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Increasing Posyandu and Posbindu Cadres Knowledge on Cervical Cancer Screening Through Community Service Program

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Abstract

Cervical cancer is the fourth most common cause of cancer death in women worldwide. Many women who come to the health facility for a check-up with cervical cancer are already severe. This happened because of the lack of knowledge of women about the importance of cervical cancer screening. The purpose of this community service is to increase the knowledge of women in Kersan, Bantul regarding cervical cancer screening. The service method implemented was conducting socialization and education to the community regarding the importance of online cervical cancer screening. The participants in this program were 30 Posyandu and Posbindu cadres in Kersan. After this program, many women began to know the importance of getting cervical cancer screening so that they would immediately get treatment.

Keywords: Cervical cancer; Education; Screening; Knowledge; Support

1. Introduction

The fourth most frequent malignancy in women is cervical cancer. Cervical cancer was diagnosed in around 570.000 women worldwide in 2018, with approximately 311 000 women dying from the disease (World Health Organization, 2022). Most cervical cancers (99%) are connected with high-risk human papillomaviruses (HPV), a sexually transmitted virus that is quite frequent (World Health Organization, 2022). Based on data from the Data and Information Center of the Indonesian Ministry of Health (Pusdatin, 2019), the second-highest number of cancer cases was cervical cancer at 10.69% (Pusdatin, 2019).

WHO places Indonesia as the country with the highest number of cervical cancer cases in the world. On January 31, 2019, the Ministry of Health said that there were 23.4 cases of cervical cancer in Yogyakarta per 100,000 population with an average death rate of 19.9 per 100,000 population. Yogyakarta has the highest prevalence of cervical cancer, which is 4.86 per 1000 population (Dinkes, 2019).

Cervical cancer is a disease that initially does not cause symptoms. Cervical cancer is a silent illness in its early stages, with no symptoms or complaints. To diagnose cervical cancer early, routine screening is required (Mastutik et al., 2015). The Papa-Nicolaou (Pap) smear, often known as the cervical cytology

screening program, is particularly effective in reducing the incidence of cervical cancer (Mastutik et al., 2015). Furthermore, cervical cancer can be detected early utilizing the visual inspection method with acetic acid (IVA), which involves checking or seeing the status of the cervix with the naked eye after being given 3-5% acetic acid (Nathalia, 2020). This procedure has the advantage of being a simple, low-cost, effective screening tool that midwives can use (Nathalia, 2020).

Cervical cancer is a preventable disease because it has a long pre-cancerous phase. However, many women are too late to have their cervical cancer checked. There are several reasons why some women are not screened for cervical cancer; 1) Shame; 2) Fearness; 3) No complaints yet; 4) Laziness; 5) Cost (Syaiful et al., 2018). Women detected cervical cancer when their condition is in an advanced stage so that the treatment process becomes more difficult and requires more costs (Aniah, 2019).

Screening is used to detect precancerous alterations that can progress to cancer if left unchecked. Women who have abnormalities on screening should be followed up on, diagnosed, and treated to prevent cancer from developing or to treat cancer in its early stages (Wantini & Indrayani, 2019). The World Health Organization (WHO) reviewed the evidence on possible cervical cancer screening modalities and concluded

that: screening should be done at least once for every woman in the target age group (30-49 years); HPV test, cytology, and visual inspection with acetic acid (IVA) are the recommended screening tests (WHO, 2019).

Kersan is a sub-village located in Tirtonirmolo village, in the southern part of the Kasihan sub-district, Bantul, the Special Region of Yogyakarta. Kersan has an Anggrek Posyandu and a Posbindu of Non-Communicable Disease. Posyandu and Posbindu cadres in Kersan are between 30-50 years old. Based on a preliminary study conducted by the community service team with Padukuhan Kersan, from the results of the focus group discussion in 2021, it was known that there were still many women in Bantul, especially Kersan, who did not know about cervical cancer screening. In a month, only 1-4 women took part in cervical cancer screening and must be persuaded by health care workers at the Puskesmas. Education about intensive cervical cancer screening had not been carried out optimally in Bantul, Kersan. Thus, it is necessary to socialize or educate women about cervical cancer in Bantul, Kersan.

2. Materials and Methods

This community service activity was carried out online using Zoom. The implementation phase included; 1) Doing observations with the partners; 2) Compiling materials in accordance with the conditions of the partners; 3) Conducting webinars by inviting appropriate speakers; 4) Evaluating the program. This activity was attended by 16 Posyandu and Posbindu cadres in Kersan, Bantul. This program was conducted from February 1, 2022 – April 29, 2022.

3. Results and Discussions

Several activities are carried out to carry out this program so that it can achieve the desired goals. The first activity is to analyze the needs of partners together with the heads of partner organizations. After going through several discussions, it was finally discovered that partners still did not know about the importance of early detection of cervical cancer. There are 16 cadres who have filled out the initial survey of the service team with the following age details:

Table 1.
Demographic Information

| Age | Total |
|-----|-------|
| 32 | 1 |
| 36 | 1 |
| 40 | 1 |
| 41 | 1 |
| 42 | 2 |
| 43 | 3 |
| 45 | 2 |
| 46 | 1 |
| 47 | 1 |
| 48 | 2 |
| 51 | 1 |

From the knowledge test conducted by the service team, it was found that 14 cadres have never done cervical cancer screening and only 2 dares have done it.

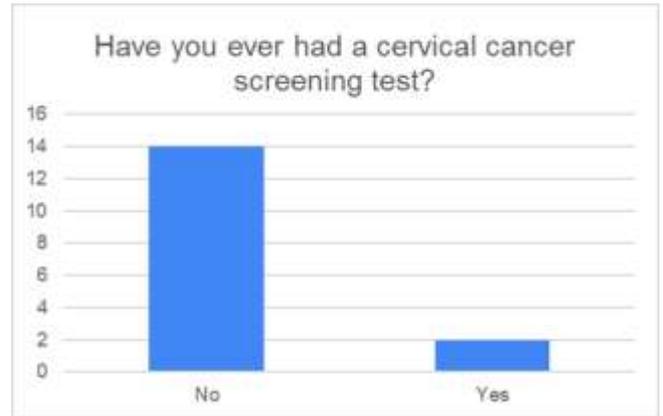


Figure 1. Experience of Cervical Cancer Screening

Regarding knowledge about the types of cervical cancer, as many as 15 cadres answered that cervical cancer was a non-communicable disease and only one cadre identified it as an infectious disease.

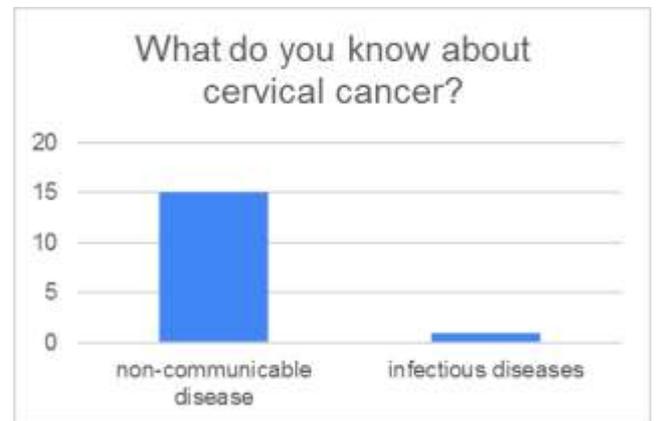


Figure 2. Knowledge about Cervical Cancer (Pretest)

In addition, most of the cadres still did not know at what age they should do cervical cancer screening tests. A total of 6 cadres answered 17 years of age, 7 cadres answered 21 years, and only 3 cadres answered 30 years.

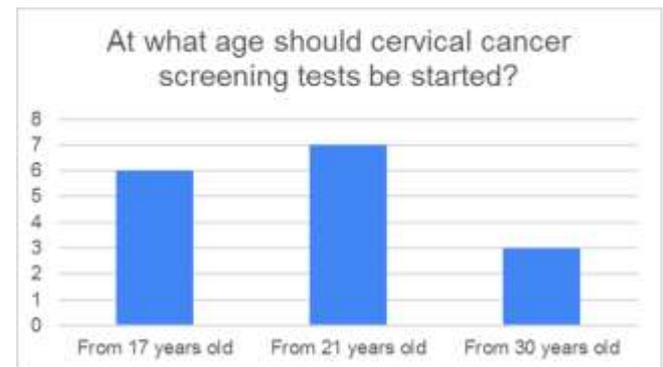


Figure 3. Knowledge about Cervical Cancer (Pretest)

After carrying out the knowledge test of the cadres, the service team compiled the right materials to increase the knowledge of the cadres about the importance of early detection of cervical cancer. The service team together with the partner leaders set the schedule to carry out the webinar on the importance of cervical cancer education. The webinar was held on April 29, 2022 by inviting speakers who are experts in the field of cervical cancer screening.



Figure 4. Webinar on The Importance of Cervical Cancer Screening

After the webinar was carried out, the service team conducted a knowledge test again for the cadres to see whether or not there was an increase in cadre knowledge. All cadres answered that cervical cancer was a non-communicable disease.

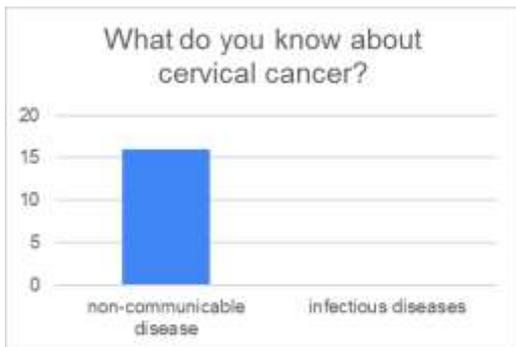


Figure 5. Knowledge about Cervical Cancer (Post-Test)

In addition, as many as 14 cadres also understand that cervical cancer screening tests should be carried out at the age of 30 years.

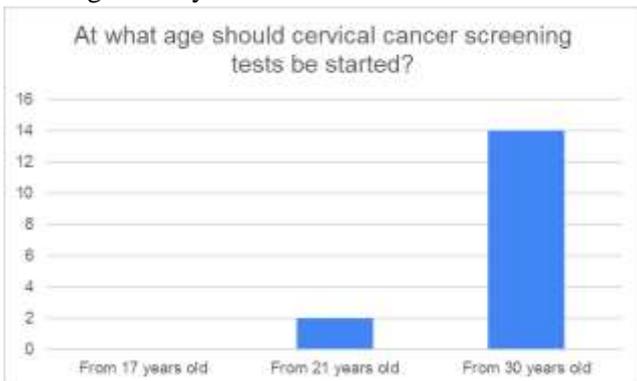


Figure 6. Knowledge about Cervical Cancer (Post-Test)



Figure 7. Webinar Flyer



Figure 8. The service team handed over goods grants to the partner



Figure 9. The cervical cancer material delivery

In general, the knowledge of Posyandu and Posbindu cadres in Padukuhan Kersan about the importance of cervical cancer screening have increased.

From the observations of the service team, it can be concluded that there are still many women who lack knowledge about the importance of early detection of cervical cancer. The success and sustainability of healthy behavior really need support from the family. The support of the husband is a deciding element since the partner's support will enhance the incentive for early cervical cancer screening (Wahyuni & Sri, 2013). Husbands who are more understanding might provide explanations and encouragement to their wives in order to encourage them to engage in healthy behavior (Wahyuni & Sri, 2013). Women require a great deal of moral and psychological support from their families. Women believe that if they have the support of their families, they will always be healthy, especially when it comes to the early identification of cervical cancer (Wigati & Nisak, 2017). Health workers can widen the scope of health promotion to include not only women but people from all walks of life. In order to diagnose cervical cancer as early as feasible (Wigati & Nisak, 2013).

In addition, many cadres aged 30-50 years have never done cervical cancer screening tests. Many women refuse to have an IVA test because they believe they are free of cervical cancer, despite the fact that doing an IVA test is critical for preventing cervical cancer at an early age (Sinaga, 2020). As a result, health practitioners must be able to deliver accurate, suitable, and age-appropriate information so that respondents are motivated to do early cervical cancer screening (Sinaga, 2020).

Several factors obstruct early detection of cervical cancer, including the behavior of women of childbearing age who are reluctant to be examined because they have never heard of early detection of cervical cancer, feeling of shame, and fear of health workers examining the cervical reproductive organs, cost factors, particularly for low-income groups, sources of information, and health facilities or services (Khosidah & Trisnawati, 2015). This is still insufficient for cervical cancer early detection (Khosidah & Trisnawati, 2015).

4. Conclusion and Recommendation

Cervical cancer can be prevented by doing early cervical health screenings because the symptoms of cervical cancer do not appear until it has progressed to a more advanced stage. To minimize the death rate of women in Indonesia, it is critical to take measures to prevent cervical cancer. This requires effective cooperation and support from all parties. Family support, especially from husbands, is needed to increase women's desire to take cervical cancer screening. Health workers are expected to be able to provide education to the public in general so that efforts to prevent cervical cancer can achieve their goals optimally.

5. Thank You - Note

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