



Improvement and Efforts to Maintain Health Immunity in Pediatric Patients at Dr. H. Abdul Moeloek Hospital, Lampung Province

Mamay Komarudin¹, Sutisna², Jaka Wijaya Kusuma³, Hamidah⁴
^{1,2,3,4}Universitas Bina Bangsa, Indonesia
Email: jakawijayak@binabangsa.ac.id

Abstract

The purpose of this service program is to increase and maintain children's health immunity in Lampung Province through a holistic approach that involves education, collaboration, and community participation. The implementation of the program includes the identification of health needs through surveys, counseling, practical workshops, and community activities involving parents and children. The results obtained showed a significant increase in parents' knowledge and awareness of the importance of balanced nutrition and a healthy lifestyle, as well as improvements in children's health status. The program also succeeded in creating dynamic interaction between participants and medical personnel, as well as facilitating the development of a culture of health among children.

The challenges faced during implementation, including the diversity of public understandings related to nutrition, provide important insights for future communication strategy adjustments. The use of technology and digital platforms is expected to expand the reach of the program and increase interaction with the community. With a commitment to conduct ongoing research and collaborate with various stakeholders, the program aims to provide data-driven and relevant health policy recommendations for decision-making in the region.

Overall, this service program emphasizes the importance of collaboration and innovation in creating an environment that supports children's health. With continuous efforts, it is hoped that a healthy and competitive next generation can be realized, as well as improve the quality of life of the community as a whole. Investment in child health is a strategic priority that is expected to have a positive impact on the future of the nation.

Kata Kunci: Child health immunity, health education, community collaboration, balanced nutrition, healthy lifestyle, community service, community participation, health technology, health research, behavior change, health culture, policy recommendations, Lampung Province

INTRODUCTION

The background of the implementation of this service stems from the increasing global attention to children's health which is increasingly threatened due to various factors, such as unhealthy lifestyles, lack of nutritional intake, and high prevalence of infectious diseases. In Indonesia, especially in Lampung Province, the number of disease cases in children is still quite high, which is certainly a big challenge for medical personnel and families. Dr. H. Abdul Moeloek Hospital plays an important role in providing health services to pediatric patients, and in this context, efforts to increase their immunity are a crucial step.

Children's immune systems that are still in the developmental stage are very susceptible to infections and diseases. Therefore, it is important to focus attention on how to increase and maintain their health immunity. Studies have shown that a holistic approach to managing children's health, including good nutritional intake, regular exercise, and learning about clean and healthy living behaviors, can contribute significantly to building a child's resilience. In line with this, Dr. H. Abdul

Moeloek Hospital is committed to running various programs that can support the strengthening of children's immune systems.

Through this service, we not only aim to increase the understanding of parents and guardians about the importance of maintaining children's immunity, but also strive to provide direct training and education to the community. Involving families and the wider community is a strategic step to ensure children get better attention to their health. With this activity, it is hoped that synergy will be created between hospitals, families, and the community in creating an environment that supports children's health.

Overall, this activity is not only about overcoming existing health problems, but also a long-term effort in building a healthy lifestyle for children. By increasing immunity, we not only prevent diseases, but also provide a strong foundation for children's growth and development in the future. Dr. H. Abdul Moeloek Hospital is ready to contribute to realizing a healthier, stronger, and more competitive generation through an integrated health approach.

As one of the referral hospitals in Lampung Province, Dr. H. Abdul Moeloek Hospital has a great responsibility in providing optimal health services for pediatric patients. In order to meet the increasingly complex needs of children's health, this hospital strives to present innovations and new approaches in improving health services. One of them is through the implementation of programs that not only focus on treatment, but also prevention. In this way, we hope to help children not only recover from illness, but also grow and develop well.

In the implementation of this program, we collaborate with various parties, including medical personnel, nutritionists, psychologists, and educators, to develop a comprehensive training module. This program will include nutrition education, stress management, relaxation techniques, and physical activities that can be done with the family. One key aspect of this effort is an approach that is interactive and fun for children. In this way, we hope that children will not only remember the material presented, but also be motivated to apply a healthy lifestyle in their daily lives.

Furthermore, monitoring and evaluation will be an integral part of the program. After the implementation of education and training, we will conduct periodic reviews of the health development of the children involved. By conducting continuous monitoring, we can see the real impact of this program on children's health. From the data collected, we will also analyze to evaluate the effectiveness of each activity carried out, so that this program can be refined and improved in the future.

It is hoped that with collaboration between hospitals, families, and the community, we can create an ecosystem that supports children's health. This is a shared responsibility that cannot be carried out by one party alone. Each element in the children's health ecosystem has its complementary role to create a healthy and safe environment for them. In this modern era, health challenges are increasingly diverse, and collaboration is key to meeting those challenges.

Our mission is not only to improve the quality of children's health services, but also to create awareness of the importance of maintaining immunity as a foundation of long-term health. Thus, children can grow up to be a healthier, innovative, and more competitive generation in the future. Efforts to maintain health immunity in pediatric patients at Dr. H. Abdul Moeloek Hospital are not the final goal, but the first step towards achieving better health for children in Lampung Province.

The main reason for doing this service lies in several factors that are very crucial in the context of children's health. First, the high prevalence of diseases that threaten children's health in Indonesia, including in Lampung Province, suggests that children have a significant risk of infections and other health disorders. According to available data, the increase in the incidence of infectious diseases in children is often related to low awareness of the importance of maintaining health and immunity. Therefore, this service aims to provide the necessary knowledge and skills so that families can play an active role in maintaining the health of their children.

Second, the development of children's immunity is very vital in the optimal growth and development process. A strong immune system will help children overcome the various health challenges they face. By conducting educational interventions, we want to instill an understanding among parents and caregivers about the importance of balanced nutrition, adequate physical activity, and clean and healthy living as a solution to increase children's overall immunity. Through this approach, it is hoped that awareness of lifestyle changes can be built from an early age.

Third, this service is also motivated by the belief that education to parents and the surrounding community is the main key in creating a healthy generation. In many cases, parents have a direct influence on their children's life choices and habits. Therefore, providing parents with the right knowledge on how to care for and maintain a child's health can have a significant impact in the long run. In addition, programs that involve the community will strengthen social support, create communities that care about children's health and contribute to the creation of a healthier environment.

Fourth, this service also aims to collect in-depth data and information about the health condition of children in this region. Through monitoring and evaluation conducted during and after the program, we hope to develop evidence-based recommendations for improving the child health service system at Dr. H. Abdul Moeloek Hospital and in the community in general. The resulting data will be a reference for decision-making in future health policies.

In this context, we believe that this service will not only benefit the children who are the direct subjects of the program, but will also have a wider positive impact on the family and the surrounding community. Thus, efforts to improve and maintain health immunity in pediatric patients can contribute to improving the overall quality of public health. Given the importance of this, we are

committed to making this service a sustainable initiative that can continue to benefit future generations.

METHOD AND PROCEDURES

This method of implementing service is systematically designed to ensure the effectiveness and sustainability of the program in increasing and maintaining children's health immunity at Dr. H. Abdul Moeloek Hospital. The method to be used includes several stages, which include preparation, implementation, and evaluation.

1. Preparation Stage

In the initial phase, the service team will identify and collect data on the health condition of children in the area around Dr. H. Abdul Moeloek Hospital. The team will conduct a survey to find the main challenges faced by families related to children's health. In addition, the team will collaborate with medical personnel, nutritionists, psychologists, and other related parties to form synergy in the preparation of training and education materials.

Next, we will design a comprehensive training module, covering educational aspects such as the importance of nutrition, healthy living behaviors, and enjoyable physical activity. Of course, a fun and interactive approach will be prioritized so that children and parents feel engaged and motivated.

2. Implementation Stage

This program will be implemented in several sessions involving parents and children. The teaching methods used will include a variety of approaches, such as:

1. Optimal Education: Educational sessions will be conducted through lectures, group discussions, and interactive presentations. Nutritionists and medical personnel will convey the latest information about balanced nutrition and the importance of maintaining health.
2. Practical Workshops: We will hold workshops that involve hands-on practicum, such as cooking healthy meals, joint physical exercises, and games that stimulate physical activity. This aims to provide direct experience to parents and children about how to live a healthy life.
3. Community Activities: We will engage the surrounding community through the organization of community events, such as "Children's Health Day," which provides a variety of interesting and educational activities. During the activity, we will provide information about existing health services, free health check-ups, and knowledge about hygiene and nutrition.
4. Individual and Family Counseling: The service team will also conduct counseling sessions individually or in small groups to pay more attention to the specific needs of each family. It also provides an opportunity for parents to ask questions directly and get solutions related to the problems they face.

3. Evaluation Stage

After the implementation of the program, the service team will evaluate to measure the impact and effectiveness of the activities that have been carried out. The evaluation will include:

1. Dissemination of Questionnaires and Surveys: Soliciting feedback from participants on the material, delivery, and interaction methods used. In addition, checks on children's health locations and their nutritional status before and after the program will also be carried out.
2. Monitoring and Follow-up: Periodic monitoring will be conducted to monitor changes in parental and child health behavior and overall child health development after the program. We will also provide the necessary follow-up based on the results of the evaluation.
3. Data Collection: Collect child health data for further analysis. This data will be useful as a reference for future program development efforts.

Through this structured and collaboration-based implementation method, it is hoped that the service program can run effectively, have a positive impact on children's health, and create higher awareness among the community about the importance of maintaining children's health immunity in Lampung Province.

RESULTS

The results of the implementation of this service program show a significant impact in increasing the knowledge and awareness of parents and the community about the importance of maintaining children's health and immunity. After participating in a series of education and workshops, many parents said that they felt more aware of the importance of balanced nutrition in children's diets and the consequences of a healthy lifestyle. The results of the questionnaires shared before and after the activity showed a clear increase in knowledge, with most respondents feeling better equipped to apply the health principles learned in their daily lives.

During the implementation of the program, active interaction between medical personnel and participants was very felt, where discussions and questions, and answers took place very dynamically. Participants, especially mothers, actively asked questions and shared their experiences about the challenges they faced in maintaining the health of their children. This not only increases understanding but also creates a sense of mutual support among other parents. With the opportunity to discuss with experts, parents are more courageous to explore various alternative ways to maintain their health independently.

The workshop activities held are one of the most interesting parts of this program. Children and parents together try to cook healthy meals and do physical activity in a fun way. The success in achieving children's participation in physical activity shows that the program not only focuses on theory, but also facilitates hands-on practice that they can use at home. Positive responses from children who enjoy healthy games and sports activities indicate that the fun approach is successful in building their interest in health.

Post-program evaluations also show progress in children's health conditions. Most of the children who participated experienced improvements in their nutritional status after participating in the program, such as healthy weight gain and a stronger immune system. Parents reported a decrease in the frequency of visits to health facilities for infectious diseases, reflecting improvements in their children's health resilience. This result gives a positive signal that efforts to strengthen immunity have begun to bear fruit.

Follow-up done after the program is also critical to ensure that positive behavior changes can be sustained. The service team makes regular visits to the participants' homes to provide further guidance and support. In addition, discussion groups are formed during the ongoing program so that parents can continue to communicate with each other and share the latest information about their children's health. This continuous involvement is expected to create a society that cares more about children's health.

Overall, the results and implementation of this service program show that with the right approach, we can encourage greater awareness of children's health and increase their immunity. Through the active participation of parents and the community, as well as collaboration between various parties, these efforts are not only limited to short-term impacts, but are expected to make a sustainable contribution to the health of future generations in Lampung Province. With these achievements, we are optimistic that this program can serve as a model for similar initiatives in other regions, while inspiring further efforts to maintain overall children's health.

As part of the reflection and learning from the implementation of this program, we realize that various challenges still exist and need to be overcome so that efforts to increase children's health immunity can be sustainable. One of the significant challenges faced is the diversity of parents' understanding of health and nutrition. In different communities, there are variations in the myths and information surrounding child nutrition. Therefore, we must continue to take a sensitive approach to local culture and customs. Efforts to adapt training materials and methods will continue to be carried out to ensure that the messages conveyed can be well received and relevant to the participants' daily lives.

On the other hand, one of the biggest aspects that supports the success of this program is the collaboration built between various stakeholders. Solid cooperation between medical personnel, nutritionists, and the community helps create a positive learning environment. This service program shows that this kind of synergy is important to optimize results, as each party brings different expertise and perspectives. Going forward, we plan to expand our collaborative network with communities, educational institutions, and non-governmental organizations to create a broader and more sustainable synergy platform.

In addition, we also recognize the importance of using technology in supporting and strengthening health education programs. In this digital era, the use of social media and online communication platforms can be an effective channel to disseminate information on how to maintain children's health. Shortly, we will explore the application of technology-based applications that can

help parents monitor their children's health and provide access to broader information about healthy lifestyles.

Facing global challenges such as pandemics or other infectious diseases, the program will also pay attention to the integration of knowledge about infectious disease prevention as part of the educational curriculum. We will continue to strive to update the materials to keep pace with the latest developments in the health sector, especially to deal with the various health threats that may arise in the future. By educating the public about the importance of vaccination and prevention, it is hoped that it can reduce the rate of infection among children.

Finally, this service program not only serves to address current health problems, but also wants to build a stronger health culture in the community. By instilling awareness of the importance of maintaining health from an early age, we hope to form good mindsets and habits for future generations. Investing in children's health today is tantamount to preparing for a better future, not only for individuals, but also for communities and the nation as a whole.

Thus, the results and implementation of this program provide an optimistic picture of the potential positive changes that can be achieved through education and collaboration. Seeing the impact that has been generated, we are committed to continuing this program with the same spirit and striving to create innovations that can strengthen children's health in Lampung Province and make a valuable contribution to public health at large. This success will be a motivation to further explore the challenges and opportunities that exist, as well as present real and sustainable solutions in maintaining children's health.

With the experience and knowledge gained from the implementation of this program, we plan to take several innovative steps in the future to expand the reach and impact of efforts to increase children's health immunity. One of the steps that will be taken is to design a more integrated education program, which can reach schools in the Lampung Province area. Through this approach, we aim to integrate health knowledge into the formal education curriculum so that children can learn about the importance of health and nutrition both at home and at school.

It is also important to involve children directly in this learning process. We plan to hold a peer education program, where children who have already received education can share their knowledge with their peers. In this way, not only is knowledge shared, but mutual understanding and collective responsibility are also built between them. In addition, this activity is also expected to increase children's confidence and communication skills, which is an important provision for them in the future.

We also recognize that efforts to maintain children's health cannot be separated from the broader social and economic context. Therefore, we will explore cooperation with government agencies and community organizations to provide better access to health and nutrition services for

families in need. Nutrition assistance programs, counseling on hygiene and sanitation, and access to healthy food can be integral to a joint effort to create a more supportive environment for children's growth and development.

Furthermore, we will also develop a broader awareness campaign related to children's health, leveraging a variety of media platforms, including social media, local radio, and television. In this way, messages about health and the importance of maintaining immunity can reach a larger audience, including parents, teachers, and members of society in general. This campaign will target increasing public awareness about the food industry, the risk of infectious diseases, and healthy living methods that can be adopted by all groups.

In addition to the education and awareness pathway, further research will be an important part of future initiatives. Collecting more in-depth data and conducting relevant analysis will help us better understand public health behaviors and the specific challenges they face. Through this research, we plan to develop data-driven policy recommendations that can be used to assist decision-making by health policymakers.

In closing, we hope that the results of this service program will not only be the foundation for the development of the next program, but can also be a trigger for positive changes in the way we view and manage child health in Lampung Province. Commitment to maintaining children's health is not just the task of one institution or individual, but a shared responsibility that requires the active participation of society, government, and the private sector. With ongoing collaboration and innovative strategies, we are optimistic that we can create a healthier future for our children and ensure that they grow up to be a strong and competitive generation. Children's health is a long-term investment that will determine the nation's quality of life in the future, and we are committed to making it happen.



Figure 1. Activity Documentation

CONCLUSION

The conclusion of this service program reaffirms the importance of a holistic approach in improving and maintaining children's health immunity in Lampung Province. By understanding that a child's health condition is not only the responsibility of the individual or family, but also encompasses the broader social environment and health system, we can design more effective and sustainable initiatives. The program has shown that collaboration between various stakeholders, including medical personnel, nutritionists, the community, and the government, can create a significant impact in increasing awareness and knowledge about children's health.

The increase in public knowledge and awareness resulting from this program is an important first step in building a better health culture. The education provided targets not only parents, but also children, to facilitate collaborative learning that encourages them to be actively involved in maintaining the health of themselves and their environment. Future planned peer education initiatives are also expected to strengthen social networks among children, so that they support each other and are responsible for each other's health.

The challenges that arise during the program, including variations in understanding of health and nutrition, provide valuable insights into the need for adjustments in communication and education strategies. Through sustainable adaptation, we believe that the message about the importance of a healthy lifestyle can be more easily accepted by society. Consistency in the delivery of information that is appropriate to the local context will increase the effectiveness of similar programs in the future.

The use of technology and media as a tool to disseminate health information is also a focus for the development of future programs. By utilizing digital platforms, the program can reach more people and create interactive communication channels with the community. This is an important step to accelerate changes in people's behavior and understanding of child health.

In order to achieve maximum results, we are also committed to conducting continuous research to understand more deeply the aspects of children's health that need attention. The data collected will be a reference for decision-making and policies in the field of child health. With accurate information, we can develop more targeted strategies according to the needs of the community.

Overall, this service program not only provides direct benefits to children and their families, but also serves as a foundation for broader social change in maintaining children's health. With continuous collaboration, education, and innovation, we are optimistic that the future of children's health in Lampung Province will be brighter. Investing in children's health is an important step towards creating a healthy and competitive generation, which in turn will have a positive impact on the quality of life of society and the nation as a whole. We are determined to continue these efforts for the common good, considering that children's health is the responsibility of all of us.

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