

Period: Round 2  
November 2023-January 2024

REPORT

# PRIMARY MEDICAL CARE

Restocking of first aid kits and evaluation of health cases found by Kawan Sehat Agents



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# Background

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**Kawan Baik Indonesia** is committed to improving community health services in rural eastern Indonesia through the **Kawan Sehat program**. In line with this commitment, we are continuing the **Primary Medical Care** activities to improve the efficiency, accessibility, and quality of health services Kawan Sehat agents provide. This Primary Medical Care activity is organized with the full support of **Fair Future Foundations**, in cooperation and collaboration with **Charis Sumba School, Sumba Volunteer, Taman Baca Cahaya Anak Sumba**, and is known by the **Health Government Office, Education Government Office**, and **Social Government Office** of East Sumba Regency.

So far, 50 Kawan Sehat Agents have been trained in primary healthcare activities in December 2022. **Kawan Sehat Agents** are **non-medical** volunteers from various professions trained and have the knowledge and skills to provide non-professional health services, namely Primary Medical Care. Kawan Sehat Agents include those working as teachers or teaching staff in preschool, kindergarten, and primary school, volunteers in reading parks in East Sumba Regency, religious leaders, representatives from East Sumba Regency PKK, and Posyandu cadres. Kawan Sehat agents are also equipped with a first aid kit.

In April 2023, our team visited five sub-districts to replenish the first aid kits and evaluate the initial activities of the Kawan Sehat agents. During the monitoring process, rare health cases were discovered in the field, which encouraged us to learn more about the health cases in the field and the daily lives of the people in the village.

On this occasion, a series of activities to evaluate and monitor the Kawan Sehat Agents in the Primary Health Care Programme were carried out in several locations, including Charis Sumba School, Mahu Health Centre, Mbinudita Village, and Pulupanjang Village. We discussed the challenges faced and cases successfully handled by the Kawan Sehat Agents, previously reported through the Kawan Sehat WhatsApp group.

## Objective

1. To refill the first aid kits of Kawan Sehat agents with medicines.
2. Provide medical teams (doctors and nurses), medical supplies, and medicines for health care activities.
3. Monitor and evaluate the Foundation's medical team's handling of health cases.
4. Development and testing of a digital platform for recording health cases and reporting the use of medicines.

## Target

The target of this activity is the Kawan Sehat agents who have joined the primary health care program, including approximately 50 people consisting of preschool and kindergarten teachers, Posyandu cadres, Reading Park supervisors, and several volunteers for health and humanitarian activities working in East Sumba.

# Kawan Sehat Agents



# Medical Team

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**dr. Alex Wettstein**  
**Fair Future Foundation**

A medical advisor whose role is to assist and facilitate the Kawan Sehat agents in conducting health checks in the field and providing instructions or prescriptions for medicines that need to be administered.



**dr. Meirlin Rambu Kaita Riwa**  
**Doctor**

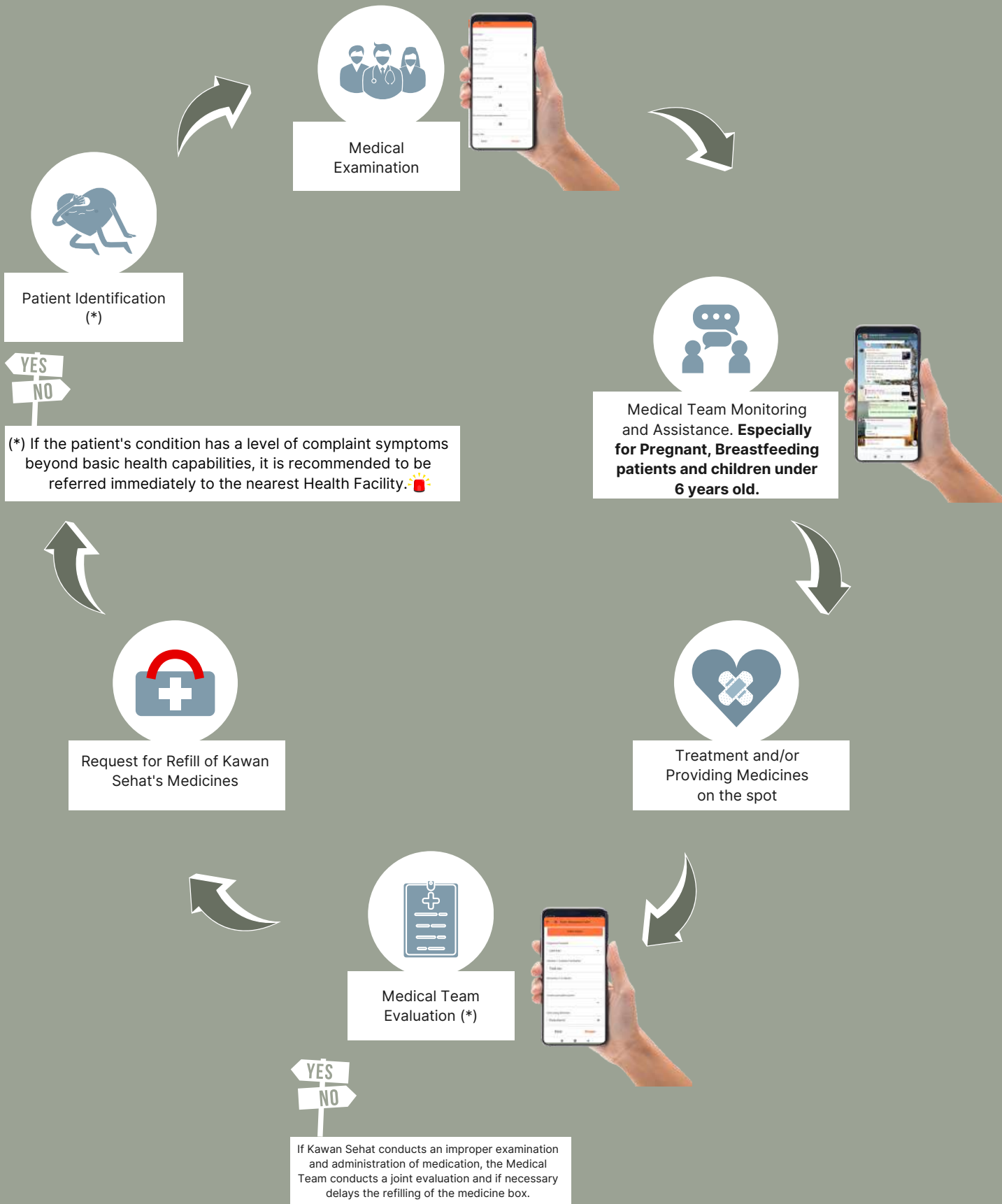
As a doctor, whose role is to assist and facilitate Kawan Sehat agents in conducting health checks in the field and to provide instructions or prescriptions for any medication that may be required.



**Ivonsiani N. Mbakurawang**  
**Nurse**

As a Nurse, has the responsibility of managing medicines at Rumah Kambera, managing the medicine room at Rumah Kambera, and assisting in telemedicine health cases by Kawan Sehat Agents.

# Kawan Sehat Agent Workflow through the "Agent Kawan Sehat" Application





# Preparation



## Bali Team

The team's preparations in Bali included purchasing medicines to fill the Kawan Sehat Agent first aid kit and re-checking the amount of each medicine for 50 packages that were expected to fill all empty medicine boxes. Medicines and other equipment were delivered using the Truck of Life, together with the Kawan Baik Foundation team and the Fair Future Foundation.

## Sumba Team

The team in the field also made many preparations, especially coordinating with Kawan Sehat Agent partners, medical personnel who will join, and Charis School, who will host one of the evaluation activities.

Upon arrival of medicines in Sumba, the team also checked, grouped, and made other preparations related to administration and secretarial matters.

# Supply of First Aid Medicine

## First Aid Kit Medicine List


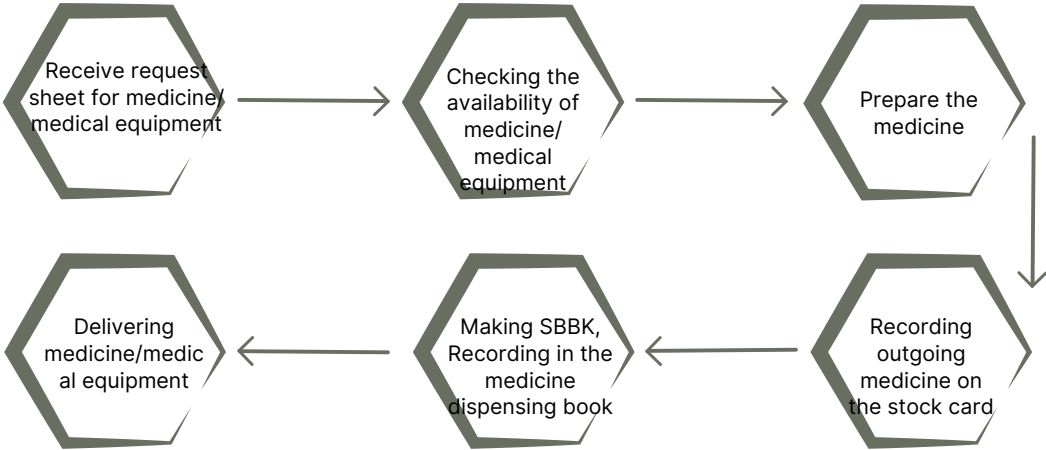
The following are medicines prepared by the program to fill the Kawan Sehat Agent's first aid kit, which assists health services in their community.

First Aid Kit	Medicines
<ol style="list-style-type: none"><li>1. Sterile Cotton Gauze 16x16</li><li>2. Hansaplast spray uk 50ml</li><li>3. Hansaplast strip - wound (100pcs)</li><li>4. Plaster Hansaplast roll 1.25cm x 1m</li><li>5. Alcohol (100ml)</li><li>6. Eucalyptus oil (60ml)</li><li>7. Gloves 3 pairs</li></ol>	<ol style="list-style-type: none"><li>1. Insto</li><li>2. Caviplex - Vitamin</li><li>3. Adult/Child Allergy Medicine - Cetirizine</li><li>4. Norit</li><li>5. Fungal Ointment - Ketoconazol cream 10gr</li><li>6. Hydrocortisone 1% ointment</li><li>7. Gentamicin ointment</li><li>8. Aloe Vera Gel - VIVA brand 80gr</li><li>9. Petroleum Gel</li><li>10. Adult Paracetamol - Tablets</li><li>11. Adult Cough Medicine - Guaifenesin Tablet</li><li>12. Ibuprofen</li><li>13. Adult Flu Medicine - Demacolin</li><li>14. Paediatric Flu Medicine - Tremenza Tablet</li><li>15. Child Cough Medicine- Coparacetin Tablet (Berdahak)</li><li>16. Children's Paracetamol - Sanmol Tablets</li><li>17. Child Cough Medicine - Promedex Tablets (Dry)</li><li>18. Antacids - Heartburn Medicine</li></ol>

When filling the first aid kit again, the Medical team also reviewed and explained each function, composition, and dosage of medicine. Kak Ivon, as the person in charge of medicines, continues to monitor, record, and assist Kawan Sehat Agents with every use of medicine in health services.

## SOP for Requesting First Aid Kit Medicine

An SOP has also been created for Kawan Sehat Agents regarding requests to replenish first aid kits after the medicine data has been emptied and all medicine administration processes go through the assistance and approval of the Medical Team.

	<b>STANDARD OPERATING PROCEDURE (SOP)</b>	No. : ..... Revision Document : - Date of Issue : ..... Page : 1 from 1
		Authorized By Director of the Kawan Baik Indonesia Foundation  Ayu Setia Wardani
<b>FLOW OF MEDICINE REQUESTS FROM OUTSIDE</b>		
<b>DEFINITION</b>	Medicine request is the calculation of medicine that needs to be submitted to the relevant agencies for the availability of medicine needed for patient services.	
<b>PURPOSE</b>	This is a reference for implementing steps for medicine requests outside the institution.	
<b>POLICY</b>	Decree No. .... About Pharmaceutical Service Policy at Kampera House Pharmacy, East Sumba	
<b>PROCEDURE</b>	<ol style="list-style-type: none"> <li>1. The officer receives a medicine request letter signed by the chairman or person in charge and addressed to the director of the Kawan Baik Indonesia Foundation. Request letters must be received no later than 30 days before the date the medicine or access is needed.</li> <li>2. All medical and medical equipment request letter information must be complete, precise, and written.</li> <li>3. The letter is then forwarded to the pharmacy officer to check the existing medicine stock and adjust it to the pharmacy's current medicine stock.</li> <li>4. The officer prepares the medicine to be given.</li> <li>5. The officer then hands over the requested medicine and medical equipment, according to the availability of medicines in the pharmacy.</li> <li>6. The clerk records the name and amount of medicine and medical equipment given/loaned in the book and on the stock card.</li> <li>7. The clerk then makes a Proof of Goods Out (SBBK), which is signed by the medicine's giver and recipient.</li> </ol>	
<b>FLOW DIAGRAM</b>	 <pre> graph TD     A[Receive request sheet for medicine/medical equipment] --&gt; B[Checking the availability of medicine/medical equipment]     B --&gt; C[Prepare the medicine]     C --&gt; D[Recording outgoing medicine on the stock card]     D --&gt; E[Making SBBK, Recording in the medicine dispensing book]     E --&gt; F[Delivering medicine/medical equipment]       </pre>	
<b>RELATED UNIT</b>	Medicine Service Section	



**Note:** All medication use is supervised by the Medical Team and carried out by Kawan Sehat Agents who have received training and knowledge about medication use.

# Monitoring Evaluation

Monitoring and evaluation are carried out in four locations, as the distribution of Kawan Sehat Agents from 20 districts is fairly even.

<b>Charis Sumba School</b>	Held on 25 November 2023 with the participation of nine Kawan Sehat Agents.
<b>Mahu Health Centre</b>	Held on 30 November 2023 with the participants from five Kawan Sehat Agents
<b>Mbinudita</b>	Held on 26 November 2023 with the participation of seven Kawan Sehat Agents
<b>Pulu Panjang</b>	Held on 26 November 2023 with the participation of three Kawan Sehat Agents.
<b>Rumah Kampera</b>	Held on 27 November 2023 with the participation of one Kawan Sehat Agent.

Monitoring and evaluation will be carried out by a team from Kawan Baik Indonesia Foundation, Fair Future Foundation, medical team, Charis Sumba School partners, and local health facilities with all Kawan Sehat Agents involved.

## Monitoring

The purpose of this monitoring is to collect data on a regular or continuous basis to track the progress, performance, and implementation of the **Primary Medical Care** programme and ensure that they are running according to plan. The methods used this time were interviews, direct observation, and document analysis of health care records processed by the Kawan Sehat Agents.

## Evaluation

A process of analysing and evaluating the effectiveness, efficiency, impact and relevance of the **Primary Medical Care** programme. The aim is to assess whether the programme is achieving its stated objectives, the extent of the results achieved and how the process can be improved in the future.

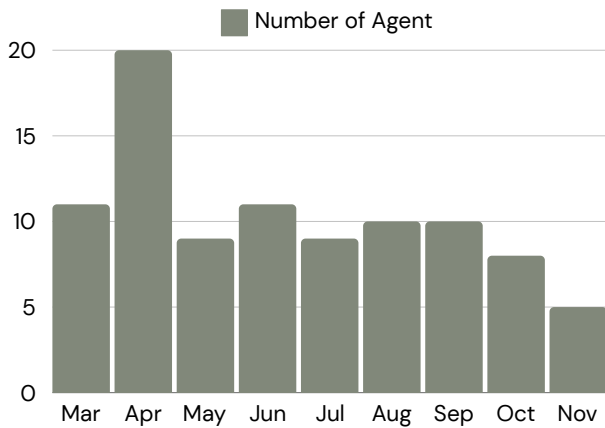
## MONITORING - Kawan Sehat Agent interview about Health Case

Desi, Taman Baca Shine Generation	<ul style="list-style-type: none"> <li>Treated a child with a puncture wound to the head using the medicines in the first aid kit, and the child recovered.</li> <li>Helped a person whom a snake bit by cutting a little on the area affected by the bite and sucking the blood, and then disposing of it.</li> </ul>
Mrs. Arce	<ul style="list-style-type: none"> <li>Provided first aid to a child bitten by a dog by treating the child's wound.</li> <li>In treating the wound, gloves and cotton gauze were not used because they had run out.</li> </ul>
Mrs. Diana Paud Luku Kamaru	<ul style="list-style-type: none"> <li>Children usually come for medication because they know medicine is at school, so even small wounds are treated. The obstacle is that there is too limited medicine.</li> <li>Many people in the neighbourhood also come for treatment, but the medicine from Kawan Sehat is kept at the school and not taken home. If possible, Kawan Sehat should increase the amount of medicine so that other people can come for treatment, too.</li> </ul>
Mrs. Ema	<ul style="list-style-type: none"> <li>Many children come for treatment with a cough.</li> </ul>
Mrs. Katrina	<ul style="list-style-type: none"> <li>Helping the community and schoolchildren in the neighbourhood. When someone is sick, they immediately come for treatment because the Puskesmas are far from where they live. Previously, they preferred to stay at home. Hopefully, Kawan Sehat will add more medicines.</li> </ul>
Mrs. Imelda Paud Maubakul	<ul style="list-style-type: none"> <li>I previously treated an elementary school child with a fever for two days. After taking the medicine, the child was still hot. The distance of the puskesmas from the residence is about 5 km.</li> </ul>
Mbatapuhu	<ul style="list-style-type: none"> <li>Many people come for treatment because of coughing. People do not go to the Pustu because it is quite far, and when it rains, the roads are slippery. Besides that, if you go to the Puskesmas or Hospital, you have to pay, so they prefer to go to Kawan Sehat agents because it is free.</li> <li>Hopefully, Kawan Sehat will increase the medicine given to Kawan Sehat agents.</li> </ul>
Mrs. Yumira SDN Mbinudita	<ul style="list-style-type: none"> <li>Treating patients with burns caused by motorbike mufflers.</li> <li>Helped a child patient with a wound of 37 stitches who had to take the UNBK. The doctor advised him to come for control in a week. Because the health centre was far away, the child never came for control and the threads were still in the wound, and the wound had an infection; the child's wound was also put with coconut oil. Finally, the child was taken to the Pustu, but the Pustu did not have NaCl, so it was recommended that the child be taken home and cleaned with warm water and salt. Kawan Sehat agents helped to clean the wound and administered medicine. The child is now healthy, and the wound has healed.</li> </ul>
Mrs. Ester Pulupanjang	<ul style="list-style-type: none"> <li>Helping parents of students with accidents and injuries. Since there was no nurse at the Pustu, Agent Kawan Sehat helped to clean the wound, and no medicine was given.</li> </ul>
Kawan Sehat Mahu Agents	<ul style="list-style-type: none"> <li>I helped a child who came in with a fever of 39.80. Agent Kawan Sehat was a little hesitant to give medicine. The parents did not take the child to the health centre because it was far away. The Kawan Sehat agent consulted with the Medical Team and was advised to apply a warm compress on the patient, give paracetamol according to the dose, and continue to control the child's temperature. After carrying out the Medical Team's directions, the child's temperature dropped to 37.0C.</li> <li>Helped treat a patient who had a motorbike accident. He was afraid and did not dare to treat because of the fear of blood. However, still ventured to treat the patient. The wound was cleaned and then treated.</li> </ul>



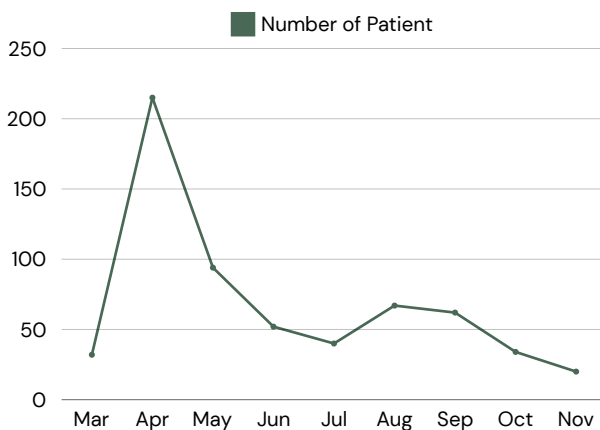
## MONITORING - Health Case Report Data March - November 2023

**Graph of the number of Kawan Sehat agents handling health cases.**



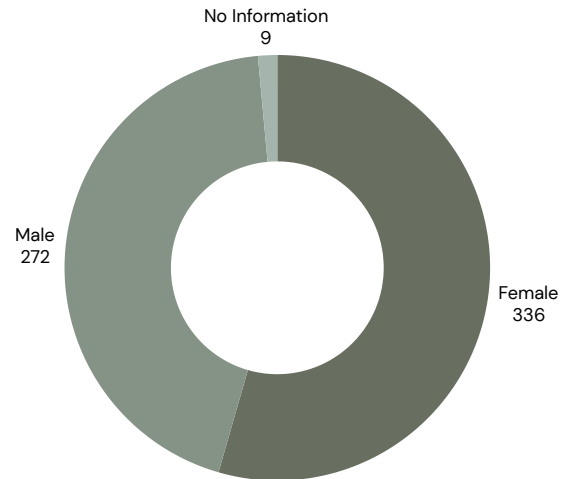
As reported through the communication media of Kawan Sehat Agents and the Medical Team in the WhatsApp chat group, the highest number of Kawan Sehat Agents reported health cases in April was 20 Kawan Sehat Agents. The lowest number of Kawan Sehat Agents reporting in one month was in November, with 5 people.

**Graph of the number of patients treated by Kawan Sehat agents**



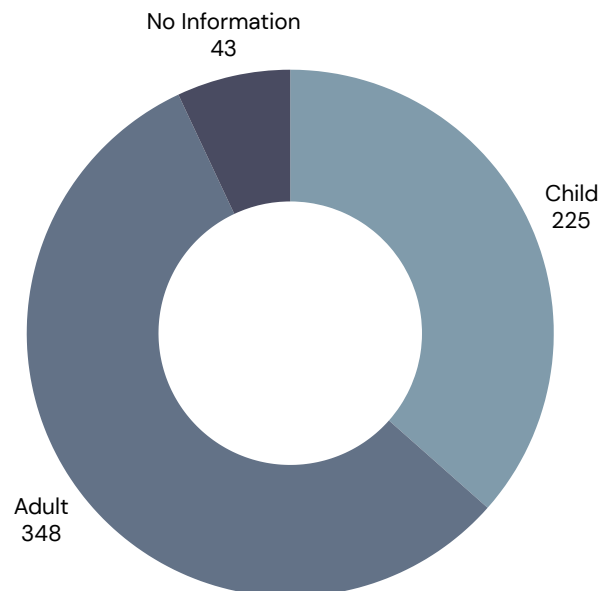
The total number of patients recorded from March to November 2023 was 616, with the highest number recorded in April, namely 215. The number of patients with the lowest health cases in November was 20.

**Pie chart of the sex ratio of patients treated by Kawan Sehat agents**



There are more female patients than male patients, namely 336 female patients and 272 male patients. There were 9 patients whose gender was not recorded.

**Pie chart of the age group of patients treated by Kawan Sehat Agents**



The largest age group of patients was adult patients, 348, while children recorded 225. There were 43 patients whose age group was not recorded.



**1** Fever,  
Cough,  
Sniffles,  
Pain

**2** Allergies to the eyes  
Allergies to skin  
Allergies to food  
Allergies to cold

**3** Injury - fall  
Injury - sharp object  
Injury - animal bite

The highest number of health cases handled by Kawan Sehat agents are fever, cough, sniffles and pain. In the handling process, medicine will be given according to the complaint and according to the age class for the dosage of the medicine.



## Evaluation - Health Case Discussion March - November 2023

Dr Narni delivered the evaluation as the Medical Team about health cases that Kawan Sehat Agents have handled.

Injuries (dog bites, head wounds, etc.)	<ul style="list-style-type: none"> <li>Wash your hands with soap before cleaning the wound.</li> <li>Do not forget your safety first.</li> <li>If the wound is large enough to require stitches, use a plaster cut like a butterfly to prevent keloids. After that, take the patient to the pustu or puskesmas.</li> <li>Without antiseptic, the wound can be cleaned with running water.</li> </ul>
Cough sniffles at certain times.	<ul style="list-style-type: none"> <li>If you cough and snuffle at certain times (e.g. due to a cold), give cough medicine and Cetirizine. Find out the cause of the allergy first, and avoid allergy triggers.</li> </ul>
Allergy	<ul style="list-style-type: none"> <li>For patients with itchiness (allergies), food, cold air, and several other causes can also be involved.</li> </ul>
Caring for the wound	<ul style="list-style-type: none"> <li>Wound care should be done every two days to prevent infection.</li> <li>The treatment is done correctly by using warm water mixed with salt. It can be used to replace NaCl.</li> <li>If the wound is like that, antibiotics should be given. Antibiotics can be requested from the pustu or puskesmas officers because Kawan Sehat Agents are not given antibiotics.</li> <li>The use of antibiotics must be in accordance with a doctor's prescription. Antibiotics must be taken until they run out, and the administration must be adjusted to the patient's condition. If given carelessly, it can cause resistance to the medicine.</li> <li>You can use a clean cloth if there is no cotton sheet to clean the wound.</li> <li>The use of antibiotic ointment on the wound is correct.</li> <li>Avoid using coconut oil or leaves on the wound; they can worsen the wound, slow down the healing process, and cause infection.</li> </ul>
Burns	<ul style="list-style-type: none"> <li>For burns, there are 3 degrees:             <ul style="list-style-type: none"> <li>1st degree: for redness,</li> <li>2nd degree: when water bubbles appear (blistering),</li> <li>3rd degree: up to the fat tissue.</li> </ul> </li> <li>Vaseline and aloe vera can be given to 1st-degree burns, 2nd and 3rd-degree burns are given bioplacentons.</li> <li>Burns with a large area or burns on the face and genital area should be brought to the health centre for immediate treatment.</li> </ul>
High Blood Pressure	<ul style="list-style-type: none"> <li>If the patient has no complaints with systolic blood pressure <math>\geq 160</math> and diastolic blood pressure <math>\leq 160</math>, 1 tab of Catopril is given to be taken on the spot.</li> </ul>
Fever	<ul style="list-style-type: none"> <li>Currently, the most common cases encountered by Kawan Sehat agents are patients with fever, cough, and sniffles. Educate the patient to drink plenty of water and rest.</li> <li>Give paracetamol if the patient has a fever. If the fever has been over two days, immediately bring it to the pustu or puskesmas for examination.</li> <li>If a patient has a fever, the first aid that can be given is to apply a warm compress. It is recommended that the patient drink plenty of water to prevent dehydration or lack of fluids, not wear thick clothes, and then give paracetamol. If you have taken medicine for two days and there is no change, direct the patient immediately to the health centre for further examination.</li> </ul>
Snake Bite	<ul style="list-style-type: none"> <li>Do not suck blood from the bite area,</li> <li>Tie with rope or anything over the bite wound, but not too tight (loose ties)</li> <li>Use water and soap to clean the wound, rinse in running water</li> <li>Take the patient to the nearest health facility for further treatment.</li> </ul>
Handling the patient	<ul style="list-style-type: none"> <li>The most important thing in giving medicine is to be confident and know its benefits. We recommend that agents continue to learn about the care and administration of medicine because the more often they do it, the more familiar it will become.</li> </ul>

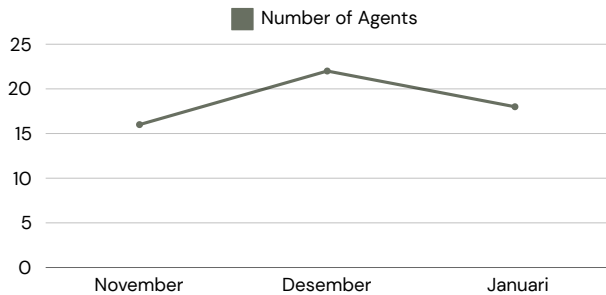


Dr. Narni also reminded everyone about the function and use of medicines given through the first aid kit to each Kawan Sehat Agent.

Ibuprofen	Anti-inflammatory, anti-pain, headache, toothache.
Paracetamol	Fever, headache, backache, body pain The first choice when a child has a fever is Paracetamol, then Ibuprofen. Ibuprofen should not be given to pregnant women and people with gastritis. If the fever does not go down within two days, refer the child to the health centre for a complete examination, especially for malaria. Keep communicating with health workers about medicine administration, and keep coordinating with the nearest health worker.
Ketoconazole salep	For itching due to fungus. For skin diseases, maintaining hygiene is the most important thing. Most skin diseases occur due to transmission and lack of personal hygiene.
Vaseline dan Aloe vera	Used for 1st degree burns such as redness.
Gentamicin salep	For wounds (apply a thin layer to a cleaned wound)
Hydrocortison salep	For itching due to allergy
Antasida	Heartburn medicine is given 15 minutes before meals by chewing.
Coparacetin	Fever, cough, cold
Demacolin	Fever, Cold, not for cough
Promedex	Cough, Cold, not for Fever
Cetirizine	Anti-allergy medicine
Sanmol	It contains Paracetamol, so the benefits are the same as Paracetamol
Tremenza	Severe cold, stuffy nose
Guaifenesin	Cough medicine (phlegm thinner)
Norit	Diarrhoea medicine. One dose of 5 tabs

## MONITORING - Health Case Report Data November 2023- January 2024

Graph of the number of Kawan Sehat agents who handle health cases.

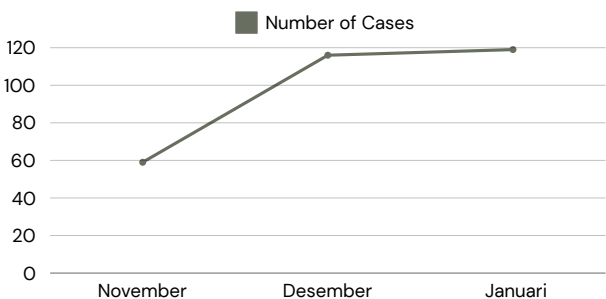


Reported through the communication media of Kawan Sehat Agents and the Medical Team in the WhatsApp chat Group, the highest number of Kawan Sehat Agents reported health cases in December is 22 Kawan Sehat Agents.

### Graph of the Number of Patients Handled by Kawan Sehat Agents

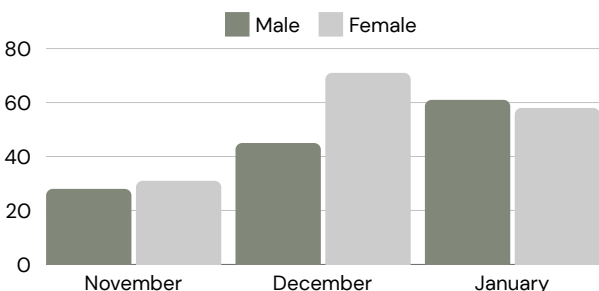
Number of patients recorded in three months

1. November 59 patients
2. December 116 patients
3. January 119 patients



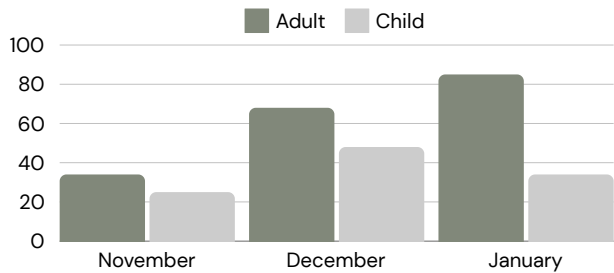
### Sex Ratio Chart of Patients Handled by Kawan Sehat Agents

Each month, the most common gender of patients who reported health cases was female, with the highest number in December at 71 patients.



### Age Class Diagram of Patients Handled by Kawan Sehat Agents

The largest age class of patients is adult patients; in total, in three months, it is 187 patients, while in children's age, there are 107 patients.



### Table of Number of Health Cases Reported by Kawan Sehat Agents

The most healthy cases in November are cough and cold; in December, there are headaches and body aches.

No	Healt Cases	Nov	Des	Jan
1	Fever	20	24	39
2	Injuries due to KLL, burns, sharp objects, and animal bites	12	25	10
3	Tinea skin disease (itching)	4	9	5
4	Heartburn	2	4	4
5	Headache and body pain	16	31	52
6	Cold and cough	30	27	42
7	Skin allergy	3	17	16
8	Toothache		4	5
9	Diarrhoea		4	4
10	Feebleness		10	13
11	Eye pain		3	9
12	Ulcers			2
13	Insect bite			2
14	Varicose veins	1		
15	Urinary tract infection	2		
16	Bacterial Vaginosis	1		
17	Flatulence problem		1	
18	Eczema		3	

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## Evaluation - Health case report data November 2023- January 2024

Evaluation results in the current three months include:

1. Doctor
  - a. During the monitoring and evaluation, Doctor Narni was less active in answering Kawan Sehat Agent consultations due to signal constraints while on duty at Puskesmas Mahu.
  - b. There is still a need for more communication between doctors and Kawan Sehat Agents; this is possible because doctors have just joined the programme and have yet to memorize all the names of Kawan Sehat Agents.
2. Kawan Sehat Agent
  - a. Some agents need more activeness to report cases.
3. Kawan Sehat Agent Application
  - a. Some Kawan Sehat Agents are still constrained in operating the application
4. Medicines
  - a. Kawan Sehat agents have run out of medicine
  - b. There are still some agents who use drugs with the same function in one patient, for example, Paracetamol and Ibuprofen.
5. Health Case Reporting
  - a. Reporting of health cases via wa and the application has increased, but some agents still have yet to report cases via group wa/application due to signal constraints.
  - b. 40% of health cases have not been reported in the application, only through WhatsApp group due to signal constraints/ application errors
  - c. There is not much reporting on tensimeter examination services for patients.
6. Health Check
  - a. A simple examination that can be done in patients with head injuries is checking pupil size with a flashlight and educating on the danger signs of head injuries.
  - b. Giving therapy to pregnant women and children must consult a doctor first.
  - c. Many health cases can already be handled independently by Kawan Sehat Agents.

### Important Notes for the Primary

1. Kawan Sehat agents must be more active in handling and reporting cases through wa groups or applications.
2. The schedule for refilling the first aid kit should not be too long
3. The need for more learning about measuring blood pressure using a tensimeter on Kawan Sehat Agents.
4. It is necessary to provide a weight scale so that when there is a child patient, the agent does not guess the child's weight.
5. Provision of tensimeter equipment for Kawan Sehat Agents
6. Training is needed for handling wounds with clean and sterile principles
7. Mandatory consultation if there are patients of pregnant women and children under six years old

## Monitoring - Evaluation of First Aid Medicines March - November 2023

**Kak Ivon**, as a Nurse in the medicine section, conveyed to Kawan Sehat Agent that in addition to knowing the functions and benefits of the drugs given, there are several things that we also need to pay attention to in drug storage, including:

### Medicine Storage Place

- Make sure the medicine storage box is always clean
- Keep the medicine box out of sight and reach of children
- Keep the medicine in the original packaging and a tightly closed container
- Store the medicine in a cool place and avoid direct sunlight (Follow the storage rules on the medicine packaging)
- Do not store the medicine for too long in a vehicle (unstable temperatures can damage the medicine)
- Place the Liquid Medicine in the refrigerator (Follow the storage rules on the medicine packaging)
- Do not store expired medicine (do not combine it in the same storage box with a medicine whose expiry date is still far away). Check the medicine regularly to avoid using damaged or expired medicine.

### Some things that can damage medicine:

- Heat
- Exposure to air
- Sunlight
- Temperature and humidity

### How to store the medicine if it is adjusted to the dosage form of the drug:









- Tablets and Capsules: Do not store tablets or capsules in hot or humid places.
- Liquid Medicine (Syrup): Do not store liquid medicines in the freezer to prevent freezing unless specified on the medicine packaging.
- Aerosol or Spray: Do not store at high temperatures, which may cause an explosion

### Characteristics of Damaged / Expired Medicine

- In Tablet Packaging:
  - Change in colour, smell and taste
  - Broken, crushed or powdered
  - Moist, sticky, mushy
  - Perforated
  - Stains and spots
- In Powder/ Puyer Packaging
  - Change in colour, odour and taste
  - Stains and spots
  - Moisture, melting
- In coated tablet packaging:
  - Changes in the coating include rupture, wetness, and stickiness of the medicine.
- In Capsule Packaging
  - The capsule shell becomes soft and opens, and the contents come out.
  - Change in colour, smell and taste
  - Capsule shells stick to each other



Delivered back to Kawan Sehat Agents about the principles of administering drugs to patients; here is an explanation:

Principle 7 of Correct Medication Administration 		
CORRECT	<b>Patient</b> 	<p>Correcting patients is an important step in drug administration. Correct patient in drug administration means that the drug to be given should be programmed to the patient by identifying/asking back the patient's identity, such as name, age, and patient complaints, to match the medicine to be given. This is done to avoid giving the wrong medicine to the patient.</p>
	<b>Medicine</b> 	<p>Make sure the medicine given is as prescribed. Drugs have trade names and generic names, so if medicine has unfamiliar trade names, the generic name must be checked.</p>
	<b>Dosage</b> 	<p>Correct dosage means that the medicine is given to the patient by the dose prescribed by the doctor without reducing or adding the dose from the prescription given.</p>
	<b>Method of Dispensing</b> 	<p>Medication administration errors can cause allergic reactions, reduced effectiveness of the medicine, or even no effect at all. Incidents of drug administration errors can be fatal in the event of an emergency that requires immediate treatment. The route of medication may include tablets that are taken by mouth or ointments that are applied to the skin.</p>
	<b>Time</b> 	<p>For example, the drug is given 1x1 a day, 2x1 a day, 3x1 a day or 2x2 tablets a day.</p>
	<b>Information</b> 	<p>Convey information about the medicine given to the patient correctly.</p>
	<b>Documentation</b> 	<p>Record all actions performed on the patient. Medication given, dose, time, and method of application.</p>





## Important Notes for medicines

### Expired medicine combined with a medicine whose expiry date is still far away.

This should be avoided. Expired medicines, when combined in one storage box with medicine that has not expired, can cause errors in medication delivery. For example, we store expired Paracetamol with Paracetamol that has not expired, and this can cause errors in giving medicine to patients if we immediately take the medicine and give it to patients without first checking the expiration date. Giving expired medicine to patients can cause several things :

- The medicine given does not work effectively.
- The chemical composition of the medicine has changed.
- It may cause unwanted effects in some people, such as nausea, vomiting, etc.

If you have expired medicine, do not dispose of it carelessly. Separate the medicine and give it back to Kawan Sehat.

### Alcohol that is not used (because do not know its use)

Alcohol (70%) is a liquid used as an antiseptic that can kill or inhibit the growth of microorganisms. It can also be used to clean wounds or medical instruments. However, It is not recommended to pour Alcohol directly on the wound because it will feel excruciating, cause irritation, and risk damaging skin tissue. Alcohol is recommended for external use.

If you do not have gloves when cleaning wounds, you can clean your hands using alcohol to reduce wound contamination. Before cleaning the wound, ensure no open wounds are in the hand area. This is to avoid transmitting diseases through blood because we do not know for sure whether the person we help has an infectious disease.

If you wear a ring or watch, remove it first to prevent wound contamination. If you want to clean the wound, make sure to clean the wound from the inside out, not the other way around. This is to prevent microorganisms from re-entering the wound and prevent infection.

### Taking medicine irregularly

Avoid taking medicine irregularly. For example, Sanmol containing four tabs has been used one tab to the patient, meaning there are still three tabs left that have not been used. If there is another patient who comes for treatment and will be given sanmol, then give sanmol from the strip that has been used before; do not take it from a new sanmol strip. When using the medicine, first use the medicine with the closest expiration date or month. For example, Sanmol medicine will expire in December 2023 and February 2024, then use Sanmol, which will expire in December 2023.





### **Double dosage of medicine**

Avoid giving patients medicine with the same content. For example, give Demacolin and Paracetamol. Demacolin already contains paracetamol, so there is no need to give additional paracetamol again unless prescribed by a doctor and if the patient is in a certain condition with the provision of not taking Demacolin with Paracetamol simultaneously. Give a time interval for administration.

### **The Right Interval to Take Medicine and as Recommended**

Each medicine has a different dose and interval to take the medicine. The rules and interval of taking this medicine must be understood so that the medicine is safe to take and can work effectively. The interval to take medicine needs to be known because it is related to the half-life of the medicine or how long the medicine lasts in the body. Medications with a short half-life tend to work faster, but the effects also wear off more quickly. These medications must be taken several times daily for the effects to continue working. Meanwhile, medicines with longer half-lives generally take longer to start working, but their effects can last longer. They usually only need to be taken once a day or less frequently.

The right way to take medicine is the correct dose, time, and way to use it. Prescription and over-the-counter medicines usually have rules regarding the dosage or spacing of medicines that must be followed. For example, the medicine is taken three times a day as one tablet or twice daily as two tablets.

## The Right and Recommended Interval to Take Medicine

Each medicine has a different dose and interval for taking the medicine. The rules and intervals of taking this medicine must be understood so that the medicine is safe to take and can work effectively. The distance to take medicine needs to be known because it is related to the half-life of the medicine or how long the medicine lasts in the body. Medicines with a short half-life tend to work faster, but the effects also wear off more quickly. These medicines usually need to be taken several times a day for the effects to continue working. On the other hand, medicines with longer half-lives generally take longer to start working, but their effects can last longer. They usually only need to be taken once a day or less frequently.

Prescription and over-the-counter medicines usually have dosage or spacing rules that must be followed. For example, they may be taken three times a day as one tablet or once a day as two tablets.

### Explanation of how to take medicine:

<b>Once a Day (1x1)</b>	Medications usually prescribed once a day are recommended to be taken once daily. It is recommended to take the medicine simultaneously, e.g., every 8 PM. However, the exact time to take the medicine may depend on the type of medicine. There are medications that should be taken in the morning or at night. Therefore, ask your doctor about the best time to take the medicine every time you get a prescription.
<b>Twice a Day (2x1)</b>	If a 2x1 prescription is given, it means that the medicine needs to be taken twice with a 12-hour gap of 1 tablet. This medicine can be taken at the same time, for example, every 7 AM and 7 PM.
<b>Three Times a Day (3x1)</b>	<ul style="list-style-type: none"><li>• Prescribed medication with a 3x drinking regime should ideally be taken every 8 hours. However, this does not mean that you have to wake up in the middle of the night to take your medication unless your doctor advises you to do so.</li><li>• To make it easier, the medicine can be taken at a time close to when you wake up. For example, if you wake up at 7 AM and go to bed at 10 PM, the best time to take your prescribed medication three times a day would be:<ul style="list-style-type: none"><li>◦ 7 AM, shortly after waking up</li><li>◦ At 2 PM</li><li>◦ 9 PM or before bedtime</li></ul></li><li>• If you wake up or go to bed at different times, then the spacing of the medications needs to be adjusted so that they are not too close together.</li></ul>
<b>Twice a Day (2x2)/1x2 tabs a day</b>	<ul style="list-style-type: none"><li>• If the instructions for taking the medicine are 2x2 tablets a day, then the medicine must be taken two times a day with a 12-hour gap of 2 tablets. This medicine can be taken simultaneously, for example, every 7 AM and 7 PM.</li><li>• If the instructions call for 1x2 tabs a day, the medicine should be taken once a day with a 24-hour gap of 2 tablets. This medicine should be taken at the same time of day, e.g., every 7 AM.</li></ul>

Essential notes for patients with specific diseases in the administration of Paracetamol and Ibuprofen

Indications	Paracetamol	Ibuprofen
Patients with heartburn	✓	✗
Pregnant	✓	✗
Pain with swelling	✗	✓
Severe liver disease	✗	✓
Asthma, heart disease, stroke	✓	✗

#### Notes:

If you want to give Ibuprofen to people with gastritis, then first give gastritis medication such as antacids. Ibuprofen should be taken after meals, not before meals, as it may irritate the stomach.

#### REMEMBER.

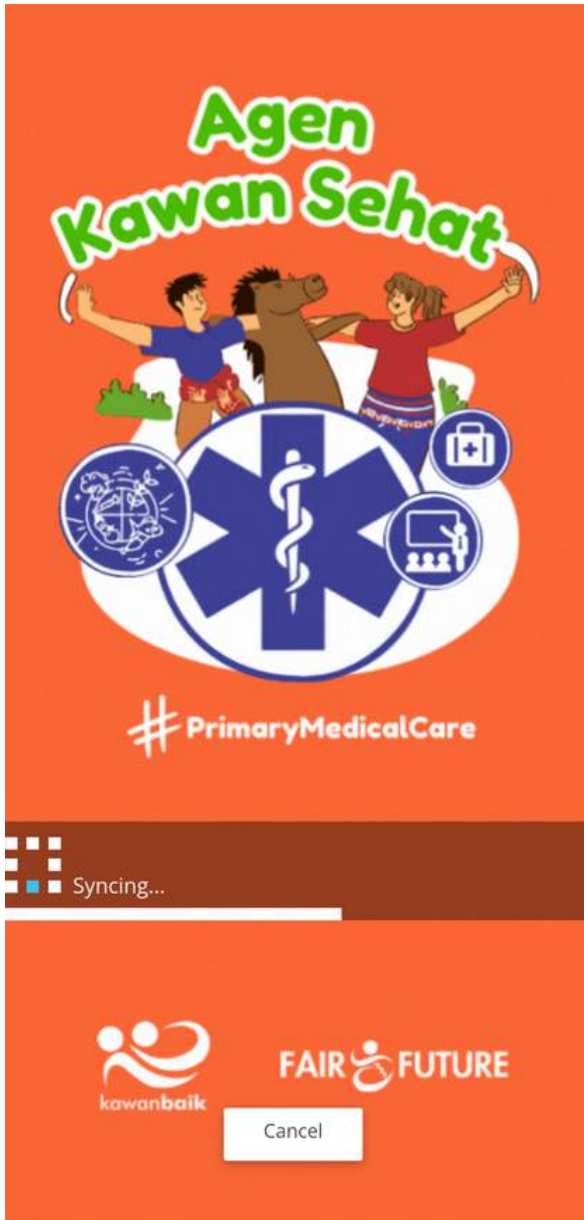
- Ask the patient if they have any drug allergies before giving the medicine.
- Use the medicine only if you are sure it is needed and know how to use it.

#### Difference between Patent and Generic Medicines

- Patent Medicines: A medicines discovered by a pharmaceutical company through research and clinical trials protected by patent rights in the production and marketing of the drug.
- Generic Medicines: A medicines with a name corresponding to the active substance's content.

	Patent Medicines	Branded Generic Medicines	Labeled Generic Medicines
<b>Active Substance</b>	Same	Same	Same
<b>Strength and Dosage</b>	Same	Same	Same
<b>Quality</b>			
<b>Naming</b>	As desired by the Manufacturer	As desired by the Manufacturer	As per Active Substance Content
<b>Patent Rights</b>	20 years	None	None
<b>Packaging</b>	Varies, depending on the Manufacturer	Varies, depending on the Manufacturer	Simple, includes price ceiling, Manufacturer's logo, Generic logo.
<b>Price</b>	Costly, the effect of research costs, clinical trials, and patents	Expensive, the effect of promotion and marketing costs	cheap, the selling price regulated by the government
<b>Sample Medicines</b>	Norvask	Sanmol (Paracetamol)	Paracetamol, Amoxycillin, dll

# Kawan Sehat App



KAWAN SEHAT Agent Appsheet Application is an application used by Kawan Sehat Agents to digitally record health examination activities carried out to report patients and administer medicines. This application can be used on Android phones, with or without an internet signal.

When the Agent's Android phone has an internet signal, the patient data that has been inputted will automatically be uploaded to the application database.

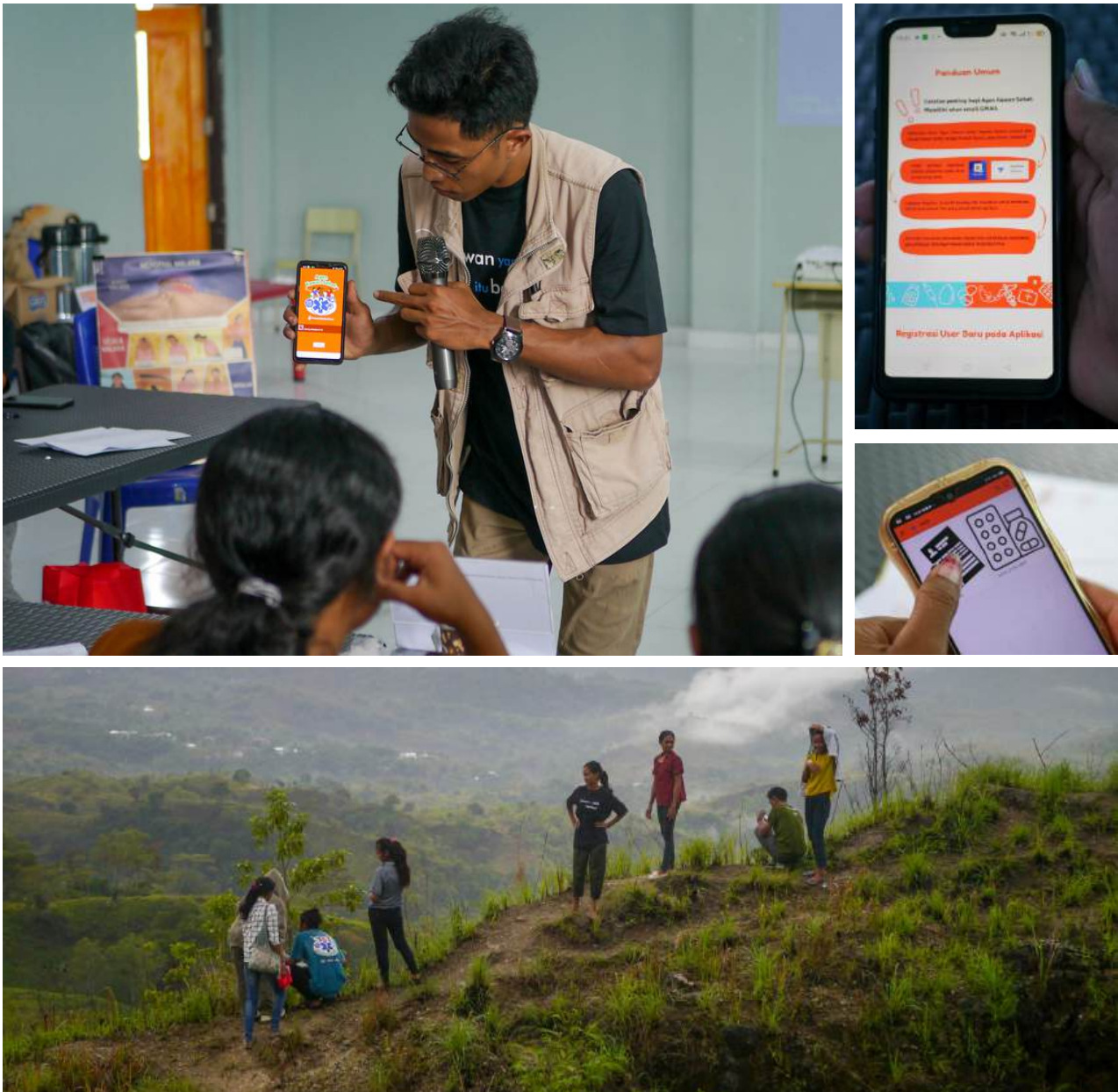
This application is used by Kawan Sehat Agents and the medicine management team at RUMAH KAMBERA. The foundation team in Bali or Sumba can access the database online through this application, making it very easy to report and follow up.

The main menu in the Kawan Sehat Appsheet application includes:

- FORM: a form filled in when conducting health checks by Kawan Sehat agents on residents by filling in all the columns of questions about the drugs given.
- DATA: The data menu will display two data: recap data on health cases reported by all Kawan Sehat Agents and data on each agent's drug supply.
- MAP DISTRIBUTION: This menu displays two maps: the Kawan Sehat Agent map distribution and the distribution of reported health cases.

This application is still in the trial stage. It will be introduced to Kawan Sehat Agents, applied, and then evaluated. Input from users, both Kawan Sehat Agents themselves, Medical Teams, Data Managers, and the Kawan Baik Indonesia Team itself, will continue to be explored to improve the Kawan Sehat Agent Application.

## Introduction of Applications for Kawan Sehat Agents



The foundation team introduced this application to Agent Kawan Sehat, who attended the Basic Medical Care evaluation and monitoring activities. Kawan Ino assisted participants in exploring all the facilities in the application.

Previously, through group messaging media, Kawan Sehat Agents were informed about the guidelines for this application and then assisted in using it in the classroom. At the beginning of using this application, a good internet connection is needed; the rest of the application can be used without using the internet network.

Challenges in introducing the Kawan Sehat Agent Application include:

1. There are some Kawan Sehat Agents who do not have smartphones
2. Application users are not familiar with email
3. At the training point, there is no sound signal to set up the application on a smartphone.

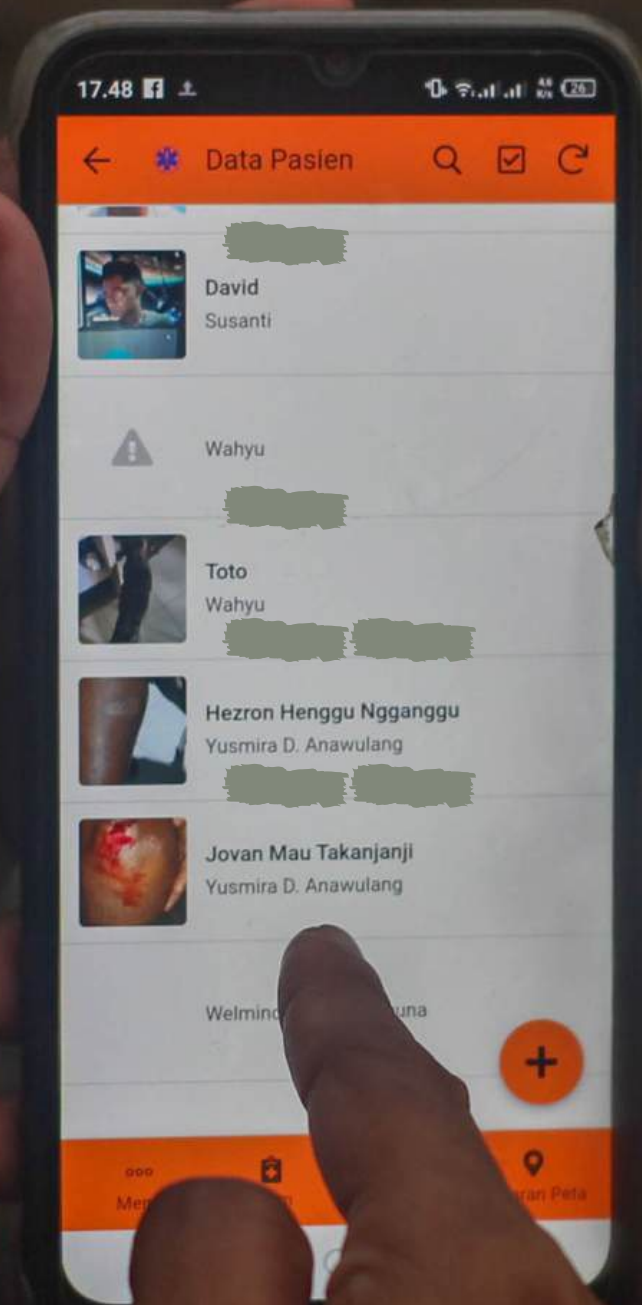
## Implementation of the Kawan Sehat Agent Application

During the trial period of using the Kawan Sehat Application, 225 health cases were recorded from 21 active Kawan Sehat Agents.

This application can directly record patient and health care data, as well as the use of drugs on patients, the distribution of patients, photos of health cases, and reviews of health cases by the Medical Team.

The results of interviews with the Health Team, the Kawan Sehat Agent Application has several advantages, including:

1. It makes it easier for the team of health workers in Waingapu to assist their friends in taking anamnesis and conducting a complete physical examination because the application is already available with various questions, lists of questions that can be asked to patients according to their main complaints, and to diagnose and administer the correct medicines.
2. This application is beneficial in recording health checks even in conditions where there is no signal.
3. Can check the drug stock of each available Kawan Sehat Agent
4. Agen Kawan Sehat can also consult with doctors for essential health services for the community so that they can handle primary cases that occur in the community.

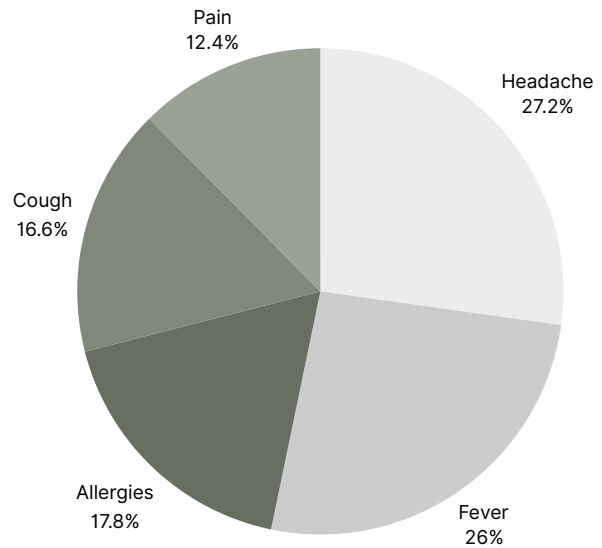


## Data collected from the Kawan Sehat Agent Application

From the Kawan Sehat Agent Application, for three months (November 2023 - January 2024), 21 Kawan Sehat Agents were actively involved in using the application to report health cases handled with the most reports from Agent Ester Wori Hana from Pulu Panjang Village as a teacher at S.D.N. Ngadulangi, with 30 health cases.

NO	Kawan Sehat Agent	Number of Reports
1	Agustina Pekawoli	4
2	Arce Paji Maji	13
3	Desiana Ata Hawu	1
4	Diana Jera Dunga	3
5	Ema Konga Naha	17
6	Ester wori hana	30
7	Ferias Bangu Kahi	5
8	Florida Ndena Nggaba	15
9	Ika Dembi Tamar	21
10	Imelda Kahi Timba	21
11	Katrina Konda Ngguna	4
12	Longa Ana Moki	9
13	Martha Banja Oru	3
14	Mensi Nurani K. Wandal	13
15	Mince Day Ladu	7
16	Novi Kahi Atandau	3
17	Sarlota Kahi Ata Djawa	2
18	Tirza Destriani	19
19	Veronika Iaka ata ambu	1
20	Welmince Konda Ngguna	20
21	Yusmira D. Anawulang	14

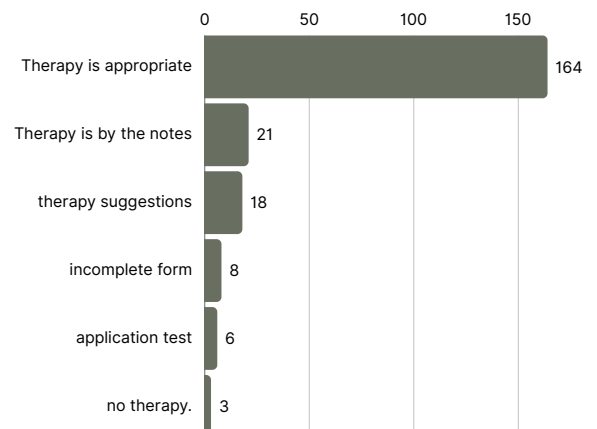
Of the 26 Kawan Sehat agents who have attended training for this application, two agents do not have smartphones, so they cannot report health cases handled through the application. At the same time, some other agents who have yet to report through the application are suspected of not having the opportunity to go to several points with good signals to synchronize the data inputted through the application.



Of the 23 types of health cases reported on the App, the five highest health cases were:

1. Headache 46 cases
2. Fever 44 cases
3. Allergy 30 cases
4. Cough 28 cases
5. Pain 21 cases

From each report, Kawan Sehat agents will get a response and evaluation from the medical team, which is also a joint learning process. In addition, it is also valuable for Kawan Sehat Agents to submit requests to fill first aid medicine boxes. Of the 225 reported health cases, 214 have received a response. One hundred sixty-four health cases have received a response of **'Therapy is Appropriate,'** which means the drug given to the patient is in accordance with the symptoms and appropriate for the dose of the medicines.





## Map data collected from the Kawan Sehat Agent Application

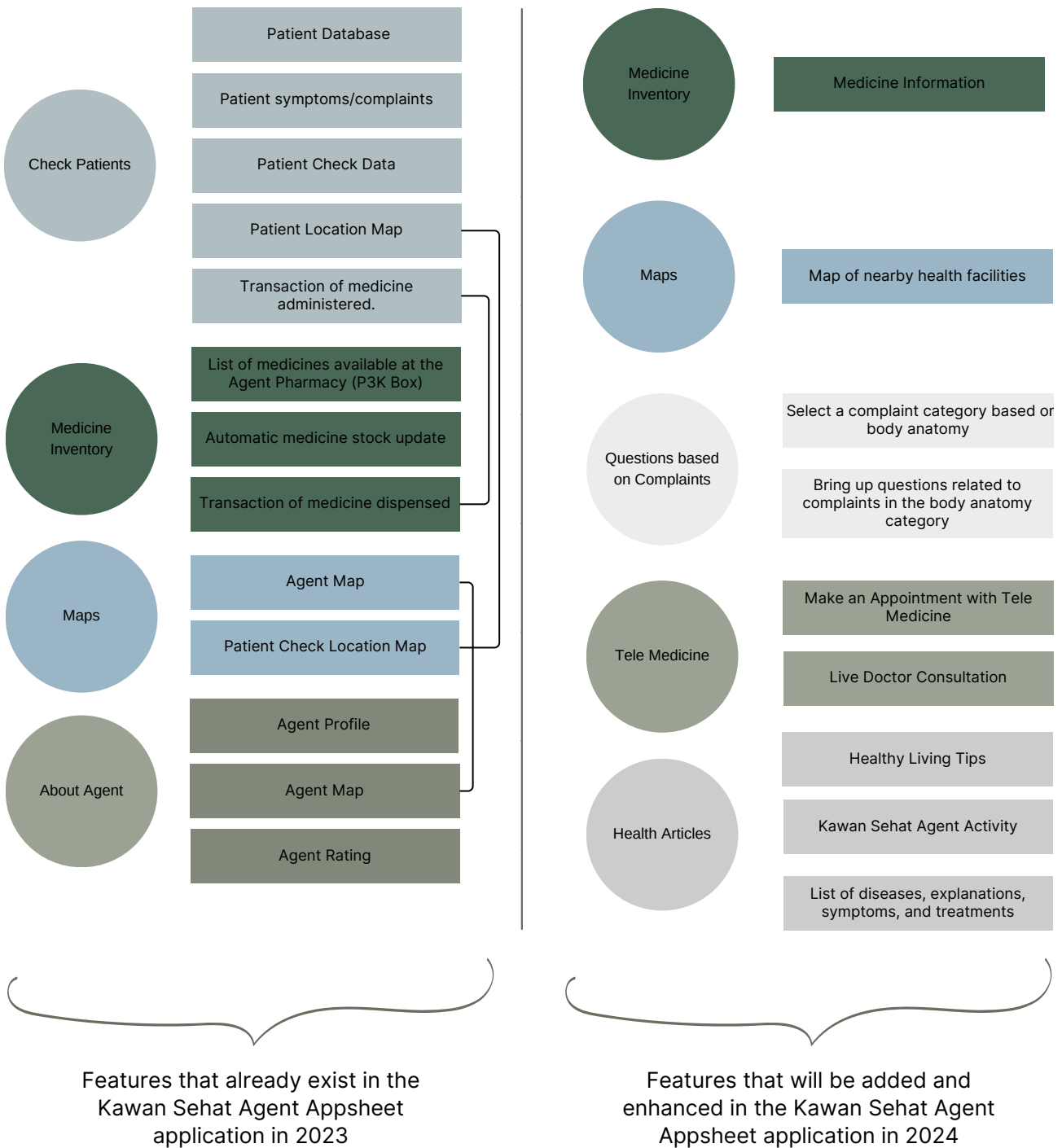


This application can also report on the distribution of reported patients. From the map above, East Sumba is quite covered by the Kawan Sehat Agent.

This patient distribution map data can be used as data for analysis:

- 1. Geographic Distribution:** Patient distribution maps visually represent where patients or cases occur. This can be very important in understanding patterns of the spread of certain diseases or health conditions. Geographic distribution analysis can reveal specific patterns, such as clusters of cases in a region or broader spread patterns.
- 2. Frequency and Number of Cases:** Patient distribution maps also show the frequency and number of cases in different locations. This information can provide insight into the severity of a disease or its widespreadness.
- 3. Temporal Comparison:** Patient distribution maps can also be used to compare the distribution of cases at different times. This can reveal trends in disease spread over time and changes in geographic distribution patterns.
- 4. Patient Characteristics:** Some patient distribution maps may also include information on patient characteristics, such as age, gender, or other risk factors. This can help further understand the patient profile and factors that may influence the spread of the disease.
- 5. Environmental Factors:** Analysing patient distribution maps often involves evaluating environmental factors that may influence the spread of disease. This could include population density, sanitation conditions, access to healthcare, and other environmental factors.
- 6. Intervention and Control:** Information from patient distribution maps can also help design disease intervention and control strategies. By understanding the pattern of spread and the factors that influence it, steps can be taken to reduce the spread of the disease and improve prevention efforts.

## Development and improvement of the Kawan Sehat Agent Application



During the trial period, the Agen Kawan Sehat app was tested for use by Kawan Sehat agents and the medical team. It has been presented to the relevant Dinas and has generated positive feedback. In addition to being more effective, documentation of health case reporting in the field can be recorded properly so that it can also be followed up appropriately by the Kawan Sehat Agent, accompanied by the Medical Team. This application will continue to be developed, presenting new innovative, attractive, easy-to-use, and unique menus to facilitate Kawan Sehat Agents in carrying out their duties in providing Primary Medical Care services.

# Financial Transparency

Basic Medical Care activities with sub-activities 'Replenishment of first aid kits and evaluation of health cases encountered by Kawan Sehat Agents,' Period: 2nd ROUND November 2023-January 2024, funded by the Fair Future Foundation, with the following financial details:

No	Activity Description	Total
<b>1</b>	<b>Replenishment of medicines in Kawan Sehat Agent's first aid kit</b>	
1.1	Procurement of first aid medicines	Rp 33,943,000
1.2	Delivery of medicines from Bali to Sumba	Rp2,600,000
1.3	Recording of medicine distribution to Kawan Sehat Agents	Rp162,500
<b>2</b>	<b>Providing a Medical Team (health service assistance) and supplies of medicines for health service activities</b>	
2.1	Involving the Medical Team (Doctors and Nurses) in health service activities	Rp9,360,000
2.2	Provision of first aid medicines	Rp16,273,530
2.3	Creation of health service SOPs (Flow of Drug Stock, Requests for outgoing drugs and Reporting on drug use)	Rp1,560,000
<b>3</b>	<b>Evaluation of cases and handling of Kawan Sehat Agents by the Medical Team from the Foundation</b>	
3.1	Make a summary report of cases reported by Kawan Sehat Agents through the WhatsApp group.	Rp1,300,000
3.2	Creating meetings and open dialogue for case evaluation to understand the progress of patients under treatment and the community through meetings in 3 sub-districts	Rp 51,090,000
3.3	Creating meetings and open dialogue with Kawan Sehat Agents and meeting the needs of Kawan Sehat Agents at Charis School	Rp29,737,500
3.4	Holding a meeting with the East Sumba Regency Education Office to expand the PMC program by the local government.	Rp1,950,000
3.5	Holding meetings with the Department of Social Affairs and the Department of Health, socialization related to the PRIMARY MEDICAL CARE IN THE PERDESAAN program.	Rp3,900,000
<b>4</b>	<b>Developing and trialing the use of digital applications in case recording and reporting medicine use</b>	
4.1	Designing the reporting format in the digital application according to the needs of the field	Rp18,200,000
4.2	Developing modules for application users	Rp5,850,000
4.3	Demonstrating to potential users (Kawan Sehat Agents) in Mbinudita Village (Along with activity 3.3)	
4.4	Monitoring the use of applications during use (Along with activity 4.1)	
4.5	Evaluation (Along with activity 4.1)	
<b>5</b>	<b>OPERATIONAL PROJECT</b>	
5.1	TRAVEL COST (By Road-PP)	Rp9,620,000
5.2	ACCOMMODATION	Rp20,085,000
	<b>TOTAL BUDGET PMC REFILL PROGRAMME</b>	<b>Rp 205,631,530</b>



# Agen Kawan Sehat



#PerawatanMedisDasar

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**More Information**  
about this project, scan here:

