

[研究紹介]

Introducing and Developing a Primary Health Care Program by Using a Maternal and Child Handbook in Indonesia

Emiko SHIBAYAMA

Faculty of Nursing, Kanagawa Institute of Technology

Abstract

Providing a health program in Indonesia has been conducted by JICA and Saitama prefecture since 1990s. I, Emiko Shibayama, was dispatched to North Sulawesi Island in late 1990s to help conducting a health care program for mothers and children. The maternal and child health handbook has been increasing the importance in the role of effective medical record and instruction for certain knowledge about primary health care for local residents.

Keywords: Indonesia, maternal and child health handbook, health care program, JICA

1. Historical Background of Maternal and Child Nursing within Framework of International Cooperation

According to an official report¹⁾ which has been posted in JICA (Japan International Cooperation Agency), the population ratio of advanced countries accounted 32.3% in 1950, but it has been dropping 19.6% in 2000. On the other hand, the population ratio of developing countries has been increasing from 67.7% (1950) to 80.4% (2000).

After the World War II, WHO (World Health Organization) was established in the organizations of United Nation, and discussion had been active to decrease the gap of public health level between developing countries and advanced countries so that Japan started the carrier of international cooperation in variety of fields. Japan International Cooperation Agency (JICA) was established officially in 1974.

In 1978, Alma-Ata Declaration, the basic international primary health care policy, was officially selected by the collaboration of WHO and UNICEF. The event became a turning point for international nursing field and maternal and child nursing. Maternal and Child Health Care field was involved in the JICA project in regard to Primary Health Care (PHC). Japanese public health care specialists have been dispatched to Sudan, Philippine, Indonesia and other developing countries for over 40 years. Latest medical and health care knowledge and nursing skills have been provided in those countries.

It has been considered that Japan has been providing highly advanced health care program in maternal and child health care field. Since 1930, the public health law has been enforced and the department of health had developed life-line, infrastructure and public hygiene. In recent years, mortality rate for pregnant women is 1/100 and mortality rate for children under 5 years old was 1/20 compared to developing countries.

Until mid1960s, Japan was considered as one of developing countries in East Asia region so that the Japanese society has advanced nursing skills and has collected health care information which should be delivered to other countries. Now Japan provides progressive level of maternal and child health care service with comprehensive approach to help other developing countries in Asia and Africa. The key points to notice indicate that comprehensive approach should be continued not only infrastructure and medical facilities (hardware aspects) but also medical insurance system,

nutritional guidance, leadership training seminars (software aspects).

2. Historical Background of Introducing Maternal and Child Health Handbook

Maternal and child health handbook is a small notebook which is provided by an administrative agency when a woman experiences pregnancy, it is also called “maternal notebook” shortly. Maternal and child health hand book is used to record official medical information for an infant such as lecture attendance for a pregnant mother, health checkup for a pregnant mother, weight and height for an infant, record of immunization. The handbook has been commonly used in the Japanese society, but limited countries have installed the system of maternal and child health handbook in Asia such as South Korea and Thailand.²⁾

In Japan in 1942 during the World War II, the primal system of the handbook was developed, and the model version of maternal and child handbooks were provided to all pregnant mothers in 1948. The instruction was simple, and was written in handwriting, and it mainly recorded for distribution of milk formula product for pregnant mothers on priority basis. In terms of results, the primal handbook was useful for decreasing infant mortality rate caused by inflectional diseases and nutritional deficiency.

Several advantages of maternal and child health handbook include that pregnant mothers, their infants and children could be received continuous health care service. In addition, those medical records are shared by parents and proceeded communications between health care service providers and the handbook holders. Parents can learn medical knowledge and physical conditions of their children. Several developing countries such as Indonesia, Vietnam, Laos, Mexico, Palestine region, Dominica and so on have introduced the system of maternal and child health handbook by the assistance of JICA since early 1990s.

3. The Project of Providing Maternal and Child Health Handbook in Indonesia

In Republic of Indonesia in 1990s, the mortality rate of pregnant women was quite high among ASEAN (Association of Southeast Asian Nations) countries, and modifying low health care condition in a proper way, the Indonesian government asked the Japanese government for international cooperation. An Indonesian doctor learned maternal and child health handbook system in Japan, and he was very impressed about the function and benefits for health care service. The doctor's experience caused that the demonstration was conducted in a model region in Indonesia.

Responding demand from the federal government of Indonesia, JICA had been seeking a local government which had experienced providing a health care program in a developing country, and they had information about Saitama prefecture conducted a health care program in Nepal in early 1990s. I, Emiko Shibayama, was dispatched as an expert for primary health care field to Nepal by the local government for 2 years. This time I was dispatched to work as an expert for public health care service by providing maternal and child health handbook in the city of Manado, Northern Sulawesi Island, Indonesia from 1998 to 2001.

4. Public Health Care Activities in Northern Sulawesi Island

Purpose in priority was that local pregnant women should had been provided a maternal and child health care information with contemporary medical knowledge, and their health care condition would had been developed. Specially, our expert team tried to provide a health care program in local regions with low literacy rate so that they could understand information with illustration in the most of pages. Pregnant women were helped to acquire knowledge about sign of severe conditions, prevention for inflectional diseases, nutrition information, and preparing for baby food. In addition, training program to be health care instructors was conducted toward local medical professionals. Knowledge of maternal and child health care and meaning, how to fill out the form was explained. Special lecture series were called “mother class” in Puskesmas (a local health center).

In my opinion, Indonesian government was trying to develop the health care condition and local midwives tried to

improve the quality of medical knowledge and health care service. I felt that the program had been succeeded properly. Pregnant women managed mother class by themselves. The Indonesian government has been increasing the interest to the maternal and child handbook system. The system has been conducted in 2 provinces in Indonesia, and the health handbooks had been delivered to 55 million in 13 provinces so far.

According to the official JICA report³⁾, the sufficiency rate of maternal and child health handbook reaches 62.4% because of the enforcement of the ministry of health in 2004 and special budget approval by the ministry of health in 2006. Assignment in near future, it is important to consider the sufficient use of maternal and child health handbook between health handbook health care experts and other medical professionals. Since 1998, Saitama prefecture has been conducting training program for Indonesian officials of ministry of health.



【 Front Line Report 】 Maternal and Child Health Activities by *POSYANDU*

Interview to Ms. Wenny Savitri (Study of Nursing MA), Associate Chairman,
STIKES University, Yogyakarta (March, 2017)

Basic Information about *Posyandu*

One of the unique events concerning maternal and child health activities in Indonesia includes that small group meetings called “*Posyandu*” are held at regular basis and conducted by local health volunteers. *Posyandu* is a hub organization for maternal and child health care activities in local regions and the system was established as a terminal organization for community health care management by the central government in 1985. Besides, “*Puskesmas*”, which has a function of health care center in Japan, covers wide range of local county area and administrate various health care programs and supply limited medical service to the local residents.

Health Care Service in *Posyandu* Activity

Pediatric physical checkup in *Posyandu* is conducted in a certain sequence 1. Registration for consultation 2. Body weight measurement 3. Recording of measurement results 4. Consultation for nutrition guidance and family planning 5. Vaccination and vitamin administration. In this health activity of village communities, health volunteers called “*Kader*” play important role and they also originate from local communities. They conduct consultation for local residents in relation to primary health care promotion; pediatric examination, health care maintenance, medical concerns, development of hygiene, and so on. This health care system indicates certain advantage in the communities relevant to low literacy rate.

Current Health Care Condition in Indonesia

In recent years, local issues of maternal and child health care in local regions in Indonesia have been developed in collaboration with JICA (Primary Health Care Project Indonesia, Mother and Child Health Handbook Program) and aggressive intervention of Ministry of Public Health of Indonesia. During rapid economic growth since 2000s, certain numbers of hospitals and medical facilities equipped with modern medical devices and IT systems have been increased in entire Indonesia so that reduction of infant mortality rate and maternal mortality rate has been confirmed apparently. In one of future assignments, qualified human resource, who accomplishes to acquire advanced medical knowledge and nursing skills, should be provided to the health care business and medical activities across the whole country regions.

Over all expressions, probably, a more advanced support system should be introduced into mother child health handbook activity helping Indonesian medical professional with comprehensive approach and a new project.

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