“Lek Tebe” as an innovative media of health promotion to raise the awareness of Indonesian people on tuberculosis

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Abstract

Objective: This study aimed to develop “Lek Tebe as the innovative media of health promotion to raise the awareness of Indonesian people on Tuberculosis.

Methods: Literature review was performed in this study. We searched ProQuest database, governmental and non-governmental organisation reports, and international surveys to identify full-text review articles published in 2006-2016, in Bahasa Indonesia and English. Search terms included “tuberculosis”, “health promotion media”, and “Tuberculosis prevention”.

Results: Health promotion regarding tuberculosis included the following slogans: knowing the nature of TB, recognising signs and symptoms of the disease, examining those who are at risks, treating those who are diagnosed, avoiding the transmission to others, and creating a healthy environment. Lek Tebe as the proposed media for health promotion would integrate the easy-to-understand messages regarding tuberculosis and its slogans. Lek Tebe, equipped with visual and audio features, is the robotic media that could be placed in visible public spaces. The development of Lek Tebe requires collaborative efforts between nurses, programmers and technicians.

Conclusion: Lek Tebe is the alternative media for health promotion regarding tuberculosis. We suggested community nurses to cooperate with related professionals to develop and implement the use of Lek Tebe in their healthcare facilities.

Keywords: Lek Tebe, health promotion, tuberculosis.

Introduction

Tuberculosis remains a major health threat in many parts of the globe. In 2015, World Health Organization (WHO) estimated that as many as 10.4 millions people in the globe were living with tuberculosis. They, furthermore, reported that 1.8 million people died from the disease, and 95% of the death occurred in the low and middle income countries.1

Indonesia ranked the second among six high TB burden countries globally. The country had approximately 1,02 million TB incidences and 32 thousand MDR/ RR- TB incidences.1 This evidence showed that Indonesia requires actions to significantly reduce the number of the cases.

Directly Observed Treatment Short-Course (DOTS) has been recommended as a strategy for TB treatment and follow ups.2 Nevertheless, the treatment alone is not robust enough to control and prevent the transmission of TB. A study indicated the need of aggressive strategies to raise awareness on TB, reducing stigma and delayed TB screening and treatment.3 One of the effective strategies might include health promotion targeting healthy and risky population.

Health promotion is a process of enabling, mediating and advocating people to have control and enhance their health. It is delivered by reorienting health services, creating supportive environments, building personal abilities, and strengthening community actions.4 It requires collaborative efforts for the succcesful of health promotion, including in developing media for health promotion.

Many organisations have acknowledged the potential roles of media in health promotion. As a source of information, health promotion media is not only relevant, but also useful in increasing public participation in TB prevention, screening and treatment. The great promise of media in health promotion is in their unique capacity to disseminate information to large audience repetitively, in an incidental manner, and at a low cost per head.5
Due to their essential roles in health promotion, we were interested to develop media for health promotion and TB prevention. We proposed Lek tebe, a robotic media, that we believed could be the effective tool to deliver messages regarding tuberculosis.

Methods

The design of this study was literature review, aiming to identify health promotion media regarding tuberculosis. This study also aimed to propose the development of “lek tebe” as an innovative media of health promotion to raise the awareness of Indonesian people on Tuberculosis. This study comprised 4 main stages. They are:

Preparation. At this stage, we develop the idea and framework of the study. The topic focused on the issues of tuberculosis disease, health promotion and TB prevention.

Data collection. Data were taken from ProQuest database, governmental and non-governmental organisation reports, and international surveys. The search terms were “tuberculosis”, “health promotion media”, and “Tuberculosis prevention”. The inclusion criteria of the articles were: (1) published with topics on media for health promotion and TB prevention, (2) written in Bahasa Indonesia or English, (3) published in between 2006-2016. Titles and abstracts were sorted during this stage. We further assessed the full text for the inclusion.

Data Analysis. After obtaining the articles that meet the inclusion criteria, we, then, analysed the articles based on the idea and framework that have been developed during the initial stage.

Conclusion. The last stage was drawing conclusion and providing recommendation.

Results and Discussion

This section is divided into three main parts; 1) campaign slogan for tuberculosis prevention, 2) lek tebe as an innovative health promotion media, and 3) collaborative actions to develop Lek Tebe.

Campaign slogans for tuberculosis prevention

The government has coined 6 M (In Bahasa Indonesia) as the slogan for TB prevention.

Know (mengetahui). Individuals need to know and understand about tuberculosis, including its characteristics, mode and agent of transmission.

Recognise (mengenali). Individuals need to recognise the signs and symptoms of the disease, including persistent cough that lasts for longer than 2 weeks (sometimes cough up blood), chest pain and dyspnea, night sweats, and unexplained weight loss. By recognising these clinical manifestations of tuberculosis, they will be more aware about their health problems and take necessary actions.

Examine (memeriksakan). Individuals who have one or more clinical manifestations need to seek for healthcare providers. Healthcare providers will then perform tests to help determine the cause. Those who have risk factors also need to be screened for latent TB infection.

Treat (mengobati). When individuals are diagnosed with tuberculosis, they need to take a combination of TB medications for at least six months. Interruption or failure on completing medication could lead to drug-resistant TB, thus, it is essential for patients to comply with the therapy.

Avoid (menghindar). Individuals with TB should be able to prevent and control the risks of cross infection to others. TB bacteria could spread through the air. Therefore, those who have TB need to cover their mouth when talking, sneezing or coughing.

Create (menciptakan). Individuals with TB need to create a healthier environment. As we all know, TB bacteria are more likely to live longer in the moist, dim, and poorly ventilated space. Thus, the individuals with TB should modify their environment by exposing their living space with sunlight, and adequate air ventilation.

“Lek Tebe” as a health promotion media

Health promotion programs are designed to enhance the knowledge of the individuals, family, and/ or community regarding healthy lifestyle and disease prevention. The information delivered needs to be easily understood by the targeted audience, and the method of delivering information should be done in an interesting way. Accordingly, the effective health promotion and disease prevention program requires a clear information and innovative design.

Our review proposed the development of Lek Tebe as the interactive media of health promotion regarding tuberculosis. Lek Tebe is a danbo robot that works as visual and audio media of health promotion and TB prevention. Lek Tebe has a monitor screen in its body and a recording system that can produce sounds. It comes with six buttons, each provides information about one TB slogan.

This robot could be placed in visible and accessible areas in the health care facilities or public spaces, such as in the integrated services posts (Posyandu and Posbindu), public health centers, train stations, bus terminals, and shopping malls.

Collaborative actions to develop Lek Tebe

The development of Lek Tebe requires collaborative efforts involving nurses and IT experts. Nurses as the idea generator play a key role in developing and designing the content of health promotion. Meanwhile, the IT programmers play a role in developing the program and the technicians could assist in refining the structure and hardwares of Lek tebe. The process of Lek Tebe development could be seen on Figure 1, whereas
the description of Lek tebe as health promotion media could be seen on Figure 2.

Figure 1. Process of Lek Tebe Development

Figure 2. Lek tebe as the health promotion media

Conclusion

Lek Tebe could serve as an alternative media for health promotion and TB prevention. Lek Tebe would be equipped with audio and visual features to attract more people to listen and see the complete information about tuberculosis and its slogans. The development of Lek Tebe requires collaborative efforts among nurses, programmers, and technicians in developing the content, softwares and hardwares of Lek Tebe. We suggested community nurses to cooperate with related professionals to develop and implement the use of Lek Tebe in their healthcare facilities. We also suggested the refinement of Lek Tebe as the media of health promotion with greater features so that people will be more knowledgeable about healthy life.

References