

## Preventive Health Care Measures and Health Promotion Implemented by Public Health Officials in Mainland Sulu

**Prof. Magna Anissa A. Hayudini**

Mindanao State University

Sulu, Philippines

### Abstract

This study focused on the preventive health care measures and health promotion implemented by public health officials in mainland Sulu. It employed descriptive quantitative - qualitative research method in nature. Purposive sampling was employed in the study. A total of forty two (42) respondents were purposively drawn from nine (9) health centers. These are: Luuk health unit, Patikul health unit, Indanan health unit, Maimbung health unit, Panglima Estino health unit, Jolo health unit, Talipao health unit, Panamao health unit, and Parang health unit. Each unit constitutes one (1) physician, nurses and midwives in a different calculation. Using survey questionnaires and focus group discussions, findings revealed that prevented health care measures implemented by public health officials in mainland Sulu are the following: immunization, consultation and check-up, medication, and accessibility to medical services. The health promotions implemented by public health officials in mainland Sulu covers the aspects of health education such as information on the effects of smoking to health, awareness to hypertension, avoidance of unhealthy food, maintaining body weight, prevention of birth defects, avoidance of alcohol, conflicts, environmental sanitation, information dissemination, and establishing green living community. The finding also entails that health promotion implemented by public health officials in mainland Sulu are performed on a regular basis. Hence, they have achieved the mandate of the Department of Health.

**Keywords:** preventive health care, public health, Sulu.

### Introduction

Disease has been one of humanity's greatest enemies. The goal of health care are to help people live longer, happier, more active lives with less suffering and disability (Sikorski & Peters, 2009). A sick or injured person can obtain medical care in several different places. These include health provider practices such as medical offices and clinics, hospitals, nursing homes, and home care. Health is the most gracious once cared. It is the right of every human being to be in a healthy state; as a result, having wealth of a sound mind in a sound body. These are the things we usually hear which emphasizes the importance of health to our life. According to Winslow as cited in the book of Gesmundo (2010) said that promoting health, prolonging life and promoting health to every citizen to birthright to health and longevity is the science and art of preventing diseases. De Belen and De Belen (2010) stressed out that theoretical concepts of health care be emphasized very well by all health care providers in their teaching curriculum regarding the importance of health to human being. Health care implementer is also task to provide lectures

about proper health care in the community where they are assign to. They must use theories and appropriate models that will guide them to their practice and research effort as health advocates.

In Philippines, public health officials have made great contributions to the improvement of health of the Filipino people. They have become a model in providing health education to the public, implementing programs and activities spearheaded by the Department of Health and improving the technologies needed for early detection and diagnosis. They are adept in public relations and can mingle with different type of people with diverse culture, tradition, and norms in order to address the public health priorities and actions through health care delivery system. The ultimate goal of the government is to and prolonging life of older individuals in the country.

Geographically, this country is a tropical land were rainy seasons are more often. Typhoons are more profound and only seldom sunny days. Philippine is divided into three main lands: Luzon, Visayas and Mindanao. The unabated increase of population is one of the main problems that the country is facing. Plans and programs to lessen the rapid growth of the population are given much priority since it is one of the reasons why Filipinos are mostly susceptible to diseases. Therefore, the risk of being vulnerable to wide range of infectious diseases and threatens the people in the communities. According to Navales (2010), changes in the environment and movements of various populations could be a carrier of newly discovered and emerging infectious agents that have been brought into contact with humans. Mindanao is located southeast of the Philippines where it is far long to the benefits of health care delivery system. Aside from its increasing population, it will be a life threatening to people due to its demand of medical needs.

Moreover, Province of Sulu has its bountiful witty health practitioners who aim professionally to provide defense for the prevention of diseases and promotion of health to ensure healthy living of the communities. The World Health Organization (2010), states that primary health care is an essential health care made universally accessible to individuals and families in the community. It means that the delivery system of clinicians or health care providers must be given extendedly to the public in their communities to involve participation from the people whether sick or well. Sulu provincial government has its strong hold with the public health officials in Sulu which have come up with various prospective and implementation to reduce the mortality and morbidity cases in the Province. Hence, these activities have brought preventive health care measures towards health promotion in the Province of Sulu, specifically increasing preventive health care measures in mainland Sulu. Thus, declining and diminishing the numbers of infected individuals.

The inhabitant of the Sulu province, are made aware of the current health issues facing the world today. Endemic viral or bacterial infections, acquired diseases and, genetically harbored malady are just source of the health problems confronting us. This study endeavored to provide further information which will be useful for strategic appraisal, monitoring, planning, and implementation of health intervention programs and activities in mainland Sulu guided by the public health officials geared toward preventive health care measures and on health promotions.

### **Statement of the Problem**

This study guided with its objective aiming to provide answers to the following queries:

1. What is the preventive health care measure implemented by public health officials in mainland Sulu?
2. What are the health promotions implemented by public health officials in mainland Sulu?

3. What is the level of assessment on health promotions implemented by public health officials in mainland Sulu?
4. Is there a significant relationship between the preventive health care measures, health promotions, and level of assessment implemented by public health officials in mainland Sulu?

### **Hypothesis:**

To guide the research in the course of data gathering and the process of contextualizing, the null hypothesis is formulated.

There is no significant relationship between the preventive health care measures, health promotions, and the level of assessment implemented by public health officials in mainland Sulu. Scope and Delimitation of the study: The study is limited to determining only in the preventive health care measures and health promotions implemented by public health officials in mainland Sulu.

Furthermore, only the implementation of health promotion among public health officials is assessed. There are 19 municipalities in the Province of Sulu but only in the mainland Sulu was included as setting of the study which includes Jolo, Patikul, Indanan, Parang, Talipao, Panamao, Luuk, Panglima Estino and Maimbung. Total population on the physicians and random selection on nurses and midwives were included in the study.

### **Literature Cited**

The perception of preventive health care and health promotion has been validated by the World Health Organization report acknowledging the significant contribution of the health team for the achievement of health outcomes, particularly that of the millennium Development Goals (Cuevas, 2007). He also emphasized that health promotion as a branch of modern public health, aimed in actions tackling the major determinants of affecting health and thus contributing to the positive health development of all people. Having good health is beneficial to the society as a whole, its social and its economic development. As the world changes rapidly, the stage is set for health promotion to bring about better partnerships and effective actions for health promotion at the local, national, and as well as global level. Its development has been influenced by key changes in society in both developed and developing countries. Therefore, many diseases are preventable through healthy living, and a primary public health goal is to educate the general public about how to prevent noninfectious diseases and it can be done collaboratively by the Government and the health care providers.

World Health Organization (2006) emphasized that health promotion began to gain acceptance worldwide after the launching of the Ottawa Charter for Health Promotion at the first International Health Promotion Conference held in Ottawa, Canada in 1986. It introduced a focus on health and its determinants into a debate that so far was dominated by a biomedical approach to health. Health care of other countries is now comparable with that in the United States. Usually patients who have more serious conditions are sent to specialists for more examinations and diagnosis from different experts for them to received proper and accurate medication and treatment.

Public health is overseen by the World Health Organization international disease prevention and control efforts, and is involved in training medical personnel, educating world populations about public health issues including widespread diseases, nutrition, population control, and the benefits of environmental sanitation. World Health Organization and all of its programs are funded by the United Nations membership dues and contributions, and voluntary donations from public and private sources (Encarta, 2008). It is also believed that Schools and

Public Health is beneficial in helping the public health care providers in reaching out the problems to health. According to Gard and Plum (2014), one area where its influence was felt most acutely was in schools and health education curricula, although this varied greatly in the different parts of the world. They also espoused that Health could be promoted almost anywhere else. For an instance, Province of Sulu has now ranging increase of Dengue Hemorrhagic Fever in several elementary schools in one particular town of Jolo is rampant. As such, the significance of school nurses will reflect the incidence of this vector infection. The school nurse is responsible for proper health care of the students especially the young ones. School nurse is very important in the school to ensure health safety of the students and to give immediate or first aid medication on whatever possible illness that may arise in the school (Hayudini, 2014).

## **Methodology**

### **Research Design**

To meet the objectives of the study, the descriptive-quantitative research design was used. The quantitative design follows formal, objective, and systematic process which makes use of numerical data to obtain the answers to the research problem as stated by (Venzon & Venzon, 2010).

The descriptive type of research was employed in order find out whether the public health officials are implementing safety and security on health promotion in their respective municipality, as the basis of the study, merely exist. This design use to describe variables, examine relationship among variables, and determine the cause and effect and the interaction between variables. The study also utilized a descriptive-survey method in order to define the limit of the study and describe the empirical undertaking. According to Tan (2011), the descriptive design suits the study on the purpose to portray accurately the characteristics of persons, situations, or groups and the frequency of its occurrence in a given phenomenon. Descriptive design as used to describe Preventive Health Care Measures and Health Promotion Implemented by Public Health Officials in Mainland Sulu.

### **Research Locale**

This research was conducted in the Province of Sulu particularly in mainland Sulu which can be reached through any transportation facilities within given days of contact. Province of Sulu has 19 municipalities which is divided into two districts: 1<sup>st</sup> district and 2<sup>nd</sup> district. The first district composed of municipalities namely: Jolo, Patikul, Indanan, Talipao, Maimbung, Parang, Panglima Tahil, and second district composed of municipalities namely: Siasi, Tongkil, Pandami, Pata, Lugus, Pangutaran, Bangingi, Omar, Luuk, Panamao, Panglima Estino and KalingalanCaluang. Only those in mainland Sulu are thereby included in the study specifically Jolo, Patikul, Indanan, Maimbung, Talipao, Parang, Panglima Estino, Panamao and Luuk. Of these municipalities, the purposive selection of the research setting of this study was based on the availability of the respondents and accessibility to the area of research study.

### **Research Instrument**

The most common descriptive methodology is the survey. In this study survey questionnaire was used and was collaborated through focus group discussion and guided from the related literature of the study. Survey questionnaire was based on a five point Likert scale.

### **Statistical Treatment**

There were four statistical tools used in the study namely: frequency, percentage, weighted mean and Pearson product-moment correlation. These statistical tools were used to quantitatively

compute the data to answer the research problem. Furthermore, combine quantitative-qualitative analysis was use in the interpretation of the computed data.

### **Results and Discussion**

The profile of the respondents that is cross tabulated by municipality and its occupation shows that 23.8% of the health workers were from the municipality of Jolo, of which one physician, eight nurses and one midwife. More than fourteen percent (14.3%) came from Patikul municipality which comprises six health workers, one physician and five nurses; 11.9% belong to each municipality of Talipao and Indanan with one physician and four nurses are in both. 7.1% of the health workers belong to each municipality of Luuk, Maimbung, Panglima Estino, and Panamao, with one physician and two nurses each. Moreover, about 9.5% belong to Parang municipality with one physician, two nurses and one midwife. In terms of occupation, 21.4% are physicians, 71.5% are nurses and 7.1% are midwives of the total number of 42 health workers. The data reveals that among the health workers, it is the nurses that preponderate, physician and midwife constitute minority.

In the preventive health measures, results show the over-all mean score of 2.80 with standard deviation of 0.32 that is qualitatively described as “always”. This result implies that preventive health care measures were done all the time. These measures given all the time were immunization with ( $x=2.79$ ,  $S=.32$ ); and accessibility with ( $x=2.83$ ), ( $S=.38$ ). Largely, the data reveals that health care workers are performing these roles on a regular basis. These services include immunization, consultation, and check-ups, medication as well as accessibility to medical services.

The extent of health promotions of public health officials in mainland Sulu, finding reveals that they are always doing health promotions. Generally, the data reveals that public health officials in Sulu performed services on health promotions regularly despite of far distances of the community.

### **Summary**

Based on the data and its analysis, findings are summarized as follows:

1. The findings reveal that majority of the respondents who are health workers are qualified to answer queries related to health care issues.
2. Majority of the respondents are female in gender and belong to the young adult. As such, they are able to perform their work efficiently and effectively considering their age bracket.
3. Findings also reveal that health care workers need to acquire ample experience since majority of them are neophyte in health care vocation.
4. The preventive health care measures implemented by public health officials in mainland Sulu include immunization, consultation, regular check-up and other minor injuries treatment.
5. Immunization, consultation and check-up, medication, and accessibility to medical sources are always available.
6. The health promotions implemented by public health officials in mainland Sulu cover health education such as the effects of smoking in the body, prevention of high blood pressure and can contribute to high cholesterol, and on how to prevent carcinogen containing-food, maintaining healthy body weight like exercise, diet and intake of multi vitamins and minerals.
7. Lastly, findings also reveal that health promotion programs implemented by public health officials in mainland Sulu are performed on a regular basis. Therefore, they have achieved the mandate of the Department of Health.

## Conclusion and Recommendation

Based on the summary of findings, the study concluded that despite of the far distance of the Sulu Island to the Mainland, health workers assigned in Sulu Province are trying their best to render their quality services to ensure health care and health safety of the people and children in the community. As such, these health workers must be given due incentives and other benefits for them to become more motivated to their work despite of the risk of their works. Furthermore, regular seminar, trainings and other form of symposia that could enrich their knowledge on the modern trend of health care is strongly recommended for them to keep abreast of health technological advancement.

## References

- Cuevas, F. P. L. (2007). *Public Health Nursing in the Philippines* (pp.264-267). Publication Committee, National League of Philippine Government Nurses, Incorporated.
- De Belen, R. T., & De Belen, D. V. V. (2010). *A praxis in Community Health Nursing*. Quezon City: C & E Publishing Inc.
- Gard, M., & Pluim, C. (2014). *Schools and Public Health*. Maryland: Lexington Books.
- Gesmundo, M. H. (2010). *The Basics of Community Health Nursing: a study guide for nursing students and local board examinees*. Quezon City: C & E Publishing Inc.
- Hayudini, M. A. (2014). *Incidence of Dengue Hemorrhagic Fever in Elementary Schools in Jolo*. (Published Thesis). Notre Dame of Jolo College.
- Navales, D. M. (2010). *Handbook of Common Communicable and Infectious Diseases* (pp. 68-73). Quezon City: C& E Publishing Incorporation.
- Sikorski, R., & Peters, R. (2009). *Medicine*. Microsoft Encarta® 2009[DVD], Redmond, WA: Microsoft Corporation.
- Tan, C. B. (2011). *A research guide in Nursing Education: Building an evidence-base practice*. Visprint Inc.
- Venzon, L. M., & Venzon, R. M. (2010). *Introduction to Nursing Research. The Quest for Quality Nursing through Evidenced-based Practice*. Quezon City: C & E Publishing Incorporation.
- World Health Organization Western Pacific Region. (2000). *Health Settings: Regional Guidelines for Developing a Healthy Cities project*. Documents Series No. 2, June 2000.
- World Health Organization. (2005). *Health Promotion*. Retrieved from <http://www.who.int/healthpromotion/about/en/>.