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Non-Communicable Diseases Prevention Training for Cadres Collaborated with the Wreda Mandiri Elderly Integrated Health Service

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Objectives: The cases of non-communicable diseases (NCDs) in Indonesia are very high and increase among people over 18 years old, including high blood pressure and obesity. Based on WHO data, NCDs are the biggest cause of death in the world, including heart and blood vessel disease, cancer, chronic respiratory disease, and diabetes. NCDs can be prevented with promotive efforts, namely maintaining a lifestyle, eating healthy food, sufficient activity as well as exercise, and regular check-ups as measures to prevent NCDs. Based on this, it is necessary to take promotive action in the form of educating the public about preventing non-infectious diseases and forming NCDs cadres who can skilfully carry out NCDs disease screening examinations such as blood pressure, measuring vital signs, blood sugar, cholesterol, and uric acid. The Wreda Mandiri Elderly Integrated Service, which is already running in Nitikan village, does not yet have skilled NCD cadres; therefore, this activity needs to be implemented and can be synergized as a NCDs Integrated Service. The aim of this study is to determine the knowledge of NCD cadres who can carry out routine screening checks for preventive measures.

Methods: pre-test and post-test control group design regarding NCDs knowledge for NCDs integrated service cadres.

Results: This research showed that the knowledge of NCD Wreda Mandiri cadres has increased. The health condition of most members of Wreda Mandiri Integrated Service has normal blood sugar and uric acid levels, but many community members have hypertension. There were 56 people with normal blood sugar levels among the 57 people who were screened for NCDs. 8 people had high uric acid levels, and 45 patients had normal uric acid levels. The results of blood pressure measurements showed that there were 33 people with hypertension, 14 people with pre-hypertension, and 12 people with normal blood pressure.

Conclusion: The NCDs integrated their knowledge to prevent NCDs and skilfully carried out NCD disease screening examinations such as blood pressure, measuring vital signs, blood sugar, cholesterol, and uric acid.

Keywords: Non-Communicable Diseases, Integrated Health Service, Wreda Mandiri

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