

The Implementation Of Basic Life Support Through Video Training In Sungai Alat Village

Implementasi Bantuan Hidup Dasar Melalui Penayangan Video Training Di Desa Sungai Alat

ABSTRACT

Emergency situations can occur anywhere and anytime, it is known that 85% of emergency events occur outside the hospital. With this understanding, an effort is needed to increase public knowledge about the implementation of basic life support to facilitate activities using video training. The purpose of community service activities is the implementation of community capabilities in the implementation of basic life support in emergency cases at home. The activity was carried out in sungai alat village facilitated by two speakers and three students, the stages of activities included observation, coordination, making video training, implementation and evaluation. The results of the activities of the majority of the community have good knowledge in the implementation of basic life support and have good satisfaction in the implementation of community service. This community service activity will continue with the development of the next program.

Keywords: Implementation, Video Training, Basic life support

ABSTARK

Situasi kegawatdaruratan dapat terjadi dimana saja dan kapan saja, diketahui 85 % kejadian kegawatdaruratan terjadi diluar rumah sakit dengan pemahaman ini maka diperlukan suatu upaya peningkatan pengetahuan masyarakat mengenai implementasi bantuan hidup dasar untuk mempermudah kegiatan menggunakan penayangan video training. Tujuan Kegiatan pengabdian kepada masyarakat terlaksananya kemampuan masyarakat dalam implementasi bantuan hidup dasar dalam kasus kegawatdaruratan dirumah. Kegiatan dilaksanakan di desa sungai alat difasilitasi dua orang narasumber dan tiga orang mahasiswa, tahapan kegiatan diantaranya observasi, kordinasi,pembuatan video training, implementasi dan evaluasi. Hasil kegiatan mayoritas masyarakat memiliki pengetahuan baik dalam implementasi bantuan hidup dasar dan memiliki kepuasan baik dalam pelaksanaan pengabdian kepada masyarakat. Kegiatan pengabdian kepada masyarakat ini akan terus berlanjutnya dengan pengembangan program selanjutnya.

Kata Kunci: Pelaksanaan, Video Training, Bantuan hidup dasar

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1. INTRODUCTION

Sungai Alat Village is located in Astambul district, Banjar Regency, south Kalimantan province with an area of Sungai Alat village area of 51,095 km² geographically the location of Sungai Alat village borders the village, namely the north with Astambul village city, the east with Astambul seberang village, the south borders Kaliukan village, and the west borders the Tuan River village. Health picture in Sungai Alat village there are facilities and infrastructure of health facilities consisting of 1 Puskesmas, namely the Auxiliary Health Center with various activities including Posyandu activities, cadet coral activities etc.

The majority of Sungai Alat village communities work as farmers and traders who have quite high mobility in terms of working based on data obtained from the Astambul Health Center that the highest disease rates in Hypertension and Diabetes Mellitus and stroke complications. It is known that 85% of emergency cases in the form of accidents in the village of Sungai Alat are quite high, especially in motorcycle accidents, or the number of violence using sharp objects. (Maria et al., 2022)

Unexpected accidents or events can happen anywhere, anytime, and for anyone. These events can be small incidents or disasters involving large numbers of sufferers. (Atikah Fatmawati, Henry Sudyanto, 2020) In an event that requires medical attention, usually person who will provide help is those who are at the scene family members of the sufferer.

Those who seek to provide this help have varying degrees of knowledge ranging from the untrained to the trained. There is a time between help in the field until the victim gets help by medical personnel in a health facility so this grace period must be filled. The consequences of the situation are directly felt by the people who are victims but are also the spearheads of the first responders of the victims, which can be life-threatening or their health. Therefore, community preparedness is needed in helping victims, including by providing Basic Life Assistance. (Maria, 2020) Basic Life Support is an emergency measure to free the airway, help breathing, and maintain blood circulation without the use of aids. (Albadi et al., 2020) The goal is to effectively obtain emergency oxygenation of vital organs such as the brain and heart through artificial ventilation and artificial circulation until the lungs and heart can meet their own body's oxygen needs normally. (Maria, 2022) For this reason, in order for the community to be more independent in the health sector, especially in facing emergencies, it is necessary to have knowledge and abilities through a form of Basic Life Support training for ordinary people so that professional and skilled human resources can be obtained when carrying out first aid measures for victims of illness and accidents through the provision of Basic Life Assistance properly and correctly. (Arora et al., 2018)

Percent basic life support management is carried out outside the hospital, Basic life support is an effort to recognize signs and first aid to people experiencing medical emergencies. (American Heart Association, 2015) For example, cardiac arrest, heart attack, stroke, and respiratory distress or acute airway obstruction. Basic Life

Support known as Cardiopulmonary Resuscitation (RJP) is a series of actions to provide artificial respiration and external heart massage to patients experiencing respiratory arrest and cardiac arrest. (LP2TK-Indonesia, 2021) Interviews conducted on 10 villagers of Sungai Alat found that 7 people did not understand about basic Life Support and 3 people had heard of Basic Life Support.

The broadcast of video training is an effort so that people who later experience emergency cases can take basic life support actions to prevent fatal things that can happen such as death. (Pira et al., 2021) Emergency measures with the principle of effective fan efficiency for victims can be a preliminary understanding that must be understood by helpers, especially because many emergency cases occur outside the hospital. Efforts to increase community knowledge in sungai alat village are the main objectives of this community service activity with the Implementation of Basic Life Assistance through The Broadcast of Video Training in Sungai Alat Village

2. Methods

Community Service activities are carried out by undergraduate nursing lecturer Stikes Intan Martapura in the Emergency Nursing Division consisting of 2 lecturers and assisted by 5 students. The method used in community service with a direct target to all communities in Sungai Alat Village. The management of the implementation of basic life support through the display of video training in sungai alat village is carried out with the following flow of activities:



Figure 1: Problem Solving Solution Framework

Stage 1 : Observation

The initial stage was observed and collected data on the distribution of residents in Sungai Alat Village consisting of four neighboring pillars, namely RT 1, RT 2, RT 3 and RT 4, each of which consisted of 50 heads of families with a total population in one neighborhood ±315 residents with a total number of people in the alat river 981 residents. The data collection process is directly carried out at the Sungai Alat village hall office assisted by the village secretary to find out specifically the demographic data, population number and situation and conditions in sungai alat village.

Stage 2: Coordination

Coordination, carried out with the head of sungai alat village regarding a series of community service activities after getting a reply letter, the activity is ready to be scheduled.

Stage 3: Study Literature

Preparation of materials in basic life support implementation activities using video training by preparing literature materials and preparing basic life support training videos.

Stage 4: Implementation

The implementation of basic life support is carried out by two methods, namely in the form of health counseling accompanied by discussion and direct management of the implementation of basic life support the process of Screening Basic Life Support Video Training with six appropriate steps including safety application, accuracy of response checks, ability to ask for help, accuracy of compression, accuracy of airway patency, accuracy of breathing with a video duration of less than 10 minutes.

Stage 5: Evaluation

Evaluation, conducted by distributing questionnaires related to the Management of the Implementation of basic life support, satisfaction in the implementation of community service and observation sheets for the ability to carry out basic life support. Data collection techniques in the form of primary data that measure changes in public knowledge before and after basic life support implementation activities through the display of video training, the collected data is then analyzed descriptively and then presented in the form of graphs. The management of the implementation of basic life support is carried out for 1 day, namely on Friday, January 13, 2022, starting at 08.00 wita to 17.00 wita at the house of the head of sungai alat village.

3. Results and Discussion

The results achieved from the implementation of basic life support activities through the broadcast of video training which was attended by village heads, cadres and 50 participants, in community service activities were attended by 2 lecturers from the emergency nursing division lecturers and assisted by 3 students. Systematics of the implementation of community service activities with the preparation of the following schedule:

1 Observation

Activity

- Observation of population data in the village of Alat River

Purpose	<ul style="list-style-type: none"> - Population Data Collection in the village of Alat River - Documenting population data in the village of Alat River - Preparing preliminary data on activities - Knowing the number of inhabitants in the early river village
2 Coordination	
Activity	-Application for a Letter from the Stikes Intan Martapura Institution to the Head of Sungai Alat village
Purpose	<ul style="list-style-type: none"> -Socialization of community service activities to village officials -Obtaining permission in the implementation of activities -Providing understanding to village officials the purpose and objectives of community service activities
3 Libraries	
Activity	<ul style="list-style-type: none"> - Search for literature materials - Making basic life support training videos
Purpose	<ul style="list-style-type: none"> - Preparing materials in the form of basic life support modules - Preparing props in the form of basic life support training videos
4 Implementation	
Activity	<ul style="list-style-type: none"> - The delivery of health counseling materials challenges the importance of basic life support implementation - Basic life support training video playback
Purpose	<ul style="list-style-type: none"> - Understanding of residents in the management of basic life support - The ability of citizens to carry out basic life support
5 Evaluation	
Activity	<ul style="list-style-type: none"> - Evaluation of basic life support implementation activities - Evaluation of satisfaction in community service management
Purpose	- Knowing the results of community service activities in Sungai Alat village

Tabel 1: Schedule of Community Service Activities

The implementation of basic life support by showing video training is an effort to recognize signs and first aid in people experiencing medical emergencies. For example, cardiac arrest, heart attack, stroke, and respiratory distress or acute airway obstruction. Basic Life Support known as Cardiopulmonary Resuscitation (RJP) is a series of actions to provide artificial respiration and external heart massage to patients experiencing respiratory arrest and cardiac arrest. The development of the content of the basic life support training video can be seen in the following picture:

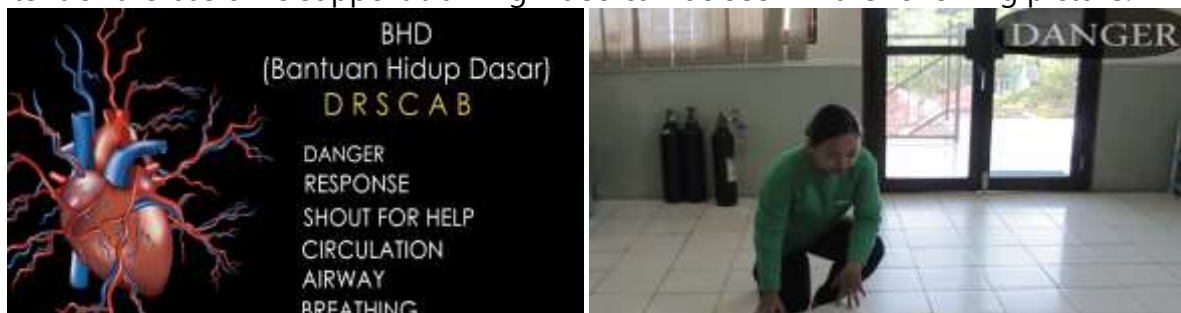




Figure 1: Video Training Bantuan Hidup Dasar

The basic life support stages delivered to the community using non-scientific language that is easy to understand, the basic life support process delivered through 6 stages including: the first stage of understanding Danger is understanding safety where oneself is safe, environmentally safe and victim-safe. The next stage is to check the response by calling the victim by patting both shoulders if there is no response, continue by providing pain stimulation. The third stage asks for help the helper asks to call for help in the form of either an ambulance or health service, the next stage is ready for an emphasis on the carotid pulse if the pulse is not palpable further by giving a heart massage 30 times and giving artificial breath twice over five cycles. (Fahmi, 2019)

The provision of health counseling as an initial stage is carried out to residents by explaining the stages of implementing basic life support, namely safe, environmental

self and the victim then conducting a repon check by calling the victim, the ability to ask for help continue with pulse checks and heart massage, observation of the victim's condition until a competent health team arrives.



Figure 2: Implementasi Bantuan Hidup Dasar

Basic Life Support is an emergency measure to free the airway, help breathing, and maintain blood circulation without the use of aids. The goal is to effectively obtain emergency oxygenation of vital organs such as the brain and heart through artificial ventilation and artificial circulation until the lungs and heart can meet their own body's oxygen needs normally. For this reason, in order for the community to be more independent in the health sector, especially in facing emergencies, it is necessary to have knowledge and abilities through a form of Basic Life Support training for ordinary people so that professional and skilled human resources can be obtained when carrying out first aid measures for victims of illness and accidents through the provision of Basic Life Assistance properly and correctly.



Figure 3: Kegiatan Pengabdian Kepada Masyarakat

This community service activity provides understanding to the community in the proper management of Basic Life Assistance through video training, a form of understanding through six appropriate steps including the application of safety, accuracy of response checks, ability to ask for help, accuracy of compression, accuracy of airway patency, accuracy of breathing.

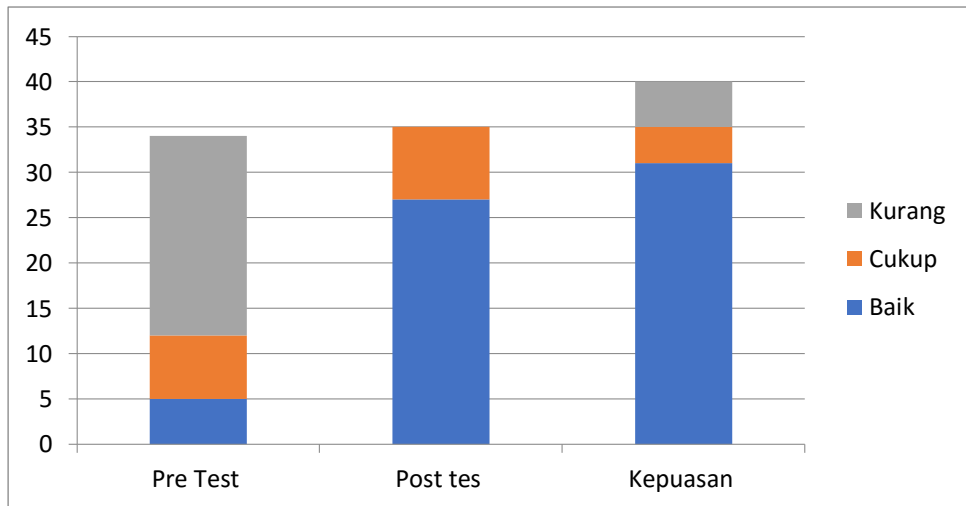


Figure 4: Evaluasi Kegiatan Pengabdian Kepada Masyarakat

Figure 4 presents the Results of the Pre-test Knowledge Implementation of basic life support with 35 participants known to be the majority of knowledge lacking, namely 22 people. The results of satisfaction with the service of the majority community service both with the results of 31 people and the results of the post test of the majority of community knowledge regarding the knowledge of the implementation of basic life support in the village of Sungai Alat majority were good as many as 27 people. Community service activities through the Implementation of Basic Life Assistance through Video Training In Sungai Alat Village run smoothly planned and sustainable service activities are sought to be a form of planned program development between the Stikes Intan Martapura institution and the sungai alat village, Astambul district, Banjar regency

4. Conclusion and Recommendation

Extraordinary appreciation to all sungai alat village communities who have participated in the Implementation of Basic Life Assistance through Video Training With the result that the majority of people have good knowledge and good satisfaction after the activity. The next big hope is that if you find an emergency case

that occurs at home, the community has the confidence to know the steps to take in carrying out basic life support actions.

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