

## EFFORTS TO IMPROVE THE STATUS OF DENTAL AND ORAL HEALTH KNOWLEDGE IN THE COMMUNITY WITH FLIPCHART AND VIDEO EXTENSION METHODS IN THE VILLAGE OF PEMATANG PANJANG GAMBUT

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### ABSTRACT

This community service is carried out as a form of the Tri Dharma of Higher Education, community service by raising the theme of the importance of maintaining and maintaining dental and oral health in children, pregnant women and the elderly. Dental and oral disease is one of the public health problems in Indonesia. This is based on reports of the high prevalence of sufferers of the disease, and is one of the top ten sequences of diseases that are most often complained of by the public. Dental and oral health is closely related to body health. The condition of the mouth and teeth that are not maintained will cause many problems and discomfort. In the pursuit of good oral and dental health, awareness is needed to apply a healthy lifestyle by diligently implementing a healthy lifestyle by diligently brushing teeth properly. This service is to provide understanding to the public, pregnant women and the elderly about the importance of maintaining and maintaining oral health. The method of implementing community service with direct counseling techniques to the community. The results of the service, in general the counseling participants have an increased understanding of maintaining and maintaining dental and oral health. The conclusion of this service is the importance of continuous education and counseling to the community regarding the importance of maintaining and maintaining dental and oral health in children, pregnant women and the elderly. The method of implementing community service with direct counseling techniques to the community. The results of the service, in general the counseling participants have an increased understanding of maintaining and maintaining dental and oral health. The conclusion of this service is the importance of continuous education and counseling to the community regarding the importance of maintaining and maintaining dental and oral health in children, pregnant women and the elderly. The method of implementing community service with direct counseling techniques to the community. The results of the service, in general the counseling participants have an increased understanding of maintaining and maintaining dental and oral health. The conclusion of this service is the importance of continuous education and counseling to the community regarding the importance of maintaining and maintaining dental and oral health in children, pregnant women and the elderly.

*Keywords:* Counseling, Community Service, Dental and Oral Health

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### INTRODUCTION

Puskesmas is a functional health organization that organizes public health efforts and first-level individual health efforts by prioritizing promotive and preventive efforts, in order to achieve the highest

public health degree in its working area<sup>1</sup>. Public health efforts that are developed and community participation development are carried out in a comprehensive and integrated manner to all levels of society in the working area. As a functional health

organization that provides public health services; resources, methods, facilities and infrastructure are needed so that the goals set can be achieved. Existing resources, both human and financial, are the main capital in achieving the goals of the Puskesmas. Broadly speaking, human resources at the Puskesmas consist of medical personnel (doctors, dentists), paramedics (nurses, midwives, dental nurses), and other supporting personnel (pharmacies, sanitarians, health educators). Dentists and dental nurses are two health workers who play an important role in providing dental health efforts; both curative, preventive and promotive efforts. Generally, all puskesmas carry out Yankesgi activities, either with complete personnel (dentists and dental nurses) or with incomplete personnel (only dentists/dental nurses/other health workers)<sup>3</sup>. Health is the right of every citizen, for this reason, the government carries out health development which aims to increase awareness, willingness and ability to live a healthy life for everyone in order to realize an optimal degree of public health. In order to realize health status for the community, health efforts are carried out with a maintenance approach, promotive health improvement, disease prevention (preventive), disease healing (curative) and health recovery (rehabilitative) which are carried out comprehensively and continuously.



People who brush their teeth properly (every day brushing their teeth after breakfast and before going to bed at night) nationally are 76.6%, there is an increase compared to Riskesdas 2007 (68.1%)<sup>5</sup>. Dental and oral disease is one of the public health problems in Indonesia. This is based on reports of the high prevalence of patients with the disease, and became one of the top ten sequences of diseases that are most often complained of by the public. From the results of Riskesdas 2007 it is known that the prevalence of people who have dental and oral problems in the last 12 months is 23.4%, and 1.6% of the population has lost all their natural teeth in the age group of 10 years and over<sup>6</sup>. Dental and oral disease is a disease that attacks all age groups, both in children and adults, including the elderly group. One of the health problems in the elderly is dental

caries and periodontal disease. The results showed that 95% of dental patients over 65 years of age had periodontal disease, and 70% of elderly patients required periodontal treatment. Efforts are being made to overcome the problem of dental and oral diseases in the elderly, namely by approaching health workers and dentists about the importance of dental and oral health<sup>7</sup>.



Pregnant women are also one of the conditions that are often affected by dental and oral diseases. The high prevalence of dental caries in pregnant women in the second and third trimesters can occur because the production of the hormones estrogen and progesterone increases gradually until the eighth month. In the last month of pregnancy, the concentration of progesterone remains constant but the production of the hormone estrogen continues to increase. Prevention of dental and oral disease needs to be done as early as possible. Currently, the government is promoting the First 1000 Days of Life program, with the aim of assisting pregnant women from the first day of pregnancy. The health and development of the baby is monitored and maintained to the maximum, including the health of his teeth in the future. Examination and oral health of pregnant women is one that must be considered. The success of the program requires the cooperation of all relevant parties so that a healthy, strong and superior future generation is born<sup>8</sup>. Periodontal disease is an oral disease that ranks first in the 2001 world record book as the most common disease experienced by humans. Global Burden of Disease research data from 1990-2010 show that severe periodontitis (severe periodontitis) is the sixth highest prevalence disease (11.2%) and affects about 743 million people in the world and has an increase in prevalence of 57.3% within 10 years. year. Globally, Losses due to reduced productivity due to severe periodontitis are estimated at USD 53.99 million per year. The development of knowledge about periodontal disease related pathogenesis, bacterial mapping, and understanding of the role of the host in disease pathogenesis and classification of periodontal disease has been widely studied. The relationship between periodontal disease and systemic disorders has also been widely studied.

However, despite advances in knowledge about periodontal disease, the prevalence of periodontitis, especially in Indonesia, is still relatively high. RISKESDAS 2018 data shows the percentage of periodontitis cases in Indonesia is 74.1%<sup>9</sup>. Media of communication, information, and education is one of the efforts to prevent dental and oral health problems, change unhealthy behavior into healthy ones, increase knowledge and awareness, so that they participate actively in improving the degree of dental and oral health in the community<sup>10</sup>. The Gambut Health Center has experienced a vacancy of dentist medical personnel since 2017, so that activities such as counseling and dental and oral care actions are very limited. Based on the limitations of dentists to carry out these activities, we plan to carry out community service activities in the form of counseling by adjusting the PKM Peat program which aims to provide knowledge about the importance of maintaining dental and oral health to the community. For this activity, we will conduct it in Lanna village as an activity prototype for wider activities<sup>(11)</sup>

## METHOD

We divide this health education into several implementation methods, namely conducting counseling on maintaining dental and oral health through the method of giving advice, videos and flipcharts as well as giving Dental Kits and leaflets.

**Phase 1 Preparation** The first visit was conducted on Monday 2 September 2021 at 09.30 WITA at the Gambut Community Health Center then followed by a second visit at the Lanna Village Office to coordinate regarding agreeing on a schedule for the next visit to carry out community service activities.

**Stage 2 Implementation of the Distribution of Questionnaires (Pre-Test)** This activity was carried out on Thursday, January 13, 2022 at 10.00 WITA at the Pematang Panjang Village Hall. This outreach activity was attended by the Pematang Panjang Village community and representatives from the Peat Health Center. The activity began with giving a questionnaire (pre-test) to assess the knowledge of the participants about maintaining and maintaining oral health.

**Extension Activities** Extension activities are carried out in the Lanna Village Meeting Hall while still complying with health protocols by using masks. The methods given are in the form of advice and using videos on how to brush your teeth properly and correctly, brush your teeth 2 times a day after breakfast and before going to bed, check your teeth at the dentist every 6 months, treat cavities (patched), eat more fruits/vegetables, and drink lots of water. After the counseling, a question and answer session was opened to answer the questions asked by the participants.

**Stage 3 The Post-Test Questionnaire II**

was administered to assess whether there was a change in public knowledge regarding maintaining and maintaining dental and oral health. Dental Kits and Leaflets were distributed. media shared about the importance of maintaining oral health. Post-Test II was conducted 2 weeks after Post Test I, to assess whether any changes in the knowledge of parents and teachers regarding dental and oral health had implications for increasing parental concern for oral health. This is intended so that the public can see directly through the media that is shared about the importance of maintaining oral and dental health. Post-Test II was conducted 2 weeks after Post Test I, to assess whether any changes in the knowledge of parents and teachers regarding dental and oral health had implications for increasing parental concern for oral health. This is intended so that the public can see directly through the media that is shared about the importance of maintaining oral and dental health. Post-Test II was conducted 2 weeks after Post Test I, to assess whether any changes in the knowledge of parents and teachers regarding dental and oral health had implications for increasing parental concern for oral health.

## RESULTS AND DISCUSSION

**Dental and Oral Health Counseling** This activity aims to provide knowledge to the public about the importance of maintaining and maintaining dental and oral health for children, pregnant women and the elderly.

**Distribution of Leaflets** Distribution of leaflets aims to make the public understand through media images about the importance of maintaining dental and oral health in children, pregnant women and the elderly as well as the impact that occurs if they do not maintain and maintain dental and oral health.

No	Name of activity	Information
1	Pre and Post Questionnaire Filling	Implemented
2	Dental and Oral Health Counseling	Implemented
3	Provision of Dental Kits and Leaflets	Implemented

## CONCLUSION

It is very important to do health counseling activities for the Lanna village community, considering that awareness to maintain dental and oral health is still very lacking, community service carried out by lecturers is an effort to assist the government in making policies and implementing higher education institutions successful in implementing the Tri Dharma of Higher Education.

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