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HEALTH EDUCATION ON FRACTURES EMERGENCIES TO INCREASE KNOWLEDGE AMONG SMK KESEHATAN LETRIS INDONESIA 1 STUDENTS

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ABSTRAK

Fractures are fractures usually caused by trauma or physical exertion, accidents, both work accidents and traffic accidents Fractures are a potential or actual threat to a person's integrity, so they will experience physiological and psychological disorders that can cause a response in the form of pain. , Indonesia is the country that experiences the most fracture events 1.3 million per year from its population, which is around 238 million, and the most results are found at the age in the late adolescent category 17-25 (28.6%) because age is the productive age in carrying out activities, male sex (63.5%) the location of the Os fracture. Humerus (27.0%) location on bone 1\3 distal (50.8%) type of closed fracture (68.8%) and the cause of the fracture trauma (96.8%) However, the majority of adolescents do not understand well how to handle early fracture injuries. Incorrect initial handling can have an impact on complications for fracture sufferers Objective: This community service activity aims to increase the knowledge and understanding of adolescents in the early handling of fracture injuries Especially Students of SMK Kesehatan Letris Indonesia 1.

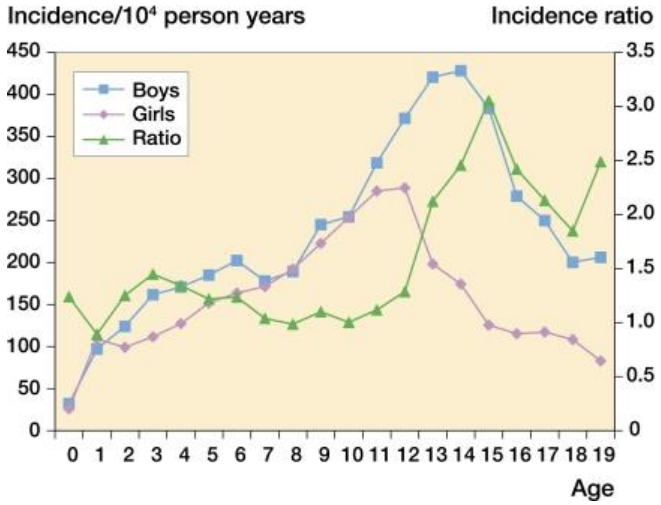
Kata Kunci: Health Education, Emergencies, fractures, adolescent students, Universitas Ichsan Satya

INTRODUCTION

Fractures are the third leading cause of death in Indonesia after coronary heart disease and tuberculosis. Fractures are caused by trauma or physical exertion, accidents, both work accidents and traffic accidents (Noorisa et al, 2017). Fractures are a potential or actual threat to a person's integrity, so they will experience physiological and psychological disorders that can cause a response in the form of pain. Indonesia is the largest country in Southeast Asia that experiences the most fracture events 1.3 million each year from its population of around 238 million. Fracture cases in Indonesia reached a prevalence of 5.5% (Ministry of Health RI, 2018). Fractures in the lower extremities due to traffic accidents have the highest prevalence among other fractures, which is around 46.2% of 45,987 people with lower extremity fracture cases due to traffic

accidents (Purnomo &; Asyita, 2017). The main causes of fractures are single trauma events such as impacts, beatings, falls, irregular or oblique positions, dislocations, withdrawals, and abnormal weakness in the bones (pathological fractures) (Noorisa, 2016). Another impact that arises in fractures is that it can experience changes in the part of the body affected by the injury, and feel anxiety due to pain and pain. Pain occurs as a result of injuries that affect healthy tissue. Pain affects the body's homeostasis which will cause stress, and discomfort pain must be overcome if not overcome can cause effects that endanger the healing process and can cause death (Septiani, 2015). Someone who experiences pain will have an impact on daily activities such as sleep rest disorders, activity intolerance, personal *hygiene*, nutritional fulfillment disorders (Potter & Perry, 2015) Management of fractures by surgery or surgery (Mue DD, 2016). Management of fractures can lead to problems or complications such as tingling, pain, muscle stiffness, swelling or edema, and paleness in the operated limbs (Carpintero, 2016) Indonesia itself is a country that experiences the most fracture events of 1.3 million per year from its population, which is around 238 million, and the most results are found at the age of late adolescents 17-25 (28.6%) because that age is the productive age In performing activities, male sex (63.5%) the location of the Os fracture. Humerus (27.0%), location on bone 1\3 distal (50.8%), closed fracture type (68.8%), and cause traumatic fracture (96.8%).

Data Grafis



If we look at the graph data above, the highest data that experienced fractures were legs, so based on the background description above, the author is interested in counseling about fractures or fractures.

MATERIALS AND METHODS

This Emergency fracture (fracture) counseling community service activity uses the lecture method (delivering material by presenting and displaying videos) and doing pre-test *and* post-test *questions*. This activity will be held on Friday, October 13, 2023, with a time of 1 hour. 10 minutes for filling out pre-test, *30 minutes for explaining material, 20 minutes for question and answer session and*

discussion, and 10 minutes for filling in post-test questions. This activity was attended by 30 students of SMK Kesehatan Letris Indonesia 1 class.

RESULTS AND DISCUSSION

The Community Service activity entitled Community Service Counseling for Emergency Fractures (Fractures) at SMK Kesehatan Letris Indonesia 1 was carried out on Friday, October 13, 2023, This activity began at 10.15 finished. The activity began with the preparation of submission of assignment letters and permits related to places, making proposals, PowerPoint, making *pre-test and post-test questions,* and preparing the assignments for the counseling team. The target participants of the Emergency fracture (fracture) counseling community service activity are teenagers, especially students of SMK Kesehatan Letris Indonesia 1, with a target number of participants of 30 people. Activities are carried out by lecture and discussion and question and answer methods. Evaluation of activities is carried out through data collection Results: 75% of students can understand the benefits of counseling about fractures, 2.75% of students can understand the requirements for handling fractures, 4.75% of students can understand when to immediately stop fracture therapy, 3.75% of students can understand relative contraindications, 5.75% of participants can understand how to handle fracture first aid *Post-test* results conducted by students, counseling activities describe

Figure 1
Implementation of pre-test and post-test Students of SMK Kesehatan Letris Indonesia 1

Figure 2
Delivery of Material by lecturers

Figure 3
Implementation of Material delivery

Figure 4
Implementation of questions and answers for students of SMK Kesehatan Letris Indonesia 1

Figure 5
Student Documentation Process of SMK Kesehatan Letris Indonesia1

CONCLUSION

After holding a community service activity entitled Community Service Counseling for Emergency Fractures (Fractures) at SMK Kesehatan Letris Indonesia 1, we hope that the students of SMK Kesehatan Letris 1 Tangerang Regency, especially to class XI, can apply what has been taught or explained regarding fractures and how to help the main way.

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