

PREVENTION OF COVID-19 IN PREGNANT MOTHERS

Anik Puji Rahayu¹ Alma Fardania Zulfa² Mayusef Sukmana³, Sholichin⁴, Siti Ramadhani⁵

1,3,4 Lecturer of the Faculty of Medicine, University of Mulawarman Samarinda
*email: 200801sukmana@gmail.com

2Students of the Faculty of Public Health, University of Mulawarman Samarinda
*email: almafardania@gmail.com

ABSTRACT: The Covid-19 pandemic has had an impact on maternal and child health services, such as optimal monitoring of maternal and child health. Offline maternity class services also encountered problems and resulted in a lack of information to pregnant women during the Covid-19 pandemic situation. Thus, re-implementing this online class for pregnant women can reduce misconceptions that are still wrong in everyday life. The method used is an online method by forming discussion and consultation forums involving pregnant women, posyandu cadres, health center midwives. The parameter for achieving this class of pregnant women is that pregnant women can know how to prevent Covid-19 during pregnancy by applying the use of adaptation of new habits and applying health protocols in daily life. The purpose of the class for pregnant women is to increase the knowledge of pregnant women about problems during pregnancy and the formation of discussion and consultation forums regarding the prevention of Covid-19 during pregnancy.

Keyword: pregnant women, covid-19, health mother

PRELIMINARY

The world is currently shocked by the emergence of a new virus variant, namely SARS-Cov-2 or better known as Covid-19. The emergence of this virus began in December 2019, Covid-19 first appeared in the bamboo curtain country, precisely at the animal market of Wuhan City, China (Abdillah, 2020). This virus spreads through droplets that enter the mouth, nose and eyes as well as through close contact from someone who is confirmed positive for Covid-19, in preventing the expansion of the spread of Covid-19, many countries have implemented a *lockdown* to the community to reduce the rate of Covid-19 cases (Syafrida and Hartati, 2020) .

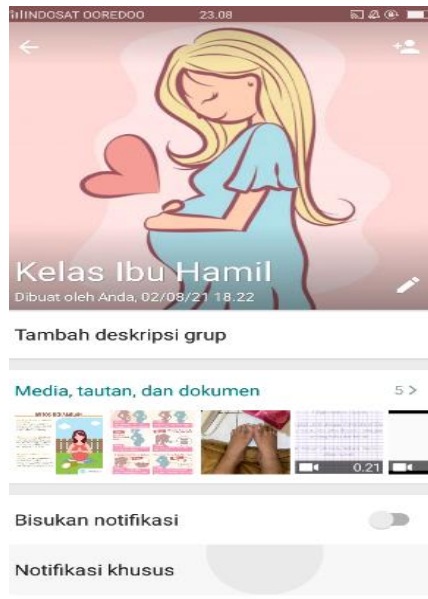
The Covid-19 pandemic continues to hit various countries in the world from day to day, the cases of Covid-19 are increasing day by day. Covid-19 cases worldwide have reached more than 214,840,608 cases as of August 26, 2021 with a cure rate of 192,156,220. The United States has 39,157,249 cases in the first place with the highest number of Covid-19 cases (Worldometers, 2021).

Based on the Covid-19 case data, it is known that East Kalimantan is one of the provinces in Indonesia with the number of Covid-19 cases reaching 147,854 positive confirmed cases with a cure rate of 133,864 cases as of 26 August 2021. In East Kalimantan Province the highest cases were occupied by Balikpapan City, Kutai Regency, Kartanegara, and Kota Samarinda with 36,616 positive confirmed cases, 24,683 cases and 21,449 respectively, while the district with the lowest ranking in East Kalimantan is Mahulu Regency with 1,527 positive confirmed cases and North Penajam Paser Regency with 4,118 positive confirmed cases (Kalimantan Provincial Government East, 2021). This pandemic has resulted in several changes in activities that are usually carried out daily. Changes occur in various fields such as economics, health, religion, and other fields.

Based on the explanation above, it is known that North Penajam Paser Regency is the second ranked district that has the lowest Covid-19 cases in East Kalimantan Province. North Penajam Paser Regency is located at 00 ° 48'29" – 01 ° 36'37" South Latitude and 116 ° 19'30" – 116 ° 56'35" East Longitude. This district is bordered by Kutai Kartanegara Regency in the north, in the east by the Makassar Strait and in the south by Paser Regency and in the west by West Kutai Regency. Penajam village has an area of 475.25 ha with a population of 181,349 people.

The Covid-19 pandemic has had an impact on maternal and child health services, such as optimal monitoring of maternal and child health. Maternal and child health services, especially in the first 1000 days of a child's life, are an important element in achieving the government's target to reduce morbidity and mortality in this group. However, the Covid-19 pandemic has resulted in maternal and child health services being unable to be carried out optimally. Education that should be given routinely has not been conveyed to the public regarding their health conditions, especially for pregnant women to take care of themselves and their fetuses to avoid Covid-19. With the Covid-19 pandemic, the way to educate pregnant women is to form an online class for pregnant women. This class for pregnant women will form a discussion and consultation forum regarding problems during pregnancy and the prevention of Covid-19 in pregnant women.

Pregnant women class is a study group for pregnant women with a maximum number of 10 participants (Kemenkes RI, 2014). The class for pregnant women is carried out in collaboration with posyandu cadres and local health center midwives. This program is carried out to prepare pregnant women for the birth of a baby during a pandemic and also educate pregnant women on Covid-19 prevention measures and increase knowledge of pregnant women about fulfilling nutrition for themselves and their fetus during the Covid-19 pandemic. This program will rectify false information that has been circulating regarding the spread of Covid-19 in pregnant women.



METHOD

In class, pregnant women will study together, discuss and share experiences about maternal and child health (MCH) thoroughly and systematically and can be carried out on a scheduled and continuous basis. This class for pregnant women is carried out using an online method by forming a discussion and consultation forum in the WhatsApp group. This activity involved pregnant women from RT 27 Penajam Village as well as posyandu cadres and local health center community midwives. This class for pregnant women is carried out by providing material in the class for pregnant women which will be delivered by midwives and students. In this activity, pregnant women get material about pregnancy including the condition of pregnant women, needs during pregnancy, fulfillment of intake during pregnancy, ways to prevent Covid-19 for pregnant women, and so on. In addition, the group will be given videos about pregnancy and how to prevent Covid-19 for pregnant women, information related to vaccinations for pregnant women, and information needed by pregnant women in the forum.

RESULTS AND DISCUSSION

The results of this class for pregnant women can be known through active online participation related to knowledge about pregnancy information in the Covid-19 pandemic era. The implementation of an online class for pregnant women by forming a discussion and consultation forum in the WhatsApp group was very well received by pregnant women from RT 27 and very enthusiastic to ask some questions and problems during pregnancy. This online class for pregnant women is monitored very well, starting from the delivery of material, questions about pregnancy, to With this online class for pregnant women, we can educate pregnant women in the era of the Covid-19 pandemic regarding how to prevent Covid-19 during pregnancy by implementing new habit adaptations and implementing health protocols in everyday life. Meetings 1 and 2 began with the appearance of videos and material about pregnancy, after which time was given for a question and answer session to pregnant women. During the implementation of this activity, pregnant women were seen to be very active and enthusiastic in

asking several questions to be answered by the puskesmas midwife, posyandu cadres, and students. The following is the documentation of the class activities for pregnant women:

CONCLUSIONS AND RECOMMENDATIONS

The individual work program activity "Pregnant Mother Class" for pregnant women in RT 27 Rawa Indah Housing Center has been carried out well and smoothly. The results of the evaluation seen from the active participation of pregnant women during the activity in the WhatsApp group showed that the objectives of the activity had been achieved.

This activity is expected to continue to be carried out in a sustainable manner involving collaboration between health agencies such as the Penajam Health Center, Posyandu, and local Posyandu cadres in Penajam Village. The information related to problems during pregnancy and Covid-19 prevention for pregnant women can be applied to daily life and to achieve Education for pregnant women. Thus, the existence of this class for pregnant women in the aspect of minimal health services through online education activities can reduce incorrect perceptions in the community, especially the issue of Covid-19 and vaccination.

ACKNOWLEDGMENTS

My gratitude goes to the Research and Community Service Institute (LP2M) Mulawarman University which has held a Real Work Lecture in 2021, I also thank the field supervisors and field assistants who always give me advice and accompany me in this KKN activity, thank you also to the midwives of the Penajam health center who are willing to be resource persons in this activity, thank you also to the posyandu cadres of RT 27 who have accepted me in the activity and provided me a place to carry out classes for pregnant women and lastly, thank you to pregnant women RT 27 Housing Rawa Indah who has received My presence in running classes for pregnant women and has participated in a series of online pregnant women class activities very actively and enthusiastically in discussion and consultation forums in the WhatsApp group.

REFERENSI

- Abdillah, L. A. 2020. *Stigma Terhadap Orang Positif Covid-19. In Pandemi COVID-19: Antara Persoalan dan Refleksi di Indonesia*. Medan: Yayasan Kita Menulis.
- Kementerian Kesehatan R.I. 2014. *Pedoman Pelaksanaan Kelas Ibu Hamil*. Jakarta:Kemenkes RI
- Pemprov Kalimantan Timur. 2021. *Kaltim tanggap Covid 19*. Samarinda.
- Syafrida dan Ralang Hartati. 2020. *Bersama Melawan Virus Covid 19 di Indonesia*. Salam. Vol.7, No.6.
- Worldometers. 2021. *Covid-19 Coronavirus Pandemic*.
<https://www.worldometers.info/coronavirus/>