

Quarterly Report I _____

(August - November 2024)



#PrimaryMedic

PELATIHAN

PERAWATAN MEDIS DAN AGEN KAWAN SEHAT

2

25-27 SEPTEMBER

Pukul 09:00 - 17:00

Pertemuan - Casa Ka

Jl. S. Parman, Wair

Prailiu, Kar

Sumba Tim



FAIR FUTURE
FOUNDATION

kawan baik

RE



List of contents

- 01 Preparation of Standard Operating Procedures (SOP) for Primary Medical Care

- 02 Selection of Primary Medical Care Program Participants 2024-2025

- 03 Procurement of Primary Medical Care Equipment

- 04 Multi-Party Cooperation

- 05 Establishing Collaboration with the Regional Government of East Sumba Regency

- 06 Synergizing Follow-Up Plans with the Nearest Health Centers

- 07 Conducting Basic Medical Care Refresher Training

- 08 Reporting Health Cases

- 09 Kawan Sehat Agent Application Management

- 10 Developing the Kawan Sehat Book as a Medium for Promoting Clean and Healthy Living Behaviors

- 11 Campaigning for Clean and Healthy Living Behaviors Through Illustrated Stories

- 12 Utilizing Posters as an Effective Tool in Health Campaign Activities

- 13 Joint Action in Implementing Clean and Healthy Living Behavior

- 14 Gardening to Support Family Nutrition

- 15 Executive Summary

- 16 Comprehensive Report on Activity Fund Realization (Aug-Nov 2024)

01

Preparation of Standard Operating Procedures (SOP) for Primary Medical



To support the implementation of health services, an SOP was developed as a practical guide for Kawan Sehat Agents. This SOP was adapted from standard health facility procedures and tailored to field conditions to meet the specific needs of the program.

STANDAR OPERASIONAL PROSEDUR (SOP)

guidelines for Kawan Sehat Agents to deliver primary medical care to patients



This SOP provides guidelines for Kawan Sehat Agents to deliver primary medical care to patients. It ensures that each patient receives appropriate, timely, and safe care according to the standard of health service programs.

The Standard of Procedure (SOP) is used as a guide for Kawan Sehat Agents in making structured and controlled drug requests to the Rumah Kambora Drug Center, to ensure smooth distribution and fulfillment of drug needs in accordance with health service standards.

STANDAR OPERASIONAL PROSEDUR (SOP)


Drug Request by Healthy Friend Agent to Drug Center



Selection of Primary Medical Care Program Participants 2024-2025

In 2022, there were 35 Kawan Sehat Agents. However, over time, many were unable to maintain consistency in providing health services due to various factors. In 2024, a re-selection process was conducted, narrowing the group to 20 agents based on their activity levels and adherence to health service protocols. These 20 agents are now evenly distributed across seven sub-districts in East Sumba Regency.





03

Procurement of Primary Medical Care Equipment

To support primary health services in the community, Kawan Sehat Agents are equipped with first aid kits, medicines, Kawan Sehat Agent pocketbooks, Kawan Sehat Storytelling Guide books, Kawan Sehat Story Books, two copies of the Neuro Continuous Form (NCR Form), and campaign materials promoting Clean and Healthy Living Behavior. These supplies are packed in a medical bag designed to meet practical needs and made from sturdy recycled materials.



Formulir data pribadi dan kontak:

No. Aspek: PMS-001 No. Penerimaan: 0001

Formulir ini digunakan untuk mencatat data pribadi dan kontak responden.

Nama: _____
No. HP: _____
Alamat: _____
No. Rumah: _____
No. RT: _____
No. RW: _____
No. Desa: _____
No. Kecamatan: _____
No. Kabupaten: _____
No. Provinsi: _____

Formulir ini digunakan untuk mencatat data pribadi dan kontak responden.





This bag symbolizes sustainability materials sourced from the ceramic. This innovative approach supports transforming waste into something.

In addition to providing equipment, partners play a vital role in ensuring active involvement is an essential and implementation.

This collaborative effort ensures that equipped and supported to perform engaging partners and volunteers execution but also builds a wide network of organizations committed to improve.





y, crafted from unused waste
ics manufacturer "Kevala Ceramics."
s environmental conservation and
highly beneficial for public health.

t and materials, volunteers and
ng the success of this initiative. Their
part of the program's preparation

that Kawan Sehat Agents are fully
m their duties effectively. By
, the program not only strengthens its
network of individuals and
oving public health.





4

Multi-Sectors Cooperation

Multi-stakeholder collaboration is crucial for the success of inclusive and sustainable development programs.

The synergy between departments, effective communication, and structured administrative processes are paramount.

Support from local partners, such as department leaders, reinforces trust and ensures the program's relevance to community needs.

Logistical and communication challenges can be addressed through a solution-oriented approach, while recommendations from relevant departments help ensure the programs remain on track. With robust coordination and shared commitment, this collaboration delivers tangible benefits for the people of East Sumba.





05

Establishing Collaboration with the Regional Government of East Sumba Regency

The Kawan Baik Team undertook several coordination and synergy efforts with the East Sumba District Health Office as part of the legal compliance process aligned with applicable regulations. These steps also served as a foundation for fostering partnerships and collaboration. It is understood that achieving a Healthy Sumba cannot be accomplished solely by the foundation or the local government acting independently.

The collaboration aims to achieve several key outcomes, including:

1. **Access to health data and information** necessary to support the Primary Medical Care programme.
2. **Availability of health facilities and personnel** to participate in the programme at the sub-district or Puskesmas level alongside the Kawan Sehat Agents.
3. **Support for the implementation** of the Primary Medical Care programme in alignment with existing policies and regulations.
4. **Active participation in monitoring and evaluation** activities within the programme framework.



06

Synergizing Follow-Up Plans with the Nearest Health Centers



The next step involved synergizing with the local Technical Implementation Unit (UPT), specifically the Health Centres, which are the closest health facilities to the Kawan Sehat Agents. Representatives from seven health centers were invited to discuss the series of ongoing programs, allowing for input, support, and greater participation. This initiative was warmly and openly received, as it offers significant potential to lighten the workload of health workers, particularly in areas that are difficult to fully cover. Each Kawan Sehat Agent is also directly linked to the nearest health facility, ensuring that cases requiring further attention can be efficiently referred to the appropriate Health Centre.



Berbagai masukan disampaikan untuk dapat diimplementasikan di masa mendatang.

7

COMMUNITY
HEALTH
CENTER

Mahu
Pambota Njara
Waingapu
Rambangaru
Kawangu
Kataka
Nggaha Ori Angu



Agent Katrina from Lapinu Village in Kahaungu Eti District collaborated with the Midwife and Nurse from Matawai Katingga Village to establish communication regarding the Primary Medical Care program.

Cases Referred to Higher-Level Facilities

A 14-year-old child from Kambung Kotak Kalimbung, RT 26/RW 09, Kawangu Sub-District, was identified by Agent Veronica as having a persistent neck swelling. The lump had been present since the patient was in elementary school but had never been medically evaluated by the family.

With support from the Foundation Team and Agent Veronica, the patient was taken to the Kawangu Health Center, where diagnostic tests confirmed a case of extrapulmonary tuberculosis affecting the lymph nodes (lymphatic TB). The Health Center referred the patient to the Umbu Rara Meha Waingapu Regional Hospital for further evaluation and treatment. Blood tests and radiological imaging were conducted, and the patient was prescribed a six-month course of anti-tuberculosis treatment, with medication dispensed through the Kawangu Health Center.

To ensure adherence to the treatment regimen, Kawan Sehat Agents and Health Center staff will perform regular follow-ups and monitoring. This approach is essential, as many tuberculosis cases in East Sumba have developed resistance to anti-TB drugs due to poor compliance with treatment protocols.



Oct. 15, 2024
When referred to the Health Center by the PMC Agent,



Nov. 19, 2024
After one month of treatment, patients are monitored to ensure progress and adherence to their regimen.



Agent Martha from Mbinudita Village identified an 18-year-old female patient with pruritic lesions on her legs, which had developed over the past week. The patient sought assistance at Agent Martha's residence, where the affected area was cleansed and treated with Gentamicin KF 0.1% skin ointment.

Following the initial care, Agent Martha submitted medical service details through the WhatsApp Group and Kawan Sehat Application. Based on her report, the Medical Team and Foundation Team recommended referring the patient to the Nggaha Ori Angu Health Center, suspecting the lesions might indicate a Yaws bacterial infection.

This case was escalated via WhatsApp to the Head of the East Sumba Health Center team, prompting a home care visit by the medical service team. The following day, the medical team and the Health Center Head visited the patient's home to perform an on-site PCR rapid test. The results were negative for Yaws, revealing instead a skin infection linked to poor hygiene and inadequate clean living practices.



07

Conducting Primary Medical Care Refresher Training

The Primary Medical Care Refresher Training was conducted over three days, from 25 to 27 September 2024, at the Casa Kandara Meeting Hall. The sessions ran from 09:00 to 17:00 WIB. The training curriculum covered 14 topics derived from the First Action Module "Tindakan Pertama Jika Tidak Ada Dokter," adapted from the Where There is No Doctor by Carol Thuman and David Werner, the Kawan Sehat Application Usage Guide, and the Standard Operating Procedures (SOP).

The training was inaugurated by the Head of the Education, Youth, and Sports Office of East Sumba Regency, the Secretary of the East Sumba Health Office, and the Secretary of the Social Services Office. These officials delivered remarks, formally opened the event, and extended their support and encouragement to the participants.

The speakers facilitating the training included:

- Dr. Meirlin Rambu Kaita Riwa (from the Program's General Doctor, Waingapu Health Center)
- Dr. Alex Wettstein (Medical Volunteer and President of the Fair Future Foundation)
- Dr. Stefanus Raditya Purba (Medical Volunteer and Doctor)
- Ivonsiani N. Mbakurawang, A.Md.Kep (from the Program's Nurse, Nggaha Ori Angu Health Center)
- Anastasia Tiyas Walidiyati, S.Kep.Ns (Waingapu Health Center Nurse)
- Elma Gracia M., S.Tr.Gz (Volunteer and Nutritionist)
- Dian Roshanti, M.Sos (Volunteer and Lecturer, Banyuwangi Health College)

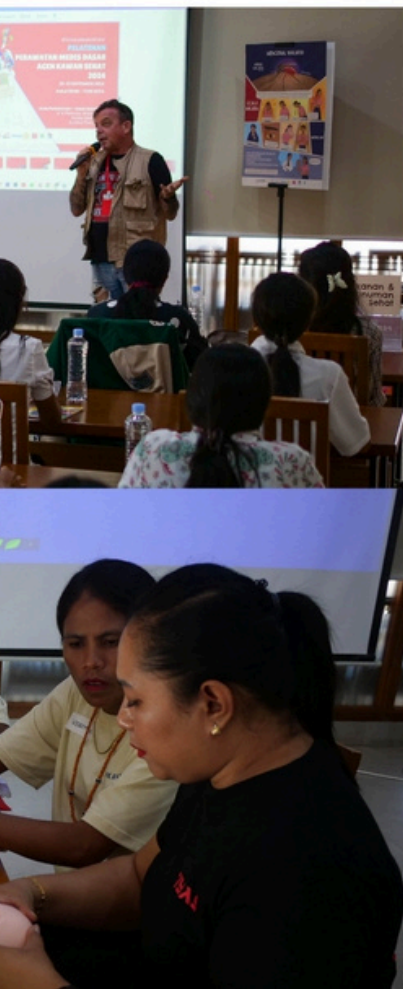
The training was attended by 20 participants, consisting of 1 male and 19 females. Their primary professions included 3 Posyandu Cadres, 16 teachers from PAUD, Kindergarten, and Elementary Schools, as well as 1 Reading Garden facilitator.



The training participants showed great enthusiasm throughout the sessions, actively engaging with the speakers by offering input, suggestions, and sharing their experiences.

The training combined theoretical instruction with hands-on practice. The speakers presented the material using illustrations and photos from Kawan Sehat Agent reports on encountered health cases. This interactive approach encouraged participants to engage in meaningful discussions with the speakers.

During the practical sessions, participants observed each step demonstrated by the speakers attentively and diligently practiced the techniques themselves, reinforcing their understanding of the material.



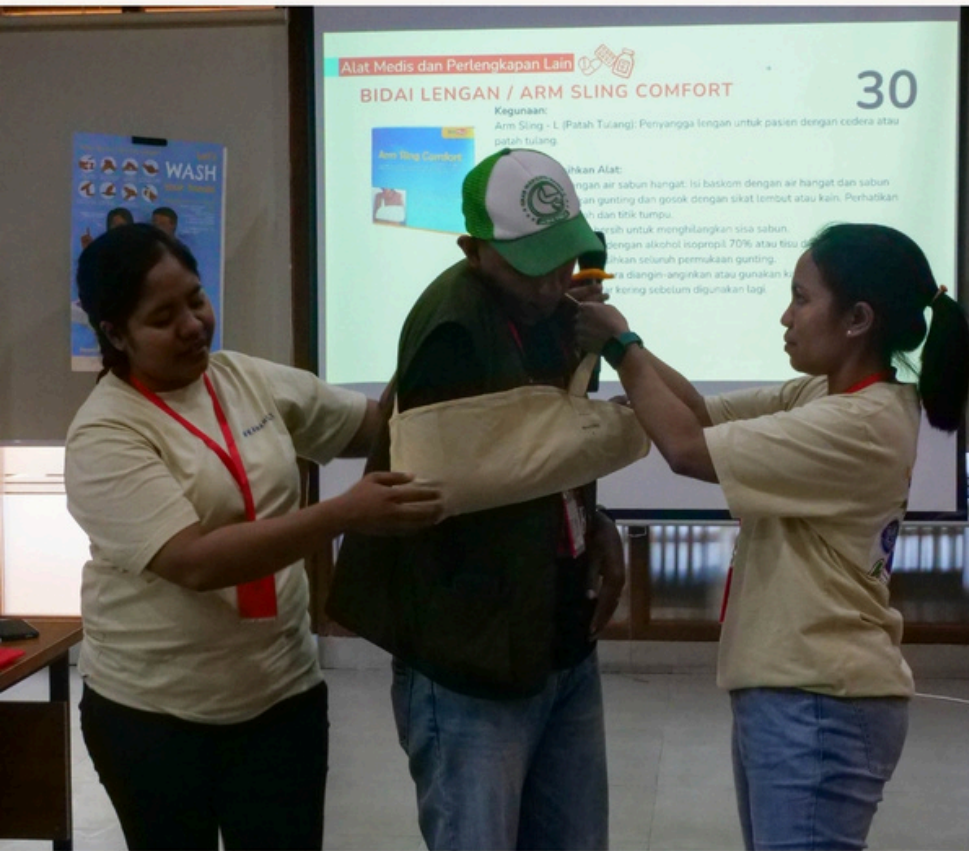
14 CHAPTER

The training material covered the book “Tindakan Pertama Jika Tidak Ada Dokter” through both theoretical and practical methods.

2 SOPS

The delivery included the Standard Operating Procedures focusing on the following:

- Handling patients in Primary Medical Care by Kawan Sehat Agents.
- Medicine requests by Kawan Sehat Agents to the Rumah Kambara Medicine Center.



This training fostered a warm participants, the foundation team who provided continuous

Activities such as ice-breaking together injected new energy. Besides being a valuable learning training also strengthened synergy boosted the participants' enthusiasm reliable Kawan Sehat Agents.





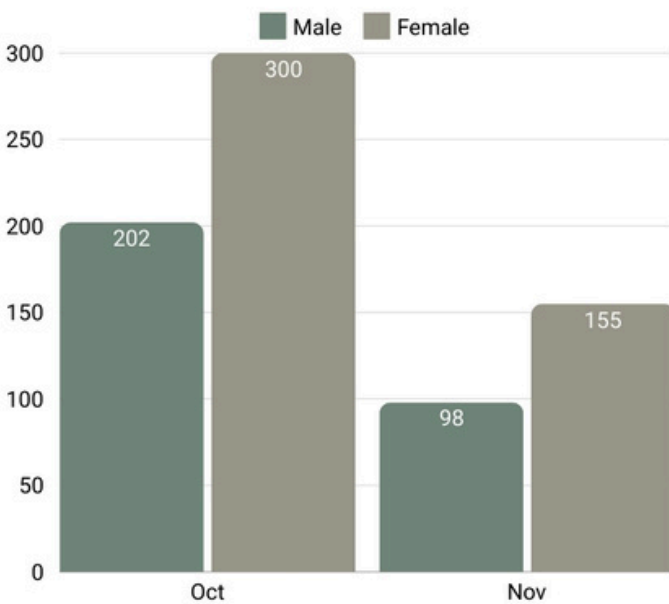
relationship between
am, and the medical
s support.

g, quizzes, and a dinner
into the agents.
ing experience, the
energy with partners and
usiasm to become



Reporting Health Cases

Diagram of Reported Health Cases from October to November 2024 Based on Sex Ratio



Reported through the Kawan Sehat Agent application and consultations with the Medical Team, there were 502 cases in October and 253 health cases in November 2024. Health cases of concern for Kawan Sehat Agents in November included:

- Headaches, body aches, waist pain, joint pain
- Cough, runny nose, rhinitis, sore throat
- Fever
- Weakness, fatigue, tiredness, lethargy, loss of appetite
- Itching due to allergies, secondary skin infections, impetigo, urticaria

Twenty Kawan Sehat Agents spread across seven sub-districts recorded 170 cases in October and 120 cases in November, primarily including headaches, body aches, waist pain, and joint pain. These were the most common health issues identified. Following these, there were 146 cases of cough, runny nose, rhinitis, and sore throat in October, and 111 cases in November.

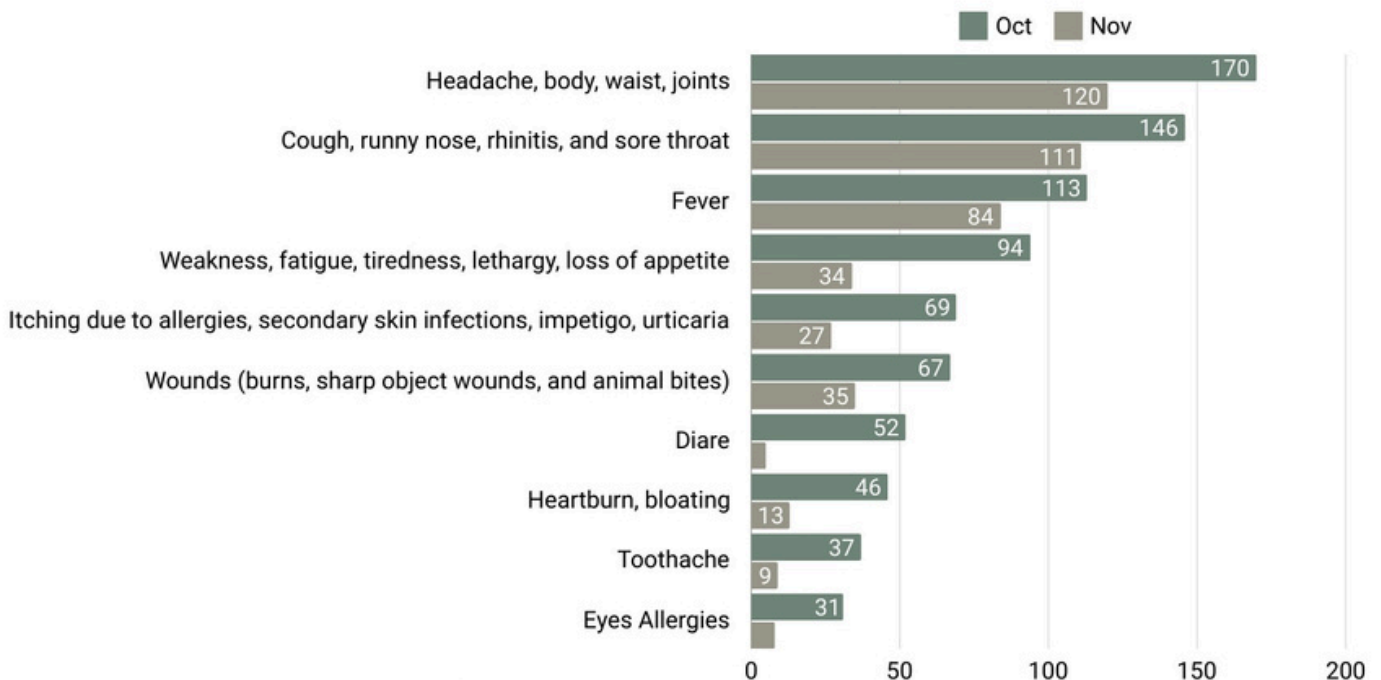


Diagram of Health Case Types Reported: October - November 2024



09

Kawan Sehat Agent Application Management

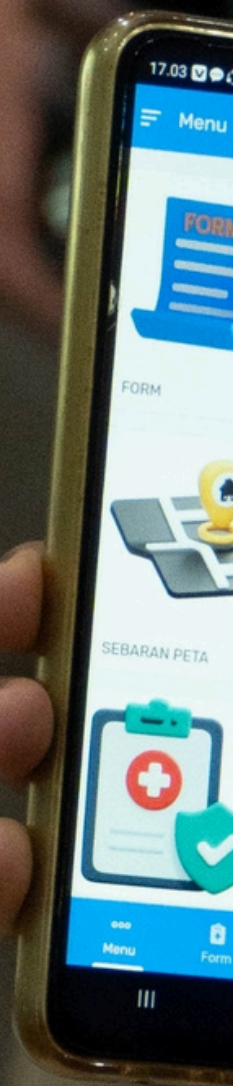
The Kawan Sehat Agent application continues to undergo updates. The one-year trial period of its use by Kawan Sehat Agents has provided valuable input for ongoing improvements.

Currently, the application is lighter, and the Anamnesis form has been simplified, making it very user-friendly for Kawan Sehat Agents when reporting health cases in the field.

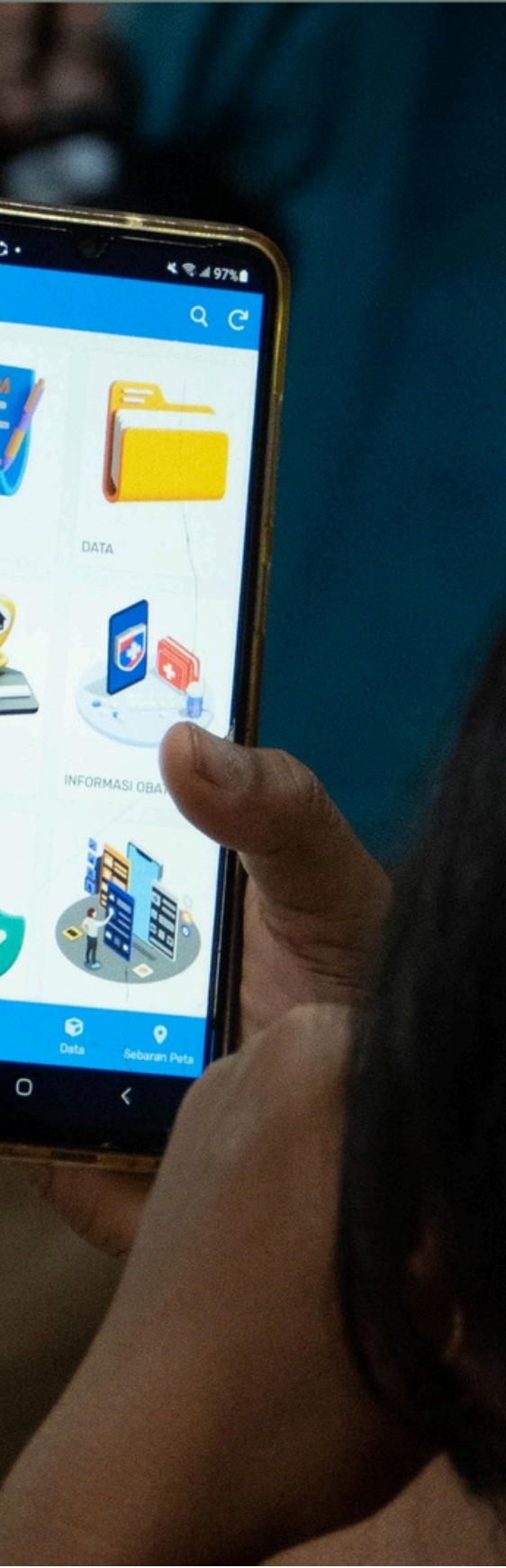
The features will continue to be refined, considering all suggestions and feedback from the application users.



Kawan Sehat agents find it easy to use the application, thanks to the simplified anamnesis form, and



asier to report health cases
to its user-friendly interface,
and efficient reporting features.



Updates to the Kawan Sehat Agent Application in 2024 include:



User Interface

Improved user interface for easier navigation and a lighter app experience.



Simplified Form

Simplified anamnesis form for easier health case reporting.



Medicines Information

Enhanced drug information section, providing detailed usage instructions, dosages, and other relevant details.



Application Tutorial

A tutorial feature to assist agents in mastering the app's functions.



Health Articles

Access to health articles, posters, and educational materials on topics like malaria prevention and handwashing.



Calendar

A calendar feature to keep agents informed about upcoming training sessions and events.

Sir, Madam, please don't smoke around the children!



Developing the Kawan Sehat Book as a Medium for Promoting Clean and Healthy Living Behaviors

10

The Kawan Sehat Book is an educational tool created to promote Clean and Healthy Living Behavior in schools across East Sumba. The 12th theme of this book focuses on the Dangers of Cigarette Smoke. This topic was chosen based on daily observations of local residents who often overlook smoking behavior around children. Many adults are unaware of the harmful effects cigarette smoke can have on children's health.

In the illustration, Njara urges adults not to smoke around children. The image depicts thick gray smoke polluting the clean air, highlighting the negative health impact, especially on children. Through this simple yet powerful message, we hope to improve public health by promoting positive changes in everyday practices, starting with the health of individuals, families, and the surrounding community.



The “Kawan Sehat” Storytelling Guidebook 2024



11

Clean and Healthy Living Behavior Campaign through Illustrated Stories

To complement the Kawan Sehat Book used for the Clean and Healthy Living Behavior campaign, a Storytelling Guidebook has been developed.

This guide thoroughly examines each page, detailing the progression of the story and relevant information related to each theme. The guidebook ensures that those telling the story can convey the information effectively to the audience.

What sets this guide apart is its inclusion of questions designed to provoke interaction with listeners, along with fascinating facts that are often unknown to them.

Facts about Njara (Horse) Ear Mobility

Horses possess highly flexible ears that can rotate up to 180 degrees.

Each ear can move independently, allowing horses to hear sounds from various directions without needing to move their heads.





Fun Storytelling with Njara, Rambu, and Umbu



Kawan Sehat Agents have conducted educational activities on Clean and Healthy Living Behavior and basic health using the Kawan Sehat Storybook, featuring the main characters Njara, Rambu, and Umbu. This education specifically emphasizes the importance of introducing the Clean and Healthy Living Behavior concept to children at an early age. Through an interactive storytelling and simulation approach, children are taught healthy habits such as proper handwashing, maintaining personal hygiene, and the importance of a nutritious diet.

The Kawan Sehat Book serves as an effective tool for delivering health content in an engaging and easy-to-understand manner, enabling children to remember and apply the knowledge they acquire in their daily lives. This education not only helps build a foundation for a healthy lifestyle in the younger generation but also empowers them to become agents of change within their families and communities.

The positive response from the community demonstrates that this approach has successfully raised awareness about the importance of health education from an early age, supporting efforts to create a healthier and more empowered community.

12

Posters are Highly Effective in Health Campaign Activities

Posters, as a medium for campaigning Clean and Healthy Living Behavior, have proven to be highly effective in conveying health messages to the community. They achieve this through visuals that are easy to understand, contextual, and aligned with local themes.

The advantages of using posters as a campaign medium include:

- Attractive visuals
- Simplicity and effectiveness
- Easy to remember
- Flexible placement options
- Passive awareness-raising
- Ease of digital distribution
- Durability for long-term use

This time, six posters were printed on cloth, making them easier to store, fold, and include in a Medical Bag. This format allows Kawan Sehat Agents to use them for campaigns during visits to residents or when providing health services.





Clean and Healthy Living Behavior Poster



Malaria Infection Symptoms Poster



Malaria Prevention Poster



Hand Washing Poster



Healthy Eating Plate, Fill with Balance Nutrition



Healthy and Junk Food Poster





Clean and Healthy Lifestyle Posters: From House to House and Places of Worship



Kawan Sehat agents deliver health messages with the aim of encouraging positive change within the community. This outreach takes place in environments close to the agents, such as PAUD classes, elementary school classrooms, churches, and even within the hallways of residents' homes. Beyond imparting knowledge, this socialization also raises public awareness about the importance of Clean and Healthy Living Behavior. Using an engaging visual approach and simple communication, Kawan Sehat agents effectively convey messages that resonate with the daily lives of East Sumba residents. This small but significant step marks the beginning of creating a healthier and more prosperous community.



Mrs. Katrina delivered the PHBS campaign during a church service, addressing the congregation. Mr. Yosef regularly visits households to educate residents on the importance of Clean and Healthy Living Behavior. Several PAUD and elementary school teachers consistently integrate Clean and Healthy Living Behavior topics into their classroom lessons.



13

Joint Action in Implementing Clean and Healthy Living Behavior

Joint Action in Implementing Clean and Healthy Living Behavior was carried out together at school by Kawan Sehat Agents and their students, with one of the activities being communal tooth brushing. During this activity, we received a donation of 1,500 environmentally friendly bamboo toothbrushes, which were complemented with toothpaste for use.

The tooth-brushing practice was conducted during a joint training session with Kawan Sehat Agents by our Dentist, Doctor Fia, who has encouraged the Agents to feel more confident in demonstrating the correct brushing technique to the children. We believe that this tooth-brushing activity will continue at home and become a daily routine. Simple steps like this are a crucial starting point for instilling Clean and Healthy Living Behavior habits from an early age.

14

Gardening to Support Family Nutrition

Kawan Sehat agents recognize the importance of proper nutrition for a healthier life after gaining knowledge about Clean and Healthy Living Behavior. Upon returning from the training, each agent was provided with vegetable seeds that could be planted independently around the school or in their garden. The goal is for students to directly learn how to care for food-producing plants, which they can later enjoy on their plates.

The types of vegetables planted include spinach, water spinach, eggplant, tomatoes, pumpkin, cucumber, and chilies. The seeds distributed by the agents will eventually produce new seeds, allowing for future planting. It is hoped that this gardening initiative will spread throughout the community, from the school environment to the homes surrounding the school or the students' homes.



15

Executive Summary

The Kawan Sehat agents have been very active in providing healthcare services to patients, consulting with doctors, and actively participating in health education activities. Over the past three months, the most common illnesses encountered were headaches and body aches, followed by colds and coughs.

There were also many cases of skin diseases caused by poor hygiene, especially among patients living in areas far from clean water sources.

Since completing the training, the agents have shown significant improvement in their healthcare delivery. They are now more skilled in handling a variety of cases, and during consultations in the group, all agents have been enthusiastic about following the progress of the cases.

The Agents actively discuss these cases from both a medical and traditional treatment perspective, sharing common local practices. The agents are now also able to practice and educate patients about health using the posters and videos provided by Kawan Baik.



16

Comprehensive Report on Activity Fund Realization (Aug-Nov 2024)

No.	Activities	Budget	Realization	%
1	Conducting training to enhance the skills and knowledge of 20 non-medical personnel in rural areas on first aid and primary medical care	Rp184,730,000	Rp75,502,027	40.8%
2	Procurement of medicines and equipment to support primary medical care for participants	Rp185,965,000	Rp63,951,052	34.39%
3	Campaign on Health Awareness and Implementation in the Community	Rp124,735,000	Rp39,839,449	31.94%
4	Establishing collaboration with the nearest Puskesmas to ensure readiness, support, and reporting	Rp24,180,000	Rp19,946,000	82.49%
5	Evaluation and Monitoring of the Primary Medical Care programme	Rp280,085,000	Rp26,471,565	9.45%
6	Project's Operation	Rp372,736,000	Rp105,773,767	28.38%
	Total	1,172,431,000	331,483,860	
	Received Donation	391,000,000.00	28.27%	

Further Plans

December 2024 – March 2025

In the second quarter of the Basic Medical Care project (December 2024 – March 2025), a series of strategic activities will be implemented to ensure the sustainability and effectiveness of the program. The following activities are planned:

1. Review and Print Modules

Review and revise the training materials to ensure their relevance to field needs, followed by printing updated modules to support future training sessions.

2. Delivery of Medicines to Kawan Sehat Agent Locations

Medicines and basic medical supplies will be delivered to Kawan Sehat Agent locations to ensure the availability of necessary resources for community health services.

3. Monitoring with the Health Center Team in 7 Sub-districts

Collaborating with the Health Center Team, visits will be made to 7 sub-districts to monitor activity progress, evaluate the implementation of health services, and provide technical support to Kawan Sehat Agents.

4. Health Campaign Media Design

The development of 4 new health campaign media designs to enhance the effective dissemination of health information to the community.



5. Training

Additional training sessions will be conducted to enhance the capacity of Kawan Sehat Agents, ensuring they remain well-trained and competent in carrying out their duties in the field.

6. Monitoring and Evaluation of the Large Team

A comprehensive evaluation will be held with the larger team, including foundations, partners, and stakeholders, to review program achievements, identify challenges, and outline steps for improvement.

7. Joint PHBS Campaign in 4 Sub-districts

A large-scale campaign on Clean and Healthy Living Behavior (PHBS) will be organized in four sub-districts, involving various community groups to collectively raise awareness and promote the implementation of PHBS.

8. Preparation of Quarter II Report

A report summarizing all activities, achievements, and evaluations during the second quarter will be prepared and distributed to relevant agencies and partners to ensure transparency and accountability in the program.

These activities are designed to strengthen basic health services in target areas, increase public awareness, and ensure the sustainability of the program's positive impact.

Thank You

Donator



Partner



PEMERINTAH KABUPATEN
SUMBA TIMUR

Supporter







Yayasan Kawan Baik Indonesia

Jl. Kutat Lestari Gg. Amintasari no.5
Sanur, Kec. Denpasar Selatan 80227

<https://kawanbaikindonesia.org/>
info@kawanbaikindonesia.org

**More Information
about this project, scan here:**

