

Education on Recording Students' Personal Health Records to Improve Health Levels at SB Rawang Kuala Lumpur Malaysia

Mitha Amelia Rahmawati^{1✉}, Ardhana Januar Mahardhani², Anik Enikmawati³,
Dyah Puji Astuti⁴, Flora Ramona Sigit Prakoeswa⁵, Dian Ardifah Iswari⁶, Dadi
Rosadi⁷

¹*Department of Health Recorder and Information, Stikes Muhammadiyah Bojonegoro, Indonesia*

²*Faculty of Teacher Training and Education, Universitas Muhammadiyah Ponorogo, Indonesia*

³*Faculty of Health, ITS PKU Muhammadiyah Surakarta, Indonesia*

⁴*Faculty of Health, Universitas Muhammadiyah Gombong, Indonesia*

⁵*Faculty of Medicine, Universitas Muhammadiyah Surakarta, Indonesia*

⁶*Faculty of Formal and Applied Sciences, Universitas Muhammadiyah Madiun, Indonesia*

⁷*Sekolah Indonesia Kuala Lumpur, Malaysia*

✉Corresponding Email: mithaamelia1909@gmail.com

Abstract. Health is very necessary for every community in various parts of the world. A prosperous society is a big responsibility for the government and also the responsibility of each individual. The recording process must be carried out routinely within one month or every time a patient comes to the student health unit. This community service activity was carried out in the context of an international partnership community service program located at SB Rawang, Malaysia. The objects in the implementation of community service are all students at SB Rawang Selangor Malaysia. Recording of students' personal health records is very necessary considering the benefits include being used as a basis and guide for teachers and UKS managers to find out students' medical history so that if something undesirable happens to students in the future, they can quickly take the right actions on these students. Monitoring the growth and development of students so that the expectation of a good degree of health will be achieved for students.

Keywords: recording, personal health records, health

1. Introduction

Health is of utmost importance for every community worldwide. The well-being of the community is a significant responsibility both for the government and for individuals themselves. The government of Malaysia holds high hopes for the enhancement of public health. The continuous synergy being built aims at community development in terms of health. Therefore, it is essential to provide education to the public concerning health, which is carried out by higher education institutions (Nurhalimah, 2020).

The three pillars of higher education, which are teaching, research, and community service, must be executed by professors or academicians in the performance of their professional duties. This responsibility is outlined in the Higher Education Act No. 12 of 2012. One of the professional duties of professors is to engage in Community Service. This activity serves as a form of social service that

benefits the entire community. The primary objective of community service is to improve the well-being of the community and enlighten the nation.

Community service related to health education should be provided to the public. Health education is a knowledge-based learning regarding efforts to improve the health of the community. One form of health education is educating individuals on the recording of personal health records. This is also used in the realm of healthcare institutions to create medical records. According to the 2022 Minister of Health Regulation on electronic medical records, a medical record is a document that contains patient identity, examinations, treatments, procedures, and other services provided to the patient. Medical records serve various purposes, including administrative, legal as a basis for legal certainty and justice, financial, research, education, and documentation (Rumana aula, 2017).

In the field of education, medical records can also be referred to as students' personal health records. Every school needs to have a system for recording the health data of each student. Health records facilitate teachers or school administrators in storing and accessing students' health-related information. Additionally, in terms of documentation, it helps teachers in understanding the health history of students, thereby preventing mishandling in case of unexpected events involving students (Mulyana et al., 2020).

This recording process should be conducted regularly, either on a monthly basis or whenever a student visits the school health unit. This community service activity was carried out in the context of an international partnership community service program located in SB Rawang, Malaysia. The beneficiaries of this community service project were all students enrolled in SB Rawang, Selangor, Malaysia.

2. Method

Community service activities were carried out using the presentation/lecture method. This method involved providing knowledge or education about the process of recording students' personal health records at SB Rawang. The educational presentations were conducted over a 3-hour period in Malaysian Western Indonesia Time (WITA) and included a question and answer session. Participants in this activity included the management and caregivers of SB Rawang, the head of SB Rawang, three SB Rawang student class teachers, and students who served as administrators for SB Rawang.

Participants were given information about the importance of recording health identification and personal health records of students. The implementation of the community service program also explained how to perform identification and recording that aligns with the students' identities. The steps in conducting community service were as follows:

- a. Establishing a Memorandum of Understanding and obtaining permission from the community service location, which is SB Rawang, Malaysia.
- b. Preparing materials related to the recording of students' personal health records.
- c. Designing a booklet for recording students' personal health records.
- d. Preparing speakers for the community service.
- e. Ensuring the resources used for community service.

- f. Realizing community service related to recording students' personal health records at SB Rawang.

3. Result and Discussion

The Education of Personal Health Record Keeping for Students to Improve Health Levels at SB Rawang Kuala Lumpur, Malaysia, is a crucial step in enhancing students' well-being. In this context, education encompasses an understanding of the significance of maintaining personal health records, including medical history, allergies, and vaccinations (Rahardja, 2022). Students are taught how to track their health developments, including dietary patterns, physical activity, and sleep routines. This assists students in becoming more health-conscious and identifying potential health issues at an earlier stage. Well-documented data allows the school to provide specific attention to students in need of additional health care. Furthermore, it lays the groundwork for a more holistic health education, promoting healthy lifestyles, stress management, and an active role in self-care. Consequently, education in personal health record keeping becomes an effective tool in efforts to improve the health of the younger generation at SB Rawang Kuala Lumpur. The implementation of community service in SB Rawang, Malaysia, involved educating on the recording of students' personal health records to achieve the highest possible level of health for both administrators and all students. The implementation followed the schedule below:

Table 1. Activity Implementation Schedule

No	Time	Activity
1	09.00-09.30	Opening of community service activities Greetings from the management of SB Rawang Malaysia Greetings from the principal of SB Rawang Malaysia
2	09.30-11.30	Delivery of educational material for recording students' personal health records to improve health status at SB Rawang Malaysia
3	11.30-12.00	Presentation of the question and answer session and post-test results of community service activities at SB Rawang Malaysia

The delivery of the material, which spanned over 2 hours, aimed to shed light on the imperative requirement for schools to implement a systematic student health record-keeping system. The context of this training session was centered on the School Health Service (UKS) in SB Rawang, Kuala Lumpur, highlighting the need for its revitalization or restructuring. This revamp is crucial to guarantee the seamless availability of health services within the school premises, ensuring that students receive prompt care when they fall ill (Hutahaeen et al, 2022). One of the core elements discussed during the session was the necessity for the school health unit to conduct monthly assessments. These assessments encompass the measurement of students' height, weight, and a diligent review of any health-related complaints (Julaiha & Purwati, 2021). These assessments hold

paramount importance as they contribute to maintaining a structured and up-to-date record of each student's health information within their personal health booklets.

By doing so, schools can effectively monitor the well-being of their students, detect potential health concerns at an early stage, and provide necessary interventions (Irawan & Prasetyo, 2020). The emphasis on regular assessments and a structured record-keeping system within personal health booklets not only benefits individual students but also contributes to the overall enhancement of the School Health Service (UKS) in SB Rawang, Kuala Lumpur, promoting a healthier and more informed student population. This approach ensures that the UKS is well-equipped to address the diverse health needs of students efficiently and maintain a safe and nurturing educational environment. Below is the design of the personal health record book tailored to the needs of SB Rawang:

REKAM KESEHATAN PERSONAL SISWA

SANGGAR BELAJAR RAWANG
JALAN DESA 4/3, BANDAR COUNTRY HOMES, 48000 RAWANG
SELANGOR, MALAYSIA

SANGGAR BELAJAR RAWANG
JALAN DESA 4/3, BANDAR COUNTRY HOMES, 48000
RAWANG SELANGOR, MALAYSIA

PROGRAM PENCATATAN REKAM KESEHATAN PERSONAL SISWA

No induk siswa : **Uda**
Nama siswa : **Tinggi badan**
Kelompok : **Berat badan**
Alamat : **Golongan darah**
Nama Orang tua :
No Hp orang tua :

No	Tanggal	Hasil Pemeriksaan	Pemeriksaan	Pengobatan	Evaluasi

Figure 1. SB Rawang Malaysia Student Personal Health Record Design

Personal health records, as defined by Indawati et al. (2021), are comprehensive archives that contain an individual's complete medical history and medical information. These records are maintained by each person, and they play a vital role in managing personal healthcare (Ufadhilah et al, 2021). Recording and maintaining a student's health information and personal health records are of utmost importance, as they serve as crucial references for an educational institution's administrative procedures. In the context of an educational setting, these records ensure that all pertinent data, especially health-related information, can be accessed effectively and efficiently, facilitating informed decision-making and the provision of timely healthcare services, if necessary, to the students (Rahmawati & Sholikhah, 2022).

The personal health records not only benefit the educational institution but also empower the students themselves to take control of their health. By having a well-structured record of their medical history, students can better manage their healthcare needs, track their vaccinations, allergies, and any chronic conditions, thus becoming proactive in maintaining their well-being. The positive reception of the community service efforts in SB Rawang further underscores the significance of implementing

and maintaining personal health records. This well-received initiative reflects the growing awareness of the importance of organized health data, and it signifies a positive step toward enhancing the health and well-being of students in the community. It reinforces the idea that having accessible and well-documented personal health records is not just an administrative necessity but a practical tool for promoting a healthier and more informed student population. The outcome of the community service, which involved educating on the recording of students' personal health records to improve the level of health, is as follows:



Figure 2. Implementation of Community Service at SB Rawatng Malaysia

Recording students' personal health records is highly necessary due to its benefits, including serving as a foundation and guidance for teachers and UKS administrators to understand students' health histories. This enables the prompt provision of proper care in case an unforeseen health issue arises with a student. It also allows for the monitoring of students' growth and development, ultimately contributing to achieving a high level of health for students. Furthermore, students' personal health records can be used as health statistics, particularly for studying health developments within the school and determining the number of individuals affected by specific diseases.

4. Conclusion

It is necessary to establish a recording system for students, considering the need for health efforts in every school or educational institution, in case a student falls ill. Additionally, the school health unit should regularly assess the students' health status once a month. Students' personal health records serve as a foundation and guidance to understand the health history of students, enabling prompt and appropriate action if an unforeseen health issue arises. This also involves monitoring students' growth and development to achieve a high level of health for students. Furthermore, these records can be used to study health developments within the school and determine the number of individuals affected by specific diseases.

5. References

- Hutahaean, S., Anggraini, N. V., Wadu, R. M. B., Apriliana, V., & Istikomah, L. R. (2022). Pengaruh Penggunaan Teknologi Kesehatan Terhadap Layanan Kesehatan Di Sekolah. *Jurnal Keperawatan Muhammadiyah*, 7(4).
- Irawan, S., & Prasetyo, D. (2020). Quality management system: analisis raport mutu usaha kesehatan sekolah (UKS). *Scholaria: Jurnal Pendidikan dan Kebudayaan*, 10(2), 112-121.
- Indawati, L., Adijaya, N., Dewi, D. R., & Ilhami, B. F. (2021). Rekam Kesehatan Personal Pada Anak Usia Sekolah Sebagai Kunci Sukses Pemberdayaan Kesehatan Siswa. *Educivilia: Jurnal Pengabdian Pada Masyarakat*, 2(1), 73. <https://doi.org/10.30997/ejpm.v2i1.3228>
- Julaiha, S., & Purwati, Y. (2021). Implementasi Proses Layanan Usaha Kesehatan Sekolah (UKS) di Madrasah Aliyah Negeri 2 Samarinda. *Borneo Journal of Islamic Education*, 1(2), 199-207.
- Mulyana, Suci Ernaman Putri, R., & Farhansyah, F. (2020). Pencatatan Identifikasi Dan Rekam Kesehatan Personal Siswa Di Madrasah Aliyah Nahdhatul Wathan Kelurahan Tanjung Riau. *BERNAS: Jurnal Pengabdian Kepada Masyarakat*, 1(2), 120–124. <https://doi.org/10.31949/jb.v1i2.269>
- Nurhalimah, S. (2020). Covid-19 dan Hak Masyarakat atas Kesehatan. *SALAM: Jurnal Sosial Dan Budaya Syar-I*, 7(6), 543–554. <https://doi.org/10.15408/sjsbs.v7i6.15324>
- Rahardja, U. (2022). Skema Catatan Kesehatan menggunakan Teknologi Blockchain dalam Pendidikan. *Jurnal MENTARI: Manajemen, Pendidikan dan Teknologi Informasi*, 1(1), 29-37.
- Rahmawati, M. A., & Sholikhah, S. M. (2022). A Sosialisasi dan Edukasi Implementasi Pendaftaran Online Rawat Jalan di Rumah Sakit Muhammadiyah Lamongan. *Genitri Jurnal Pengabdian Masyarakat Bidang Kesehatan*, 1(2), 110–113. <https://doi.org/10.36049/genitri.v1i2.69>
- Rumana aula, N. (2017). Program Pencatatan Identifikasi Kesehatan Dan Rekam Kesehatan Personal Siswa Di Sdn Duri Kepa 11 Pagi Jakarta Barat. *Jurnal Abdimas*, Volume 3 N. <https://docplayer.info/147974099-Program-pencatatan-identifikasi-kesehatan-dan-rekam-kesehatan-personal-siswa-di-sdn-duri-kepa-11-pagi-jakarta-barat.html>
- Ulfadhilah, K., Nurhayati, E., & Ulfah, M. (2021). Implementasi Layanan Kesehatan, Gizi, dan Perawatan dalam Menanamkan Disiplin Hidup Sehat. *ThufuLA: Jurnal Inovasi Pendidikan Guru Raudhatul Athfal*, 9(1), 115.