Community Service

GDS, URIC ACID AND CHOLESTEROL EXAMINATION FOR THE ELDERLY IN PAROKI ST. MARIA TAK BERNODA RANGKASBITUNG

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ABSTRACT

Elderly are part of the human growth and development process. According to the World Health Organization (2010), the number of Indonesians living over 60 years reached 20.7 million, which later increased by 36 million. The enhancement of life expectancy causes the population's life expectancy (>75 years) to increase rapidly in the country. It will impact the shift pattern of disease from infection to degenerative illness. Some of the frequent degenerative illnesses that happen in the elderly are arthritis, diabetes mellitus, and cholesterol. In Indonesia, the incidence of diabetes mellitus is in second place after China, which is 9.116 million, with a prevalence of 5.8%. WHO also states that people living with arthritis reach 81% of the population in Indonesia. The high number of sufferers of gout, diabetes mellitus, and cholesterol is caused by changes in lifestyle and a lack of awareness among elderly. This community service activity aims to find out the highest level of uric acid, blood glucose and cholesterol and the most suffered elderly among those levels as well as doing education health. Community service activities were held on November 26, 2023, in commemoration of the 90th Anniversary of Paroki St. Maria Tak Bernoda Rangkasbitung. The methods used in the activity are lectures and demonstrations to 52 elderly. The result of the activities is that elderly can maintain their lifestyle and improve their health status. It is best to carry out a general medical check-up every 6 months to monitor uric acid, blood glucose, and cholesterol levels, especially for elderly.

Keywords: blood glucose, uric acid, cholesterol, examination, elderly

INTRODUCTION

Elderly are part of the human growth and development process. Everyone will experience the process of growing old, and old age is the final period of human life. During this time, a person will generally experience gradual physical, social, and mental decline (Ilham et al., 2019). Old age is not only seen from chronological calculations or based on the calendar but also according to health conditions and based on the characteristics of one's thinking power. Increasing age affects physiological changes in elderly, which are accompanied by various health problems that cause degenerative diseases (Sahrir Sillehu, 2019).

According to the World Health Organization (2010), the number of Indonesians living over 60 years reached 20.7 million people, which later increased by 36 million people. The enhancement of life expectancy causes the population carrying age (more than 75 years old) to increase rapidly in the country. It will impact the shift pattern of disease from infection to degenerative illness. Some of the diseases that frequently degenerate in elderly are gout, diabetes mellitus, and cholesterol (Rina & Nurhidayati, 2014).

Diabetes mellitus is a marked disease that causes hyperglycemia, chronicle consequence effects, and neither working effect nor insulin secretion (Negara, 2023). If diabetes mellitus is not appropriately managed, it can cause various complications that can worsen health. If diabetes mellitus is not appropriately managed, it can cause various complications that can threaten life (Ardila, Maharani, Sabella, & Negara, 2022). If not treated, diabetes mellitus complications can attack all parts of the body, such as disorders of the brain's blood vessels, eye blood vessels, heart

blood vessels, kidney blood vessels, and leg blood vessels (Putra, 2019; Basid, & Negara, 2023).

Gout is a type of arthritis (rheumatism) caused by abnormal uric acid levels in the body because the body cannot secrete uric acid in a balanced manner. Uric acid is an acid in the form of crystals resulting from purine metabolism, where purine is one of the nucleic acid components found in the nuclei of body cells. Purines can be found in all foods that come from vegetables, fruit, and nuts, and foods from animals such as shrimp, squid, shellfish, crabs, and anchovies. The average uric acid level in men is 7 mg/dL, while in women, it is below 6 mg/dL (Arjani, 2018).

Cholesterol is often suffered by the elderly because the older the body becomes, the more difficult it is to move so that cholesterol in the body will accumulate in the liver. Therefore, balanced movement between diet and exercise are needed so that the elderly avoid excess cholesterol, especially diseases that can kill humans in an instant, namely heart disease and others. Insufficient physical activity and exercise can make it possible for the elderly not to experience complete metabolism and cholesterol-burning processes; in this case, the existing cholesterol increasingly accumulates in the blood vessels (Prastiwi et al., 2021).

Several factors that influence the incidence of gout, diabetes mellitus, and cholesterol are excess body weight, body activity, lifestyle, diet, and socio-economics. Elderly who know healthy living behavior with a balanced diet will increase the health status of the elderly (Suarsih, 2020). According to WHO in Siringo-Ringo & Simbolon (2020), diabetes mellitus is a state of hyperglycemia due to decreased insulin or insulin resistance. The prevalence of people with diabetes mellitus in the world in 2014 was 387 million, with a prevalence of 8.3%, and is expected to increase to 592 million in 2035. The incidence of diabetes mellitus in Indonesia is in second place after China, i.e., 9,116 million, with a prevalence of 5.8 %. Based on data obtained from WHO, it is stated that people living with arthritis in Indonesia reach 81% of the population, and only 24% go to the doctor. In comparison, 71% tend to take over-the-counter pain relievers immediately. This makes Indonesia as the country with the highest incidence of arthritis when compared with other Asian countries, such as Hong Kong, Singapore, Malaysia, and Taiwan. The prevalence of joint disease based on health workers' diagnosis is highest in Bali (19.3%), followed by Aceh (18.3%), West Java (17.5%), and Papua (15.4%) (Arjani, 2018).

The data released by the Indonesian Cholesterol Foundation makes us worried that cases of high cholesterol in Indonesia are increasing every year. After 2000, detected cases of high cholesterol continued to increase. In 2004, several studies in a number of hospitals found that the number was 23,636 people. By 2021, it will have jumped to 100,231 people. The high number of sufferers of gout, diabetes mellitus, and cholesterol is caused by changes in the lifestyle of the elderly. Also, awareness of maintaining health, managing diet, and lack of physical activity can also be causal factors. So, it is necessary to check uric acid, blood glucose, and cholesterol levels so that the elderly can maintain their lifestyle and improve their health status.

Based on this, to carried out community service at Paroki St. Maria Tak Bernoda Rangkasbitung, which coincided with the 90th anniversary, by conducting random blood glucose, cholesterol, and uric acid checks to improve public health.

Objective

The aims of this report are:

1. Documenting the activity process from preparation to evaluation.
2. Identifying various obstacles during the activity.
3. As a guide for implementing future activities.

Time and place

The activity was held on November 26, 2023, in commemoration of the 90th Anniversary of Paroki St. Maria Tak Bernoda Rangkasbitung.

Target

The targets for this community activity are the elderly in Paroki St. Maria Tak Bernoda Rangkasbitung numbered 52 people.

METHOD

This implementation strategy is carried out systematically, including:

Preparation phase

a. Plead Agreement to Director Akademi Keperawatan Yatna Yuana Lebak.
b. Coordinating with The Leader of Simeon-Hanna at Paroki St. Maria Tak Bernoda Rangkasbitung.
c. Submit a proposal to P3M Akademi Keperawatan Yatna Yuana Lebak.
d. Formation Committee Community Service.
e. Distribution of tasks to the TEAM for implementing Community Service.
f. Make an agreement on the schedule for implementing activities.
g. Preparation tool and material.
h. Making registration cards for the elderly.

Implementation Stage

a. Coordinate with the Community Service Committee.
b. Distribution role and not quite enough answer each member team.
c. Implementation activity in accordance with schedule that has been set.
d. Evaluation of activity processes.
e. Documentation all over activity.

Reporting Stage

a. Carry out evaluations of activities that have been determined
b. Make report activity
c. Gather report activity to P3M

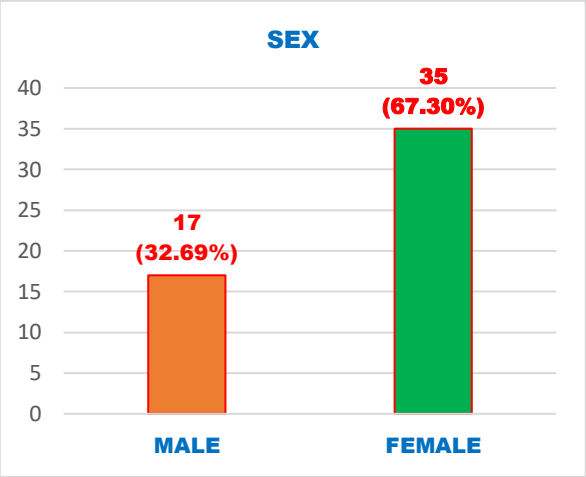
RESULTS AND DISCUSSION

The evaluation carried out during the activity process uses three approaches, which are:

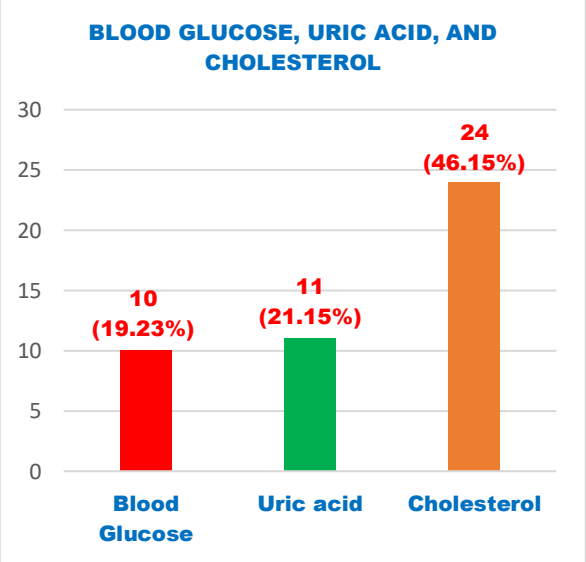
a. Criteria structure
   1) The proposal has been submitted and Approved by the Chairman of P3M.
   2) The necessary infrastructure and media have been prepared.
   3) Team members who will participate in the activity have been notified.

b. Process criteria
   Activity is held in accordance with a schedule that has been set.
   All participants follow the activity process according to the provisions set by the committee.

c. Criteria results
   A total of 52 elderly took part in Blood glucose, Uric acid, and Cholesterol examinations.



Based on the results of data processing in the table above, it shows that there are 17 men (32.69%) and 35 women (67.30%), so most people who take part in the examination are female elderly, with a total of 35 people (67.30%).



Based on the results, the deep data processing table shows the highest blood glucose check on the elderly were 10 people (19.23%), and the highest uric acid examination on the elderly were 11 people (21.15%). The examination cholesterol was the highest among the elderly; there were 24 people (46.15%), with the inspection highest among the elderly that is inspection cholesterol as many as 24 people (46.15%)

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Cholesterol is often suffered by the elderly because the body becomes more difficult to move, so cholesterol in the body will accumulate in the liver. Therefore, balanced movement between diet and exercise is needed so that the elderly avoid excess cholesterol, especially diseases that can kill humans in an instant, namely heart disease and others. Insufficient physical activity and exercise can make it possible for the elderly not to experience a complete metabolism and cholesterol-burning process; in this case, the existing cholesterol increasingly accumulates in the blood vessels (Prastiwi et al., 2021).

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Based on this data, through this community service, the author is trying to conduct blood glucose, uric acid, and cholesterol examinations in collaboration with The Leader of Simeon-Hanna at Paroki St. Maria Tak Bernoda Rangkasbitung and St. Lukas in the context of the 90th Anniversary of Paroki St. Maria Tak Bernoda Rangkasbitung, which aims to ensure that the elderly can maintain their lifestyle and improve their health status.

The results of blood glucose, uric acid and cholesterol examination activities in Paroki St. Maria Tak Bernoda Rangkasbitung, as many as 52 elderly, were obtained based on the results of data processing in the table above, showing that there were 17 men (32.69%) and 35 women (67.30%). Thus, the elderly who took part in the examination were women, with a total of 35 people (67.30%). Based on the results of data processing in the table above, it shows that the highest blood glucose examination results in the elderly were 10 people (19.23%), the highest uric acid examination results in the elderly were 11 people (21.15%), and

the highest cholesterol examination results in the elderly were 24 people (46 .15%). Thus, the highest number of examinations on the elderly was cholesterol checks for 24 people (46.15%).

CONCLUSION

The high number of sufferers of gout, diabetes mellitus, and cholesterol is caused by changes in the lifestyle of the elderly. Not only that, awareness of maintaining health, managing diet, and lack of physical activity can also be causal factors, so it is necessary to check uric acid, blood glucose, and cholesterol levels so that elderly can maintain their lifestyle and improve their health status (Arjani, 2018).

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SUGGESTIONS

1. Should carry out a general medical check-up every 6 months once to be monitored, especially for elderly who result in BLOOD GLUCOSE, URIC ACID, and inspection of the elevated cholesterol.
2. Check further with a doctor specialist.
3. Take the medication according to the doctor's instructions.

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