan materi yang diberikan dan mengikuti kegiatan pemeriksaan. Peserta mengaku kegiatan pemeriksaan ini memberikan manfaat yang besar bagi pemutusan mata rantai penyebaran virus corona di lingkungan Universitas Nasional.

Kata Kunci: COVID-19; pencegahan; pengetahuan; sikap; deteksi; pemeriksaan

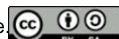
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INTRODUCTION

Corona virus disease 2019 (COVID-19) is endemic to almost all over the world today, so it has been declared a pandemic, Severe Acute Respiratory Syndrome Coronavirus-2 (SARSCOV2). Starting from the Wuhan area, Hubei province, China, which reported the first case of pneumonia with no known cause. The main clinical symptoms in Covid-19 patients are fever (temperature $>38^{\circ}\text{C}$), cough, and difficulty breathing. In addition, it can be accompanied by heavy tightness, fatigue, myalgia, gastrointestinal symptoms such as diarrhea, and other respiratory symptoms. Half of the patients develop shortness of breath within one week. In severe cases, rapidly and progressively worsening, such as ARDS, septic shock, metabolic acidosis that is difficult to correct, bleeding or dysfunction of the coagulation system within a few days, in some patients, the symptoms are mild, not even accompanied by fever. Most patients have a good prognosis, with a minority in critical condition or death. The prevalence of COVID-19 in Indonesia is quite high. The first case was confirmed in Indonesia on March 2, 2020, with only two sufferers. However, the number has now reached thousands and placed Indonesia in Southeast Asia's first rank of countries infected with COVID-19.

The worsening of the Coronavirus outbreak requires the government to take attitudes and action to implement social distancing, use masks and wash hands with soap to deal with the COVID-19 pandemic. Keeping your distance, wearing a mask, and washing your hands with soap are some efforts to prevent and control Coronavirus infection. The community is expected to know how to stop the transmission of Covid-19. Sources of knowledge related to Covid-19 can be obtained through social media, electronics, and information from friends (Alzoubi et al., 2020). The Government of Indonesia and the Ministry of Health are taking significant steps to provide information to increase awareness related to education on the prevention of the Covid 19 virus and the dangers of Covid 19 to the community through social media, television, and newspapers. The government provides education to the public regarding health protocols when meeting other people is also an important thing to implement. Health protocols include maintaining a minimum distance of 1 meter, wearing a mask, and always washing hands (Mas'udi & Winanti, 2020).

According to the latest data published by the Ministry of Health of the Republic of Indonesia, on Wednesday, May 27, 2020, at least 23,851 people were positively infected with the Coronavirus in Indonesia. 6,057 patients recovered, but 1,473 of them were not saved. This makes Indonesia one of the countries infected with the Coronavirus with the highest death rate (Ministry of Health, 2020). Based on scientific evidence, COVID-19 can be transmitted from human to human through coughing/sneezing droplets (droplets), not through the air. People most at risk of contracting this disease are people who have close contact with COVID-19 patients, including those caring for COVID-19 patients.

Based on the results of an initial survey by researchers on lecturers at the Faculty of Health Sciences, Nasional University, 6 out of 31 people have never been infected with COVID-19. 1 in 6 people are even infected 2 times. They experience symptoms ranging from mild to moderate. With the new policy to work from campus, this activity will be very useful in increasing awareness regarding the transmission of Covid-19 in the National University environment. This Community Service aims to increase participants' knowledge about efforts to prevent COVID-19. Problem Solutions in this service socialize appropriate and effective coronavirus prevention and early detection of covid transmission through rapid antibody tests. The output of this activity is that all academics within the National University can understand and apply good COVID-19 prevention behavior and detect COVID-19 status through rapid antibodies.

IMPLEMENTATION METHOD

The location selection for implementing Community Service is determined based on actual interests and the environmental condition of the National University. The forms of this service activity are lectures and health checks. The media used is virtual media in the form of an online meeting application for lecture activities. Counseling materials include the definition of covid -19, risk factors, the importance of early detection, the timing of early detection, and the behavior of preventing covid-19. The Covid-19 examination was conducted on-site at the National University on a different day. Instruments for the implementation of activities:

1. Presentation tools (Notebook, LCD).
2. Papers/brochures
3. Banners
4. Camera
5. Zoom application
6. Kid's rapid test tool
7. Examination room
8. PPE

RESULT AND DISCUSSION

The results of the Covid-19 examination of approximately 78 participants showed that 28% of students were infected with Covid-19. The cause of Covid-19 is a virus that belongs to the coronavirus family. Coronavirus is a single positive, encapsulated, non-segmented RNA virus (WHO, 2020). This coronavirus can cause disease in animals or humans. Before the existence of Covid-19, there were 6 types of coronaviruses that could infect humans, namely HCoV-229E (alphacoronavirus), HCoV-OC43 (beta coronavirus), HCoVNL63 (alphacoronavirus) HCoV-HKU1

(beta coronavirus), SARS-CoV (beta coronavirus), and MERS -CoV (beta coronavirus) (Kepmenkes RI, 2020a).

Research by Zuhana et al. (2021) found that most students had good knowledge about Covid-19, and there was a correlation between knowledge about Covid-19 and precautions against Covid-19. Several studies have shown that university students have a good attitude toward preventing COVID-19 (Salman et al., 2020; Sembiring & Meo, 2020; Utami et al., 2020). A positive attitude toward preventing the transmission of Covid-19 will determine the precautions a person takes. Sari et al. (2020) & Ruben et al. (2020) revealed that attitude is one of the supporting factors in disease prevention behavior, and having a good attitude is hoped will also lead to good behavior.

In the strategy for tackling the Covid-19 pandemic, the government has implemented public health measures such as Large-Scale Social Restrictions (PSBB) to tackle the spread of the Covid-19 virus and issued health protocols. Health protocols issued by the government include: (1) Suggesting that you always wash your hands with water and soap or use a hand sanitizer; (2) Avoid touching eyes, nose, and eyes with unwashed hands; (3) As much as possible avoid contact with people who are sick (4); Continue to use masks to prevent transmission of the Covid-19 virus; (5) Not doing many activities outside the home; (6) Cough according to cough etiquette; (7) If you are sick, continue to use a mask, stay at home or immediately go to a health facility.

The whole society is moving towards the Adaptation of New Habits (IMR), so it is important to understand what IMR means and how it is applied in everyday life. IMR is a gradual process depending on the situation in each region. According to experts, the situation could change quickly if more people get COVID-19. What can individuals do? the main thing is to stay home and only go out when necessary. This is especially important for high-risk individuals, including the elderly and those with a history of heart disease, high blood pressure, diabetes, and lung disease. Anyone feeling sick should stay home and seek treatment if symptoms worsen.



Figure 1. COVID-19 Screening Test Team

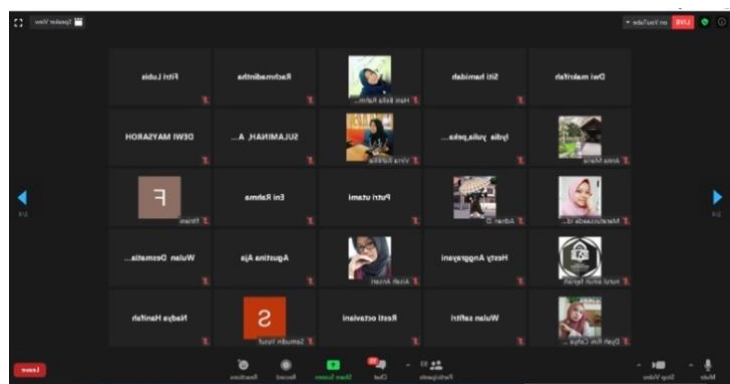


Figure 2. COVID-19 Counseling via Zoom

CONCLUSION AND SUGGESTION

From the results of the activity, it can be concluded that most students at the Nasional University understand Covid-19 and how to prevent it. However, many of them still admit that they only sometimes implement strict health protocols, especially in public places. This allows for transmission of infection, and it is proven that there are still around 28% of those infected with Covid-19. The counseling results in this activity are expected to increase public awareness of the importance of maintaining health protocols to assist the government in tackling the Covid-19 pandemic. It is hoped that further activities will use more specific screening tests, such as lab checks so that the diagnosis of Covid-19 can be made correctly.

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