

MUHAMMADIYAH YOUTH DEVELOPMENT EFFORTS TO BE A SKILLED HEALTH CARE TO DO BASIC LIFE SUPPORT

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Abstract

One of the efforts in improving public health is by promoting health promotion in the school environment and forming health cadres that can be utilized within the school environment (UKS) and the community. Basic Life Support is a skill needed to deal with emergency cases that often occur in the community, one example is sudden cardiac arrest. This case requires immediate treatment and delays in handling will result in death. It is unfortunate, our society is still very unfamiliar with this skill so that in many cases it cannot be helped because they only hope for medical assistance to come, even though it should be handled until the arrival of the medical team so that victims can be saved. The method of approach taken is through a participatory approach. The Proposing Team and partners together develop a plan of activities, methods, goals, objectives and targets that must be achieved. This activity began with the development of Muhammadiyah youth as school health cadres. The training activities were carried out in the form of health seminars, Muhammadiyah cadre character seminars and Basic Life Support workshops for Muhammadiyah high school students.

Keywords: Basic Life Support, school, muhammadiyah

A. Introduction

Muhammadiyah High School is our partner in this community service. The background to the selection of high school levels in this service is that the age of partners who are late teens will be easier to train and at the same time in an effort to promote the Faculty of Medicine of UMSU as an option for further study after completing high school education.

Muhammadiyah youths are expected to have the ability to help

themselves, friends, family and the environment. Therefore, Muhammadiyah youth should have a healthy attitude and behavior so that it becomes an example for their friends. Muhammadiyah youths as cadres must be equipped with basic health knowledge, basic clinical skills and moral attitude in accordance with Islam and nobility.

The location of the first activity was carried out at Muhammadiyah 2 High School, Jl. Abdul Hakim No.2 Pasar 1,

Tanjung Sari. The location of the second activity was carried out at SMA Muhammadiyah 1, Jl. Utama, No.170, Kota Matsum II, Medan Area. Both of these high schools already have UKS but there has never been any training for UKS students or administrators to provide basic life support for patients with cardiac arrest.

The maximum development and empowerment of Muhammadiyah Youth is an effort to increase independence as a cadre of Muhammadiyah who is able to maintain health and the environment. Muhammadiyah youths are expected to invite all school residents such as teachers, students, school officials, parents of students to participate in maintaining and improving health. Through the provision of knowledge and skills to Muhammadiyah youth, Muhammadiyah cadres can provide basic living assistance both in the school environment, family and wherever he finds his victims so that eventually a Muhammadiyah health cadre will be formed which can be an example for his friends, family, and environment.

Based on these objectives, the proposer and partner organizations agreed to arrange community service activities in

the form of Muhammadiyah Youth Training on Basic Life Support.

B. Method

The program is planned for a maximum of one year, has a target to increase the understanding and knowledge of Muhammadiyah youth about the recognition of signs of cardiac arrest, and Basic Life Support (BLS) skills, develop UKS activities such as the realization of active participation of school residents in maintaining personal hygiene and hygiene school environment, creating health cadres who have the character of Muhammadiyah and is reflected in their appearance, said, has the nature of leadership, a spirit of helping and being responsible, so that they can become role models in their school environment. In the long term, it is hoped that the active participation of Muhammadiyah youths as health cadres is able to maintain and improve health in the environment.

The training delivered uses the following methods:

1. Lecture

This method was chosen to convey theories and concepts that are very principle and important to be understood and mastered

by trainees. The material presented includes an introduction to basic Life Aid, basic theory, basic techniques and goals.

2. Display Study (photos and films)

This method was chosen to show the way in the early handling of various cases of loss of consciousness due to cardiac arrest and respiratory arrest as well as appropriate techniques to deal with the problem.

3. Demonstrations

Resource persons practice directly by using mannequins and probandus how to manage cases of respiratory arrest and cardiac arrest with Pulmonary Resuscitation.

4. Role Play

Participants were alternately asked to practice the initial management of pediatric emergency cases due to airway obstruction using mannequins or probandus.

This activity is planned to be carried out for high school students through several stages.

Work procedures performed are:

1. Conduct data collection in the form of field surveys that support to be devoted to be effective.
2. Requesting permission from the Principal for PKPM to be carried out, especially for school students
3. Establish training schedules in accordance with the agreement

4. Prepare materials used for training, including modules, tools and mannequins needed

5. Provide training for four meetings. The first meeting gave lectures and discussions. The second meeting was an explanation and demonstration of the initial management of the emergency case. The third meeting was an explanation and demonstration regarding cardiac pulmonary resuscitation. At the fourth meeting evaluating the ability of participants in the initial management of emergency cases due to cardiac arrest and respiratory arrest.

6. Conduct observations and evaluations of the implementation of once a month for 5 months.

At the time of the training begins with the provision of knowledge materials followed by roleplay in the management of Basic Life Assistance. The training materials are made modules and distributed to all trainees before they begin.

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C. Result and Discussion

The results and outcomes achieved from the implementation of this community partnership program are that students can understand the importance of initial management in the form of basic life

support in cases of cardiac arrest and respiratory arrest and students are able to do Basic Life Support (CPR).

Knowledge and skills in performing basic life support can reduce the incidence of sudden death due to cardiac arrest. An indicator of the success of this activity is by providing knowledge materials followed by demonstrations, participants can properly roleplay in the management of Basic Life Assistance.

D. Conclusion

This activity is expected to train lay people in this case high school students can provide basic living assistance to people who experience cardiac arrest.

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