

Use of Non-Steroid Anti-Inflammatory Drugs (NSAIDs) in Young Women in Neighborhood III Baru Ladang Bambu Village, Medan Tuntungan District, 2018

Sari Rahma Fitri

Darmo Midwifery Academy, Jl. Tali Air No.23, Ling III, Mango, Medan City, North Sumatra 20141, Indonesia

ARTICLE INFO

Keywords:

Non-Steroid Anti-Inflammatory Drugs (NSAIDs),
Teenage girl,
Menstruation.

ABSTRACT

Menarche or Menstruation is a period of bleeding that occurs in women regularly every month during their fertile period unless pregnancy occurs. Menstruation period is called menses, menstruation, or menstruation. The presence of menstruation is a sign of sexual maturity in adolescent girls. Some women who feel unbearable pain during menstruation can affect 50% of daily activities in women of reproductive age, and 85% in teenage girls. In fact, this condition really needs to be done further by a doctor. This is because this can indicate abnormalities in the reproductive organs, such as uterine infections, cysts or polyps, tumors around the uterus, or it could be due to permanent abnormalities in the position of the uterus.

E-mail:

88sarirahma@gmail.com

Copyright © 2019 Science Midwifery.

1. Introduction

Menarche is the first menstruation experienced by women. Menarche is an early sign of the start of a new life as a teenager in puberty. Dramatic changes in shape and physical characteristics are closely associated with the onset of puberty. Rapid growth hormone, which brings the body closer to optimum function. The growth spurt occurs earlier in men than in women, also indicating that women mature sexually earlier than men. The achievement of sexual maturity in adolescent girls is marked by the presence of menstruation (Proverawati, 2016).

Menstruation is a period of bleeding that occurs in women regularly every month during their fertile period unless pregnancy occurs. Menstruation period is called menses, menstruation, or menstruation. During menstruation, the blood that comes out is actually blood due to the shedding of the uterine wall (endometrium). (Laila, 2016)

Dysmenorrhea (dysmenorrhea) comes from the Greek. The word dys which means difficult, painful, abnormal; meno which means moon; and orrhea which means flow. Dysmenorrhea is a medical condition that occurs during menstruation/menstruation which can interfere with activities and requires treatment which is characterized by pain or pain in the abdomen or hips (Judhan, 2016).

Some women who feel unbearable pain during menstruation can affect 50% of daily activities in women of reproductive age, and 85% in teenage girls. In fact, this condition really needs to be done further by a doctor. This is because this can indicate abnormalities in the reproductive organs, such as uterine infections, cysts or polyps, tumors around the uterus, or it could be due to permanent abnormalities in the position of the uterus (Laila, 2016).

Women who are accustomed to experiencing menstrual pain (dysmenorrhea) in general already know the initial action when menstrual pain comes. In fact, it is not uncommon to be able to self-medicate based on experience during treatment to a doctor. The most important thing to remember is the understanding that primary dysmenorrhea is not dangerous. Drugs commonly used to relieve menstrual pain include pain relievers (analgesics) non-steroidal anti-inflammatory

drugs (NSAIDs), for example: a) Paracetamol or acetaminophen (sumagesic, Panadol, etc.), b) Mefamic acid (ponstelax, nichostan, etc.), etc.), c) Ibuprofen (ribunal, ostari, etc.), d) Metamizole or metapirone (Pyronal, Novalgin, etc.), e) Sometimes a combination of pain relievers with coffee, aspirin and phenacetin is used. F) And other relieving drugs. (Proverawati, et al, 2016).

The incidence of primary type dysmenorrhea in Indonesia is around 54.89%, while the rest are secondary types (Proverawati, et al, 2016).

In 2013 the incidence of dysmenorrhea in North Sumatra (St. Thomas High School) was in the mild category, namely 46.7%, moderate pain 30.0%, and severe pain 23.3%.

2. Methods

2.1 Activity Steps

As a community service activity, the following preparations are carried out:

- a. Hold a meeting with the Head of the District in terms of supporting this activity and obtain permission to carry out the extension.
 - 1). Asking for permission from the Head of the Medan Tuntungan sub-district in carrying out outreach activities to students, especially young women about the use of non-steroidal anti-inflammatory drugs (NSAIDs) to reduce pain during menstruation. Determination of participants who will participate in counseling.
 - 2). Determination of community staff who participate in the smooth running of outreach activities to female students/adolescents about the use of non-steroidal anti-inflammatory drugs (NSAIDs) to reduce pain during menstruation.
 - 3). Determination of the facilities and infrastructure needed to support the implementation of these outreach activities.
 - 4). Other things that are considered important in carrying out activities
- b. Coordination meeting with the activity implementation team in this case:
 - 1). Set the day, date of activity
 - 2). Place of activity
 - 3). Prepared equipment
 - 4). The committee that helped
 - 5). Amount of fees required
 - 6). Facilitators who participate in providing materials
 - 7). Things that are deemed necessary

2.1 Activity Process

- a. On September 14, 2018, data collection was carried out for participants who will take part in outreach activities to female students/adolescents about the use of non-steroidal anti-inflammatory drugs (NSAIDs) to reduce pain during menstruation.
- b. Opening Ceremony.
- c. Counseling to female students/adolescents about the use of non-steroidal anti-inflammatory drugs (NSAIDs) to reduce pain during menstruation in adolescent girls includes:
 - 1). Lecture
 - 2). Questions and answers
 - 3). Discussion
- d. After giving the material, they will teach young women that apart from using NSAIDs, young women can get adequate rest, regular light exercise, yoga, and compress the stomach with warm water to reduce pain during menstruation.

3. Results and Discussion

3.1 Target Audience

This activity is targeted at students or young women in Environment III, Ladang Bambu Village, Medan Tuntungan Sub-district, to female students/adolescents about the use of non-steroidal anti-inflammatory drugs (NSAIDs) to reduce pain during menstruation in adolescent girls carried out in accordance with support from the public. concerned as well as good reception from parents and midwives in Environment III Ladang Bambu Village, Medan Tuntungan District.

3.2 Linkages

In carrying out this service activity the fields of science that are considered related include reproductive health in adolescents and health promotion and public health.

3.3 Activity Method

The direction or purpose of this activity can be carried out by providing counseling to female students/adolescents about the use of non-steroidal anti-inflammatory drugs (NSAIDs) to reduce pain during menstruation in adolescent girls at:

- a. The place :Posyandu, Medan Tuntungan District
- b. Power :Darmo Midwifery Academy lecturers totaling 2 people, and 1 student
- c. Target :Young Women 12 – 20 years old

3.4 Evaluation Plan

In this case, the evaluation carried out was an evaluation of the status of knowledge on behavioral changes (knowledge, attitudes, and actions) as well as increasing the degree of adolescent reproductive health by increasing information about health, impacts and prevention and benefits of reproductive health on female students/adolescents regarding drug use. non-steroidal anti-inflammatory drugs (NSAIDs) to reduce pain during menstruation in adolescent girls.

3.5 Supporting and Inhibiting Factors

a. Supporting factors

- 1). Enthusiastic Teenager is quite big
- 2). The environmental party, in this case the Environmental Partnership III, which provides time and place so that the counseling can run well

b. Obstacle factor

Awareness of young women about the importance of knowing the degree of pain during menstruation to prevent excessive menstrual pain in young women who do not know that in addition to using NSAIDs, menstrual pain can be reduced by adequate rest, regular light exercise, yoga, and compressing the abdomen with water. warm, so that in the process of activities requires a large enough effort to attract interest so that they want to know and listen to counseling. So that communication must be maximized.

4. Conclusions

The report on the implementation of community service activities in the form of counseling to students/adolescent girls about the use of non-steroidal anti-inflammatory drugs (NSAIDs) to reduce pain during menstruation in adolescent girls carried out in Environment III, Ladang Bambu Village, Medan Tuntungan District, which can be stated as follows: Activities are carried out according to the goals and plans. This activity received a good response from the Head of the District, Environmental Services, Midwives in the Environment, and their staff. This activity provides a new discourse for young women to be able to disseminate the health information they get and for themselves.

References

- Judha, Mohammad, et al. 2016. Theory of Pain Measurement and Labor Pain. Yogyakarta : Nuha Medika.
Laila, Najmi Nur. 2016. Menstrual Smart Book. Yogyakarta: Blue Book.
Proverawati, Atikah. et al. 2016. Menarche. Yogyakarta : Nuha Medika.