

## **PHARMACOLOGICAL THERAPY AS A PREVENTION EFFORT FOR COVID-19 FOR HIGH SCHOOL/SMK STUDENTS IN WEST JAVA AND LAMPUNG IN DEALING WITH NEW HABITS AND FACE TO FACE**

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### **ABSTRACT**

*The Covid-19 pandemic has significantly impacted various aspects of society, including health, economy, and education. This paper focuses on the challenges faced in the field of education, particularly in the implementation of online learning. Insufficient network coverage and limited internet access in certain areas have hindered the effectiveness of online learning. Additionally, students have faced additional stressors such as the depletion of internet packages, overwhelming homework assignments, and piled-up school tasks, leading to academic stress. In response to these challenges, there is a need to provide education related to the prevention and treatment of Covid-19 to students. To address these issues and prepare for future face-to-face learning, a community service program was implemented through four stages. The preparatory stage involved the formation of community service groups, surveying and analyzing potential locations for community service, coordination with schools and other supporting parties, and program socialization. The implementation stage focused on providing educational and outreach programs to high school students in West Java and Lampung, including the deployment of community service teams, provision of necessary facilities and infrastructure, and the execution of community service activities.*

*Keywords: Pharmacological Therapy; New Habits; Covid-19*

### **INTRODUCTION**

Coronavirus disease 2019 (Covid-19) is a new type of viral infection disease caused by Severe Acute Respiratory Syndrome Corona Virus 2 (SARS-CoV-2). This virus first appeared in Wuhan, China in December 2019. Covid-19 infection very quickly spread around the world

and caused a global pandemic (Gandhi et al., 2020).

Covid-19 has had an impact on several aspects such as health, the economy, and education. In Education, Various obstacles also arise in the application of online learning. Learning via the Internet is difficult to do in certain areas with inadequate networks (Hastini et al., 2020).

Constraints that are also faced by students such as internet packages that have run out, homework that must be done too, and school assignments that have piled up. Various academic demands that must be completed by students cause them to experience academic stress. The inability of students to adapt to these circumstances makes them experience stress. (Barseli, Ifdil, & Fitria, 2020)

Therefore, as an effort to reduce the spread and as preparation for face-to-face learning, it is necessary to provide education related to prevention as well as treatment for students.

## **IMPLEMENTATION METHOD**

The Implementation Method of implementing Community Service through 4 Stages, including:

First, the preparatory stage. This preparation stage includes the following:

- a) Formation of community service groups
- b) Survey and analysis of the situation of areas that will potentially become locations for

community service. After getting the location, the next step is to analyze the problems and potential that can be developed in the SMA.

- c) Coordination between members of the community service team to design a program for 8 weeks
- d) Coordination with the school as the target of community service and other parties that support the implementation of the program.
- e) The program socialization will be held to provide information about the community service program that will be carried out
- f) Preparation of community service proposals
- g) Revision of community service proposals

Second, the implementation stage. This Implementation Phase goes directly to education and outreach programs for high school students in West Java and Lampung. The schools are State Senior High School 4 Metro Lampung, State Senior High School 29 Garut, State High School 1 Cicalengka, SMK Bhakti Kencana Tasikmalaya.

Several stages of this implementation include:

- a) Deployment of community service teams for students and lecturers via online Zoom, and YouTube.
- b) Provision of facilities and infrastructure that will be needed in community service activity programs
- c) Provide places, tools, and materials to support the implementation of the program.
- d) Implementation of community service activity programs

The implementation of this activity is by using the webinar method which is held online. The organizing committee will share a Zoom link to log in to webinar participants and will also carry out a pre-test and post-test, before and after the webinar is held.

Third, the Evaluation Stage, at this stage the evaluation is divided into two, event evaluation and participant knowledge evaluation. Event evaluation is carried out by reviewing the event from start to finish in relation to obstacles, obstacles, and subsequent improvements. Then, evaluate the participants by looking at the results of

the participants' knowledge of the material presented.

In the evaluation of the event, there were several obstacles encountered, namely the live streaming YouTube process, which was quite time consuming because the zoom account was obtained from the rental. Then there are unstable network constraints, all zoom recordings are not saved due to account and signal constraints and finally participants are less active.

Efforts to solve the obstacles encountered, namely, the committee recorded when the event started and re-uploaded the video to YouTube. then in an effort to gather a large audience, it is necessary to explain the objectives of the activity and stimulate the community before the event is held so that the community or students can know and be inspired to take part in this useful activity. Not only that, the organizers can also prepare appreciation in the form of rewards for the audience who take part in this activity so that the audience can be enthusiastic about participating in the activity.

From these two evaluations, a report was prepared in which the entire series of community service programs was completed.

## RESULT AND DISCUSSION

Community Service at Bhakti Kencana University groups are carried out in the health sector according to a pre-planned schedule. The activities carried out were in the form of education for high school students in West Java and Lampung through a webinar on covid pharmacological therapy, by distributing posters to each intended partner.

The implementation of this webinar was attended by 81 participants, both participants, lecturers, and the committee concerned. In the attendance list via the Google form that had been prepared by the participants, only 67 students were included.

This activity was opened by the Master of Ceremony by Lia Yuliana and Della Ismayuni who are students of Bhakti Kencana University. This webinar activity started with the agenda: opening, reciting the holy verses of the Koran, singing the

Indonesian Raya anthem and Bhakti Kencana University march, reading the webinar regulations, remarks at the opening of the webinar event by the Chair of Community Service, namely Mufti Fauzi Rahman, documentation session, viewing of University videos Bhakti Kencana, then the main event was presentation of material one by Hilma Qurrotul Ain, ice breaking by Mega Alisia Panca Wardani and speaker two by Ms. Ira Adiyati Rum, question and answer session and presentation of certificates then closing.



**Figure 1 The Opening of Webinar Therapy**

The material presented is related to Covid-19 and treatment using preventive and curative drugs.

Submission of covid material, delivered in conjunction with the classification of covid-19, namely, Alpha Variant, Beta Variant, Gamma Variant, Delta Variant, Lambda

Variant, and Kappa Variant. Then it was also conveyed regarding the clinical symptoms of Covid-19, the incubation period is 4 days with a vulnerable time of 2 to 14 days, with the first symptom being fever (38.5°C). Will feel a sore throat, the sense of smell and sense of taste disappears, and the patient will feel shortness of breath and cough.

The delivery of preventive and curative drugs. The drugs needed are Remdesivir to inhibit the growth of the virus, Plasma Convalescent plasma from donors who have previously recovered from Covid-19. Requirements for the main donor are that the blood type must match the recipient, recovered from Covid within 14 days, aged 18-60 years with a weight of 55 kg men and women who have never been pregnant, and do not have chronic diseases such as kidney failure, heart failure, diabetes, high blood pressure.



**Figure 2 Presentation about the drugs from Pharmacies Lecturer**

Chloroquine has an immunomodulatory effect that has the potential to treat COVID-19, the side effects of which are retinal disorders, nausea, and headaches. A drug made from a chemical similar to a plant-based kinin, Dexamethasone, reduces the inflammatory response in the lungs. Hydroxychloroquine (Synthetic Chemical Medicine) Hard drug with properties that can treat lupus, and for covid-19 for adult and adolescent patients.

The side effect is stomach pain, nausea, vomiting, and headache. Favipiravir is a hard drug whose properties are used to treat Covid adults, whose side effects are increased uric acid and diarrhea. Should not be used for pregnant or lactating women or program pregnant.



**Figure 3 Publication on mass media about the community service**

Results of the Pre-Test and Post-Test In this webinar activity, participants were given post-test questions to compare with pretest scores, whether there were differences or there were still those who didn't know anything about Covid-19 at all. The pre-test and post-test questions are still the same questions. But what distinguishes the two is the value after exposure and the value before exposure.

There were 50 respondents in the pre-test questions while in the post-test it only reached 32 respondents. There was an increase from these two tests, namely that 2 students recorded 2 respondents who received a score of 9

and 3 respondents received a score of 8 after receiving exposure from the Covid pharmacology therapy webinar activity. But there was a decrease in the post test questions because there was still a lack of students' understanding of Covid-19.

## CONCLUSION

Bhakti Kencana University in carrying out community service provides outreach and education during a pandemic to partners regarding pharmacological therapy which is monitored online. For selected educational activities using the online method by holding a webinar with the theme "Reaping Missing, Meeting My Classmates: Tips and Tricks for Tough, Healthy and Fit Preparing for Face-to-Face Learning Pharmacological Therapy for Prevention of Covid-19 Disease"

Targets as targets for activities to be carried out in accordance with the activities to be conveyed properly. In this community service activity, the targets chosen were SMA Negeri 4 Metro Lampung, SMA Negeri 29 Garut, SMA Negeri 1 Cicalengka, and SMK Bhakti Kencana Tasimalaya.



In this implementation there were several obstacles when the activities were carried out, such as signal problems, YouTube live streaming, network constraints, all recordings were not stored, and lack of participants.

The solution is that the committee records when the event begins and re-uploads the video to YouTube, then in an effort to gather an audience, an explanation of the objectives of the activity is held and stimulates the community before the event and the committee prepares appreciation in the form of rewards for the audience participating in this activity so that the audience can be enthusiastic about participating in the event activity.

During this pandemic, face-to-face preparation is needed, namely mental or psychological preparation, physical preparation and social preparation. In addition, the development of drug discovery as an option for pharmacological therapy usually requires supporting therapy in the form of vitamin C, vitamin D, vitamin E, zinc, and selenium. drugs

Dexamethasone, Remdesifir, Plasma Convalescent, Chloroquine, Hydroxychloroquine, Favipiravir.

Suggestions For this first activity, it is hoped that there will be coordination and cooperation between individuals or groups to complement each other so that it is even better for the smooth running of the event. Second, for students and the community, activities that have been carried out with students and lecturers can become knowledge in improving health efforts during a pandemic.

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