SEIMUT PERSIA: Promoting Dental and Oral Health Care and Physical Performance in Elderly

Aulia Ramadhani, Taufan Bramantoro, Fridaniyanti Khusnul Khotimah, Lintang Maudina Santosa, Nancy Cynthia Sudariarta, I Ketut Brahma Pande Cakti Mudara, Widya Risiky Romadghona, Elvira Widya Pangestika, Ulyasari Rachmaningayu, Benny Saputra, Faila Shofa Amarilda and Erika Priyanridani

Departement Dental Public Health, Faculty of Dental Medicine, Universitas Airlangga
Surabaya – Indonesia

ABSTRACT

Background: An epidemiological study on elderly conducted by the PKL group number 6 in Jagir Health Public Health Center showed that periodontitis was linked hypertension, low muscle strength, and low physical activity, and caries were linked to low muscle strength and low physical activity. Purpose: To create an informational health video about dental and oral health and physical performance in the elderly because there was none. Methods: The program was conducted on Monday, 22 July 2019, at the Jagir Public Health Center using individual interviews. Results: Of the 20 respondents, 5% of them disagreed, 5% quite agreed, 20% agreed, 70% strongly agreed that SEIMUT PERSIA helped them learn about dental and oral health and physical performance in the elderly. Out of the 20 respondents, 5% of them quite agreed, 15% agreed, and 80% strongly agreed that the SEIMUT PERSIA video was interesting to watch. Out of the 20 respondents, 5% of them quite agreed, 20% agreed, and 75% strongly agreed that the SEIMUT PERSIA video was easy to digest. Conclusion: The respondents were interested in the information about dental and oral health and the physical performance of the elderly, and the video was easy to understand.

Keywords: Video; Health; Physical Performance.

INTRODUCTION

Learning style means efforts, understandings, and tendencies of a student to learn or obtain knowledge in a particular way. A person's learning style consists of how the person records, organizes and processes information. Visual, auditory, and kinaesthetic are learning styles to adopt based on personal preference.

An epidemiological study conducted by PKL team number 6 at the Jagir Public Health Center involved 105 elderly. This study aimed to look at the condition of dental and oral health and physical performance in the elderly under the Jagir Public Health Center coverage area Surabaya. The data were obtained using questionnaires and physical examination at the clinic.

It was found that periodontitis in the elderly was linked to hypertension, low muscle strength, and low physical activity. Also, dental caries was linked to low muscle strength and low physical activity. Therefore, SEIMUT PERSIA (Dental and Oral Health and Physical Performance of Elderly) program was designed and implemented. The SEIMUT PERSIA video was intended to disseminate information about dental and oral health and physical performance in elderly to visitors/patients of Jagir Public Health Center, especially elderly. Also, the video was created to engage and educate visitors about how dental and oral health and physical performance progresses along with age.

MATERIALS AND METHODS

The program took place on Jagir Public Health Center using the individual interview and video media. The SEIMUT PERSIA covered general information about the elderly, short information about dental caries and periodontitis, a short interview with the elderly, presentation of interview results, and fact related to dental and oral health and physical health. There were 20 respondents involved. The program was evaluated using a summative method. The evaluation
was intended to know the viewer’s subjective responses about the video. The evaluation asked about (1) whether the information was sufficient or not, (2) whether the video was interesting or not, and (3) whether the video was easy to understand or not. This method was chosen to find out whether the SEIMUT PERSIA has successfully addressed the issues or not.

RESULTS

The results of the Elderly Empowerment Program were obtained from evaluations conducted by 20 program participants. Summative evaluations are conducted to assess whether the video used as an effective educational medium to provide knowledge to the elderly through 3 aspects of assessment: includes oral health education and physical performance education content, visual content that is displayed appealing, and video content is easy to understand. The results of participant evaluations can be seen in Table 1.

The results of the three evaluation criteria: first, 5% of the respondents disagreed, 5% quite agreed, 20% agreed and 70% strongly agreed that the video was informative in terms of dental and oral health and physical performance in the elderly; second, as many as 5% of people quite agree, 20% agreed and 75% strongly agreed that Seimut Persia video was interesting to watch; third, as many as 5% of people quite agree, 15% of them agreed and 80% strongly agreed that Seimut Persia was easy to understand. From the results of the evaluation, 75% of participants rated that the SEIMUT PERSIA video was good to be used as a media for oral health education and physical performance of the elderly.

DISCUSSION

The program took place in the waiting room of Jagir Public Health Center by showing the videos to the patients. The program was motivated to examine the dental and oral health of the elderly in the Jagir Public Health Center coverage area. A person’s health status is determined by his behavior and habits in terms of maintaining health. Neither is lifestyle, which is common in society such as exercise, smoking habits, and daily food consumption. Dental caries or cavities, one of which is also influenced by lifestyle.

A healthy lifestyle can be improved in various ways, for example through educational activities or counseling to increase financial incentives to start a healthy lifestyle. Efforts to provide health education have been carried out in Health Center in Indonesia. Efforts to improve health are intended for the entire population, including the elderly, who are often neglected in providing education, because they are often considered not included in the target of counseling due to difficulties in changing their lifestyle.

The strategy of improving health in the elderly includes three basic businesses that can improve the quality of health of the elderly, namely increasing functional capacity, increasing awareness of health, and improving social networking. In old age, ability receiving material is not as good as when it was a productive age, so it would be difficult when given material in the form of books or modules. Health promotion for the elderly will be more effective if given in the form of fun activities together with friends.

Counseling or providing educational material using video media is indeed slightly different from dental health counseling which usually uses flipchart media or dental

| Criteria                                      | Score | Total |
|----------------------------------------------|-------|-------|
| Video provides information about oral health and physical performance. | 0 1 1 4 14 | 20 |
| Video content that is displayed is interesting | 0 0 1 3 16 | 20 |
| Video content is easy to understand          | 0 0 1 4 15 | 20 |
| Total                                        | 0 1 3 11 45 | 60 |
| Percentage (%)                               | 0 1.6 5 18.3 75 | 100 |

Figure 1. Video Display PERSIAN.
models. As an innovation, an educational video was made that contains visual and audio aspects in the form of video, so as to increase understanding and interest in watching the educational video.8

Visual learning style is a learning style that utilizes more vision. Participants will see or imagine what is being said or displayed in the video, so that it will absorb more information compared to counseling material using flipcharts or dental models.2

Even so, in making educational videos for seniors need to pay attention to changes and decreased sensory function, for example in vision, hearing, and memory capacity.9 In vision, there is a decrease in the power of vision so seniors tend to use glasses as a tool. In addition, this change affects the absorption of colors in the light entering the eye. At the age of the elderly, they are somewhat difficult to distinguish colors, especially the colors blue, green, and purple. It is necessary to consider the right color selection.10

For sound that appears in the video also needs to be considered.11 In the elderly, it takes longer to listen clearly and process the incoming sound, as well as memory. Therefore, as much as possible the information provided by each section is made minimal but full of information.12

From the results of the evaluation of the audio visual video SEIMUT PERSIA is considered good and can be displayed at the health center and watched by all patients who waiting in line for services at the Health Center.

CONCLUSION

The program participants became interested in information about dental and oral health and physical performance in the elderly, and the video was easy to understand. The empowerment program could encourage the respondents to have regular dental and oral health check-up.

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