

# Simple Emergency Management in Everyday Emergencies in the Household

*Dinasti Pudang Binoriang<sup>1</sup>, Arif Wahyu Setyo Budi<sup>1</sup>, Hendy Ristiono<sup>2</sup>, Eko Wahyu Pujianto<sup>3</sup>, Haryono<sup>1</sup>*

<sup>1</sup>School of Nursing, Faculty of Medicine and Health Sciences, Universitas Muhammadiyah Yogyakarta, Indonesia, 55183

<sup>2</sup>Pharmacy Faculty, Ahmad Dahlan University, Yogyakarta, Indonesia, 55166

<sup>3</sup>Muhammadiyah Bantul Hospital, Bantul Yogyakarta, Indonesia, 55711

Email: [dinasti.binoriang@umy.ac.id](mailto:dinasti.binoriang@umy.ac.id)

**Abstract.** Everyday emergencies often occur around us, but there are still many who do not know how to handle them properly. Proper handling can minimize the incidence of disabilities experienced. The daily use of drugs in the household is important so that people do not experience drug poisoning. Increased knowledge and skills in handling emergencies and DAGUSIBU need to be given to the community. The method of implementing community service consists of three stages, namely: preparation, implementation, and evaluation. The result of this activity is an increase in the knowledge of the participants and the ability of the participants to practice the skills that have been taught related to handling victims of choking, burns, fractures, and how to move patients. **Keywords:** emergency, dagusibu

## Introduction

The Muhammadiyah Branch Executive (PRM) Panggungharjo 2 is one of the PRMs in the Sewon area of Bantul. The management of PRM Panggungharjo 2 has just been inaugurated in December 2023. The work program made from one of the Public Health Trustees Council (MPKU) is to improve the health status of all Muhammadiyah charity members in PRM Panggungharjo 2. The work program that has been carried out is a health examination in collaboration with the Muhammadiyah Branch Management (PCM) North Sewon in collaboration with PKU Gamping Hospital, PKU Kota Hospital, and PKU Bantul Hospital. As a result of interviews with the management of PRM Panggungharjo 2, one of the problems that is often encountered is the handling of daily emergencies at home. The emergencies in question are fainting, nosebleeds, injuries, or seizures. The management of PRM Panggungharjo 2 said that he did not know how to handle such an incident. So far, there has been no health counseling or simulation on how to do first aid in household emergency cases.

The current partner problem is felt that there is still no education process given to the management of PRM Panggungharjo 2 regarding daily emergencies in the household. So far, there has not been a training in partner areas, and people who are at risk of experiencing daily emergencies in the household are still found. The problem is very important to be solved immediately in the partner area.

Mitra also revealed that when there are people who experience daily emergencies, they still do not know what to do. Mitra revealed that he only put the patient to sleep, then was given eucalyptus oil. Mitra also revealed that so far he has not understood what the symptoms are in daily emergencies. The results of research conducted by Aldhakhri (2020) show that 95.5% of people will call health services to ask for help if they experience a daily emergency.

Based on the problems experienced by partners, the community service team provides solutions according to the problems faced by partners. Partners have complained that there has been no education related to daily emergencies. The team will provide education directly to partners. Education provided in theory, practice, and simulation. The team hopes that this activity can provide the output of knowledge and competency of partner skills and be published in the mass media and community service journals. Fikri (2017) revealed that good knowledge in emergency handling will improve the attitude and behavior of helpers. Help for emergency patients requires communication between helpers so that they can save patients (Fikri, 2017).

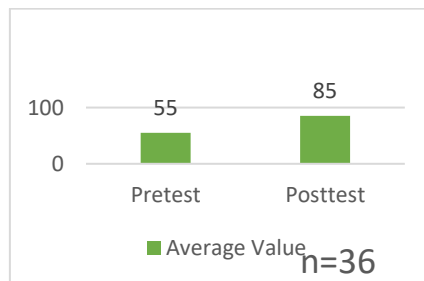
### Materials and Methods

The method of implementing community service consists of three stages, namely: preparation, implementation, and evaluation. In the preparation stage, the team will identify potential groups and design educational media in the form of PowerPoint, poster, and simulation cases. Supporting equipment in conducting simulations was also prepared by the community service team. In the second phase of implementation, the team will start providing direct education, practicing together with students, and conducting simulations related to daily emergencies. Evaluation of community service activities will be given a pre- and post-test questionnaire with the same questions.

### Results and Discussion

The implementation of this community service activity consists of educational activities and cadre training. The educational activity began with filling out a questionnaire that aimed to find out the community's understanding related to first aid in emergency cases. Based on the results of filling out the pre- and posttests, the following results were obtained:

Table 1. Pretest and Posttest Results



Based on the results of table 1, it shows that there is a significant increase in knowledge in first aid in emergency cases at home. The importance of knowledge possessed by the community, especially housewives, can provide a change in emergency case help at home. Providing the right information has an important role in making decisions. Research conducted by Setiajiputri (2020) shows that the level of knowledge of mothers in providing first aid is influenced by the information obtained by housewives.



Figure 1. Presentation of first aid materials in emergencies

The results of the questionnaire after this community service also showed that the community had understood the causes and methods of first aid in burn cases. The cause of burns can occur due to exposure to hot water, exhaust, exposure to embers, exposure to matches, and exposure to burn glue (Laily & Naviati, 2020). Meanwhile, research conducted by Burgess et al. (2018) shows that burns that occur at home are due to exposure to heaters, hot water, kettles, irons, stoves, grills, and hair dryers. While in first aid, the community showed that it was appropriate, namely by providing water flow to the burn area for twenty minutes; this is in line with research conducted by Burgess et al. (2018) showing that first aid for burns is enough to provide a flow of running water for 20 minutes.

Participants were also given material related to DAGUSIBU (Get, Use, Store, and Dispose of) medicines that are often used at home. Hidayati (2009) explained, get drugs in the right place so that their benefits, safety, and quality are guaranteed. It is true here that it has the meaning of existing legality, for example, pharmacies, hospitals, licensed drug takers, clinical pharmacies, and so on. Use the drug according to the indications (diagnosis of the disease), according to the recommended dosage, the rules of use, and correctly in administration. Store the medicine according to what is written on the package, unless it must be stored specifically. Store the drug usually in a cool place with a temperature of 15-25°C, not exposed to direct sunlight, not in a humid place, and out of the reach of children. Medicines that are no longer used should be thrown away because they have been damaged or expired so that they can no longer be used.



Figure 2. Presentation from speakers related to DAGUSIBU

Participants who have undergone presentations from the speakers are then taught first aid skills. Improving the ability of community skills in this service was carried out through training activities related to handling victims of choking, burns, fractures, and how to move patients. The results of the training activities show that the community can re-demonstrate

the training carried out. Based on the results of the oral evaluation from the instructor, 90% of the community can answer the questions given, and 95% of the community demonstrates again. Based on research, it is shown that there is a change in skills in providing first aid after being given demonstration training (Sari et al., 2015). Savitri's research (2017) showed that there was a decrease in knowledge and skills after being given first aid education in burn cases. The process of emergency case first aid training activities.



Figure 3. Participants are simulating how to give first aid.

### Conclusion

This community service activity has a positive impact on the community about first aid in emergency cases at home. Increasing public understanding and skills is expected to motivate the community to provide first aid in emergency cases.

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