

# Primary Medical Care in Rural Areas Progress Report

📍 SUMBA TIMUR , NTT

2023 / 03



kawan  baik

 FAIR FUTURE  
FOUNDATION



# 2ND PHASE REPORT

This report describes the activities of Basic Medical Care training in rural areas and the performance monitoring of participants in the villages after the training.

This training aims to improve the quality of healthcare services in East Sumba. The training includes Primary Medical Care, disease prevention, and health education.

After the training, participants are monitored to assess their performance in providing healthcare services to the community. Overall, this training has successfully improved the quality of healthcare services in the villages or the places where they work.



## No. 01 — Training

Report on the implementation of Training conducted by the Foundation team and local partners at Charis School Waingapu.



## No. 02 — Monitoring

Report on the implementation of training participants in the field, which serves to evaluate the progress and results of the ToT Basic Medical Care in the third month







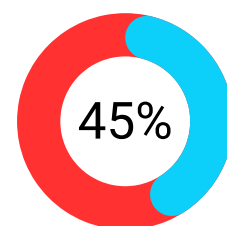
# 01 TRAINING REPORT

## PRIMARY MEDICAL CARE Training for the Trainer (ToT)

"On December 15th and 16th, 2022, we held a Primary Medical Assistance Training for non-professionals at Charis School Waingapu Sumba. This training was conducted to improve the knowledge and skills of non-professional workers in providing basic medical care to people in need in the areas where they live or teach."

## PARTICIPANTS

This training was attended by **48 participants** from non-professional medical field, including early childhood education teachers, kindergarten teachers, primary school teachers, health volunteers from Public Health Centre (Puskesmas), and volunteers. The participants came from various backgrounds, ages, and educational levels. The participants' domicile distribution came from **10 districts out of 22 districts in East Sumba**.



**10 out of 22 districts  
in East Sumba  
participated in the  
training**

# PARTICIPANTS "KAWAN SEHAT AGENT"

They are "**Kawan Sehat Agent (Healthy Companion Agents)**", training participants who are expected to become role models and help others in maintaining their health and preventing diseases.





# TINDAKAN PERTAMA JIKA TIDAK ADA



MODUL AJAR | KAWAN SEHAT

DISUSUN:

kawan**sehat**

DIDUKUNG:

FAIR FUTURE FOUNDATION

## MATERI

The Basic Healthcare Training materials have been tailored to the needs of the participants. In the first phase, we conducted research with various stakeholders involved in the medical profession, educators, and traditional practitioners in Sumba Timur. The modules used in this training were compiled from various sources.

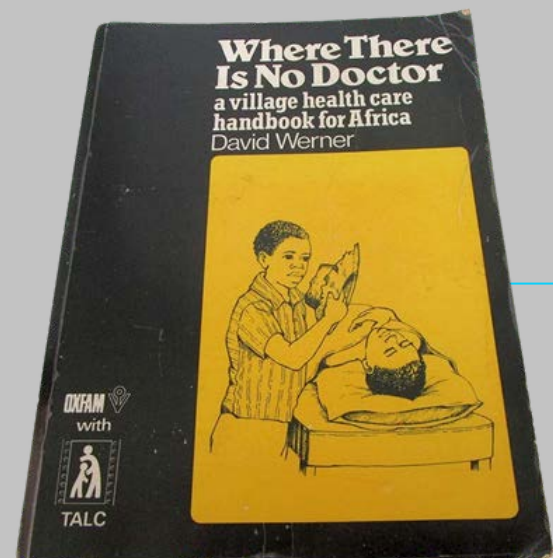
## MODUL

1. The teaching module "Tindakan Pertama Jika Tidak Ada Dokter" adopts the book by David Werner titled "Where there is no Doctor."
2. The teaching module also includes an illustration module for "Kawan Sehat."

## Teaching Module

"Tindakan Utama jika tidak ada Dokter" adopts from "Where There Is No Doctor" David Werner

The teaching module for teachers contains more in-depth and technical material and information about basic health, such as human anatomy and physiology, communicable and non-communicable diseases, first aid for accidents or emergencies, and so on. This module is intended to provide the knowledge and skills necessary for mentors or trainers to provide training to participants in the training



### D. CARA MENGATASI PENDARAHAN AKIBAT LUKA

1. Letakkan bagian yang terluka lebih tinggi dari badan.
  2. Gunakan sepotong kain bersih untuk menekan langsung pada luka. Kalau tidak ada kain, tekanlah dengan tangan Anda. Lakukan terus sampai darah berhenti. Mungkin perlu waktu 15 menit, kadang hingga 1 jam atau lebih.
  3. Jika dengan cara penekanan perdarahan belum juga berhenti, lakukan hal-hal berikut:
- Tetap menekan luka.
  - Jagalah agar bagian-bagian yang terluka berada setinggi mungkin.
  - Jika luka terjadi pada tungkai atau lengan, ikatlah tungkai atau lengan sedekat mungkin dengan lukanya antara luka dan badan. Ikatannya dikencangkan agar dapat mengatasi perdarahan.
  - Untuk mengikatnya, gunakan kain yang dilipat-lipat atau ikat pinggang yang lebar. Jangan sekali-kali memakai kawat, tali atau tambang yang tipis.

#### PERHATIAN

1. Anggota gerak dilikat hanya apabila perdarahannya hebat dan tidak dapat dikendalikan dengan penekanan langsung pada luka.
2. Longgarkan sebentar ikatannya tap setengah jam untuk mengetahui apakah ikatan ini masih diperlukan dan untuk membiarkan darah mengalir. Ikatannya yang dibiarkan terlalu lama sangat berbahaya karena dapat merusak lengan atau tungkai sehingga lengan atau tungkai tersebut terpaksa harus dipotong.
3. Jangan menggunakan barang-barang yang kotor, minyak tanah, kapur, atau kopi untuk menghentikan perdarahan.
4. Jika perdarahan atau lukanya parah, letakkan kedua kaki lebih tinggi daripada kepala. Hal ini untuk mencegah shock.



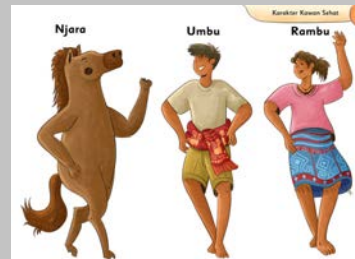
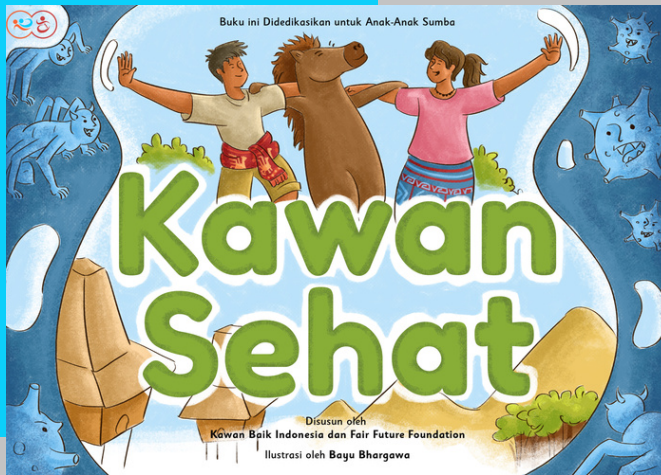
arah di sela-sela jari-jari tangan, pada telapak tangan, dan pada bagian-bagian lain dari tubuh. Tindakan ini akan mencegah infeksi. Tindakan ini akan mencegah infeksi. Tindakan ini akan mencegah infeksi.

alasan penting ialah menjaga agar tulang tidak patah. Tindakan ini akan mencegah infeksi. Tindakan ini akan mencegah infeksi. Tindakan ini akan mencegah infeksi.

letak yang benar, sebaiknya jangan mencoba memperbaiki tulang yang patah. Tindakan ini akan mencegah infeksi. Tindakan ini akan mencegah infeksi. Tindakan ini akan mencegah infeksi.

etika kita mencoba membetulkan letak tulang yang patah, kita akan menyebabkan infeksi. Tindakan ini akan mencegah infeksi. Tindakan ini akan mencegah infeksi.





## Modul Ilustrasi "Kawan Sehat"

In addition, the illustrated story module is intended for children or students. This module contains exciting and easily understandable stories with attractive illustrations so children or students can easily understand basic health concepts such as hand washing, personal hygiene, and health care. The most exciting part of this module is the illustrations featuring the everyday lives of children living in rural Sumba.

The characters **Njara (Horse in the Sumbanese language)**, **Umbu (a term used for boys in the Sumbanese language)**, and **Rambu (a term used for girls in the Sumbanese language)** in the Kawan Sehat module with these illustrations can be used as teaching aids to enhance children's or student's understanding and awareness of health and well-being.

### Tema

Karakter Kawan Sehat  
Ayo Mandi  
Usir Kutu  
Membersihkan Telinga  
Mari Rawat Gigi  
Yuk Potong kuku  
Makan dan Minum yang Sehat  
Mari Berkebun  
Manfaat Makan Sayur  
Merawat Luka  
Pahappa Bukan untuk Anak  
TANGKIS

### Daftar Isi

Njara, Umbu dan Rambu .....	1
Ayo Mandi dengan Sabun dan Sampo.....	2
Bahaya Mandi dengan Deterjen.....	3
Keramas dan Menyisir Rambut Cegah Kutu (i).....	4
Keramas dan Menyisir Rambut Cegah Kutu (ii).....	5
Jemur Kasur dan Bantal juga Mencegah Kutu.....	6
Badan Bersih, Kutu pun Pergi.....	7
Nyanyian Jungga.....	8
Bersihkan Telinga Bola Pembersih Telinga.....	9
Sikat Gigi 2 Kali Sehari.....	10
Cara Memotong Kuku yang Benar.....	11
Minum Air Putih Matang Sangat Penting.....	12
Bantu Mama dan Bapak Berkebun Yuk!.....	13
Makan Sayur agar Badan Kuat dan Sehat.....	14
Rawat Luka yang Benar.....	15
Pahappa Bukan untuk Anak-anak.....	16
Ku Kenali Tubuhku untuk Menjaga Tubuhku.....	17
Kami adalah Kawan Sehat!.....	18





The training is conducted for 14 sessions of 45 minutes over the course of 2 days and covers several topics, including:

## CHAPTERS

- Traditional medicine and common beliefs in the community
- Confusing illnesses
- How to examine sick people
- How to refer sick people to health facilities
- Natural healing methods
- Proper and improper use of modern medicine
- First aid in emergencies
- Disease prevention
- Minor diseases with fatal consequences
- Skin problems
- Eye problems
- Gum, teeth, and mouth problems
- Health and illness in children
- Proper medicine storage







## FIRST AID KIT

Providing a P3K box (First Aid Kit) to training participants aims to provide protection and first aid to accident or emergency victims who require temporary medical treatment before receiving further medical assistance from healthcare facilities.

In addition, providing a first aid kit (P3K) aims to increase public awareness and knowledge of the importance of first aid in accidents or emergencies. By having a P3K kit and knowing how to use it, participants can be better prepared and trained to provide first aid in accidents or emergencies that require temporary medical treatment.

## MEDICINES

1. Alkohol
2. Betadine
3. Minyak Kayu Putih
4. Sisir Kutu
5. Pembersih Telinga
6. Gunting Kuku
7. Insto
8. Cendo Xitrol
9. Caviplex - Vitamin
10. Obat Alergi Dewasa/Anak - Cetrizine
11. Norit
12. Salep Jamur - Ketoconazole
13. Obat luka Bakar - Bioplacenton gel
14. Obat Cacing - Wormetrin
15. Paracetamol Dewasa - Tablet
16. Obat Batuk Dewasa - OBH itrasal syrup
17. Ibuprofen
18. Obat Flu Dewasa - Demacolin
19. Obat Flu Anak - Tremenza syrup
20. Obat Batuk Anak - OBH Combi anak
21. Paracetamol Anak - Sanmol Syrup

## TOOLS

1. Medicrope bandage 7.5 X 4.5 (Option)
2. Medicrope bandage 15 X 4.5 (Option)
3. Sterile gauze
4. Safety pins
5. Triangular bandage
6. Latex gloves (50 pairs)
7. Medical mask
8. Medical scissors
9. Onemed Alpha 1 digital thermometer
10. Hand sanitizer (disinfectant)
11. Hansaplast spray
12. Hansaplast plaster.



# THE TRAINING METHOD

The training is conducted through a method of delivering the material by the speakers, followed by discussions and simulations. Participants are encouraged to actively participate in discussions and simulations, allowing them to practice the skills they have learned directly.



# TRAINING RESULT

---

After the training, participants will have basic knowledge and skills in providing medical care to patients. Participants will also be able to recognize emergency signs and take appropriate first-aid measures for patients. Participants also reported feeling more confident in providing primary medical care with the knowledge, medications, and medical supplies in the P3K kit they possess.

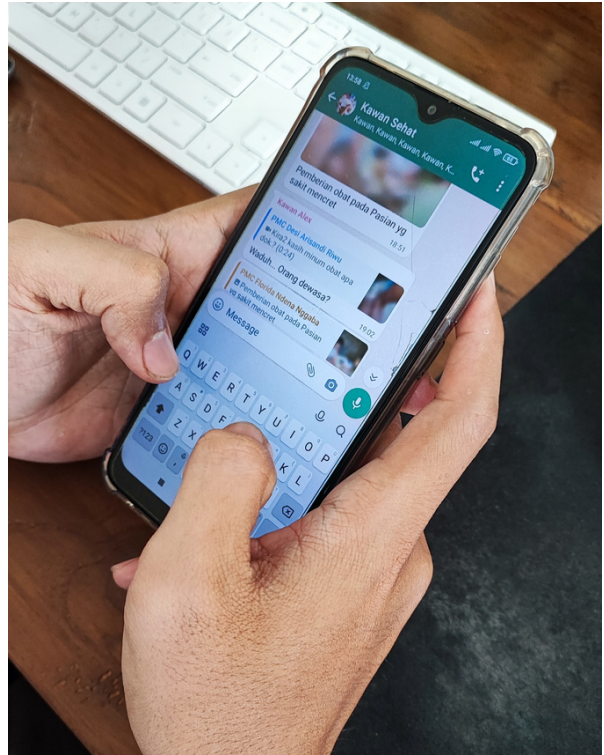
This basic medical care training for non-professionals is an initiative to provide comprehensive medical care for East Sumba's most vulnerable and underserved groups. The exercise allows non-professionals closest to vulnerable groups in their area to acquire basic knowledge and skills in providing medical care. It is hoped that this training will benefit the participants and the community.

---

# 02 MONITORING REPORT

## Monitoring Media "WhatsApp Grup KAWAN SEHAT"

The goal of WhatsApp Group is to keep track of any medical actions or treatments, identify potential issues or crises, track cases, and stay informed on health issues and solved issues.



## MONITORING

The knowledge transfer, conducted through training and capacity building of non-medical personnel in emergency response and disease prevention, is monitored for three months.

After the training, the Kawan Baik team formed a WhatsApp group consisting of participants, medical professionals who also served as training mentors, and foundation team members.

This group is dedicated as a platform for interaction among training participants while handling cases encountered in the teaching environment or community groups where they live, with the guidance of experts.



# MESSAGES FROM "KAWAN SEHAT AGENTS"

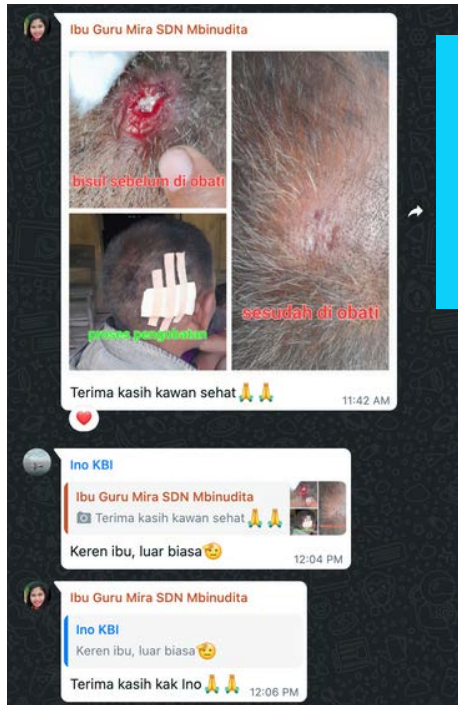


*"Good morning, Doctor and friends. Two of my students have their legs like this. Please suggest a solution." - Miss Mira - Mbinudita Elementary School.*

*"Today, I treated a child injured by a machete." - Miss Katrina - Kasih Bunda Lapinu Early Childhood Education Center.*

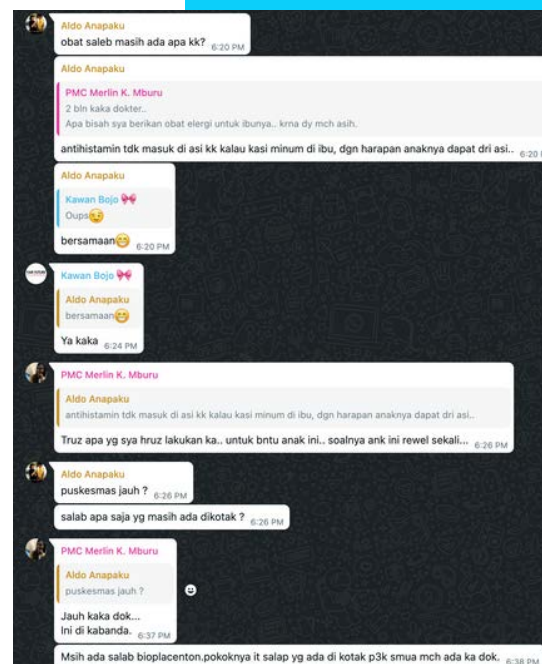
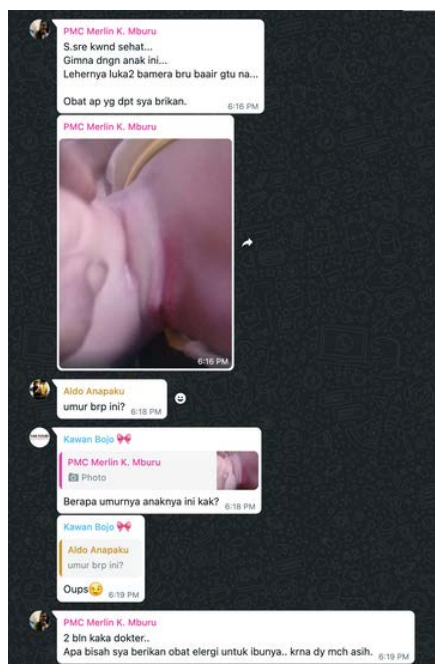


# MESSAGES FROM "KAWAN SEHAT AGENTS"



*"Progress before and after wound treatment of Teacher Mira - Mbinudita Elementary School."*

*A consultation session with a teacher based on field cases encountered and actions that can be taken before referring to health facilities.  
Merlin - Charis Lamba Awang*







# PROGRESS

Our monitoring period started from December 2022 until February 2023. During this time, we measured the effectiveness of the training and ensured that the participants had acquired the necessary knowledge and skills.

Our specific goal was to provide guidance to non-professional personnel in the field on how to handle cases under the supervision of medical experts, in order to maximize service results. At the same time, we identified trends in current health issues to be examined in future efforts.

By conducting monthly monitoring and reporting, we can ensure that trends in cases found in the field can be tracked. In the next phase, participants can request a refill of their first aid kit according to the procedures set by the team.





The female participants dominated this training, which can have several positive implications for the community.

**First**, women are usually more skilled in providing healthcare and assistance to family members and those around them.

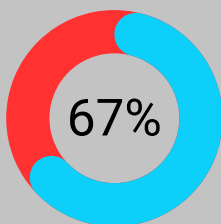
**Second**, if women dominate first aid training, it can strengthen their societal role. In many communities, women are still considered the "caretakers" of the family and are primarily responsible for maintaining family health and well-being.

Women can become more confident and independent in performing this role by having the skills and knowledge of first aid and essential health.

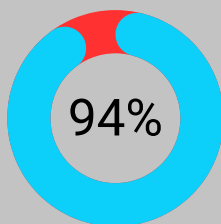
However, it is essential to remember that although women dominate first aid training, training should also be open to everyone, regardless of gender. First aid, basic health skills, and knowledge are essential for everyone, not just women. Therefore, it is important to ensure that first aid training is accessible to everyone, including men and women, without discrimination or specific limitations.

## THE DATA COLLECTED

### Female instructors dominate the training

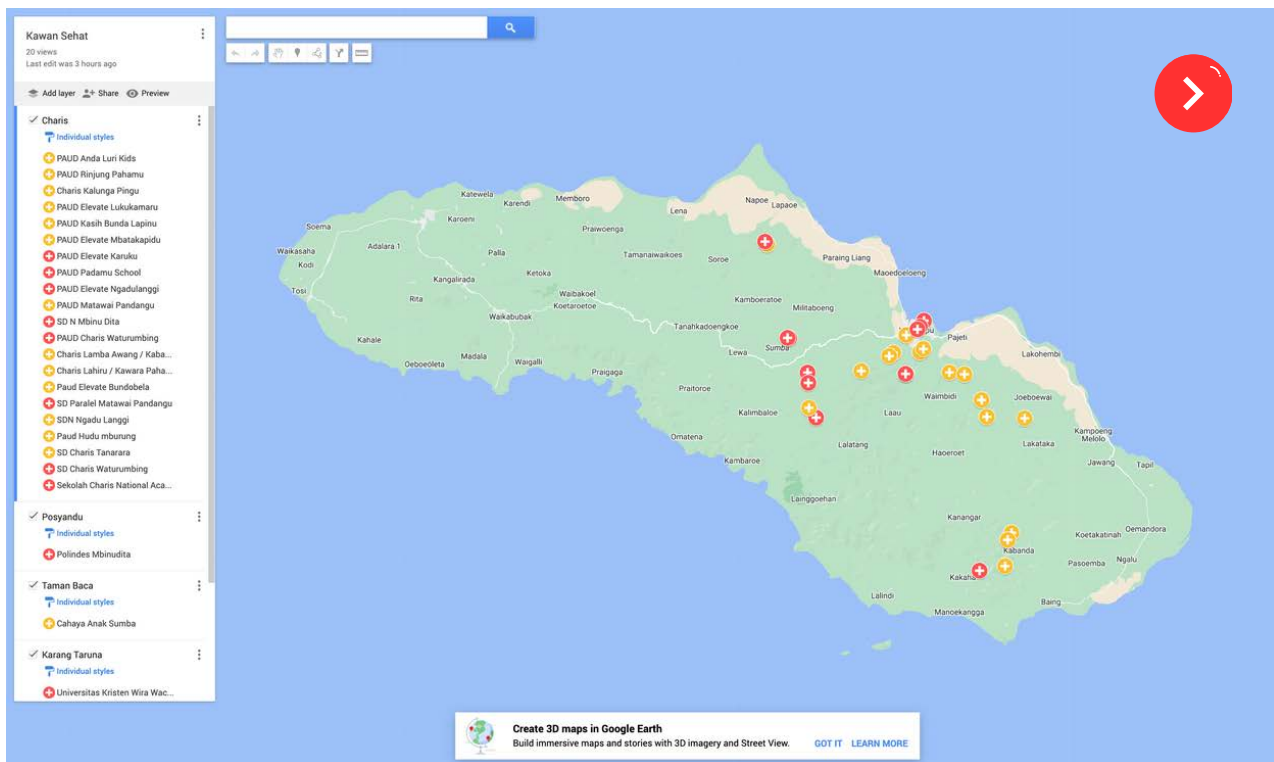


32 participants  
are teachers



45 female  
participants





<https://bit.ly/MapKawanSehat-PMC>

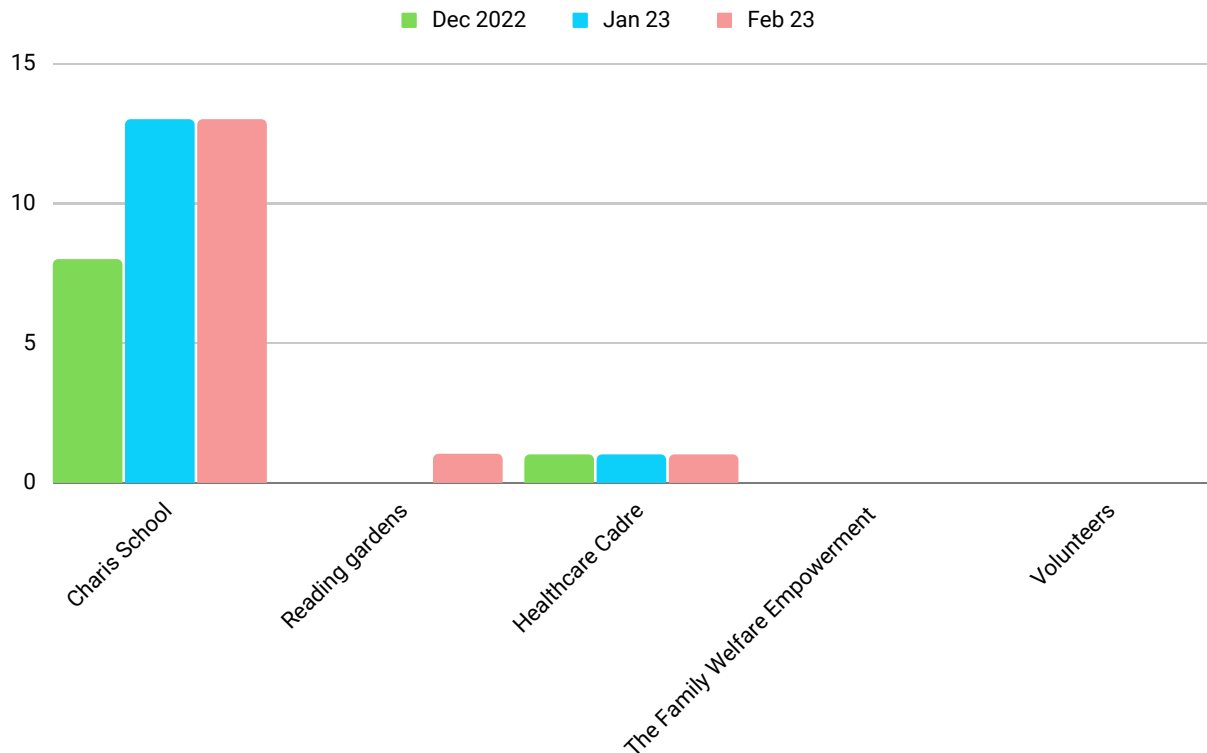
# AGENTS KAWAN SEHAT MAP

Sumba Timur consists of **22 districts**, with **48 participants** in the training program spread across **10 districts**.

- Charis School Sumba sent **29 representatives**, including preschool, kindergarten, and elementary school teachers.
- **Two reading gardens** located in Kota Waingapu and Pandawai also sent representatives.
- **The Family Welfare Empowerment Team (TP PKK)** sent **three** representatives from the village of Dasa Wisma in Kota Waingapu.
- **Mbinudita village** had **six** representatives from their healthcare cadres
- **Eight** representatives from various **communities and foundations**.



# Participant Activity Reporting 2022 - Feb 2023



## NUMBER OF PARTICIPANTS WHO SUBMITTED MONTHLY REPORTS

- December 2022 : 9 participants
- January 2023 : 14 participants
- February 2023 : 15 participants

The media used for communication between participants and the professional medical team is a WhatsApp Group. Participants send information, questions, and field developments through text and photos.

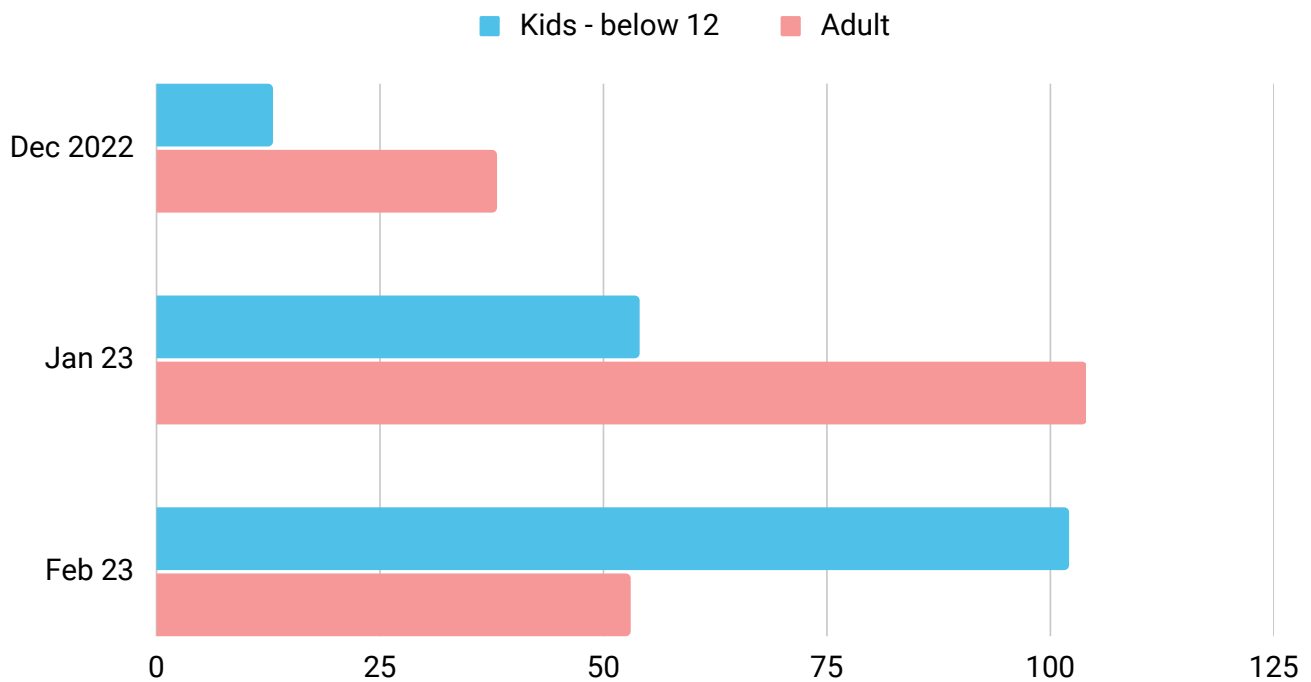
Some participants communicate with the team on WhatsApp in a real-time while with patients. Other participants report post-treatment or even after getting an internet signal to transmit.

This has become one of the challenges during the implementation of this project. Some areas need an internet signal, so the team cannot provide remote assistance. Another challenge is that some participants need mobile phones with a camera feature and have credit for telephone or internet services.



# Patients Domination Ages

## Dec 2022 - Feb 2023



### AGE RANGE

- Kids: 170 patient
- Adult: 195 patient

### TOTAL PATIENTS PER-MONTH

- December 2022: 52 patient
- January 2023: 158 patient
- February 2023: 155 patient

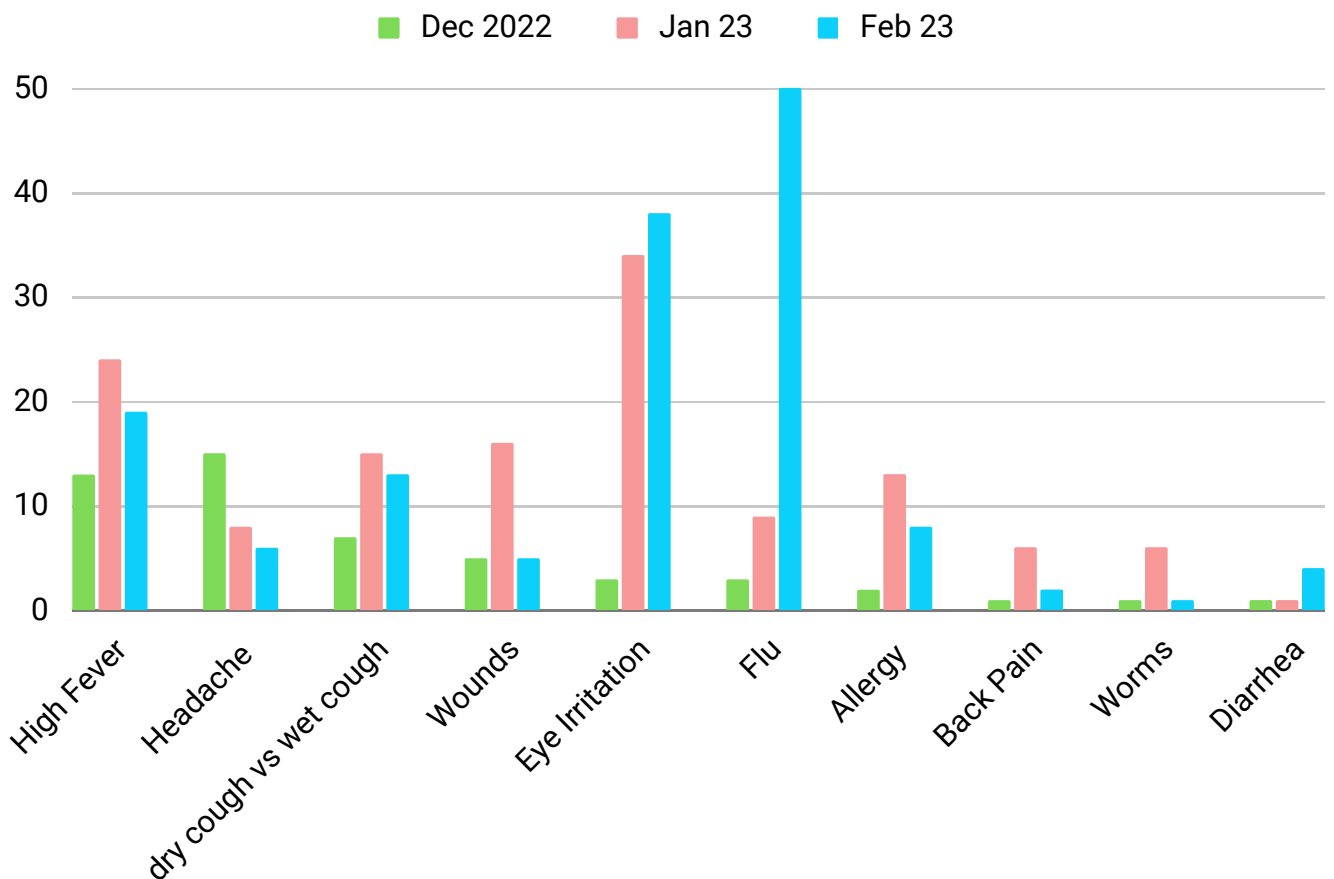
### TOTAL 365 PATIENT

Both children and adults can experience various health problems and require proper and effective care. Children require special care because they are growing and developing and have special health needs. Meanwhile, adults also need health care to maintain physical and mental health, prevent illness, and address various health problems that may arise with age. Therefore, it is vital for everyone, both children and adults, to pay attention to their health and adopt a healthy lifestyle to prevent illness and improve their quality of life.

Efforts to promote health and prevent disease, such as maintaining personal hygiene and health, adopting a healthy lifestyle, and avoiding risk factors that can trigger conditions, should also be carried out continuously.

## Cases Dominated Dec 2022 - Feb 2023

# Top 10



The top 10 cases in the last 3 months from December 2022 until February 2023 are:

1. Eye irritation,
2. Flu,
3. Fever,
4. Cough,
5. Wounds from sharp objects,
6. Allergy,
7. Headache,
8. Back pain,
9. Worm infestation, and
10. Diarrhea.

These diseases dominate the highest number of cases every month and affect both children and adults.

# Overall Summary

## EXPOSITION

The goal of Primary Medical Care training for non-medical personnel in rural areas is to provide them with the necessary skills and knowledge to respond to medical emergencies and provide initial care to patients before they can be transferred to a medical facility.

This training aims to improve the quality of healthcare in rural areas and increase access to healthcare services for those living in remote and underserved communities. Equipping non-medical personnel with basic medical skills can assist in reducing the mortality rate from common illnesses and accidents that require immediate medical attention.

The training also aims to empower community members to promote health and prevent diseases in their communities actively.

## CLIMAX

Eye irritation can be caused by several factors, such as exposure to chemicals, cigarette smoke, vehicle and plastic waste burning fumes, dust or small particles in the air, excessive sunlight, viral or bacterial infections, or allergies. In-depth research needs to be conducted, and a definite conclusion cannot be drawn as to which areas are frequently affected by eye irritation in a certain population.

However, poor environmental hygiene, air pollution, and harmful habits such as rubbing the eyes with dirty hands can trigger eye irritation. Therefore, educating the public about the importance of maintaining cleanliness and environmental health and adopting a healthy lifestyle to prevent diseases is important.

## CONCLUSION

The pattern of diseases dominated by eye irritation, cough, fever, and headache indicates that most illnesses experienced by the community are mild and common, which can be easily treated and do not require special treatment.

However, the role of health training participants in providing appropriate services and preventing worse conditions without early treatment is crucial to improving the community's quality of life. Efforts to promote health and prevent diseases should also be continued to avoid more severe illnesses.



# KAWAN SEHAT IN ACTION

In implementing the knowledge gained during training and using the medicines they have, Kawan Sehat takes action to provide healthcare services to the community



# Financial Report

## The 1st trip dan 2nd Primary Medical Care

PRIMARY MEDICAL CARE  
YAYASAN KAWAN BAIK INDONESIA  
2022

Kode Projek : 600.010 - Primary Medical Care  
Koordinator Projek : Ni Luh Putu Paramashanti  
Penanggungjawab Lapangan : Alyuprayitno Umu Makaborang  
Pos Anggaran : Kawan Sehat  
Waktu Pelaksanaan : July - Desember 2022  
Detail Kegiatan : First Aid Kit Activity



No	Deskripsi	Detail						Harga Satuan	Harga Total	REALISATION		BALANCE		Keterangan
1	Distribution of knowledge about health related to clean water and healthy sanitation and firsthand treatment for health problems and accidents													
1.1	Create Modul first Aid Kit	1	package	1	package	1	time	76,810,000.00	Rp 76,810,000	Rp	76,412,377	Rp	397,623	activity 1.2.3 - Trip 3
1.2	Training and visit 6 groups of villagers about health related to clean water and healthy sanitation as well as first-hand treatment for health problems and accidents	1	package	1	package	1	time	33,220,000.00	Rp 33,220,000	Rp	29,173,326	Rp	4,046,674	
1.3	Transfer of knowledge to 40 Teacher of Sekolah Kampung about health related to clean water and healthy sanitation as well as the first handling of health problems and accidents	1	package	1	package	1	time	69,680,000.00	Rp 69,680,000	Rp	73,480,000	Rp	(3,800,000)	
TOTAL ACTIVITY 1		1	package	1	package	1	time	179,710,000.00	Rp 179,710,000	Rp	179,065,703	Rp	644,297	
2	Provision and distribution of first aid kits for Kampung schools and residents as the first treatment for health problems and accidents													
2.1	Provision First Aid Kit	1	package	1	package	1	time	83,850,000.00	Rp 83,850,000	Rp	85,500,000	Rp	(1,650,000)	
2.2	First Aid Kit Distribution	1	package	1	package	1	time		Rp -					
TOTAL ACTIVITY 2		1	package	1	package	1	time	83,850,000.00	Rp 83,850,000	Rp	85,500,000	Rp	(1,650,000)	
TOTAL BUDGET									Rp 263,560,000					
TOTAL DONATION RECEIVED									Rp 264,565,703			Rp	-	

Reported by, 10/03/2023

Ni Luh Putu-Paramashanti

Reviewed By,

Annisa Yoniar



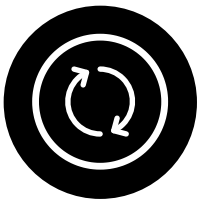
# NEXT...



## **No. 01 – Evaluation Trip**

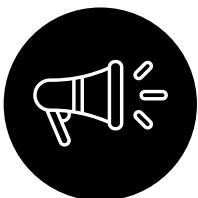
In March, we will visit several locations of active participants who communicate and report cases encountered in the field with project partners.

The team will support the participants' continuing efforts in their living or working environments in the form of in-depth training and support for medications and medical equipment according to their capacity and ability.



## **No. 02 – Primary Medical Care (P.M.C.) Chapter II**

The Foundation team will continue to communicate with the Health Department and partners in East Sumba who have established collaboration for continuing Primary Medical Care (P.M.C.) with participants from other institutions.



## **No. 03 – Periodic Social Service Event & Health Campaign**

Conducting periodic health social service activities with partners in Sumba Timur and providing opportunities for external parties to participate and support the Kawan Sehat health program.



# ACKNOWLEDGMENT

Here are the friends who contributed to this activity:

Coordinator - Ayu Setia Wardani

Donation raising - Elisa Wettstein

Website and database - Cai Tanya and Yehosafat Bezalel W

Financial manager - Niluh Paramashanti

Administration - Annisa Yuniar

Our donors and supporters - Fair Future Foundation

Our partners from Partner Organizations

Fair Future Foundation - Alexandre Wettstein

Charis Sumba School - Ardyanto Kristofel and fellow Charis School teachers

Sumba Volunteer - Dr. Arlando Martino Anapaku and fellow volunteers

Cahaya Anak Sumba Reading Park and Mutiara Anak Sumba - Selia Nangi and Ina Saulisa

Sumbanese Herbalist - Bapak Master

Traditional Massage Therapist - Bapak Kornelis Karipi Wuhi

**We thank you for your continued support in our efforts  
to contribute to the Primary Medical Care project**



#### KAWAN BAIK INDONESIA FOUNDATION

Jl. Kutat Lestari Gg. Amintasari no.5

Sanur, Kec. Denpasar Selatan - 80228

Denpasar, Bali - Indonesia

<https://kawanbaikindonesia.org/>

[info@kawanbaikindonesia.org](mailto:info@kawanbaikindonesia.org)

Project Report can be reached here:

