

JICA Vice President Visit to PRIMA Kesehatan and PRIMA Pendidikan Sites

*Barru District
May 7, 2009*



Again, PRIMA Kesehatan had an honor to be visited, and this time by Vice President of JICA Tokyo Mr. UEDA Yoshihisa. In this visit, he was accompanied by Mr. TADA Tomoyuki Senior Representative of JICA Indonesia, Mr. NAKAGAWA Kazuo Head of JICA MFO and Team Leader of PRIMA Kesehatan program, Mr. Shigeki KAWAHARA. The visit was held on May 7, 2009. It was to SMPN 4 at Harapan Village Tanete Riaja Sub-district, Barru. The site selected was as it is one of PRIMA Kesehatan village target as well as target school of another JICA's program namely PRIMA Pendidikan.

The group started from Makassar at 7.30 AM, and arrived at 10.00 AM in Harapan village, site located at mountainside which separates Barru and Soppeng district. The team should pass through winding climb road with beautiful views surrounding. Harapan village is located far away from district center. At SMPN (Junior High School) 4, the team was welcomed by Head of Barru Health Office drg. H. Zaenal Muttaqin Hamid M.Kes, Head of Barru Education Office Drs.H.Kamil Ruddin,M.Si and also teachers and PHCI members of Harapan village. The meeting was conducted in the teachers' room of the SMPN.

The purposes of this visit, delivered by Mr.Ueda, were to grasp information on the progress of JICA program particularly for PRIMA Kesehatan and PRIMA Pendidikan, to share information toward obstacles had during the implementation of both program and to explore ideas from discussion of participants due to determining next program direction. He also expressed his appreciation for the achievement

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JICA Vice President, Mr. UEDA Yoshihisa together with PRIMA Kesehatan and PRIMA Pendidikan teams in SMPN 4, Harapan Village, Tanete Riaja Sub district, Barru



Meeting between Mr. Ueda and PHCI members and also School team members in the teacher's room of the SMPN 4 Harapan Village, Barru

gained, and always welcomed for any ideas and input.

The next session was discussion with PHCI team and School team, facilitated by Head of Barru Education Office Drs.H.Kamil Ruddin,M.Si. In this session, each of team reported their activities and expressed their hopes to JICA.

Head of district Education office, acted as moderator closed the session with conclusion as follows:

Positive Impacts:

1.Community welcomes JICA program, both PRIMA Pendidikan and PRIMA Kesehatan because these programs directly focused on community primary needs.

2.The model which is used by both programs is a result of synchronization between Bottom Up and Top Down system and collaboration between community proposal and government policy.

3.Skill improvement of Posyandu Cadre.

4.There is an improvement on students' access to continue their study to junior high school through school campaign activity.

5.Skill of teachers is improved.

6.Availability of books, one unit of computer, which is utilized for school administrative and student lesson material.

7.Improvement of student skill through extra curricular activity and Life Skill.

Faced problems:

1.PRIMA Kesehatan program implementation time was considered short because it only operates for 3 years; it was suggested to continue to 5 or 10

years.

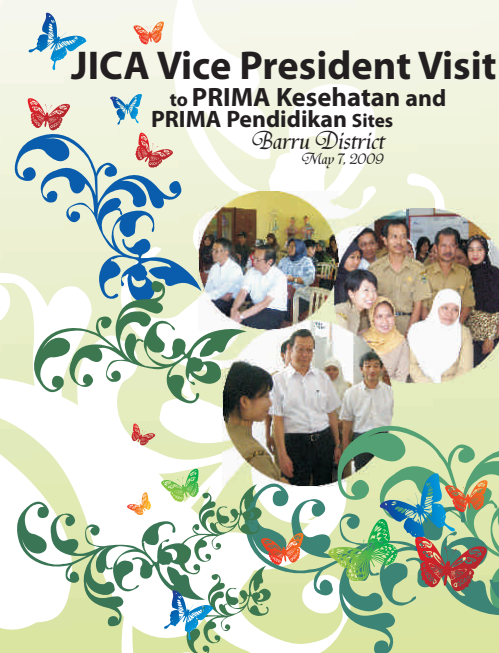
2.The fluctuation of material prices that make the price input in the proposal is different from the price when the implementation of activities are held.

The team, accompanied by Regional Secretary Drs.H.A.Syamsu Rijal Msi at this time continued the visit to Puskesmas Lisu, it is still located at Tanete Riaja sub-district. It was visited due to the assignment of one JOCV in this place named Ms. Mori Yuki. She has been working there for about one and a half year. As they arrived, the team was welcomed warmly and treated with snack. In his brief remarks, Mr. Ueda explained his visit purpose to Puskesmas Lisu which was to see directly JOCV activities. He also hoped that the existing cooperation can continue.

After visiting Puskesmas Lisu, the team moved to Bupati Barru House. As they arrived, they were welcomed with traditional dancer which the music was played with traditional music instrument.

The courtesy call was presented by Bupati of Barru District H A Muhammad Rum, Regional Secretary of Barru District Drs.H. A.Syamsu Rijal Msi, Head of Barru Health Office drg. H. Zaenal Muttaqin Hamid M.Kes, Head of Barru Education Office Drs.H.Kamil Ruddin,M.Si, representative of Bappeda Barru Ir. Nasrudin, and also member of JICA visit who accompanied Mr. UEDA Yoshihisa neither from JICA Indonesia office, JICA MFO, PRIMA Kesehatan and PRIMA Pendidikan.

Within the dialogue, Bupati stated the commitment of Barru government to continue PRIMA



Kesehatan and PRIMA Pendidikan program even after they finished assisting. Drg. H. Zaenal Muttaqin Hamid M.Kes from Barru Health Office said that for the sustainability of PRIMA Kesehatan program after JICA assistance is over, they will function ADD and community self fund.

After having lunch, treated by Bupati, the visit was ended by hand over a Barru souvenir by Bupati to Mr. Ueda Yoshihisa. After the hand over ceremonial, the team moved back to Makassar.

Appreciation for the achievement gained, and always welcomed for any ideas and input from discussion of participants due to determining next program direction.

-Mr. UEDA Yoshihisa, Vice President of JICA Tokyo-



SMPN (Junior High School) 4 in Harapan Village, Tanete Riaja Sub-district, Barru District



Puskesmas Lisu, Tanete Riaja Sub-district

Bupati's House of Barru Regent

On April 28 2009, the 4th Kick-Off meeting was held in Baruga Sayang, provincial health office of South Sulawesi. This meeting was attended by Dr. Rachmat Latief, Sp.PD, M.Kes, head of provincial health office, KIT representatives from three target districts, provincial health office counterparts for PRIMA Kesehatan, JICA MFO, PRIMA-Kesehatan Team, Field Consultants, with the total participants was 31.

In the meeting, Mr. Shigeki Kawahara, the Team Leader of PRIMA Kesehatan, presented operational frame work for year 4 and PRIMA Kesehatan Mandiri.

The next session is presentation by each KIT representative. Representative from Wajo, Mr. Huslan, presented future planning by establishing an assistance team due to field consultants' replacement in 2009. Moreover, Wajo district also appoints other sub district which is Takalalla out of PRIMA Kesehatan target. Wajo government expects to keep sustaining this program as the principle is from by



The 4th Kick off Meeting

PRIMA Kesehatan
-28 April 2009-

and for the community –based on the cycle of planning, implementation, and monitoring that are done by the community-. Barru representative, Mr. Syukri, then presented their future plan in which Barru sub district becomes one of the PRIMA Mandiri target by giving the PHCI Team members knowledge of capacity building like education of health empowerment to the community.

Within the discussion session, questions, comments and ideas were given regarding the operational plan of PRIMA Mandiri. Dr. H. Rachmat Latief, Sp.PD M.Kes himself suggested to have APBD II fund to support each target district to continue the program as stimulant of activity implementation

and also to have PRIMA Kesehatan to design a manual guideline based on PRIMA Kesehatan evaluation. He expected the input would be from the target districts experience and the output will be in form of SOP (Standard Operational Procedure) that shall be introduced to non-target districts.

by : Noval Rahman

PRIMA Kesehatan staf

The 3rd TOT of PRIMA Kesehatan was conducted twice, the first batch was held on 12 to 14th of May 2009, and the second batch was on 18 to 20th of May 2009. It was held on BBPK meeting hall, Makassar. This TOT was addressed to KIT members and Puskesmas Staff from target districts of PRIMA-K.

The TOT was officially opened by Dr. H.A. Mappatoba, MBA, DTAS, representative from provincial health office. Coming from JICA –MFO was Mr. Shuji Tokumaru, who gave his opening remark in the opening session. Others were Mrs. Sri Wahyuni, SKM and Mr. Syamsur Manda, SKM as counterparts of provincial health office who also participated in this TOT. The facilitators for the first batch of 3rd TOT were Mrs. A.Chadi Andrayani, SKM (Bulukumba); Mr. Huslan, S.ST, M. Kes (Wajo); Mrs. Hj. Kasmarinda, SKM, M. Kes (Bulukumba), and Mr. Rifai, SKM (Bulukumba). While the second batch were Mr. A. Pananrang, SKM (Barru); Mrs. Hj. Nahda, A.Md. Keb (Wajo); Mrs. drg. Nur Asri (Wajo); and Mr. Drs. H. Udding (Barru).

The 3rd Training of Trainers of PRIMA Kesehatan

12 to 14th, 18 to 20th of May 2009

The trainers were the ones who hold certificate when they joined the second TOT, JICA Experts, Field Operational Advisor, and Field Consultants. The content of the training was a simulation of the workshop that shall be conducted by PHCI team" by following the sequence of "Planning Module of PHC Improvement for Desa and Kecamatan". The content of 3rd TOT material had been revised and simplified from 10 modules (in the 2nd TOT) to 7 modules. The content are as follows ; Module 1 – Healthy Desa/Kecamatan; Module 2 – Analyzing Our PHC ; Module 3 –Preparing Action Plan; Module 4 –Planning Implementation; and Module 7 – Fund Raising.

The number of participants came at the batch one TOT 3 was 39, and 36 at batch two. The training run well, as well as the participants that played active role in every session by giving suggestions, opinion and other ideas. In



the night session, Field Consultants of PRIMA Kesehatan with all participants shared their experience of facilitating the PHCI Team in process of planning, implementation, financial and activity report. (nr)

PRIMA Comments about 3rd TOT of PRIMA Kesehatan



Herlina, SKM
Health Promotion Staff,
Health Office, Barru

"Material given within this TOT shall be applied based on the steps and format included in this training."



A. Parawansyah, SKM
Health Promotion Staff,
Puskesmas of Ujungloe
Bulukumba

"The content of this training is very efficient and interesting for a simple planning. The training method is enjoyable, but serious. It is easy to understand"



Indo Asse, SKM
Surveillance Suplementer
Puskesmas of Maniangpajo, Wajo

"The training is good and easy to understand.

The implementation is adjusted based on the each site's condition"



H.Abd. Rahman, S.Sos
Secretary of
Gillireng Sub district
Wajo

"We have to keep the principles in implementing this training, which are planning, implementation, evaluation and reporting"



Sukmawati
Village Midwife
Tellumpunua Village,
Puskesmas Pekkae, Barru

"This training is important as a guideline to facilitate and interact due to planning and implementation of PRIMA Kesehatan in Barru district"



Ahmad Arfan, SIP, MT
Head of Division for
Social Economy,
Bappeda of Bulukumba

"This training method is easy to understand, because the participants do learning by doing. The learning point in this TOT is not merely applied in PRIMA Kesehatan, but also in other planning activity."



dr. Hj. Ariani Said T.
Head of Section for
Health Service and
Reference of Health office
Bulukumba

"This training module is easy to understand, simply by practicing what have been learned in it"



Jusman
Health Environment Staff
Puskesmas Palakka
Barru

"Content of this training is quite fruitful. I suggest conducting this training someday in future to deepen the ability of facilitating activity in health sector."

Photo Gallery

Training of Trainers
PRIMA Kesehatan



12-14, 18-20 May 2009
BBPK, Makassar



Barru
Phase I



Bulukumba
Phase I



Wajo
Phase I



Barru
Phase II



Bulukumba
Phase II



Wajo
Phase II

Cough

Cough is an important body mechanism to swiften the throat and respiratory. However, if it keeps continue, it means there is a health problem in our body. There are two types of cough which are dried cough and expectorate cough. Those two types of can be acute or chronic even more. Person who suffers from acute cough will appear suddenly and can be relieved within 2 to 3 weeks, while the chronic one can be more than 3 weeks. Besides it is caused by respiratory infection, cough is also caused by several things;

- Allergic or asthma • Pneumonia or Acute Bronchitis • Lung disorder disease such as Emphysema and Chronic Bronchitis • Sinusitis • Active or Passive smoker • Air Pollution

Symptoms: Cough with expectorate, painful and itchy throat, sore muscles in stomach area when sufferer keeps coughing.

Some tips to reduce cough;

- Drink warm water to make the phlegm is watery • Do not smoke or nearby the smoker • Avoid consuming food that may cause

<<< PRIMA Health Info



cough like greasy or spicy food

- If cough is caused by allergy, then try to avoid the its sources
- If tips above do not work, sufferer can use cough medicine, based on the type of cough. There are two types of cough medicines,

expectorant (to make the phlegm watery) and Antitusive (to reduce cough).

Source: taken from several source

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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