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Improving Public Understanding about Chronic Hepatitis and Diabetes Mellitus in The Era of The Covid-19 Pandemic

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Abstract

Hepatitis is an inflammation of the liver. In chronic hepatitis, inflammation of the heart lasts for at least 6 months. Several incidences of disease in hepatitis require good and simultaneous treatment. To increase public knowledge regarding hepatitis, a webinar was held "What and How is Chronic Hepatitis and Diabetes Mellitus in the Era of the Covid-19 Pandemic". The implementation of this community service was carried out at the Surabaya Ahmad Yani Islamic Hospital, in June-October 2022. This community service was carried out through webinar activities which were attended by 156 participants, followed by patients and non-patients which were packaged in an attractive manner in order to provide clearer information related to hepatitis and diabetes mellitus so that they are more aware and alert. The results of the webinar related to the explanation of chronic hepatitis and diabetes mellitus during the covid-19 pandemic have gone well. Evaluation of respondents' knowledge when participating in webinar activities has increased. Respondents have good knowledge regarding chronic hepatitis, transmission media for chronic hepatitis, how to prevent it, symptoms of diabetes mellitus, clean and healthy living behavior for diabetes mellitus prevention, and a good diet. Webinars held packed with interesting with webinar media you can increase the knowledge participant go on by 12%, expected through education carried out by the YouTube channel could realize a society that is more aware and care about the incidence of chronic hepatitis and diabetes mellitus. This community service activity is expected to be presented periodically with other disease topics to increase public knowledge and understanding regarding diseases, their causes, methods of prevention and treatment.

Keywords: Chronic Hepatitis, Diabetes Mellitus, Webinars, Education Health

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1.Introduction

Hepatitis disease is an inflammation heart. In chronic hepatitis, inflammation heart in progress at least for 6 months (Kunaryanti et al., 2018). Even though causes mild symptoms until moderate, disease heart chronic could cause complications serious (Fitryanti, Febriawati, and Yanti 2019). Most people who suffer from the condition this not feel symptoms of hepatitis, people only feel similar symptoms with the disease, such as lust eating decrease and feeling tired. When not quick treated, chronic hepatitis could increase the risk of cirrhosis, enlargement spleen, to drop function brain (Afdal & Rini, 2012).

Chronic hepatitis is a disease general and could occur at any age. However, the condition can be overcome with reduce factor risk (Fatma Nadia, 2021). Two in three people with chronic hepatitis will develop the condition gradually (Bhatt et al., 2016). The development of the condition of the hepatitis disease makes some people do not experience symptoms of hepatitis until they enter the stage of liver cirrhosis. Common symptoms that can appear due to chronic hepatitis include feeling unwell (malaise), decreased appetite, often feeling tired, feeling low-grade fever, swelling of some parts of the body, small blood vessels like the effect of a spider on the body. there is a buildup of fluid in the abdomen (ascites), there is abdominal pain in the upper part, and yellowing of the skin and eye membranes (jaundice) (Mardiana et al., 2020).

Some signs and symptoms may not be listed above. The diagnosis of chronic hepatitis is the same as for a typical hepatitis test. A doctor will ask the patient to undergo a certain series of examinations if they experience symptoms that do not improve (Petersmann et al., 2018). These include blood tests to check heart function and cardiac enzymes, imaging tests such as MRI, biopsy, and ultrasound examination. for heart cancer screening.

Ministry Health on month January 2022 report has to find guess cases of acute hepatitis that have not been known the cause to 18 people. Case the originated from North Sumatra, West Sumatra, Bangka Belitung Islands, DKI Jakarta, West Java, Java East and East Kalimantan. The most in DKI Jakarta with 12 cases. Out of 18 cases, 9 cases entered the status of pending classification, seven were discarded, one in the verification process and one possibility. 7 discarded cases consist of 1 positive Hepatitis A person, 1 positive Hepatitis B person, 1 positive person Typhoid, 2 people have fever dengue blood, 2 others aged more than 16 years. Besides that, from the results, investigation contact no found existence transmission direct from man to human. As the action continued, the Ministry of Health together party related Keep going to do effort investigation with to do Pathogen analysis using Whole Genome Sequencing (WGS) and investigation epidemiology more carry on for ensuring reason from incidence of acute hepatitis this. Destination from

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devotion Public this is for giving outlook to Public related the incidence of hepatitis so that Public more aware and alert associated with hepatitis and diabetes mellitus.

According to WHO, Diabetes Mellitus (DM) means diabetes is something disturbance metabolism chronic with multiple etiologies characterized by height rate sugar blood accompanied by disturbance metabolism carbohydrates, lipids and proteins as a consequence of insufficiency of insulin (KEMENKES, 2014). In diabetics, the pancreas is not capable produce insulin accordingly to the body of the need. Whereas without insulin, the cell's body no could absorb and process glucose Becomes energy (Syahid, 2021).

According to the Agency data Health World (WHO), when this already there is approximately 150 million people have diabetes worldwide cleavage world (Angriani & Baharuddin, 2020). So not wonder if diabetes is getting Becomes attention because amount continuous sufferers increased (Jurnalis et al., 2014). Part big sufferers confess that they knew to realize the existence of diabetes after appearing complications are serious like disturbance eye or disturbance kidney. Therefore, knowing the presence of disease as early as possible Becomes something very thing important (Mardiana et al., 2020). Therefore, based on the description of the background above, it is necessary to have community service activities to provide knowledge and understanding and how to handle them related to Chronic Hepatitis and Diabetes.

2. Method

The implementation of this community service was carried out at the Surabaya Ahmad Yani Islamic Hospital, in June-October 2022. This community service was carried out to provide a clearer view to the community regarding the incidence of hepatitis and diabetes mellitus so that the public was more aware and alert.



Figure 1. House Islamic Hospital Surabaya

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Implementation of community service activities in the form of workshops, and several things that are of concern are:

a. Stages or Steps to be held for solutions offered

1. Conduct a preliminary survey about the problem and incidents of frequent disease that happened at the Islamic Hospital in Surabaya.
2. To analyze the situation and problem-related events/some existing data in the medical record about the incident disease.
3. Make and design module learning-related chronic hepatitis and diabetes mellitus.

b. Participation partner in program implementation

Workshop organizer through online webinar with the title what and how is chronic hepatitis and diabetes mellitus in a pandemic era Covid 19.

c. How to evaluate program implementation and program continuity after activity devotion to the Public is finished.

1. Conducted measurement with assesses pre and post-test participants with Google forms that are being worked on online.
2. The results of the webinar will be submitted to YouTube Chanel so can be seen and make the learning process for others (Hanik et al., 2021).

3.Results and Discussion

The following are the results of community service activities related to efforts to increase public understanding of chronic hepatitis and diabetes mellitus.



Figure 2. Webinar Flyer What and How Chronic Hepatitis and Diabetes Mellitus in the Pandemic Era Covid 19

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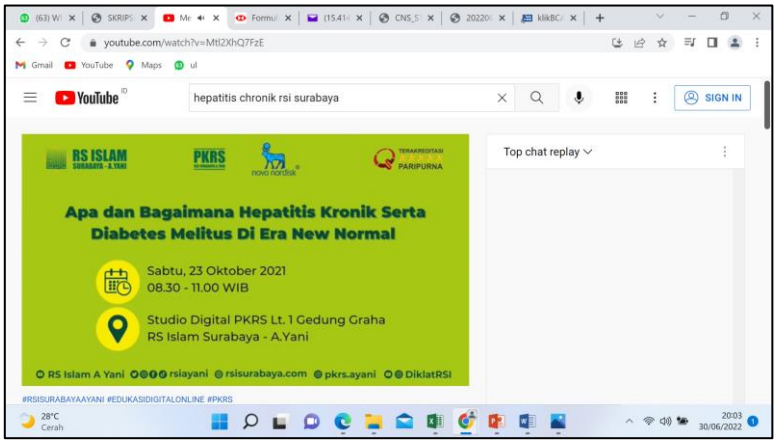


Figure 3. YouTube Chanel Webinar What and How is Chronic Hepatitis and Diabetes Militus in the Pandemic Era Covid 19 (https://www.youtube.com/watch?v=Mtl2XhQ7FzE)

YouTube Channel is a channel YouTube or channel YouTube on purpose made that already registered on YouTube. A YouTube Channel can upload a hepatitis video which later the video can see by the user YouTube other.

Table 1. Characteristics Participants of the Webinar Workshop What and How is Chronic Hepatitis and Diabetes Mellitus in the Pandemic Era Covid 19

No	Characteristics	Frequency	Percentage
Gender			
1	Male	56	35.90%
2	Female	100	66.70%
Age			
1	<25 Years	52	33.33%
2	25 - 35 Years	45	28.85%
3	35 Years >	59	37.82%
Patient			
1	Patient Permanent	112	71.79%
2	No Patient	44	28.21%

Table 1 gives information that part big is girls, and participants the most is patients permanent house sick with an age range > 35 years.

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Table 2. Results Measurement of Pre and Post Test Participants Webinar What and How is Chronic Hepatitis and Diabetes Mellitus in a Pandemic Era Covid 19

No	Knowledge	Pre-Test	Post-Test
1	Knowledge Chronic Hepatitis Disease	73%	90%
2	Chronic Hepatitis Transmission Media	76%	85%
3	Prevent Chronic Hepatitis Contagion	65%	88%
4	Type Chronic Hepatitis Disease	66%	87%
5	Disease Infectious Through Skin	78%	88%
6	Know Symptoms of Diabetes and Hepatitis	83%	90%
7	Danger Diabetes	76%	81%
8	Behavior Life Clean and healthy prevent diabetes	78%	88%
9	Diabetes Check	77%	84%
10	Pattern Eat Diabetics	73%	85%
	Average	75%	87%

Hepatitis is a viral infection that causes inflammation of the liver. Hepatitis is said to be chronic if it lasts for at least six months (Nadia, 2021). In general, chronic hepatitis is mild and causes relatively little damage. Two out of three people with chronic hepatitis will develop this condition gradually. This makes some people not experience symptoms of hepatitis until they enter the stage of liver cirrhosis (Fitriani et al, 2021). Based on table 2, it can be informed that the results of the webinar related to the explanation of chronic hepatitis and diabetes mellitus during the covid-19 pandemic have gone well. Evaluation of respondents' knowledge when participating in webinar activities has increased, where the pre-test value is 75% and increases when the post-test score becomes 87%. All aspects evaluated, namely 10 aspects, have increased. Respondents have good knowledge regarding chronic hepatitis, transmission media for chronic hepatitis, how to prevent it, symptoms of diabetes mellitus, clean and healthy living behavior for diabetes mellitus prevention, and a good diet.

Hepatitis B is a disease caused by infection with the Hepatitis B virus. This virus can be transmitted through direct contact with the patient's body fluids such as blood, semen, or vaginal fluids (Mardiana et al., 2020). Direct contact can be in the form of sexual contact, use of needles shared injections, blood transfusions, organ transplants/donors, and transmission from mother to baby during delivery. There are 2 types of hepatitis B, acute hepatitis B and chronic hepatitis B. If your future husband is suffering from acute hepatitis B, then most likely the disease will heal by itself in 2-3 months

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Vaccines can be started from childhood, and continued into adulthood. In addition to vaccines, there are several other ways that you can practice to protect yourself from the risk of being exposed to the hepatitis B virus. These include (1) Do not use the same toothbrush or razor, (2) Do not use the same syringe, (3) tattoos are not utilized in the tools used, and (4) Use protection when you have sexual intercourse

Hepatitis does not always show symptoms (Lestari et al., 2021). New symptoms will appear after the body is damaged which results in a decrease in liver function. If the effects are acute, then signs and symptoms can appear very quickly. Many of the symptoms commonly experienced by people with hepatitis disease, including experiencing symptoms such as flu, nausea, vomiting, fever, and weakness, pale, yellowish eyes and skin, abdominal pain, weight loss, dark urine color like tea, and loss of appetite.

Diabetes is a chronic disease characterized by high blood sugar (glucose) levels (Khumaedi et al., 2017). Glucose is the main source of energy for the cells of the human body. If the intake of glucose is excessive, the glucose accumulates in the blood and results in not being absorbed by the body's cells properly. The problem that arises is that various disorders occur in the body's organs. If diabetes mellitus is not controlled properly, various complications can arise and endanger the life of the sufferer.

Diabetes mellitus itself has 2 types. Type 1 diabetes can progress rapidly within weeks, even days. Whereas in type 2 diabetes, many sufferers do not realize that they have had diabetes for years, because the symptoms tend to be non-specific. Some of the characteristics of type 1 and type 2 diabetes include (Petersmann et al., 2018), (1) Frequent feeling of thirst, (2) Frequent urination, especially at night, (3) Often feeling very hungry, (4) Unexplained weight loss, (5) Decreased muscle mass, (6) There are ketones in the urine. Ketones are waste products from the breakdown of muscle and fat as a result of the body not being able to use sugar as an energy source (Fitriani et al, 2021).

4.Conclusion

Webinars held packed with interesting with webinar media you can increase the knowledge participant go on by 12%, expected through education carried out by the channel YouTube could realize a society that is more aware and care about the incidence of chronic hepatitis and diabetes mellitus. This community service activity is expected to be presented periodically with other disease topics to increase public knowledge and understanding regarding diseases, their causes, methods of prevention and treatment.

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