

Acupressure Complementary Therapy Training and Assistance for Excellent Midwife in Entrepreneurial Development for Alumni

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ABSTRACT

The success of maternal health efforts and the health status of a community can be seen from the number of Maternal Mortality Rates (MMR). Midwives are one of the health workers who have an important position in reducing the Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR). Midwives provide continuous and comprehensive midwifery services, focusing on aspects of prevention, promotion based on partnerships and community empowerment together. Complementary traditional health services are the application of traditional health that utilizes biomedical and biocultural sciences. Activity Purpose To increase the knowledge/understanding and skills of midwifery majors alumni of the Poltekkes Kemenkes Aceh on Complementary Acupressure Therapy For Excellent Midwife in Entrepreneurial Development for Alumni. The dedication method used in this activity is education, training and assistance in increasing the knowledge and abilities of alumni about complementary acupressure therapy for excellent midwife. The results of the dedication show that the provision of education about complementary acupressure therapy increases the alumni's knowledge about complementary acupressure therapy. The average alumni knowledge during the pre-test, which was around 51.81% of the number of questions answered correctly by alumni, experienced a change for the better after the post-test to around 95.45%. This community service activity ran smoothly, starting from the training activities and continuing with alumni assistance activities in providing acupressure therapy. This activity has enormous benefits felt by the participants. Apart from increasing knowledge.

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INTRODUCTION

Riskesdas data shows that the maternal mortality rate in Aceh in 2019 is 172 per 100,000 live births, an increase compared to before [1]. One important aspect in reducing maternal mortality is quality service. Quality maternal and child health services are a challenge for health workers, especially in achieving the Sustainable Development Goals (SDGs)[2][3]. In supporting the implementation of effective services, currently many non-pharmacological treatment methods have been developed such as complementary therapy, the use of herbal ingredients and others. Complementary therapy is one of the community's treatment options, especially for pregnant, maternity, and postpartum women. Complementary care in some community midwives has become an important part of midwifery practice. Complementary midwifery care is currently widely used to avoid the side effects of drugs. Complementary therapy has been proven to be able to support the process of pregnancy and childbirth so that it runs comfortably and pleasantly [4], [5], [6]. Complementary midwifery care that can be implemented for pregnant women includes yoga, aromatherapy, massage[7].The implementation of complementary midwifery services in Indonesia is not only carried out by the private/independent sector, but also by the government (Puskesmas and Hospitals). Implementation in the government sector is hampered by regular procedures which still have to refer to conventional midwifery services, so that the implementation of complementary midwifery services is more common in the private sector [8].The Health Polytechnic of the Ministry of Health (Poltekkes Kemenkes) Aceh is one of the health education institutions that gives birth to midwives every year. Along with the increasing number of midwives in Aceh, it is the vision of the institution to be able to produce alumni who are internationally and nationally competitive and have independence in entrepreneurship. Based on the results of the focus group discussion on midwifery alumni, it is known that most of them work in hospitals and other health care institutions. They admit that they are not so confident about setting up an independent practice place, and they do not yet have legality in the form of a practice permit. Based on the results of the tracer study, it was found that 31% of students were already working with an average income of 1,000,000 to 2,999,000. Based on surveys and direct interviews with alumni, the problem faced in the field is that they only have general midwifery service skills which all midwives generally have, so they have to look for other skills. Based on this phenomenon, we Lecturers of the Midwifery Department of the Aceh Health Polytechnic would like to provide training and assistance to alumni on complementary acupressure therapy for excellent midwife in the city of Banda Aceh and Aceh Besar regency in 2022. To increase knowledge/understanding and skills of midwifery alumni of the Poltekkes Ministry of Health Aceh about Therapy Complementary Acupressure For Excellent Midwife in Entrepreneurial Development for Alumni.

RESEARCH METHOD

This Community Service (PkM) takes the Entrepreneurship Development Program (PPK) scheme with DIPA Finance of the Aceh Ministry of Health Polytechnic. Community Service (PkM) takes a scheme for increasing the knowledge and abilities of alumni in the City of Banda Aceh and Aceh Besar regarding complementary acupressure therapy for excellent midwife. This activity was carried out from June to September 2022 in the City of Banda Aceh and Aceh Besar District. The subjects or partners of this PkM-PPK activity are alumni of the Diploma-III Midwifery Study Program. The number of partners involved was 20 people consisting of 10 alumni of the D-III Midwifery Study Program and 10 people from the Diploma-IV Midwifery Study Program who practiced in the City of Banda Aceh and Aceh Besar regency. The Community Service Method (PkM) is described with input, process and output stages. Input includes activities consisting of identification of partners' problems and needs and in proposed activity proposals, then presented to the testing team. After the proposal is corrected and approved, then the process of obtaining

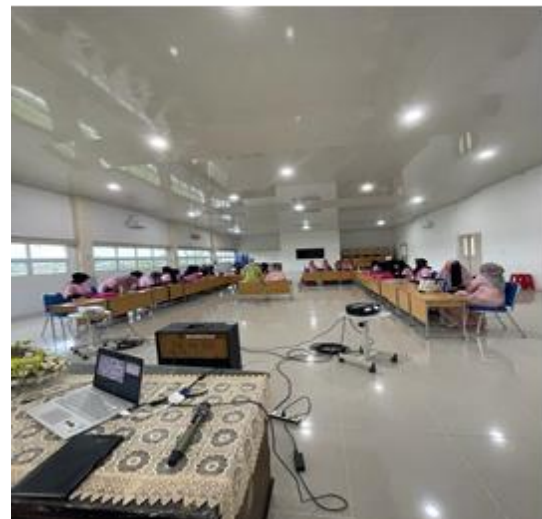
permits for activities is carried out. The stages of the process start from the recruitment and selection of partners, signing of activity commitments, and involving partners. acupressure complementary therapy training and procedures for establishing an independent practice, as well as supervision and monitoring of the implementation of acupressure complementary therapy. The output stage includes evaluation and monitoring activities carried out from the beginning of the activity until the activity ends. Activities include evaluation of the activity structure, evaluation of the activity process, and evaluation of the results that refer to the output of this activity.

RESULTS AND DISCUSSIONS

Community service is carried out in the City of Banda Aceh and Aceh Besar District. the target of the service is 20 alumni majoring in midwifery consisting of D-III Midwifery Study Program alumni and D-IV Midwifery study program alumni from the Aceh Ministry of Health Poltekkes. This activity consists of training activities and accompaniment activities of complementary acupressure therapy. Acupressure complementary therapy training activities were carried out for 3 days, from 01 to 03 July 2022 in the Hall of the midwifery department of the Aceh Ministry of Health Polytechnic.



The Acupressure Training Activity was Opened by the Director of the Poltekkes of the Aceh Ministry of Health.



Presentation of Material About Complementary Acupressure Therapy



Demonstration of Acupressure Complementary Therapy Practices



Participants in the Practice of Complementary Acupressure Therapy

Complementary acupressure therapy assistance activities are carried out from July to August 2022 at alumni workplaces in the Banda Aceh City and Aceh Besar District areas. After conducting the pre-test and providing education about complementary acupressure therapy, there was an increase in alumni's knowledge about acupressure complementary therapy. The average alumni knowledge during the pre-test, which was around 51.81% of the number of questions answered correctly by alumni, experienced a change for the better after the post-test to around 95.45%.

Table 1. average respondents' answers during the pre-test and post-test regarding complementary acupressure therapy in the City of Banda Aceh and Aceh Besar District 2022

Respondent No	Pre-Test Value (f)	Percentage (%)	Post-Test Value (f)	Percentage (%)
1	6	54.5	11	100
2	6	54.5	10	90.9
3	5	45.5	10	90.9
4	7	63,6	11	100
5	6	54.5	10	90.9
6	6	54.5	10	90.9
7	7	63,6	11	100
8	5	45.5	11	100
9	7	63,6	11	100
10	5	45.5	9	81.8
11	6	54.5	11	100
12	6	54.5	10	90.9
13	7	63,6	11	100
14	5	45.5	11	100
15	6	54.5	10	90.9
16	6	54.5	10	90.9
17	7	63,6	11	100
18	6	54.5	11	100
19	6	54.5	10	90.9
20	6	54.5	11	100
		51.81%		95.45%

After carrying out the acupressure complementary therapy training activities for 3 days, followed by mentoring activities. Mentoring activities carried out by participants in their place of work. Participants practice complementary acupressure therapy to patients directly under the

guidance of the community service team. The participants' practice locations were spread across the City of Banda Aceh and Aceh Besar District. Assistance activities are carried out from July to August 2022.

Discussion

The training provided to alumni through the provision of education includes knowledge about acupressure on the first day and acupressure practice on the second day. Provision of health education through counseling/lectures, question and answer and acupressure practice can increase alumni's knowledge about acupressure complementary therapy. Acupressure training is effective because it can change knowledge before training and after training. Alumni are very enthusiastic about participating in this activity as evidenced by the increase in alumni knowledge on the results of the post-test. The meetings were held face-to-face with lecture and demonstration methods, followed by exercises/practice of acupressure techniques. Maternal care during pregnancy is to reduce nausea and vomiting, maternal care during childbirth. Maternal care during pregnancy aims to reduce pain during labor and maternal care during breastfeeding is to facilitate the release of breast milk. The material provided starts from the introduction of acupressure, acupressure points to pressure techniques on acupressure points. At the end of the training activity session, an evaluation was carried out in the form of a written test (post-test) and a practical test to measure the participants' abilities. This activity was carried out for 3 days, from Friday to Sunday, 01 to 03 July 2022. After participating in training activities in the midwifery department, participants continued their practice at work. Care given to pregnant women, giving birth and breastfeeding mothers. Then, at the agreed time, the community service team will provide assistance to participants when providing complementary acupressure therapy care at the practice site. Assistance activities are carried out from July to August 2022. Complementary acupressure therapy is a non-pharmacological alternative that can be applied to patients. This therapy is easy, cheap and minimal side effects. Acupressure therapy can be done by anyone, it can be patients who do it themselves or it can also be done by the patient's family and companions [8], [9] Acupressure is an emphasis on certain points aimed at treatment originating from China without using needles [10]. Complementary therapy is a method of disease management that is carried out as a support for conventional medical treatment or as a treatment option other than conventional medical treatment [11], [12]. Acupressure on the pericardium 6 point can produce a good evaluation in women who experience nausea and vomiting in the mild and moderate categories [13]. The results of the study show that complementary acupressure therapy at the neiguan point can be used as an additional therapy for the treatment of nausea and vomiting in pregnant women [14], [15].

CONCLUSION

This community service activity was given to alumni of the Midwifery Department of the Aceh Ministry of Health Poltekkes consisting of D-III and D-IV Midwifery alumni. This activity ran smoothly, starting from the training activities and continuing with the alumni assistance activities in providing acupressure therapy. The participants were very enthusiastic about this activity. This activity has enormous benefits felt by the participants. In addition to increasing knowledge, participants also gain new skills that can be applied in practice.

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