



Strengthening Midwives in the Traditional Healthcare Services Program (Yankestrad) in the Working Area of Ingin Jaya Public Health Center, Aceh Besar District

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ABSTRACT

Program to Strengthen Midwives in Traditional Healthcare Services (Yankestrad) is an initiative aimed at enhancing the competence and capacity of midwives in providing traditional healthcare services. The program encompasses several key phases, including preparation, implementation, and evaluation. In the initial phase, 30 midwives underwent a refresher training program to ensure they were well-prepared for the subsequent comprehensive training. The program aimed to provide them with a deep understanding of traditional healthcare practices. The results of this community service program (Pengabdian Kepada Masyarakat) clearly indicate that the "Strengthening Midwives in Traditional Healthcare Services Program (Yankestrad)" in the Ingin Jaya Public Health Center (Puskesmas) area of Aceh Besar District has achieved significant milestones. Continuous evaluation conducted both during and after the training has shown remarkable improvements in the participants' abilities to deliver traditional healthcare services. The program has led to enhanced skills in communication and counseling among the midwives, which is crucial in providing effective healthcare services. Additionally, it successfully integrated information technology to augment knowledge, making use of online resources for up-to-date information. The program also delved into deepening the participants' understanding of the local cultural values that underlie traditional healthcare practices. These positive impacts have created substantial changes in the realm of traditional healthcare services and significantly improved the relationships between healthcare providers and patients. The commitment to continuous improvement ensures that this program serves as a solid foundation for further developments in advancing traditional healthcare services..

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1. Introduction

Traditional medicine is a medical practice rooted in knowledge, skills, and practices originating from various cultures (Pengpid & Peltzer, 2018a; Putu et al., 2021). Traditional healthcare is regulated by Government Regulation Number 103 of 2014, which identifies three types of traditional healthcare services: empirical traditional healthcare, complementary traditional healthcare, and integrated

traditional healthcare (Government Regulation of the Republic of Indonesia No. 103 concerning Traditional Healthcare Services, 2014). Complementary Traditional Healthcare is a form of traditional healthcare that utilizes biomedical knowledge and cultural aspects in its explanations, with its benefits and safety supported by strong scientific evidence (Ministerial Regulation No. 15 of 2018 concerning the Implementation of Complementary Traditional Healthcare Services, 2018). In Indonesia, the use of herbal plants in traditional medicine is very common, with jamu products being one example (Elfahmi et al., 2014). Data from the 2018 Basic Health Research shows that approximately 59.12% of the Indonesian population uses jamu, and about 95.60% of them feel they benefit from using jamu (Gusmi, 2020; Suparmi et al., 2018). Furthermore, Indonesia has more than 1,600 types of medicinal plants that have the potential for use in traditional health remedies (Pengpid & Peltzer, 2018b). Various studies indicate that Indonesian people are active in utilizing traditional remedies and various manual skills, mental exercises, and energy to maintain their health (Jennifer & Saptutyingsih, 2015). This illustrates the importance of traditional medicine in Indonesian society as part of the cultural heritage that supports holistic health. However, over time, the application of traditional healthcare has evolved into Empirical Traditional Healthcare, the benefits and safety of which have been proven empirically, and Complementary Traditional Healthcare, the benefits and safety of which have been scientifically proven and utilize biomedical knowledge (Mardiastuti et al., 2021; Nurhayati & Widowati, 2017; Romulo et al., 2018). In the Action Plan of the Directorate of Traditional Healthcare Activities for 2020-2024, various efforts are made to promote traditional healthcare in community health centers (puskesmas). One key point is the mentoring and data collection of traditional healers, aimed at identifying and supporting existing traditional healthcare practitioners in the community. Additionally, the independent care program known as TOGA in villages is part of this strategy, with community health centers playing a role in providing this service to the villagers. The use of complementary traditional healthcare services in Indonesia continues to increase. Research shows that patients, especially those with serious diseases such as cancer, often use complementary therapies such as vitamins, minerals, oils, and herbs (Nurhayati & Widowati, 2017). Furthermore, midwives frequently incorporate complementary therapies into their midwifery practices, including massage, hypnotherapy, acupressure, yoga, and herbal medicine. Efforts to maintain the health of mothers and children, especially during pregnancy and childbirth, are an integral part of a quality healthcare system (Sari et al., 2021). In Indonesia, midwives play a central role in providing healthcare to pregnant women and children. Midwives serve as the frontline in providing good prenatal and perinatal care, especially in rural areas that are difficult to access by larger healthcare facilities (Liem & Rahmawati, 2017).

One of the programs aimed at strengthening the role of midwives in providing traditional healthcare services is the Yankestrad Program. The Traditional Healthcare Services Program (Yankestrad) is an initiative by the Indonesian government to integrate traditional healthcare practices into a broader healthcare system, with a focus on enhancing the role of midwives in providing healthcare to mothers and children, especially in rural areas (Indra Susanti et al., 2022a; Yazdi et al., 2019). The existence of this program is crucial, considering that many Indonesians still rely on traditional healthcare practices to maintain their health. Medicinal plants, traditional remedies, and other healthcare practices continue to play a significant role in Indonesian health culture (Jun et al., 2021). Therefore, leveraging the traditional knowledge and skills of midwives in the field of healthcare can help understand and integrate these traditional healthcare practices into modern healthcare. Midwives often serve as the sole source of information and healthcare in remote rural areas. They have better access to the communities in these areas compared to larger healthcare facilities (Nirmala, 2018). Therefore, strengthening the knowledge and skills of midwives in traditional healthcare practices can greatly benefit the people living in remote and hard-to-reach areas. However, the implementation of the Yankestrad Program is not without its challenges (Liem & Newcombe, 2021). One major challenge is the diverse understanding of traditional healthcare practices among midwives themselves. Their knowledge and skills in these practices can vary significantly depending on their backgrounds and experiences. Efforts are needed to standardize the knowledge and skills of midwives in traditional healthcare

practices. Additionally, it is essential to integrate traditional healthcare practices with modern healthcare wisely (Mardiastuti et al., 2021; Romulo et al., 2018).

The Yankestrad Program's focus on ensuring the safety and efficacy of traditional healthcare practices employed by midwives is crucial. In certain instances, improper or unsterile traditional healthcare methods may pose potential health risks to pregnant women and children. Recognizing this, it is imperative to fortify the role of midwives within the Yankestrad Program by establishing supportive policies, allocating adequate resources, and providing ongoing training. Integration of this program into the broader healthcare system necessitates the backing of higher levels of government to guarantee sustainability and success. Amidst these challenges, the urgent and vital step of strengthening the midwives' role in the Yankestrad Program becomes apparent. This enhancement not only improves access to healthcare services for mothers and children in remote areas but also harnesses valuable traditional knowledge. Moreover, it facilitates a judicious integration of traditional healthcare practices with modern healthcare. The research, centered on the implementation of traditional healthcare services at Puskesmas Ingin Jaya, Kabupaten Aceh Besar, addresses the need for a comprehensive evaluation of the program. This initiative is particularly crucial as Puskesmas Ingin Jaya serves as a pilot study Puskesmas for the Aceh Besar Health Department's implementation of traditional healthcare services since 2019. By strengthening the role of midwives in the Traditional Healthcare Services Program (Yankestrad) at Puskesmas Ingin Jaya, this research aims to contribute significantly to the advancement and effectiveness of traditional healthcare practices in the region.

2. Methods

Our Community Service Program begins with the Web Centric Course (WCC) training for our participants. This training is aimed at enhancing the competencies of midwives in providing quality health counseling and traditional healthcare (Yankestrad) services. With a web-based approach, participants can access training materials according to their schedules. After the training, they are expected to be capable of delivering improved healthcare services to the communities in the rural areas where they work. This program represents an effort to enhance access and quality of healthcare services in these regions. The Community Service Activities involve counseling on health education for midwives based on the clients' needs for traditional medicine. The stages of the Community Service Activities are outlined in Figure 1. Figure 1 Flowchart of Community Service Activities Community service activities are carried out in the following phases:

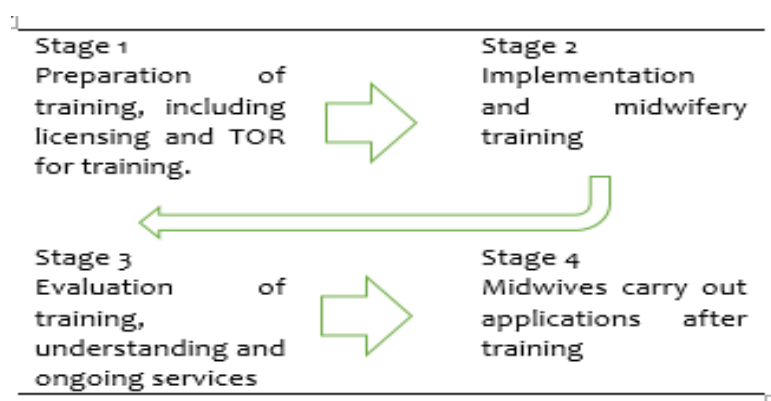


Figure 1 Flowchart of community service activities community

2.1 Preparation

To execute this activity, we prepare a Term of Reference (TOR) for the training program and develop an e-module for training on communication and counseling for traditional healthcare (Yankestrad) services. Technically, the preparation phase is done through coordination with the Health Department and community health centers (Puskesmas) to determine the number and origin of training participants, as well as the timing, location, media, and necessary equipment.

2.2 Implementation

The training for traditional healthcare services (Yankestrad) is conducted in the Poltekkes Kemenkes Aceh midwifery department's auditorium from July 29th to July 30th, 2023. This training uses a Web Centric Course (WCC) web-based approach with a blended learning strategy, which includes in-person sessions over two days. Training participants have access to e-module training materials and instructional videos via the internet. The teaching method employed is Problem Based Learning (PBL), where participants are divided into groups to analyze simulation cases and subsequently demonstrate them through role-play. The training activities include: a) Participant Registration, Opening Ceremony, and Activity Explanation: The training begins with participant registration to ensure all attendees are properly registered. The event starts with an explanation of the training schedule and objectives, b) Briefing on Effective Communication and Counseling for Traditional Healthcare (Yankestrad): Participants receive a brief presentation on the importance of effective communication in the context of traditional healthcare services. They are also provided with guidelines on effective counseling techniques, c) Group-Based Demonstrations and Role-Playing Based on Scenario Cases: This is the core of the training, where participants are grouped and given scenario cases to analyze. Each group conducts demonstrations and role-plays based on the given cases to practice the skills they have learned, d) Closing Ceremony: The training concludes with a closing session where participants are given the opportunity to share their experiences and feedback. This is also a chance to summarize the training outcomes and express appreciation to participants for their involvement.

The implementation of community service activities is a tangible step toward enhancing the competency and quality of traditional healthcare services (Yankestrad) at the Inginjaya Community Health Center (Puskesmas). The learning approach used, a combination of online and face-to-face learning, is expected to have a positive impact on the healthcare services provided by participants to the local community."

3.3. Evaluation

The evaluation process in the implementation of traditional healthcare services (Yankestrad) training is a crucial component that helps us measure the impact and effectiveness of this program. This evaluation is divided into several stages, including the initial assessment, process assessment, and final assessment. 1. Initial Assessment (Pretest) - Day 1: On the first day of training, we conduct an initial assessment in the form of a pretest. The pretest is aimed at understanding the initial conditions, capabilities, and needs of the participants before they undergo the training. Training participants, in this case, the village midwives, are given a set of questions or tasks related to the training materials. The pretest results provide insights into the extent of participants' knowledge and skills before the training commences. 2. Process Evaluation: During the training, process evaluation is carried out by assessing group tasks in the form of role-play. The village midwives who are participants in the training are required to apply the skills they have learned in simulated situations. Role-plays allow us to observe how participants apply their knowledge in practice and how they interact within a team. 3. Final Evaluation: The final evaluation is a crucial part of the evaluation process. After the training is completed, the village midwives who have participated in the training are expected to provide counseling on traditional healthcare to clients. They are asked to record these counseling sessions in the form of videos, which they then submit to the training facilitator. This evaluation allows us to see how participants apply the skills they have acquired in real-life situations. 4. Final Stage Evaluation (Posttest) - Day 2: On the second day of training, we conduct a final stage evaluation in the form of a posttest. The posttest aims to assess the extent of the training's effectiveness and how successful the training has been for the participants. Participants are retested with questions or tasks similar to the pretest to compare the improvement in their knowledge and skills after the training.

With these evaluation stages, we can measure the extent to which the training has succeeded in enhancing the competence of participants in traditional healthcare services. The results of this evaluation also help us continually improve and develop the training program to make it more effective in achieving our goal of enhancing the quality of healthcare services in the Inginjaya Community Health Center (Puskesmas) area.

3. Results and Discussion

The Community Service Program titled 'Strengthening Midwives in the Traditional Healthcare Services (Yankestrad) Program in the Ingin Jaya Community Health Center, Aceh Besar District' has made a significant contribution to improving traditional healthcare services and the competence of village midwives in the area. This program is not just an ordinary community service activity; it is an initiative focused on strengthening and developing human resources in the healthcare field at the local level. Here are some concrete examples of the results and achievements that have been realized through this program



Figure 1 and 2. Strengthening midwives in the traditional healthcare services program

3.1. Improved Knowledge and Understanding of Midwives

Before the program began, village midwives had various levels of knowledge about traditional healthcare services, but a significant portion of them had limited understanding. After participating in the training, their knowledge about the concepts, principles, and practices of traditional healthcare services has seen a significant improvement. The results of pretests and posttests demonstrate a substantial increase in their understanding of essential aspects of Yankestrad.

Table 1
Knowledge and Understanding of Midwives

Knowledge	training	
	Before (n=30)	after(n=30)
Min	77,50	84,75
Max	81,50	90,75
Mean	79,54	87,03
Std Dev	1,77	0,35

Table 1 shows that the training has significantly improved the participants' knowledge. The average knowledge has increased from approximately 79.54 before the training to about 87.03 after the training, indicating consistent improvement. Additionally, the minimum knowledge score has risen from 77.50 to 84.75, demonstrating that even participants with initially lower knowledge have experienced significant improvement. Similarly, participants with higher initial knowledge levels have also shown improvement, as seen from the increase in the maximum score from 81.50 to 90.75. The lower standard deviation after the training indicates that participants' knowledge data has become more homogeneous and closer to the higher average value. These results overall reflect the effectiveness of the training in enhancing participants' knowledge and reducing variation in knowledge levels.

3.2. Improvement in Counseling and Communication Skills

Improvement in counseling and communication skills is a crucial aspect of the Community Service Program aimed at strengthening traditional healthcare services (Yankestrad) provided by midwives in the Ingin Jaya Community Health Center, Aceh Besar District. Effective communication and high-quality

counseling skills are at the core of the interaction between healthcare providers and patients or clients. This becomes increasingly important in the context of traditional healthcare services, where factors such as cultural beliefs, local values, and the use of traditional treatment methods are integral parts of the care provided. In this program, the approach used to enhance communication and counseling skills is through in-depth practical methods, especially through the use of role-plays and simulations. Training participants are invited to play various role scenarios that they may encounter in their day-to-day practice. This includes situations such as providing advice on the use of traditional medicines, explaining care based on specific cultural beliefs, and addressing potentially sensitive client questions.

Through these role-plays and simulations, participants can directly experience the challenges and complexities they may face in traditional healthcare services. They also receive constructive feedback from instructors and fellow training participants. This helps them understand essential aspects of effective communication, such as active listening, asking relevant questions, providing clear information, and offering the necessary emotional support to clients.

Furthermore, a focus on counseling skills is also an integral part of this training. Participants are taught how to build trust relationships with their clients, identify client needs and expectations, and provide solutions that align with cultural contexts and local values. The result is an improvement in the midwives' ability to communicate effectively with their clients and address challenges that may arise in the context of traditional healthcare services. They have been equipped with the necessary tools to provide more holistic, in-depth, and client-centered services.

The improvement in counseling and communication skills not only has a positive impact on the relationship between healthcare providers and clients but also on overall health outcomes (Indra Susanti et al., 2022b, 2022a). Clients who feel heard, understood, and engaged in their care process tend to be more compliant with treatment, more satisfied with the services they receive, and more likely to seek care that aligns with their needs. In other words, the improvement in counseling and communication skills achieved through this program is not just a technical enhancement but also a paradigm shift in healthcare service approach. It creates an environment where traditional healthcare services are not just a series of medical actions but also a deep, humane, and client-centered interaction. Therefore, this aspect has a profound impact on improving traditional healthcare services in the area, strengthening the relationship between midwives and clients, and promoting better and more sustainable care.

3.3. The Application of Information Technology in Healthcare Services

The application of information technology in healthcare services is one of the key elements in the success of the Community Service Program aimed at strengthening traditional healthcare services (Yankestrad) by midwives in the Ingin Jaya Public Health Center in Aceh Besar, Indonesia. The introduction of the Web Centric Course (WCC) approach as part of the training has opened up unlimited opportunities for participants to deepen their knowledge.

In this digital era, access to online learning resources is a valuable asset. Midwives in rural areas, who may have previously had limited access to up-to-date medical information, now have access to regularly updated resources. They can access e-modules for training, instructional videos, and various other resources that enrich their understanding of the principles of traditional health. The use of the internet also allows participants to access relevant and up-to-date health information. Training participants are no longer solely reliant on outdated textbooks or printed materials, as they can update their knowledge in real-time in line with the latest developments in medical practices (Ani et al., 2020; Yazdi et al., 2019).

Moreover, the utilization of information technology also creates opportunities for collaboration and information exchange among midwives in remote areas. They can share experiences, knowledge, and resources online, enriching their collective understanding of traditional healthcare services (Fazlaini, 2020; Kusyanti, 2022).

In other words, the application of information technology in training and healthcare services not only enhances individual capabilities but also strengthens the collective capacity within the healthcare team. This creates a sustainable learning environment and has the potential for long-term positive impacts on the quality of traditional healthcare services.

3.4 Improving the Quality of Traditional Healthcare Services

A deeper understanding of traditional healthcare is one of the significant achievements of the Community Service Program aimed at strengthening traditional healthcare services (Yankestrad) provided by midwives in the Ingin Jaya Public Health Center, Aceh Besar, Indonesia. This program does not solely focus on the technical aspects of traditional medical services; it delves deeper into the cultural roots and local values that underpin these practices.

Participants in the training are not only taught the necessary techniques for providing traditional healthcare services but are also encouraged to understand the cultural background and values that shape these practices. This includes an understanding of how cultural beliefs, traditions, and local values influence how communities perceive health and illness, as well as how they seek care (Fazlaini, 2020; Maryati et al., 2021).

In a broader context, this helps midwives not only to become healthcare providers but also to become better partners within the community. Respecting and understanding local beliefs and policies is a crucial step in building strong, trusting relationships between healthcare providers and clients. Furthermore, a deeper understanding of traditional healthcare enables midwives to adapt to the specific needs of the local community. Midwives can tailor their practices and advice to align with local values and preferences, ultimately increasing acceptance and effectiveness in traditional healthcare services (Hidamansyah et al., 2022; Leahy-Warren et al., 2017).

3.5 Evaluation

The evaluation results of the "Strengthening Midwives in the Traditional Healthcare Service Program (Yankestrad)" depict a number of highly significant achievements. Ongoing evaluation during and after the training provides a very positive picture of the program's impact. During the training, participants have shown remarkable improvements in their understanding and skills in traditional healthcare. In-training evaluations offer real-time insights into participants' progress, enabling instructors to provide more targeted and effective guidance. This creates a strong foundation for further development in the program. Furthermore, the program also allows participants to gain a deeper understanding of the principles of traditional health. They not only master traditional medical techniques but also comprehend the cultural context and local values that shape these practices. This creates a balanced foundation between the technical and cultural aspects of traditional healthcare. Enhancements in counseling and communication skills are also highlighted in the evaluation (Susilawati et al., 2020). Training participants are now able to interact more effectively with patients or clients, listen attentively, provide clear information, and offer the necessary emotional support. This establishes better relationships between service providers and patients, thereby improving the quality of care. The utilization of information technology has also had a substantial positive impact (Rohita & Yetti, 2017). Participants can access online learning resources, keeping them up-to-date with the latest developments in medical practices. The ability to share information and experiences online has also created a robust learning community (Leahy-Warren et al., 2017; Rohita & Yetti, 2017). The evaluation also reflects how the program has made a real impact on the traditional healthcare services provided to the community. Patients feel more heard, understood, and engaged in their care processes, creating a more inclusive and responsive environment. Lastly, the evaluation results serve as a foundation for continuous program improvement. This creates an ongoing cycle of updates to ensure the program remains relevant and effective in responding to changes in medical practices and culture. Thus, these evaluation results reflect the program's commitment to continuous improvement and the enhancement of the quality of traditional healthcare services in the region.

4. Conclusion

The strengthening Midwives in the Traditional Healthcare Service Program (Yankestrad) in the Ingin Jaya Public Health Center (Puskesmas) area, Aceh Besar District, has undeniably yielded significant positive changes. Evaluations conducted during and post-training have revealed commendable enhancements in participants' traditional healthcare and counseling skills, augmented by effective utilization of information technology for accessing online learning resources. The program has

successfully deepened participants' understanding of local cultural values, fostering a more inclusive service environment. While the positive impacts are evident, it is crucial to acknowledge certain limitations in the research. Firstly, the scope of this study is specific to the Ingin Jaya Public Health Center, and the findings may not be entirely representative of other regions with distinct contextual factors. Additionally, the research has focused primarily on immediate outcomes, and a more extended follow-up could provide a comprehensive understanding of the program's long-term effectiveness. In moving forward, future research endeavors should consider expanding the scope to encompass a broader geographical area, ensuring a more comprehensive representation of the diverse cultural and contextual factors that may influence the effectiveness of traditional healthcare services. Furthermore, a longitudinal study could offer insights into the sustained impact of the Yankestrad Program over an extended period. While the Strengthening Midwives in the Traditional Healthcare Service Program (Yankestrad) has laid a solid foundation for the advancement of traditional healthcare services in the Ingin Jaya region, acknowledging the research limitations and advocating for future studies is essential for continued improvement and the establishment of sustainable healthcare practices in the broader context.

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