

# Factors Associated with the Participation of Hypertensive Patients on Chronic Disease Management Program (Prolanis) in Puskesmas North Larangan Year 2019

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Abstract: Prolanis is a health service system and discusses proactivity by participants supported by health facilities and BPJS. Prolanis will encourage participants to get disease protection to achieve optimal quality of life with an indicator of 75% having good results on specific examinations. Prolanis activities include medical/educational consultations, reminders, home visits, club activities, and health status monitoring. Based on data obtained from the Puskesmas North Larangan, there were 230 hypertension sufferers in February 2019. In February 2019 the number of participants participating in the prolanis club was only 24 people with hypertension. This research to know factors related to the participation of hypertensive patients in Program Pengelolaan Penyakit Kronis (Prolanis) in Puskesmas North Larangan 2019. The type of this study is quantitative with Case-Control design, to obtain data on the data carried out by observation and interviews with 72 respondents with total sampling technique for case respondents and purposive sampling technique for control respondents. The results of the Chi-Square test showed a relationship between distance ( $p = 0.005$ ), family support ( $p = 0,000$ ), health workers ( $p = 0,000$ ) with participation in Prolanis.

## 1 INTRODUCTION

Based on WHO reports in 2015, showing about 1.13 billion people in the world suffer from hypertension. That is, 1 in 3 people in the world diagnosed with hypertension, only 36.8% of them take medication. The number of patients with hypertension in the world continues to increase annually, estimated in 2025 there will be 1.5 billion people affected by hypertension (WHO,2015).

Indonesia is a country that is included in shifting health trends is from infectious diseases to untransmitted diseases. Data on the disease is not contagious, from the results of Riskesdas year 2018 the prevalence of hypertension based on the diagnosis of doctors or taking antihypertensive drugs on the population of > 18 Tahun by 8.8%. (Kemenkes, 2018).

Data from the Tangerang City Health Office (2015) hypertension in the Regency and city of Tangerang ranked first in the category of major diseases suffered by the population of Tangerang Regency/city. The problem of hypertension disease

every year has an increased number of sufferers. So, there is an effort done to lower the hypertension number. The number of patients with hypertension in Karo district in 2015 is 53,708 people.

In order to improve public health status and make a successful social Security program in accordance with presidential Regulation number 19-year 2016 about health Insurance article 21 paragraph 1, one of the benefits obtained by the participants BPJS Healthcare is a promotive and preventive health service, one of which is Prolanis. The main purpose of the Prolanical program in Puskesmas is to encourage participants with chronic illnesses to achieve optimum quality of life with an indicator 75% of registered participants and visit to the first Level healthcare facility (FKTP) with good results on Specific examination of the disease type DM II and hypertension to prevent complications of disease.

Puskesmas North Larangan has a Prolanis health program that has been running since October 2017 and has a regular schedule of the second week in each month with the number of participants 21

hypertension patients, Along with the time the number of participants experienced fluctuation where it can happen because of the provisions of the Puskesmas on hypertension patients who must follow the club Prolanis and supplemented by the number of patients with hypertension in Handled by the Puskesmas. Currently recorded in February year 2019 number of participants who attended club Prolanis as many as 24 people with patients with hypertension. Activity that is always done club Prolanis Prohibition of Northern Prohibitions are the following first participants are given education through counseling and health materials that is an activity to improve health knowledge in the effort Restoring illness and preventing disease and improving health status for participants thereafter continued with gymnastics activities in an effort to improve physical condition through sports activities/healthy gymnastics and activities that The last medical examination has been monitored since the participants attended the club Prolanis. According to researchers, the utilization of prolanis activities is not carried out well, because the number of participants is very slightly compared with the numbers of people visiting the hypertension each month in Puskesmas more than 100 people and the presence of permanent participants who make increasingly narrow opportunities for other hypertensive patients by having other diagnoses such as uric acid, cholesterol, and high blood sugar to follow Prolanis so that it can make the patient experience other complications of diseases, as well as the lack of health promotion conducted by officers such as absence of banners and leaflets.

## 2 RESEARCH METHODS

This type of quantitative research aims to obtain an overview by studying the correlation or the relationship between independent variables and dependent variables. This research uses case-control by identifying case groups and control groups and then researched retrospective. The research uses the quantitative approach, where the study uses statistical analyses that emphasize hypothesis testing. The design of the research used is Case-Control where independent variables and dependent variables are measured or collected simultaneously or at the same time. The samples needed for this study amounted to 72 respondents, with comparisons to the cases and controls in this study being 1:2, which meant it required 24 cases and 48 controls.

## 3 RESULT AND DISCUSSION

### 3.1 Univariate Analysis

Table 1: Overview of each variable on hypertension patient participation in Prolanis year 2019.

Variable	Frequency	Percentage (%)
<b>Participation hypertensive patient</b>		
Not Participant	48	66,7
Participant	24	33,3
<b>Distance</b>		
Much	45	62,5
Near	27	37,5
<b>Family Support</b>		
Bad	38	52,8
Good	34	47,2
<b>Gender</b>		
Woman	47	65,3
Man	25	34,7
<b>Health Officers</b>		
Bad	40	55,6
Good	32	44,4

Based on the results of the study of 72 respondents known that the participation of hypertensive patients in Prolanis there are as many as 48 hypertension patients (66.7%) Not a participant who never participated in Prolanis and 24 hypertension patients (33.3%) Who are currently a participant of Prolanis. When viewed based on the distance of the house of Hypertension patients with the North Prohibition Puskesmas has a remote home as much as 45 patient's hypertension (62.5%) and has a close-quarter of 27 hypertension patients (37.5%). In addition, from a total of 72 respondents, the number of hypertensive patients 38 hypertension patients (52.8%) Received poor support from his family and the number of hypertensive patients as much as 34

hypertension patients (47.2%) Received poor support from her family. According to the gender of 25 patients (34.7%) with man and female gender as much as 47 patients (65.3%) woman gender. Out of a total of 72 hypertensive patients were known that the number of hypertensive patients who had bad treatment from health officers of 40 patients (55.6%) and the number of hypertension patients who received good treatment from health personnel as much as 32 patients (44.4%).

### 3.2 Bivariate Analysis

According to table 2, in the variable distance proportion in the control group is from 72 respondents, obtained in the participation of hypertensive patients on Prolanis the highest proportion of the highest hypertensive patients with a distance from the Puskesmas, namely As many as 36 patients (75%) and obtained in the participation of hypertensive patients on Prolanis the highest proportion in the case of the group is hypertensive patients with a close home distance from health centers, namely as many as 15 patients (62.5%). In the family support variables of 72 respondents on The participation of hypertensive patients on Prolanis the highest proportion in the control group is a hypertensive patient who does not have a family support well that is as much as 38 patients (79.2%) And in the participation of hypertensive patients on Prolanis the highest proportion in the case of the group is a hypertensive patient who had good family support as much as 24 patients (100%). In the gender variable of the 72 respondents, obtained on the participation of hypertensive patients on Prolanis

the highest proportion in the case of the group is hypertensive patients with female gender as much as 19 patients (79.2%) And in the participation of hypertensive patients.

In Prolanis the highest proportion in the control group is patient hypertension with female gender as much as 28 patients (58.3%). In a health personnel variable from 72 respondents, obtained in the entry of hypertensive patients on Prolanis The highest proportion of the case is hypertension patients who have good category for health personnel as much as 24 patients (100%) and obtained in the participation of hypertensive patients on Prolanis the highest proportion in the control group is a hypertensive patient who has bad category for health personnel as much as 40 patients (83.3%).

### 3.3 Discussion

#### 3.3.1 Distance

Utilization of healthcare services according to Kemenkes (2010) can be influenced by several factors such as the affordability of the location of services, types, and quality of services available, as well as the affordability of information. Access to the health services referred to in this case is the distance that is far away from the house or place of residence into the center where the activities of health services for the community in the region. According to the (Ministry of National Education (2005), the distance is the space of the gap (long or distant) between two objects or places that is the distance between the house and Puskesmas. The

Table 2: Proportion of hypertension patient participation in Prolanis year 2019.

Variabel	Participant		Participation Hypertension Patient Not a participant		P-Value	OR (95% CI)
	N	%	N	%		
Distance						
Much	9	37,5	36	75	0,005	5,000 (1,744- 14,338)
Near	15	62,5	12	25		
Family Support						
Good	0	0	38	79,2	0,000	0
Bad	24	100	10	20,8		
Gender						
Woman	19	79,2	28	58,3	0,137	2,714 (0,868- 8,847)
Man	5	20,8	20	41,7		
Health officers						
Good	0	0	40	83,3	0,000	0
Bad	24	100	8	16,7		

results showed patients who visited Puskesmas where Prolanis activities carried out more that had a home distance of  $> 1$  km, where the respondents visited the Puskesmas only to take medication when they were sick so they To visit when important circumstances. Access to transportation to reach the health center of respondents can only use Ojek transportation because there is no public transportation from the city through the front or around the north ban Puskesmas when reached on foot can take 18-30 minutes. Based on the results of observation conducted by the researcher's geographic location of North ban Puskesmas more leads near the border with district Ciledug. The location of a beautiful prohibition Kelurahan different from the 3 other Kelurahan that is built by the Puskesmas ban North is further away and integral areas with large highways that make the public access the city general vehicles 2 times the vehicle is the first by public transportation in the second city by using Ojek. This becomes most of the respondents easy to feel tired, nobody drove and need to charge a community barrier to come to visit the Puskesmas North ban.

### 3.3.2 Family Support

A family is a group that has a very important role in developing, preventing, adapting and or correcting health problems found in families. To achieve the healthy behavior of the community, it must begin in each family order. A family is a conducive place for the growth of healthy behavior for children as a candidate for the community, the promotion is a role (Notoatmodjo, 2010). Nearly 85% of elderly activities were conducted at home, in the family. It is not easy for the elderly to change the way life adapts to the state of record. They need time to understand, understand and accept different conditions than ever before. Positive support from the family is encouraged by the elderly (Permenkes, 2015). Family support is essential to the Manifesting the prosperous and inner elderly. Birth support can be met or played by anyone but the emotional and inner needs of the elderly require intensive involvement of their families and even strengthening intergenerational relationships (Suardiman, 2011). Based on the results of interviews conducted with the charge of Prolanis at Puskesmas Ban North, the Puskesmas has been doing good cooperation with the family of participants where the family participants participated in motivating participants to follow Prolanis activities such as reminding schedules, giving direction and understanding and

driving elderly to Puskesmas. However, according to family respondents do not support to follow Prolanis by reason only knowing that Prolanis form activities for the elderly with hypertension and do not know all information about Prolanis in terms of benefits, types of activities and free fees in the responsibility of BPJS. According to respondents who have entered the age of seniors, their families have their own busyness such as working, caring for infants, and having other affairs that make respondents almost never accompanied by families during Prolanis activities Last.

### 3.3.3 Gender

Gender is one of the predisposing factors of the exact sociodemography factor. According to the Green theory (2005), It is mentioned that sociodemographic factors such as social status (based on income, education, occupation, living area, and others), age, gender, ethnic groups, family, and history affect the behavior related to Health. Gender variables can be used in grouping goals or individuals for planning purposes. According to Tawakal and Nadjib (2015), Female-type respondents have a greater chance of utilizing chronic disease management programs because women have higher levels of awareness of their illness so that Women are more utilizing chronic disease management programs to prevent the severity of the disease suffered. Based on the results of the study, female-type respondents had a greater chance than men. It is also supported by the age number of female life expectancy according to the year 2018 BPS which is 73.19 years different from the age number of life expectancy of 69.3 years. Other factors besides genetics and male work and behavior are more prone to cause death because women have higher levels of awareness of the illness so that women will go straight to the ministry Health programs in Puskesmas to prevent the severity of the illness.

### 3.3.4 Health Officer

According to Prolanis Handbook, Home Visit is a health service activity by visiting the House of participants to give information/health education and environment for the participants of Prolanis and his family (BPJS, 2015). According to LAW RI No. 36 the Year 2014 health workers, health workers should give motivation in the form of providing important information about chronic diseases as well as how complications will occur if not performed prevention. Prolanis activity itself has been active

but there are still many patients with hypertension who do not utilize the program, this is because the sufferers who are not interested in the activities or officers who are less socialize activities Prolanis. Based on interviews with health workers themselves, they claim that Prolanis is a new program and does not have a specific SPO regarding the implementation of the program. This makes the health worker does not make Prolanis as a priority program so that there is no special activity to socialize the benefits of this program to the community. Officers stated that they will give the activity if the patient has repeated treatment.

## 4 CONCLUSION AND ADVICE

### 4.1 Conclusion

Hypertension patient participation in Prolanis obtained the proportion of hypertension patients not participants as much as (66.7%). Distance to the participation of hypertensive patients on Prolanis obtained the proportion of hypertensive patients with a remote home distance of (62.5%). Family support for the participation of hypertensive patients on Prolanis obtained the proportion of hypertension patients who received poor support as much as (52.8%). Gender to the participation of hypertensive patients on Prolanis obtained the proportion of hypertension patients with the gender of women that is as much (65.3%). Health officers on the participation of hypertensive patients on Prolanis obtained the proportion of hypertension patients did not get the good treatment from the health officers as much as (55.6%). Based on the results of the study stated that there is a relationship between distance, family support and the role of health officers with the participation of hypertensive patients on Prolanis.

### 4.2 Advice

PHC can cooperate with the village for the implementation of this Prolanis can run in the office of the village that is built by Puskesmas ban North in order to be closer to the participant's house and also can attract more participants. The PHC can also include families in a program so that families can better understand health and care about the health of their family members. Health officers are expected to expand information about the activities and benefits of Prolanis activities can be a pamphlet or animated advertisement that can be displayed on the

TV waiting room Puskesmas so that it can spur patients motivated to Follow the activities of Prolanis.

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