

WORKSHOP TENAGA KESEHATAN DAN PENYULUHAN KADER DAN AWAM: “SATUKAN LANGKAH CEGAH HIV, SEMUA SETARA, AKHIRI AIDS”

Workshop on Health Workers, Education for Cadres and Laypeople: "Unite Steps to Prevent HIV, All are Equal, End AIDS"

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ABSTRAK

Indonesia termasuk salah satu negara di dunia dengan jumlah infeksi HIV yang semakin meningkat dalam beberapa tahun terakhir, dengan profil serupa dengan negara-negara yang memiliki epidemik terkonsentrasi. Target pemerintah pemeriksaan, pengobatan dan pencapaian supresi virus sebesar 95% belum tercapai. Penyebabnya beragam tetapi stigma dan diskriminasi yang masih nyata ada merupakan salah satu faktor penyebabnya. Fakultas kedokteran UMS dan RS PKU Muhammadiyah bersinergi untuk melaksanakan pengabdian masyarakat dalam rangka mendukung program pemerintah mengentaskan HIV. Salah satu kegiatan bersama ini adalah workshop untuk karyawan rumah sakit, penyuluhan kader Muhammadiyah dan penyuluhan awam. Kegiatan ini terbukti meningkatkan pengetahuan karyawan RS dimana nilai pretest 115 menjadi 138 (skala nilai 150). Penyuluhan kader dan awam menjawab pertanyaan dari peserta untuk memberikan fakta yang benar dan meluruskan mitos yang keliru. Harapan penulis kegiatan ini dapat dilaksanakan secara rutin untuk meningkatkan capaian angka diagnosis HIV dan terapi HIV untuk menekan laju penularan khususnya pada kelompok rentan Wanita, remaja dan bayi baru lahir.

Kata Kunci: *Infeksi HIV, Stigma, Diskriminasi, Diagnosis dan Terapi HIV*

ABSTRACT

Indonesia is one of the countries in the world with an increasing number of HIV infections in recent years, with a profile similar to countries with concentrated epidemics. The government's target of examination, treatment and achievement of virus suppression of 95% has not been achieved. The reasons are varied, but the stigma and discrimination that still exist is one of the contributing factors. The UMS Faculty of Medicine and PKU Muhammadiyah Hospital work together to carry out community service in order to support the government's program to eradicate HIV. One of these joint activities is a workshop for hospital employees, education for Muhammadiyah cadres and lay people. This activity is proven to increase the knowledge of hospital employees where the pretest score is 115 to 138 (scale value 150). Counseling of cadres and lay people answered questions from participants to provide true facts and correct false myths. The author hope that this activity can be carried out routinely to increase the achievement of HIV diagnosis and HIV therapy rates to reduce the rate of transmission, especially in vulnerable groups of women, adolescents and newborns.

Keywords: *HIV Infection, Stigma, Discrimination, HIV Diagnosis and Therapy*

INTRODUCTION

Indonesia is one of the countries in the world with an increasing number of HIV infections in recent years, with a profile similar to countries with concentrated epidemics (Bestari, Dewi and Mahmuda, 2020). Human immunodeficiency virus (HIV) is characterized by a progressive decline in the immune system (Bhardwaj *et al.*, 2020). In 2021 it is estimated that there will be around 526.841 people living with HIV with an estimated 27 thousand new cases. Based on WHO estimates, there are 38.4 million people living with HIV with a mortality of 650.000 people in 2021 (World Health Organization, 2021). As many as 40 percent of these new infections occur in women (Infodata, 2021).

The government is making efforts to tackle HIV-AIDS by taking the fast track 95-95-95, which means achieving the target indicator of 95% of estimated people living with HIV (PLHIV) whose HIV status is known, 95% of PLHIV being treated and 95% of PLHIV being treated experience virus suppression (Republic of Indonesia Ministry of Health, 2022)

Achievement of these targets in 2018-2022 especially for women, children and adolescents is still not optimal. Achievements for

2022 are that 79% of people with HIV (ODHIV) know their HIV status, only 41% of people with HIV are being treated and 16% of people with HIV who are being treated experience viral suppression. The reasons range from the COVID-19 pandemic, low retention of ARV treatment, inequalities in HIV services and feelings of stigma and discrimination that stem from a lack of public knowledge about HIV-AIDS (Republic of Indonesia Ministry of Health, 2022).

Strengthening the triple 95 strategy is carried out by intensifying health promotion, efforts to prevent risky behavior, case finding (screening, testing, tracing) and case management. The government has also included the HIV-AIDS control strategy as part of the Minimum Service Standards at Health Facilities. This strategy is contained in Regulation of the Minister of Health Number 4 of 2019 concerning Technical Standards for Basic Service Quality in Minimum Service Standards in the Health Sector (Kementerian Kesehatan RI, 2019).

World AIDS Day is regularly celebrated on December 1 every year (BioMed Central Ltd, 2023). The commemoration is meant to increase the knowledge, awareness and self-reliance of the community on the importance of prevention and to encourage the active role of the community in

controlling HIV/AIDS (Republic of Indonesia Ministry of Health, 2022).

The global theme for commemorating World AIDS Day 2022 is "Equalize". This theme was chosen considering the importance of ending inequality that drives AIDS around the world, especially for women, children and adolescents. Without real and measurable action on inequality, the world including Indonesia risks not reaching the target of ending AIDS by 2030 (Republic of Indonesia Ministry of Health, 2022).

Meanwhile, the national theme adopted was Uniting Steps to Prevent HIV, All Equal to End AIDS. This theme invites all of us to reach out, move together, as the biggest force to end AIDS in Indonesia by promoting equality for all, especially women, children and youth.

OBJECTIVE AND BENEFITS

PKU Muhammadiyah Surakarta Hospital is a type B hospital which since 2017 has been providing HIV services including counseling, testing and ARV therapy. As part of the national HIV AIDS program, PKU Muhammadiyah Surakarta Hospital is obliged to increase the knowledge of all employees about HIV AIDS so that they can participate in providing education to the wider community about HIV AIDS.

PKU Muhammadiyah Hospital and UMS Faculty of Medicine are also obliged to carry out community development in this case cadres, residents and other Muhammadiyah organizations so that they can understand and participate in spreading correct information about HIV AIDS.

PKU Muhammadiyah Hospital cooperate with the UMS Faculty of Medicine to increase the participation of all components of the hospital, Muhammadiyah members and the general public in general to support the government's efforts to end the HIV AIDS problem in Indonesia.

The targets and outcomes of this community service activity are: increasing the knowledge of hospital employees as measured by pre-test and post-test results, increasing awareness to actively participate in HIV AIDS education in the community for Aisyiah and Muhammadiyah cadres, dispelling myths about HIV among ordinary people.

This activity has benefits, including increasing knowledge and participation of all components of the hospital, Muhammadiyah members and the general public in eradicating the HIV/AIDS problem in Indonesia completely.

IMPLEMENTATION METHOD

The implementation of this activity will be carried out with various stages of activity which can be explained as follows: Employee Workshop (The community service team conducts online workshops on HIV AIDS and measures increased understanding with pre-tests and post-tests), Counseling of Aisyiah Muhammadiyah cadres (Association of Aisyiah Muhammadiyah in Kindergarten Aisyiah Surakarta City), Counseling of lay/common people in hospital polyclinic waiting room.

RESULT AND DISCUSSION

A. Activity one

The first stage of activity held on Tuesday, 15 November 2022 at 08.00-10.00. This activity was carried out using the online method through a zoom cloud meeting with participants who were health workers including doctors, nurses, laboratory assistants, as well as other hospital members such as customer service, nutrition department, up to the registration staff. The number of participants who took part in the zoom cloud meeting and also watched via youtube was 409 participants. With a zoom participation rate of 51.8% and youtube participation of 49.4%. Participants who took part filled out the attendance google form link as

well as a pre-test at the beginning of the event and a post-test at the end of the session to find out the participants' understanding about the topic.

An explanation of the material is given through a presentation followed by discussion, question and answer with the participants. Evaluation of understanding of HIV AIDS after being given presentation by post-test about the material. There is an increase in knowledge of participants where the average post test score is 138 (maximum score 150) while the pre-test average score is 115 (maximum score 150). The following is the documentation of the activity:

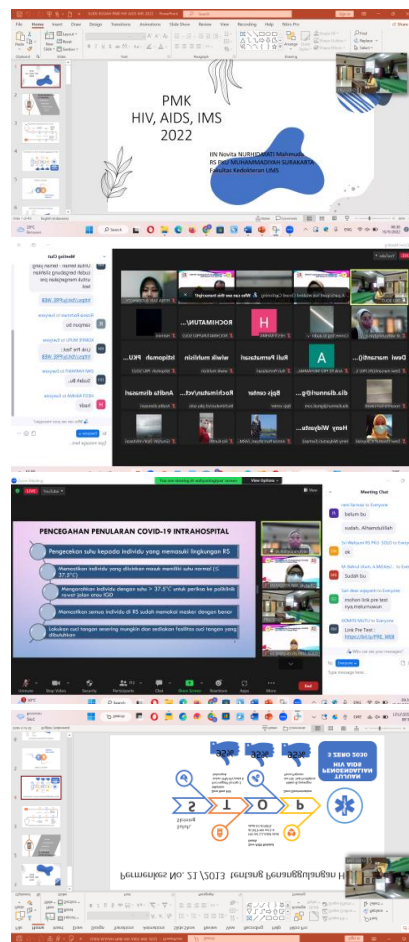


Figure 1. Hospital Workshop Activities

B. Activity two

The second stage of activity was education to Muhammadiyah cadres. The target of Muhammadiyah cadres in this case is in Kartopuran region. This activity is a routine agenda which held on Friday, 11 November 2022 at 15.00-17.00 at Aisyiah Kartapuran Kindergarten. The participants who attended were Aisyiah cadres who manage the elderly integrated service. This activity was attended by 39 participants. The activity began with an opening then a presentation on HIV-AIDS material and closed with a question and answer session. This activity provides benefits in particular to straighten out the myths that have been circulating in society. Armed with this understanding, Muhammadiyah cadres are expected to be able to forward correct information and correct wrong information about HIV AIDS. Equal treatment and eliminating discrimination will help sufferers gain access to testing, counseling and therapy. The following is the documentation of the second activity:



Figure 2. Cadre Education Activities



C. Activity three

The third stage of activity was lay/common people education. Participants of this activity target were patients, caretakers and visitors to PKU Muhammadiyah Hospital in polyclinic. This activity was held on Thursday, 01 December 2022 at 09.00 to coincide with the commemoration of world AIDS day. The activity began with the opening, presentation of material, questions and answers, not forgetting the distribution of door prizes. This activity aims to provide knowledge and understanding so that erroneous myths can be dispelled. This activity

was attended by 32 people who filled out the attendance list. Documentation of these activities are:



Figure 3. Lay People Education

This third series of activities are steps that can be taken to end the incidence of HIV-AIDS which is increasing from year to year. In accordance with the International AIDS Conference in December 2020. The United Nations Program on HIV/AIDS (UNAIDS) launched a new ambitious target of 95-95-95

which means 95% of all target people living with HIV know their HIV status, 95% of all persons diagnosed with HIV infection receive ongoing antiretroviral therapy, and 95% of all persons receiving antiretroviral therapy to achieve viral suppression by 2025 (Frescura *et al.*, 2022).

Simple activities with education are a means to support achieving these targets. It is hoped that through this activity Indonesia can also follow countries such as Botswana, Eswatini, Rwanda, the United Republic of Tanzania, and Zimbabwe which have achieved this target (The Joint United Nations Programme on HIV/AIDS (UNAIDS), 2023).

In fact, efforts to prevent HIV/AIDS can be carried out by all people if they have a high level of health knowledge and can avoid unhealthy behavior (Fuady, Arifin and Prasanti, 2016; Faristiana *et al.*, 2023).

CONCLUSION

This activity adds knowledge and skills to health workers and cadres so they can spread true information about HIV AIDS in the community. As for the general public, this activity is to dispel myths and incorrect information so that people living with HIV can check themselves and access treatment to reduce the rate of transmission.

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