

## Counseling To The Women's Farmers Association About Emergency Management In The Community "Training On Cardiopulmonary Resuscitation (Cpr) And Management Of Febrile Seizures

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**Abstrak:** Emergency action is an action that is immediate and occurs at any time, if we are not prepared for this situation then there are not many victims who can be saved. RJP training with basic techniques or what is called Basic Life Support (BLS) or also known as Basic Life Support (BLS) with phantom Resuscitation can increase participants' knowledge significantly even though those given the training are lay people (Putri et al., 2019). Many emergency incidents occur outside hospitals, both due to injuries such as accidents, cardiac arrest and respiratory arrest in the city of Padang.

As for community service activities, on June 11 2024, community service was carried out by the women's farmer association organization, through training or counseling, so that the community knew how to properly treat patients with respiratory arrest and cardiac arrest. The aim of community service in the community is to increase knowledge and skills regarding Emergency Management in the Work Environment and Local Environment "Cardiopulmonary Resuscitation Training"

**Keywords :** CPR, Febrile, Seizures, Training

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## INTRODUCTION

An emergency is a sudden event that demands immediate action which may be due to an epidemic, natural event, technological disaster, dispute or human-caused event (WHO, 2012). Emergency conditions can occur as a result of trauma or non-trauma which can result in respiratory arrest, cardiac arrest, organ damage and/or bleeding. An emergency can happen to anyone and anywhere, usually occurs quickly and suddenly so that no one can predict it. Therefore, appropriate



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and immediate medical emergency services are needed so that emergency conditions can be resolved. With a complete understanding of the basic concepts of emergency care, death and disability rates can be reduced as low as possible (Sudiharto, 2014). Emergency action is an action that is immediate and occurs at any time, if we are not prepared for this situation then there are not many victims who can be saved. RJP training with basic techniques or what is called Basic Life Support (BLS) or also known as Basic Life Support (BLS) with RJP guidelines can significantly increase participants' knowledge even though those given the training are lay people (Putri et al., 2019).

The Medical Emergency Service System (PKM) is a community emergency response program for residents who are injured or sick and require urgent treatment. The medical emergency service system begins from the pre-hospital phase. The pre-hospital phase begins when people provide first aid or call the emergency medical team. It continues with rescue and emergency medical treatment at the scene and during transportation to the hospital (Boswick, 2016). The community in question is ordinary people who are the first people to find victims or patients who have experienced disaster or trauma (Mongkau, 2018). The public must know what the PKM system is and how to do it. They need to know various ways to get medical help (Boswick, 2016). One form of medical assistance that needs to be had is Basic Life Support.

Basic Life Support (BLS) is the main foundation used to save someone who is experiencing cardiac arrest. BLS consists of identifying cardiac arrest and activating the Integrated Emergency Services System (SPGDT), early Cardiopulmonary Resuscitation (CPR) and cardiac shock using an automated external defibrillator (AED) or automatic cardiac shock device (Association, 2020). mil, 2016). Cardiac arrest events outside the hospital or better known as Out of Hospital Cardiac Arrest (OHCA) are the most frequent heart attacks and are one of the focuses of health problems in the world (Yunanto et al., 2017).

The number of heart attack deaths worldwide according to the American Heart Association reached at least more than 17.6 million deaths per year in 2016 which is expected to continue to increase to 23.6 million in 2030. In America, heart disease accounted for 363,452 deaths in 2016 and contributed The incidence rate is 605,000 new attacks and 200,000 recurrent events according to data from 2005 to 2014, so it is estimated that there is a heart attack every 40 seconds (American Heart Association, 2019). In Indonesia, the incidence of heart disease which causes death has reached 26.4%. With the number of coronary heart disease 2% and heart failure 0.43% and it is estimated that 30 people suffer cardiac arrest every day (Agency for Health Research and Development, 2013). Meanwhile in Japan there were 70,000 reported cases of OCHA (Yamada et al., 2016) and in Indonesia it is estimated to reach 43,200 cases out of 4.8 million live births (Indonesian Association of Cardiovascular Specialists (PERKI, 2019).

Due to the high incidence of cardiac arrest and the actual aid techniques which are simple and can be done by anyone, community members need to be introduced and taught about what and how to recognize someone who is in cardiac arrest and how to provide aid using Hands-Only CPR, so that

many human lives were saved. As a form of implementation of the Tri Dharma of Higher Education, the Faculty of Anesthesiology Nursing is called upon to provide an introduction and learning about aid to cardiac arrest victims in the community, whether in an office, campus, school or community environment, by learning CPR with compression only or Hands-Only CPR. Because we believe, even if someone who has studied cannot remember all the steps to help perfectly, it is important for someone to want to help. Help, even if imperfect, is better than no help at all.

A child's condition with a fever has become a problem that can make parents or caregivers panic. Fever can occur as a reaction of the immune system in fighting viral, bacterial, fungal or parasitic infections that cause disease. Some diseases that often cause fever are flu, sore throat, and urinary tract infections (Cing et al., 2022). Seizures can be defined as sudden and very brief or temporary changes in brain function which can be caused by abnormal activity and excessive cerebral electrical discharges. Fever Seizures are seizures that occur when body temperature rises (rectal temperature above 38°C) caused by extracranial processes (Indrayati & Haryanti, 2020). The incidence of febrile seizures varies in several countries. According to the World Health Organization (WHO), the prevalence of children with febrile seizures in the world is more than 21.65 million and deaths in children due to febrile seizures are more than 216 thousand (WHO, 2023). The incidence of febrile seizures in Indonesia based on the Indonesian health profile in 2018 was reported to be 14,252 sufferers (Ministry of Health of the Republic of Indonesia, 2019). In Central Java province itself, there has been a recorded increase in the percentage of febrile seizures by 2-5% every year (Utami & Rizqiea, 2021). Often mothers are only armed with myths when treating children who have febrile seizures by giving cold water to babies or toddlers who experience them. Not a few mothers are too late in providing help due to a lack of knowledge and panic when facing their son who has a seizure. The mother's panic which causes mishandling includes giving her a drink, holding her tightly, or even being unprepared even though they know her son often steps. Even though giving a drink to someone who is having a seizure causes water to be aspirated into the lungs and can result in death, not having a thermometer is also a major mistake for parents who clearly know that their child is prone to having seizures, and holding too tightly a toddler or baby having a seizure can also cause injuries or fractures. (Nurul Abidah & Novianti, 2021).

First aid in an effort to prevent febrile seizures is very important, but the problem is that many parents or families do not know enough about first aid for children with febrile seizures. Based on the problems that arise, the solution that will be taken is to carry out community service related to the correct and appropriate management of febrile seizures in children. Partner problems in the city of Padang include the still high number of cases of cardiac arrest or respiratory arrest and febrile convulsions, there are cases of disease that contribute to the increase in emergency conditions in the community, lack of information about initial treatment and lack of knowledge and skills about first aid or initial treatment in emergency cases in public. Therefore, the community, especially the Women's Farmers Association organization, needs to obtain

information and skills regarding initial emergency management with Basic Life Support (BLS) and Management of Fever Seizures.

A volunteer is a person or group of people who have the ability and concern to work voluntarily and sincerely in disaster management efforts. Volunteers have a strong desire to provide help, but the characteristic of volunteers is that they do not have adequate resources such as funds or logistics. Everyone needs to have the ability to handle cardiac arrest and febrile seizures, even lay people, including volunteers. By having the ability to handle cardiac arrest and febrile seizures, volunteers can become more specific volunteers in the health sector.

## METODOLOGI

This community service was carried out at the Women's Farmers Association Organization in the Aie Pacah sub-district, Padang City, West Sumatra Province.

1. Day/Date: Tuesday, June 11 2023
2. Hours: 10.00 WIB
3. Permission to location: June 10, 2023
4. Implementation: June 11, 2023
5. Evaluation Monitoring: June 12 2023
6. Participants: Residents of the women's farmer association organization

The method for implementing this community service activity on Tuesday, June 11 2023 is as follows:

Preparation stage, namely carrying out permits and determining the location and participants of the women's farmer association organization to carry out activities in the form of counseling, training and mentoring activities. And then Implementation stage, at this stage activities are carried out which include: Health education to cadres regarding initial emergency management with BLS and febrile seizures as well as the evacuation process, Provide education about BLS and febrile seizures by conducting training or modeling BHD actions, then mothers/fathers repeat the training or model these actions. The aim is to know about the initial treatment of emergencies by carrying out BLS and managing febrile seizures and being able to carry out BHD and managing febrile seizures, Workshop for cadres on initial management of BHD and management of fever seizures. Establishment of a health assistance group for residents with community empowerment aimed at increasing residents' knowledge about handling CPR and febrile seizures. Evaluation stage, evaluating the program that has been carried out and following up on the results of the evaluation

## RESULTS AND DISCUSSION

The type of community service carried out is Community Service (PKM). The methods used include education and training on the use of phantom CPR, presentations using power point, and leaflet media. In the initial emergency treatment of patients with cardiac arrest and respiratory arrest, CPR on the phantom is carried out. Treating patients with febrile convulsions is done by providing an airway, do not tie or restrain the victim, loosen all clothing. There is a flow of activities carried out in Community Service activities.

In accordance with the method used, it is in the form of providing education and training with a pre-post control group. Where only 1 group was given education and training using phantom CPR. The pre-test and post-test were carried out using a questionnaire that had been modified from several research results. Participants in this community service activity are cadres in the women's farmer association organization who have an interest in the health sector. There were 20 women farmer association organizations that took part in counseling about CPR and Management of Fever Seizures. Efforts to increase the knowledge of mothers and fathers of women's farmer association organizations in knowing how to handle CPR and febrile seizures can be done through training and counseling on Initial Emergency Management. The counseling or community service was attended by 20 mothers/fathers of women's farmer association organizations. The process of this outreach activity went well and smoothly. The majority of targets were enthusiastic about the training process, this was marked by interactive discussions between the presenters and the audience. The majority (95%) of mothers/fathers do not know how to handle emergencies or carry out CPR, especially if someone experiences respiratory or cardiac arrest. After training and evaluation, mothers/fathers of women's farmer association organizations who take part in this counseling will be able to understand the benefits of treating patients with cardiac arrest and respiratory arrest that occur around the work environment, especially if there are mothers/fathers or family members who experience respiratory or cardiac arrest.

Apart from carrying out this counseling, we from the outreach team also provide information on how to carry out CPR and treat febrile seizures. The education team gave an example of how to carry out CPR with phantom CPR, then the health education team gave ordinary people the opportunity to try RJP with phantom by accompanying them and giving them the correct way to do it. The success of training is influenced by several factors, such as training activities, the material to be delivered where the speaker can master the material and the intended targets, the condition of the participants, the implementation process, the facilities used and the methods used. The method used in this service is by providing material using power point media and using leaflets and how to carry out CPR and Management of Fever Seizures correctly. The material provided is education regarding increasing the knowledge and skills of mothers/fathers of women's farmer association organizations in handling RJP actions and management of febrile convulsions, counseling regarding initial handling of CPR actions and management of febrile seizures using power point presentations and leaflets.

There were 20 mothers/fathers who took part in counseling or training for handling CPR and Management of Fever Seizures. Before the activity begins, participants complete a pre-test. After presenting the material, the participants were given the opportunity to practice RJP actions on the RJP phantom. As a result of the community service, students were able to carry out CPR and management of febrile seizures. The implementation of community service continues by providing education in handling CPR and managing febrile seizures. By providing education on CPR measures and management of febrile seizures. This material was presented by Yenni Elfira, Fatimah, Irwadi, Iswenti Novera, Ikhsan Amran and Leo who is a nurse and also a lecturer at the Anesthesiology Nursing Study Program at Baiturrahmah University. Providing education about RJP actions through leaflets and power point presentations is an effective way to convey important information about recognizing and handling emergencies. There were 20 participants who took



part in this training. The response from the mothers/fathers was very good, there were 8 questions and 10 questions from the presenters that could be answered by the participants. Monitoring and evaluation of community service activities is carried out by giving questionnaires to participants before and after training activities. In implementing community service, there is an obstacle, namely synchronizing implementation time. This is because mothers/fathers have quite busy schedules, so they need adjustments in carrying out community service. As a recommendation for the follow-up plan, it is hoped that mothers/fathers can continuously provide direction and guidance to the local community regarding the initial treatment of CPR and management of febrile seizures..

## CONCLUSIONS

From the results of community service, it was found that many people did not know what the act of carrying out RJP was, when RJP was carried out, and for what purpose it was carried out. After providing education and direction to the public, people understand why CPR is carried out on patients who experience cardiac arrest and respiratory arrest. For patients who experience febrile seizures, the counseling team provides education using leaflets, namely the management of febrile seizures. With counseling or training on how to carry out initial emergency treatment, you will know how to do it well and correctly. Routine counseling and training for all groups in society in various places where emergency situations may occur so that people begin to be able to carry out CPR appropriately. Further education activities can combine simulation methods and self-directed videos on knowledge, attitudes and skills in cardiopulmonary resuscitation (CPR) using the i-carrer cardiac resuscitation mannequin.

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