

Posyandu on the Road

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Abstract— Health is a basic right for every human being from the age of infants, toddlers, teens, adults to old age as stated in the Constitution of the Republic of Indonesia 1945 section 28H paragraph 1 (UUD RI 1945 pasal 28H ayat 1) and also as an investment, so it needs to be pursued and enhanced by each individual, in order to achieve an optimal level of public health. One form of community empowerment efforts in the health sector is to develop Posyandu. Posyandu (Pos Pelayanan Terpadu) is a container-managed public health services and hosted from, by, for, and with the community with support services and technical guidance from health professionals, which aims to develop human resources.

Community awareness nutrition and health still lack, especially to the rural communities. Most mothers of infants and toddlers lazy to bring them to the Posyandu, as well as pregnant women. Posyandu on the Road is one of the solutions to overcome the problem of lazy mothers who come to the Posyandu. Posyandu on the Road carried from door to door that meaning volunteers and health workers visited one of the houses that have infants, toddlers, and pregnant women. Posyandu on the Road have the same activity with regular Posyandu. Difference of Posyandu on the Road with normal Posyandu lies in the place, where Posyandu on the Road using the car, while the regular Posyandu held in resident's house or in the village hall. Posyandu on the Road is expected to contribute to improving the quality of human resources that will be the potential for the development of the nation's health.

Keywords— *posyandu; healthcare of mother and infant; pregnant women*

I. INTRODUCTION

Health is a basic right for every human being from the age of infants, toddlers, teens, adults to old age as stated in the Constitution of the Republic of Indonesia 1945 section 28H paragraph 1 (UUD RI 1945 pasal 28H ayat 1) and also as an investment, so it needs to be pursued and enhanced by each individual, in order to achieve an optimal level of public health. One form of community empowerment efforts in the health sector is to develop Posyandu [1].

Posyandu (Pos Pelayanan Terpadu) is a container-managed public health services and hosted from, by, for, and with the community with support services and technical guidance from health professionals, which aims to develop human resources. The main objectives of Posyandu are to support the acceleration of the decline Maternal Mortality Rate (MMR), Infant Mortality Rate (IMR) and Child Mortality Toddler in Indonesia through community empowerment. Posyandu target is the whole society, especially infants, toddlers, pregnant women, new mothers, nursing mothers, and couples of childbearing age. However, the main target is the Posyandu are infants, toddlers, and pregnant women, because of that groups is the vulnerable groups of nutrition. Posyandu was held in each village that is only once a month and can be done in one of the residents's house, courtyard houses, village hall, one of the market stalls, one of the room office, or a special place that was built in by the community [1].

Community awareness nutrition and health still lack, especially to the rural communities. Most mothers of infants and toddlers lazy to bring them to the Posyandu, as well as pregnant women. There are several reasons they are lazy come to Posyandu, such as their house far from Posyandu, busy working or busy doing homework and others. This happens due to ignorance of the community on the benefits of Posyandu, such as providing basic health information and services related to the decline in MMR, IMR, and Child Mortality Toddler. In addition, people can also get a professional service in solving problems related to health, especially maternal and child health. Specifically, benefits of Posyandu for infants are undernourished, poor nutrition, or other abnormalities in infants and toddlers can be detected early, so that prevention and treatment more quickly and precisely. For pregnant women, pregnancy abnormalities can also be detected early and fetal development can be controlled every month. If detected abnormalities in infants, toddlers, and pregnant women, it is immediately referred to the Puskesmas (Puskesmas) or Community Health Centers.

Therefore, Posyandu on the road is one of the solutions to overcome the problem of lazy mothers who come to the Posyandu. Posyandu on the Road carried from door to door that meaning volunteers and health workers visited one by one of the houses that have infants, toddlers, and pregnant women.

Posyandu on the Road have the same activity with regular Posyandu, including infants and toddlers weighing, giving of vitamins for infants, toddlers, and pregnant women, pregnant women pregnancy consultation with health workers, as well as nutritional and health counseling. Posyandu on the Road is expected to improve nutrition and public health.

II. DISCUSSION

Posyandu is a container-managed public health services and hosted from, by, for, and with the community with support services and technical guidance from health professionals, which aims to develop human resources. Manager of Posyandu is a “kader” or volunteers who are members of the community who are willing, able, and have the time to organize Posyandu activities. Posyandu also involve health workers who can provide medical services to the community. Volunteers are carrying out the task of weighing infants, toddlers, and pregnant women then record the weighing results in the book of KIA (Kesehatan Ibu dan Anak) or mother and child health and KMS (Kartu Menuju Sehat) or health card and fill Posyandu’s register book, as well as measuring LILA (Lingkar Lengan Atas) or upper arm circumference in the mother pregnant. In addition, volunteers are also mandated to implement nutrition and health education activities and provide PMT (Pemberian Makanan Tambahan) or supplementary feeding for toddlers. Posyandu is held in every village at least once a month and can be done in one of the houses, courtyard houses, village hall, one of the market stalls, one of the room offices, or a special place that was built in by the community [1].

The benefits of Posyandu such as, for the community is that to provide information and basic health services, especially related to the decline in MMR, IMR, and Child Mortality Toddler and provide services in a professional manner in solving problems related to health, especially maternal and child health. Meanwhile, the benefits of Posyandu for volunteers, health workers, and community leaders is that they get information in advance about health efforts related to reducing MMR, IMR, and Child Mortality Toddler and they can realize self-actualization in helping people resolve health problems associated with a reduction in MMR, IMR, and Child Mortality Toddler [2].

Posyandu on the Road is a public health service containers that have the same principles and functioning as regular Posyandu. However, Posyandu on the Road carried from door to door that meaning volunteers and health workers visited one by one of the house that have infants, toddlers, and pregnant women. Posyandu on the Road have the same activity with regular Posyandu, but Posyandu on the Road performed using the car, while the regular Posyandu held in one of residents house or in the village hall. Posyandu on the road can be performed in rotation in one village (Posyandu in the village performed several times), to ease the work of volunteers and health workers. Posyandu car equipped with scales infants, toddlers, and pregnant women, as well as other medical equipment needed in the implementation of the Posyandu. In addition, Posyandu car is also equipped with

health workers who serve family planning, giving of vitamins, and health consultations, as well as a nutrition and health educator who will provide counseling to mothers of infants, mothers of toddlers, and pregnant women about the importance of attending to the health and nutrient intake from foods.

The main activities performed on Posyandu on the Road, such as services for pregnant women that includes weighing and height measurement, blood pressure measurement, monitoring nutritional status (LILA measurement), giving iron tablets, tetanus toxoid immunization, consultation including Planning and Prevention of Complications of Childbirth and postpartum family planning conducted by health workers assisted by volunteers. Services for infants and toddlers includes weighing, determination of growth status, education and consultation by the volunteers, as well as health screenings, immunizations, and early detection of growth and development by health workers. Posyandu on the Road also serve KB (Keluarga Berencana) or family planning with the giving of condoms, injections of family planning services, birth control pills by health workers. In addition, the Posyandu cars also provide nutrition services such as weighing measurement, early detection of growth disorders, nutrition consultation, supplementary feeding (PMT), vitamin A and tablets Fe supplementation. If during the implementation of the Posyandu was found pregnant women who have Chronic Energy Deficiency (CED) and toddlers whose weight does not go up 2 times in a row or below the red line in KMS, the volunteers can provide guidance to it if the conditions are not too severe or refer them to the health center if the condition is severe [1].

Posyandu on the Road is expected to contribute to improving the quality of human resources will be the potential for the development of the nation's health. Health development conditions expected to the public welfare as indicated by the improvement of indicators of human development, such as increasing the health of people's nutritional status, increasing optimal growth and development, welfare and protection of children, the controlled amount and rate of population growth, as well as decreasing the gap between individuals, between communities and between regions with still more emphasis on preventive, promotive and empowering families and communities in health. Posyandu on the Road development can be accomplished with the support of the government through the health centers to facilitate the implementation of various health activities in Posyandu.

III. CONCLUSION

Posyandu on the Road is one of the solutions to overcome the problem of lazy mothers who come to the Posyandu. Posyandu was carried round from door to door, that meaning volunteers and health workers visited one by one of the house that have infants, toddlers, and pregnant women. Posyandu on the Road have the same activity with regular Posyandu. Posyandu on the Road is expected to contribute to improving the quality of human resources will be the potential for the development of the nation's health.

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