

2015

Elective Program  
Gadjah Mada University, Indonesia



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### **1. Introduction**

I did my clinical clerkship at Yogyakarta, Indonesia from 3<sup>rd</sup> April to 2<sup>nd</sup> May 2015. Within 4 weeks, I spent first 2 weeks at Pediatric department in Gadjah Mada University hospital, and other 2 weeks at Puskesmas in Klonprogo to study public health. In Klonprogo, I learned many things, so I mainly write about Puskesmas.

### **2. Analysis situation of location**

Klonprogo is a rural area in Yogyakarta, and Klonrogo has Puskesmas like a health center. Puskesmas is a little different from a health center because Puskesmas has 20 beds. There are 14,476 people in the area of Puskesmas. 2 doctors can't sustain the population, so 8 midwives treat simple cases such as common cold, pains and so on. Regarding infections, in 2015, 25 cases of type A hepatitis, 3 cases of dengue fever, and 2 or 3 cases of HIV have been confirmed.

### **3. Daily activities**

We see outpatients and inpatients every morning. The number of outpatients is around 50, and main complaints are pain, fever, hypertension and pregnancy. We usually see about 5 inpatients.

In the afternoon, we often took part in some activities for health care called UKM.



The education for people in a village was offered by Puskesmas.

Women mainly gathered. They said it was difficult to stop them husband smoking.



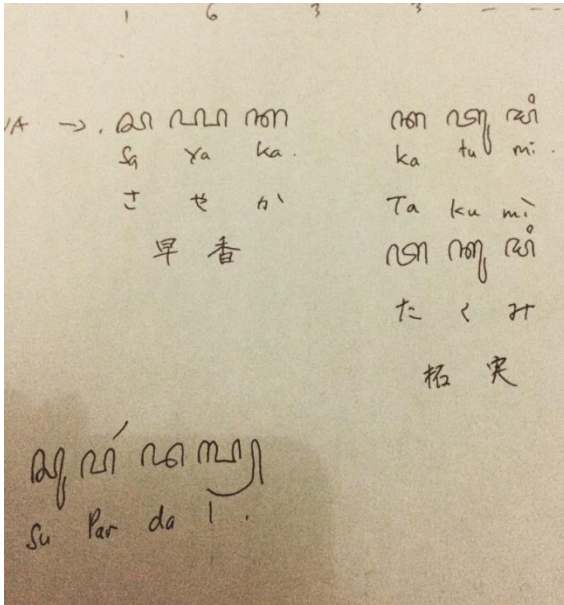
Every Friday morning, almost all staff exercises for 30 minutes. The movement is unique for us, but the same exercise is performed in school in Temon.

In this room, IVA screening was offered. We used Cusco speculum for the first time, so it was valuable experience. We felt hygiene was not good. Gloves and sheets were not changed one by one.



On the last day of Puskesmas, we took part in an anti-mosquito fogging. It was performed because 3 cases of dengue fever were confirmed. It contains Malathion which affects adult mosquitoes. This picture shows that the fog is shot toward houses.





We learned Javanese. The villagers speak Javanese and Bahasa Indonesia depending on the situation. For example, they use Javanese in family, and Bahasa Indonesia in school. Doctors use Javanese to patients.

Matur nuwon means thank you, and Echo means good.

By the way, we enjoyed the nature in Klonprogo. This picture is taken at Curug Setawing with our host parents. We also went to Waduk Sermo and beaches. All of them were magnificent views.



#### 4. Lesson learned

#Puskesmas

Puskesmas not only treats patients as hospitals do but also contributes to public health. Dr. Candra suggests "CINTAKU" to keep people health. "CINTAKU" means control health regularly, no stress, no smoke, activity, consult doctors and enough nutrition. Especially, smoking is significant problem. We heard smoking is a culture among Indonesian male. It refers to low nutrition of children as well as the increase of cancers. So "CINTAKU" is very important to change their states of consciousness.

## #Contraception

One of the important roles of Puskesmas is recommendation of family planning. Oral contraceptives and intra uterine device (IUD) are most common ways. Other ways are progesterone injection and implant. It is said that Condom use is not common, which also may be culture in Klonprogo. We think it is based on recognition that contraception should be done by female. In order to prevent STD from spreading, condom should become more popular.

## **5. Conclusion**

Through this program, I got irreplaceable experience in Indonesia by living there and getting in touch with many people. I was not good at speaking English and Bahasa Indonesia but people in Indonesia were so kind that I could make many friends. They made my elective program much better, so I want to tell them "Terima kasih banyak" which means "Thank you very much". And I appreciate all of them who supported me.