

SOCIALISATION OF THE USE OF MEDICINES AND TREATMENT OF MINOR ANTI-INFLAMMATORY WOUNDS IN THE VILLAGE OF MERTAK KESAMBIK DAYE, CENTRAL LOMBOK

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Abstrak

Penggunaan obat antiinflamasi dan penanganan luka ringan di masyarakat masih sering dilakukan secara tidak tepat, seperti penggunaan obat tanpa dosis yang benar dan perawatan luka yang tidak higienis. Kondisi ini dapat meningkatkan risiko infeksi dan efek samping obat. Kegiatan pengabdian kepada masyarakat ini bertujuan untuk meningkatkan pengetahuan dan pemahaman masyarakat Dusun Mertak Kesambik Daye, Lombok Tengah, mengenai penggunaan obat antiinflamasi yang rasional serta teknik penanganan luka ringan yang benar. Metode yang digunakan meliputi penyuluhan, diskusi dan tanya jawab. Hasil kegiatan menunjukkan adanya peningkatan pemahaman masyarakat mengenai jenis obat antiinflamasi, aturan pakai, efek samping, serta langkah-langkah perawatan luka ringan yang tepat. Kegiatan ini diharapkan dapat mendorong perilaku hidup sehat dan penggunaan obat yang aman di tingkat masyarakat.

Kata Kunci: sosialisasi, obat antiinflamasi, luka ringan, pengabdian masyarakat

Abstract

The use of anti-inflammatory drugs and the treatment of minor wounds in the community are still often carried out improperly, such as the use of drugs without the correct dosage and unhygienic wound care. This condition can increase the risk of infection and drug side effects. This community service activity aims to increase the knowledge and understanding of the community of Mertak Kesambik Daye Hamlet, Central Lombok, regarding the rational use of anti-inflammatory drugs and the correct techniques for treating minor wounds. The methods used include education, discussion, and question-and-answer sessions. The results of the activity show an increase in the community's understanding of the types of anti-inflammatory drugs, usage rules, side effects, and proper minor wound care steps. This activity is expected to encourage healthy living behaviours and safe medication use at the community level.

Keywords : socialisation, anti-inflammatory drugs, minor injuries, community service

I. INTRODUCTION

Health is a basic human need that greatly affects the quality of life of the community. Efforts to maintain health are not only the responsibility of health workers, but also require the active participation of the community in maintaining and caring for their health independently (Notoatmodjo, 2014). One form of self-help that is widely practised by the community is self-medication, which is the practice of treating minor health complaints oneself. Self-medication is often chosen because it is considered practical, easily accessible and relatively inexpensive (Kemenkes RI, 2017).

Anti-inflammatory drugs are a class of drugs that are often used in self-medication to treat pain, swelling, and inflammation caused by minor injuries or wounds. The use of these drugs is quite widespread in the community because they are easily obtainable, both with and without a doctor's prescription (Dipiro et al., 2015). However, improper use of anti-inflammatory drugs can cause various side effects, such as

stomach problems, allergic reactions, and even kidney problems if used excessively or over a long period of time (Katzung, 2018).

In addition to the use of medication, the treatment of minor injuries is also a health issue that is often overlooked. Minor injuries such as scratches, cuts and abrasions are often considered harmless, so their treatment does not pay sufficient attention to the principles of hygiene and sterilisation (WHO, 2019). Improper treatment of minor wounds can lead to infection, slow down the healing process, and increase the risk of complications. Therefore, knowledge of proper wound care measures is very important for the community (Smeltzer & Bare, 2016).

Based on initial observations in Mertak Kesambik Daye Hamlet, Central Lombok, it was found that some members of the community still use traditional methods that are less hygienic in treating wounds, and use anti-inflammatory drugs without paying attention to dosage and usage rules. Lack of access to health information and minimal educational activities are factors that influence the low level of community knowledge regarding the proper use of medicines and treatment of minor wounds (Depkes RI, 2016).

Community service is one of the strategic efforts to bridge the health information gap through educational activities that are practical and easy for the community to understand (Sukardi, 2019). Therefore, this socialisation activity on the use of anti-inflammatory drugs and the treatment of minor injuries was carried out as a form of community service with the aim of improving the knowledge, attitudes, and skills of the community of Mertak Kesambik Daye Hamlet in maintaining their health independently.

II. METODE

The community service activity was carried out in Mertak Kesambik Daye Hamlet, Central Lombok Regency, on 5 January 2025. The target audience for this activity is the community of Mertak Kesambik Daye Hamlet, particularly heads of households, housewives, and teenagers.

The methods used in this activity include:

Education Delivery of material on the introduction of anti-inflammatory drugs, rules of use, dosage, side effects, and contraindications. Demonstration Direct practice of treating minor wounds, from cleaning wounds, using antiseptics, to proper bandaging. Discussion and Question and Answer Providing participants with the opportunity to ask questions and share experiences related to the use of medicines and wound care. Tools and Materials Tools and materials used include educational leaflets, presentation media, antiseptics, sterile gauze, plasters, and examples of anti-inflammatory drugs.

III. RESULTS AND DISCUSSION

The socialisation activity was attended by around 30 participants. During the activity, participants showed great enthusiasm, as seen from their active participation in the discussion and question and answer sessions. A simple evaluation through oral questions showed an increase in participants' understanding of:

1. Types and functions of anti-inflammatory drugs
2. Proper usage and dosage
3. Risks of using medicines without a prescription
4. Steps for properly treating minor injuries

The increase in public knowledge after this activity is in line with previous research stating that health education can improve rational medicine use behaviour (Depkes RI, 2016). Socialisation accompanied by demonstrations has proven to be more effective because participants can immediately practise treating minor injuries correctly. The rational use of anti-inflammatory drugs is very important to prevent side effects and drug resistance. Therefore, this activity makes a positive contribution to raising public awareness of the importance of safe drug use and proper wound care.

Table 1. Outcomes of Socialisation

No	Aspects Assessed	Conditions Before Socialisation	Conditions After Socialisation	Discussion
1	Knowledge about anti-inflammatory drugs	Most participants did not understand the function and types of anti-inflammatory drugs.	Participants are able to name the functions and examples of anti-inflammatory drugs.	Education improves the public's basic understanding of commonly used medicines
2	Understanding medication usage rules	Participants often use medication without paying attention to the dosage.	Participants understand the importance of dosage and usage instructions.	Rational use of medicines can reduce the risk of side effects.
3	How to treat minor injuries	Wounds are often treated without antiseptics and sterile equipment.	Participants are able to practise correct wound management	Live demonstrations help participants understand wound care procedures.
4	Awareness of infection risk	The risk of infection is poorly understood	Participants understand the importance of wound cleanliness.	This knowledge is important to prevent complications from minor injuries.

Based on the table above, it can be seen that there was an increase in public knowledge and understanding after the socialisation programme. This is in line with previous studies which state that health education has a positive effect on the correct use of medicines and wound care (Depkes RI, 2016).

IV. CONCLUSION

Community service activities through the dissemination of information on the use of anti-inflammatory drugs and the treatment of minor injuries in the hamlet of Mertak Kesambik Daye have succeeded in increasing the knowledge and understanding of the community. Continuous education and guidance from health workers are essential to ensure that this knowledge is applied in everyday life. It is hoped that there will be ongoing cooperation between health workers, village governments, and educational institutions to carry out similar activities on a regular basis in order to improve the health of the community.

ACKNOWLEDGMENT

The author would like to thank the government of Mertak Kesambik Daye Village and the entire community for their active participation in this community service activity.

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