

Rumah Sobat: Integrated Self-Care Group for Leprosy in Jayapura City, Papua Province

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ABSTRACT

Leprosy is a chronic communicable and becomes neglected disease. Papua Province still become a leprosy pocket area in Indonesia, including Jayapura City. One of leprosy pocket area in Jayapura City is Hamadi. Based on data, there were 131 active leprosy patients in Hamadi Public Health Centre (PHC) until June 2019. From a research in 2015, showed that lack of knowledge about leprosy and its management among household contacts become important factor for leprosy patients. Rumah Sobat (Pal's House) an integrated self-care group for leprosy was operated in November 2015 in Hamadi PHC. Adopted 5 tables program from Posyandu Balita (Integrated Health Centre for Pre and Post Natal), Rumah Sobat have 5 parts (corners) consists: registration corner, education corner, care and treatment corner, examination corner (physical and laboratory tests) and handicraft skill corner. Operated one time in a month. 64 persons (20 active patients, 7 cured patients and 37 household contacts) were attended the opening of Rumah Sobat. Positive response arise from patients, household contacts and stakeholders. Rumah sobat still operating until now. Integrated self-care group with household contacts and ex leprosy patients involved, can used as alternative of leprosy caring method. In other hand, more approach methods and techniques were needed to increasing the participants of Rumah Sobat.

Keywords: *urban-rural, disparities, facility-based childbirth, health-care evaluation*

1. INTRODUCTION

Leprosy is an ancient disease but still become a big problem. Leprosy caused by Mycobacterium leprae. An intracellular bacterial and have high affinity with schwan cell. It need 2-5 years incubated to manifest after first infection. Leprosy can appears in various manifestation. Clinical signs and symptoms depend on the immunity state of the host [1]. Indonesia as the big three in leprosy cases in the world have leprosy pockets area in several provinces, including Papua. The prevalence of leprosy cases in Papua .is 406 (per 10.000 population) in 2017 [2]. Many leprosy pocket in Papua Province, one of the pocket in capital city Jayapura is in Hamadi Area. In June 2019 there were 131 active patients in Public Health Center (PHC) Hamadi. Base from research by Center for Papua Health Research and Development showed that the patients and also their household contacts have poor knowledge about leprosy, self-stigma and leprosy management. In other hand Center for Papua Health Research and Development has a technology for leprosy early detection using Polymerase Chain Reaction (PCR)

In view of the importance of raising the knowledge about leprosy among leprosy patients and the household contacts also early diagnose using PCR technology, this innovation was initiated.

2. METHOD

Rumah Sobat (in English means: Pal's House). Rumah Sobat is an acronym of Rumah Siap Obat dan Bekali Orang kusta Keterampilan (House of Medication and Handicraft Training for Leprosy Patients) is an integrated self-care group for leprosy. Rumah Sobat was launched in National Health Day 14th November 2015 by Governor of Papua Province, and operated for the first time in Hamadi PHC in 24th November 2015. Rumah Sobat Would operate one time on Thursday week 3 every month.

Rumah Sobat have 5 parts (corners) consists:

- Registration corner
Registration for patients, ex patients and household contacts. We record the data (name, sex, age, address, and status) by cadre
- Education corner
Information and education about leprosy, hygiene and nutrition collaboration with PHC
- Care, treatment and Nutrition corner.

Wound care, medication treatment by medics and paramedics. Nutritious food supplement (such as greenbean porridge) collaboration with PHC

- Examination corner (physical and laboratory tests)
Physical examination for patients and household contacts. We collected nasal swab and skin silt for PCR test and skin smear
- Handicraft Training corner.
Training to make valuable handicraft using garbage. Such as: compost, tissue box from newspaper, bag from plastic glass etc. Collaboration with cadre and Office for The Environment.

3. RESULTS AND DISCUSSION

The opening of Rumah Sobat attended by 64 persons (20 active patients, 7 cured patients and 37 household contacts). After that the participants of Rumah Sobat still fluctuated

Table 1. Participants of Rumah Sobat Year 2016-2019

Type	Year			
	2016	2017	2018	2019
Patient	83	97	121	33
Ex patients	11	2	5	7
Contacts	29	54	51	31
Contacts positive leprosy	2	4	4	7

There are many risk factors associated with leprosy infection. Such as: environment, household size, age, sex, or immunity status [1][2]. Area where Rumah Sobat operating is a crowded area in the center of the Jayapura City, and near the central market and also fish market. Majority of the population working as trader and fishermen. Rumah Sobat is an integrated selfcare group, which is a selfcare group combined with early detection among household contacts and also dapsone allergy detection laboratory test.

One of the aims of Rumah Sobat is to increase the active case finding among house hold contacts. In four respectively years 2016-2019 there were 165 household contacts visiting. From the laboratory examination we found 17 persons leprosy positive.

People living as household contacts of leprosy patient become a risk factor of leprosy infection, especially who have many members [4]. A research in Brazil showed that majority new leprosy cases found in household contacts occurred during the first year after the index patient diagnosed [3].

There are many factors contributing in leprosy infection among household contacts, such as: genetically relations, closeness, intensity, number of household contacts and also BCG scars. Gender and age are not clear related [3][5].

Due to stigma issues in leprosy, selfcare group (SCG) as support agent is relevant to applied. A research a

Jeneponto South Sulawesi showed that SCG can increase the confident of leprosy patients [6]. In other hand supporting group can reduce the effects of leprosy infection such as ulcer, disabilities and have more good control to their general health condition [7][8]. Rumah Sobat provide education and knowledge improvement about leprosy and its management among patients and also household contacts, to raise the concern about selfcare. An SCG can promote better support and knowledge. A selfcare by patients with good knowledge support by professionals in SCG, can give better outcome [7][9]. Fluctuated participants in Rumah Sobat need a better approach and method to attract the participants.

4. CONCLUSION

Rumah Sobat as an integrated selfcare groups, is a modification of classic selfcare group, can be used as alternative activity to support leprosy program, especially in active case finding and raising knowledge about leprosy.

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