



Visit of Director of Community Health, Ministry of Health of Republik Indonesia to Observe PRIMA Kesehatan Program

Community health program is a part of national health development program. The goal is to improve health degree and independency of health community by focusing on the effort of improvement of healthy and clean life quality and disease prevention as well. PRIMA Kesehatan is community empowerment program which is designed to improve primary health care. Primary health care improvement effort on community level is applied in order to encourage people to apply healthy and clean life behavior as a PRIMA Kesehatan movement toward Healthy Indonesia 2010. PRIMA Kesehatan program gained positive

responses from dr. H.R. Bambang Sardjono, MPH director of community health, ministry of health Republic of Indonesia in his visit to PRIMA Kesehatan site.

On January 30th 2009, dr. H.R. Bambang Sardjono accompanied by dr. Hermanto and Mr. Kakimoto (JICA-DepKes) had an opportunity to join a meeting at Head of Province Health Office room, also attended dr. Rachmat Latief, Sp.Pd, MHA, M.Kes (Head of Province Health Office), dr. Saad Bustan, M.Kes (Vice Head of Province Health Office), dr.H. Makmur Surudji, M.Kes (Head, Sub-office of Community Health Promotion), Hasbullah, SKM, M.Kes (Head Section of UKBM). Ms. Ida Gosal

(JICA-MFO), from PRIMA Kesehatan : Mr. Shigeki Kawahara (team Leader), Ms. Saeko Hatta (Expert), Mr. Ricky Djodjobo(Field Operation Officer), Fatmawaty Nur and Noval Rahman and also two representatives from BKTM and BKOM. The meeting discussed about health services and their problem in south Sulawesi and the progress of PRIMA Kesehatan program. In this occasion, Mr. Kawahara explained briefly, and suggested audience who wants to know more about this program to ask directly PHCI team regarding the activities that have been implemented within PRIMA Kesehatan program. Mr. Kakimoto from Health Ministry JICA said that, PRIMA Kesehatan as a unique program has many experiences and he expects that Ministry of Health is able to collaborate and participate in grasping

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the experience and benefit from this program. After the meeting, dr. Bambang together with team visited PRIMA Kesehatan site in Barru district.

The visit was started by having a meeting at Barru Health Office. The meeting was attended by drg. H. Zaenal Hamid, M.Kes (Head of Barru Health Office), Ir. Nasaruddin (KIT Member), Andi Pananrang, SKM (KIT Member), Arlin Adam, Sustriani Tahir (Field Consultant) and 5 PHCI team representatives.

In his message, Drg. Zaenal explained on PRIMA Kesehatan program in Barru of which Barru Bupati has a commitment to continue this program. According to dr. Bambang, community has an eager pretension to do something as well as at Desa Siaga Program. Village Fund Allocation can be also utilized, by formulating a plan which carried out by cadre/PHCI" he said. He also expected to empower this program with cooperation; hopefully this program can run well and be able to continue. This assistance is a stimulant only to make our country essence better.

On that occasion, PHCI team discussed regarding health issues in their neighborhood, PHCI representative was Mr. Takbir. He said he found out that it is difficult to get clean water in Tompo village due to its position in mountain area. Therefore, they requested for assistance from Health Ministry such as water sterilization facility. From Garessi village represented by Mr. A. Rafieq, said that community enthusiasm, initiative and participation regarding health are improved by the presence of PHCI within PRIMA Kesehatan. "By the presence of this program, cadre capacity in our village is also improved" he said.

The next was representative from PHCI Team of Tanete Riaja Sib-district, Ustadz M.Arief, S.Ag, said that after PRIMA Kesehatan came, community interest on health was much more increased. He suggested conducting training for health cadre in Java which is facilitated by Health office or Health Ministry. From PHCI of Lompo Tengah village, Mr. Faharuddin, SE suggested to utilize Poskamling (environment security Post) for two functions which is also used as Posyandu and he also had an idea about giving a reward for Posyandu visitor.



Visit of Director Community Health of Health Departement of Indonesia in PRIMA Kesehatan Review

After the discussion finished, the team moved to PRIMA Kesehatan sites at Kelurahan Tanete, Tanete Rilau sub-district, of which the activity was construction of family toilet. At the visit site, dr. Bambang directly discussed with community member and PHCI team regarding health problems such as health service, mother and child health, etc. At the end of the visit, dr. Bambang together with the team had a chance to visit Puskesmas Pekkae .

On January 31st 2009, located at JICA MFO Office, second floor of Sahid Jaya Hotel, meeting was held in order to discuss more about PRIMA Kesehatan program. The meeting was attended by: dr. H. R. Bambang Sardjono, MPH, dr. Hermanto and Dr. Kakimoto from Health Minister; dr. Saad Bustan, M.Kes, dr. H. Makmur Surudji, M.Kes, Hasbullah, SKM, M.Kes from Health Office of South Sulawesi Province: from JICA MFO Mr. Shuji Tokumaru; and from PRIMA Kesehatan - JICA : Mr. Shigeki Kahawara, Ricky Djodjobo and Noval Rahman.

At the meeting, dr. Bambang explained on things that need to be considered as the result of his observation in Barru for PRIMA Kesehatan sites and also the purpose and the future influence of PRIMA Kesehatan program. Next was presentation of PRIMA Kesehatan

profile video by Mr. Shigeki Kawahara which consists of PRIMA Kesehatan brief frame work.

Within the discussion session, dr. Saad Bustan said that JICA operates the program systematically well and so is the management, in which the program is truly implemented by community. dr. Makmur said that this program is very good, should be adopted by all districts in South Sulawesi, " Each of district should apply 1 sub-district" he said.

Further, dr. Hermanto said that with a small stimulant fund and short of assistance term by JICA, it is able to apply KAP (Knowledge, Attitude and Practice) to community. This PRIMA Kesehatan model can be replicated totally in other places. Dr. Kakimoto said that the important thing is experience, giving opportunity to community to discuss their health issues among them. The next was, explanation from Mr. Tokumaru, he said that PRIMA Kesehatan is a unique program of which JICA applies bottom up approach, planning from bottom to up.

It is a learning process given by JICA where planning is started from the bottom which is village to district then convey to province and from province to central government. dr. Bambang expected us to work together for the continuity and sustainability of this PRIMA Kesehatan program.

Empowerment Aspect within PRIMA Kesehatan



PRIMA Kesehatan program is stimulus program which allocates grant to village/kelurahan community through PHCI team in each village/kelurahan within one district. PHCI Team were assisted by Kabupaten Implementation Team (KIT) and Field Consultant. This program mainly emphasizes on community empowerment aspect, of which the essence of the empowerment itself is on the access and control which belongs to community, so that they can get back their rights, control decision which is related to their interest, express their thoughts, identifying their own problems and needs.

Community empowerment becomes the soul within PRIMA Kesehatan, which means that it is not only an optional activity, but chosen activity. Neither physical nor non physical activity can be assured contain the empowerment essence.

PHCI Team is representative of village/kelurahan and sub-district community, which comprises of multiple

elements. After they were trained, they made assessment on community ideas and needs in the scope of Primary Health Care Improvement, and then they compose a proposal to be submitted to PRIMA Kesehatan.

Some sample activities chosen by PHCI team are as follows:

- Training on Primary Health Care Mechanism for PHCI team and Posyandu cadres. This activity is aim to improve knowledge on scope and mechanism of primary health care for PHCI team and Posyandu cadre, by expecting them to be able to encourage improvement of community participation in terms of primary health.
- Blood type identification for community in each hamlet/sub-district. This activity aimed to get initial data on community blood type, so that in case of urgent situation happened and need for blood donor, and then it will be easy to find the person who has the required blood type by referring to the database.
- Making family toilet for poor family or

for those who do not realize the impact of defecating in random places. This activity only prepared closet and concrete ring for septic tank, the rest material become the responsibility of beneficiary by contributing as much as they can effort to finish it and then utilize it.

All the activity options which come from PHCI team are certainly have community empowerment aspect within. Program assistance is only a stimulant for 3 cycles within 3 years. Program sustainability becomes the responsibility of local government as the facilitator and the readiness of community as well. The higher of community awareness to actively participate in all process and stages of development, then community health degree and life quality will improve as well.

by: **Sustriani A. Tahir**
Field Consultant of Barru District

Achieving Health Performance with PHCI



It has been two years since PHCI team established in Ujungloe sub-district; it develops and improves community health by using community effort. By the presence of PHCI team, quantitatively and qualitatively health degree of Ujung Loe people is improved.

PHCI presence with a concept of development, improvement of community participation and resources in developing and planning health problem solutions by approaching all community elements, makes community always looks forward for it.

PHCI intervention on health issues which based on environment, nutrition and improvement of health motivator resources on villages (health cadres) has achieved health achievement in Ujungloe sub-district. Two years ago, Ujungloe sub-district used to be a potential place to be infected by dengue fever, along with intervention of PHCI and related institutions, now Ujungloe sub-district is no longer a place with the highest number of dengue fever case in Bulukumba district. In

fact, in 2008, Ujungloe sub district became the icon of health guidance which based on community participation. It was proven by the chosen of Lonrong village Posyandu, which is one of the area that intervened by PHCI, as the best posyandu in Bulukumba district and one of its under-five children won as a champion of healthy baby competition. Health achievement in Ujungloe was also completed with the successful of water user's association of Sappang village as the champion at Bulukumba district level.

Those achievements become the indicators that within 2 years, PHCI collaborates with related institutions and people of Ujungloe have improved community health degree especially the healthy and clean life behavior (PHBS) in Ujungloe sub-district.

by: **A. Parawansyah, SKM**
PHCI Team of Ujungloe Sub district
(Health Promotion of Puskesmas Ujungloe)



PRIMA Comment

Since PRIMA Kesehatan program implemented at Tanete Riaja sub-district, I am quite happy and enjoy to get involved directly within P4CI team of which I was honored by community to be the chairman of P4CI sub-district. Many activities have been done by P4CI team during the implementation of PRIMA Kesehatan program, started with

training, proposal making, sign up for new bank account, hold meetings, implement activities which have been approved on the proposal and the last step is formulation of financial and activity report.

I was able to well implemented all above mentioned activities, but the most difficult thing to work out was the making of financial and activity report. It was not easy to make it, but still it must be done because by this report both P4CI team and donor can find out and measure the achievement and successful of the program. For the making of this year report, I was assisted and guided intensively by Field Consultant. Hopefully, later on I will be able to do it by myself, because I already have an experience in 2008.

PRIMA Kesehatan activity gives benefit to community because this activity is stimulus especially for family toilet construction activity. If it was not started by PRIMA Kesehatan, family toilet construction in Alausalo village will not be built, said community. Even actually community has money to make it; the presence of PRIMA Kesehatan encouraged them to start toilet construction activity of which it is their own need.

Other impact of family toilet construction activity is for those who have their own fund, after they saw this activity they decided to make their own toilet. As the result, number of constructed toilet is increase. The problem that we faced in implementing this activity was material transportation because the only access to get into this village from Gilireng sub-district capital is pass through the drawbridge of which its wooden floor already broken. We can imagine how difficult to transport the material because it had to be carried one by one across the drawbridge to our village.



M. Arief, S.Ag
Chairperson of P4CI Team of Tanete Riaja Sub district Barru District



Makka, S.Pd
Chairperson of P4CI Team of Alausalo Village Gilireng Sub district Wajo District



Photo Gallery: PHCI of Bontobahari Bulukumba

Pregnant Mother Care (2)

Pregnancy Tips

It is not an easy thing to keeping the pregnancy so that the newborn inside is stay healthy. Pregnancy is a beginning to have a healthy child. Pregnancy time decides the growth and development of the baby in the future. These following tips are the most advised tips for mother during their baby growth inside their womb:

1. Regular control to doctor to check the pregnancy condition. At the last pregnancy trimester, control should be done more often.
2. Drink more, especially water. Incoming liquid helps the increase of blood volume which happened during pregnancy.

3. Consume nutritious food, to fulfill the nutrition needs of mother and the baby inside the womb.
4. Beware of drug consumption includes traditional drugs as well as alcohol and caffeine.
5. Do not hesitate or be afraid to ask questions to the doctor because it is related to fetus and mother health. It is better to beware and ask all of your worry.
6. Stay active because it is good for mother and the baby. Walking is a safe sport for pregnant mother.
7. Have enough rest. When you take a rest you better lie on your side, especially to the left side according to the doctor suggestion.

<<< prima health info



To all pregnant mothers, it is advised to have minimal 4 times routine check up during pregnancy to Puskesmas/Posyandu. Remember that your baby growth depends on what you give and do for it. Hopefully this information can help you.

Resources: Quoted from several sources

Best Regards from PRIMA News

prima news editorial accept article input, news and commentary from some parties as media to share information and knowledge to improve this program. the editor retains the right to conduct necessary editing to adjust with the design and layout. thank you.

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PRIMA Kesehatan condoling for passed away one of PHCI member of Wajo District :

Iskandar
Chairperson of PHCI Team of Pakkanna Village, Tanasitolo
on February 8, 2009
Hopefully the family give firmness from god