

The Recovery of Gerd Disease in The Working Area of The Ciamis Health Center

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ABSTRACT

GERD is a condition that often manifests as increased stomach acid, causing the mouth to become sour and bitter and burning or burning in the chest and solar plexus. This condition results in a psychological situation that ranges from anxiety to depression and is accompanied by physical symptoms such as shortness of breath, cold sweats, and if not treated will cause the patient's condition to get worse. Purpose: This study aims to describe the recovery of GERD in the Working Area of the Ciamis Health Center. Methods: This research was conducted using a survey method. This research was conducted by directly observing the research object and filling out the provided questionnaires. The population in this study were the people in the working area of the Ciamis Health Center who had a history of GERD, there were 57 respondents. Sampling was carried out using a total sampling technique, namely making the entire population as a research sample with a total of 57 people. Results: Out of 39 people who recovered from GERD, 25 people did not have GERD symptoms. Conclusion: Most of the people in the working area of the Ciamis Health Center recover from GERD.

INTRODUCTION

According to Buntara et al. (2020), GERD is a gastric disorder caused by decreased gastrointestinal motility, which allows

stomach contents to enter the mouth and esophagus (Alfirdaus et al., 2023). All people who experience

gastroesophageal reflux are at risk of having problems with themselves due to the symptoms, as well as all people who experience health (quality of life) problems due to reflux symptoms. Simply put, GERD is a symptom caused by regurgitation from the stomach, which causes chest heat and other symptoms (Astuti et al., 2023).

Prevalence and geographical distribution GERD is a worldwide disease with reported prevalence ranging from 2.5% in China to 51.2% in Greece. A recent meta-analysis of 79 studies from 36 countries found a prevalence of GERD in adults of 13.3% in South Asia. Patients with GERD at Dr. Soekardjo Tasikmalaya Hospital increased by 12% compared to the previous year, according to a preliminary study (Siagian & Girsang, 2022). The incidence rate in West Java reached 31.2%, with Bandung city alone reaching 15.73%. Data obtained from the Health Office and Ciamis Health Center obtained 57 people (Gunawan et al., 2023). According to (Ardhan et al., 2022). Gastroesophageal reflux disease (GERD) is one of the most common acute diseases in the community. It is caused by an irregular diet, which leads to stomach problems such as burning in the chest and bitter mouth. In addition, it is known that some of the risk factors that cause GERD are stress or mental pressure. The above research shows that the tendency for GERD problems is high (Siagian & Girsang, 2022).

Based on the results of preliminary studies conducted, there is anxiety in patients with GERD and repeated treatment and ineffective recovery . Explains that psychotherapy is a good model to see analyze and overcome mental problems through various psychological therapies or interventions (Zheng et al., 2021). By having a healthy life, people will feel the meaning of life, have a growing spirit of life, and continue to do their best worship to show their devotion to Allah swt (PATRIA, n.d.).

For patients with GERD, strategies to find or identify the problem can be seen through their psychological factors, or by using psychiatric motivation strategies to find out their stress and depression levels because certain problems can lead to an ineffective life (Zheng et al., 2021).

According to the explanation of the background that has been described, the researcher is interested in examining the "Overview of Gerd Disease Recovery in the Ciamis Health Center Working Area" (Chapelle et al., 2021).

METHOD

This research was conducted using the survey method. This research was conducted by directly observing the object of research and filling out the questionnaire sheet that had been provided.

The population in this study was the community of the Ciamis Health Center working area who had a history of GERD disease, there were 57 respondents. The sampling technique is total sampling.

Observation sheets and questionnaires are the tools used. Questionnaire is a data collection method used to ask respondents to answer a number of questions or written statements about the symptoms of gastroesophageal reflux disease (GERD). The research time was May-June 2023 in the Ciamis Health Center working area.

RESULTS AND DISCUSSION

Univariate Analysis

1. Respondent Characteristics

Tabel 1 Gender

Gender.	Frequency	Percent
Man	14	24,6 %
Women	43	75,4 %
Total	57	100

The table above shows that the highest number of respondents were female, namely 43 people (75.4%).

Tabel 2 Education

Education	Frequency	Percent
SMP	12	21,1%
SLTA	31	54,3%
PT	14	24,6%
Total	57	100 %

The table above shows that the highest education of respondents is high school, namely 31 people (54.3%) and the lowest education is PT, namely 14 people (24.6%).

Tabel 3 work

Work	Frequency	Percent
Student	13	22,8%
IRT	22	38,6%
self-employed	19	33,3%
Teacher	3	5,3%
Total	57	100 %

The table above shows that the highest occupation of respondents as housewives is 22 people (38.6%) and the lowest is working as a teacher, namely 3 people (5.3%).

Tabel 4 age

Age	Frequency	Percent
20-25	44	77%
26-30	13	23%
Total	57	100 %

The table above shows that the highest number of respondents aged 20-25 years, namely 44 people (77%) and the lowest aged 26-30 years, namely 13 people (23%).

Tabel 5 Frequency distribution of GERD recovery

GERD	Frequency	Percent
Recovered	39	68,4%
No recovered	18	31,6 %
Total	57	100 %

The table above shows that the highest frequency of GERD recovery was recovered by 39 people (68.4%).

Tabel 6 Frequency distribution

GERD	There are symptoms	No there are symptoms	Total
Recovered	14	25	39
No	18	0	18
Recovered			
Total	32	25	57

The table above shows that the highest frequency of GERD recovery was recovered by 39 people (68.4%).

Based on the table, it can be concluded that the highest number of respondents was in the category of recovering with no GERD symptoms as many as 25 people, and the lowest was in the category of not recovering with no symptoms.

DISCUSSION

The results of this study showed that the highest recovery of GERD disease in the Clamis Health Center working area was in the recovered category as many as 39 people (68.4%). Table 6 shows that most of the respondents who recovered did not have GERD symptoms. However, there were still respondents who did not recover from GERD as many as 18 people and those who had recovered still had symptoms of GERD as many as 14 people. Efforts made by respondents in dealing with GERD disease are by taking drugs given by doctors or other additional drugs that can relieve GERD symptoms, respondents who recovered from GERD due to taking additional drugs to relieve GERD symptoms. Meanwhile, respondents who still have GERD and have not recovered from GERD are respondents who rarely take GERD medication and never take GERD medication.

This is in line with research by Ajjah et al. who found that nausea, heartburn, regurgitation, and cough were the most common symptoms of GERD. Based on the severity of the most common symptom, nausea, the majority of people experienced

recurrent heartburn. After that, the most common symptom is burning in the chest, also known as heartburn. Other frequent symptoms are vomiting, bloating, and nausea. Due to lack of activity and incorrect sleeping position, these symptoms often appear at night.

In patients with GERD who recover and have no symptoms, it is because they have consumed drugs recommended by doctors and other additional drugs that can alleviate the symptoms of GERD. In line with Kuswono's study, (2021) said that most respondents chose to take medication because it could more effectively reduce GERD symptoms compared to not taking medication at all. Gastric medications have a mechanism of action by increasing esophageal motility and hull.

CONCLUSIONS AND RECOMMENDATIONS

Conclusion

According to research on the description of GERD disease recovery in the Ciamis Health Center working area, it can be concluded that of the 39 people who recovered from GERD, 25 people did not have GERD symptoms.

Suggestion

1. For Medical Personnel
Can be a reference material on the latest topics, especially in GERD disease recovery so that it can develop broader knowledge about GERD disease and its recovery.
2. For Patients with GERD Disease Can maintain or improve the recovery of GERD disease so that GERD symptoms do not always appear.
3. For Further Research
This research can add to the positive understanding of the community so that it can prevent the occurrence of GERD and can provide moral support for people with GERD in social interactions in the community.

4. For Other Researchers

This study can be a reference for conducting further research on any variability that may affect gastroesophageal reflux disease (GERD) recovery with a larger sample.

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