

## EDUCATION ON HANDLING CHOKING IN BABIES AND CHILDREN IN DUSUN 1 KISMOYOSO VILLAGE

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**Abstract :** Choking is a very dangerous emergency, because within a few minutes there will be a general or complete lack of oxygen so that in just a matter of minutes the client will lose breathing reflexes, heart rate and permanent death of the brain stem . The method used was socialization regarding handling choking in babies and children in Hamlet 1, Kismoyoso Village, Ngemplak District, Boyolali Regency, Central Java which was carried out on Saturday 5 August 2023. This socialization was in the form of a material presentation and providing examples of techniques that could be used. Use if baby/child is choking. The aim of socializing the handling of choking babies is to prevent significant negative impacts on babies and children caused by choking. With this outreach, it is hoped that parents can provide first aid using several techniques.

**Keywords :** \_ handling , choking , infants and children

**Abstract :** *Choking is a very dangerous emergency, because in a few minutes there will be a general or complete lack of oxygen so that in just minutes the client will lose reflexes, heart rate and death permanently from the brain stem. The method carried out is socialization regarding the handling of choking on infants and children in Hamlet 1, Kismoyoso Village, Ngemplak District, Boyolali Regency, Central Java which was carried out on Saturday, August 5, 2023. This socialization is in the form of material presentation and gives examples of what techniques can be used if the baby/child chokes. The purpose of socializing the handling of choking babies is to prevent the occurrence of significant negative impacts on infants and children caused by choking. With this socialization, it is hoped that parents can provide first aid with several techniques.*

**Keywords :** *treatment, chocking, infants and children*

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### Introduction

Choking is a very dangerous emergency, because within a few minutes there will be a general or complete lack of oxygen so that in just a matter of minutes the client will lose breathing reflexes, heart rate and permanent death of the brain stem (Dwi, Prihatiningsih, & Asnindari, 2015 ).

Choking occurs due to partial or complete obstruction of the upper airway to the trachea by a foreign object (food, drink, toy, coin). Obstruction can occur in the upper airway (airway before the plica vocalis) and the central airway (trachea, right and left bronchi). Factors that increase the risk of choking, Intrinsic factors: changes in level of consciousness, alcohol or drug intoxication, neurological disorders with decreased ability to swallow and cough reflex, respiratory system diseases, mental disorders, dementia. Extrinsic factors: having a habit of chewing nuts or seeds, using pins, and other eating habits. The characteristics of a dangerous foreign body are round (this shape is most likely to cause complete airway obstruction), not easily crushed, not easily deformed despite pressure, and a smooth and slippery surface.

In children, choking occurs most often in the 1-3 year age group with the highest incidence at 1-2 years of age. Several factors put children at risk of choking:

1. They don't have molars to chew and soften food
2. Tends to eat while playing, laughing, or talking.
3. Availability of access to toys, food or small items
4. Coordination between swallowing and glottic closure is still not perfect.

According to the World Health Organization (WHO) in Ayu et al, 2018 around 17,537 cases of choking most often occurred in toddler age children (18-36 months). The cause of choking in this incident was 59.5% due to food, 31.4% was choking on an object. unfamiliar and 9.1% of the causes of choking were unknown. In 2018, in the United States, data was obtained on 710 cases of choking occurring in children under 4 years old with an incidence of 11.6% occurring in children aged 1 year to 2 years and 29.4% occurring in children aged 2 to 4 years (American Academy of pediatrics; AAP 2018).

Death and incorrect handling of choking are the result of a lack of knowledge which has an impact on family behavior in handling choking. If the family's actions in handling choking are correct, the threat of death will be avoided and there will be no injuries after the action is taken. On the other hand, if the family's actions in handling choking are wrong then injuries will occur. If choking is not treated immediately, death will occur. There have been many cases of choking in Indonesia. In 2015 in Bali Province, a 6 month old baby died as a result of being given milk which resulted in choking (Palimbunga et al, 2017). The causes of choking in toddlers are coins and foreign objects. The cases mostly occur in boys rather than girls and the average age affected is under 16 years (Zuleika & Ghanie, 2016).

Hamlet 1 is located in Boyolali Regency, this hamlet is included in Kismoyoso Village, Ngemplak District. Posyandu is one of the health activity units in Hamlet 1. In carrying out its activities, Posyandu is the government's effort to make it easier for Indonesian people to obtain maternal and child health services. Lack of knowledge about handling choking in infants and children. To achieve this aim, we held an educational program for handling choking in babies and children in Hamlet 1,

Kismoyoso Village, Ngemplak District, Boyolali Regency. Precisely regarding the factors and signs that cause choking in babies and children.

## Method

University Community Service Program Sahid Surakarta in Hamlet 1, Village Kismoyoso , District Ngemplak , Regency Boyolali , Central Java carried out by students from several study programs are combined in group 8 accompanied with 1 Lecturer Mentor Field . The method used is socialization about handling choking on babies and children in Hamlet 1, Village Kismoyoso , District Ngemplak , Regency Boyolali , Central Java which is carried out on the day Saturday August 5 2023. Socialization \_ This in form presentation material and provide example technique what can \_ used If baby / child choked .

In this socialization program, several methods are used, including:

1. Presentation method, which is used to present material that has been prepared by the Implementation Team. The presentation method is one of the media in applying the Student Centered Learning (SCL) approach. Audience Centered presentation method is believed to be very effective in improving the learning process in order to achieve optimal student learning outcomes. This is in accordance with the learning philosophy, that learning is an activity of acquiring new knowledge where the more knowledge students gain, the greater their opportunity to continue to improve the quality of their attitudes and behavior. This view is in line with the learning approach developed by the cognitive psychology school which believes that students who have a lot of knowledgeable information can explore new learning sources, either alone or together with their peer group. That way, they can gain a lot of new knowledge and continue to add new conclusions. (diyah, 2015)
2. Video method, which shows an animation that can explain what techniques can be used if a child/baby is choking. According to Fanny Hendro 2021, video learning media is only one type of audio-visual media, which is media that relies on the sense of hearing or ears and the sense of sight. Therefore, audio-visual or video-based learning media is one of the media that can be used in learning where vision and hearing are normal. (Arsyad 2006) argues that: videos are images put together in the form of frames. Where the frame is then projected through the projector lens mechanically, so that it appears on the screen as a living image or an image that can move and sound. The superiority of video in depicting and reflecting images that are alive or moving and sound is what can provide a special attraction for those who see it.
3. Question and answer and discussion methods, namely interaction between students and the community. The discussion method is a teaching method in which there is a responsive scientific conversation containing an exchange of

opinions intertwined with problematic questions, the emergence of ideas, or opinions carried out by several people who are members of the group which is directed at finding a solution to the problem and seeking the truth. (Anis Eka Fatchurrohmah, 2017)

**Socialization program** This addressed to parents in Hamlet 1 , Village Kismoyoso , District Ngemplak, Boyolali , with amount Participants were 25 parents . There are cases of choking in babies and children because children do not yet have molars to chew and soften food, tend to eat while playing, laughing or talking, and have access to food toys or small items.

Objective socialization handling baby choked is prevent happen impact significant negative effects in infants and children caused by choking . \_ With exists socialization This parents expected \_ can give help First with a number of technique .

## Results

### A. Socialization Program for Choking Prevention and Management of Choking in Children and Toddlers

Implementation activity socialization at the moment Posyandu in Hamlet I Kismoyoso , District Ngemplak , Regency Boyolali aim For give education to public specifically mother who has children and toddlers about prevention case choking and handling case choking in children and toddlers .



Figure 1 Exposure Material by Students

Stages activities carried out includes : preparation , implementation , evaluation , creation reports and submissions report end . Socialization This done with the main target mothers who have own child as many as 25 people. Source person convey

appropriate material \_ with theme served in form how-to video presentations and performances handling If happen case choking on a child nor toddler . Enthusiastic participant not enough OK , because every inhabitant Still own busyness that is not Can abandoned .

Stage activity socialization prevention chokes and handlers choking in children and toddlers .

1. Coordinate technical implementation together with posyandu officers.
2. Participants in this socialization are mothers who have toddlers or babies
3. This socialization was carried out in one of the posyandu administrator's houses
4. The socialization material was prepared by resource persons from Sahid University, Surakarta, consisting of nursing lecturers and pharmacy students.
5. The socialization material is prepared in the form of power points and animated videos with the aim of making it easier to understand.

The presentation of the material is not only in the form of a presentation but there is also a practical video on how to properly handle choking in children and toddlers. Then there were discussion and question and answer sessions between students and mothers as a form of benchmark for understanding the cases and material that had been presented.



Figure 2 Discussion Session

## Conclusion

Based on the results of socialization on choking prevention and handling of choking in children and toddlers which was carried out at the toddler posyandu in Hamlet I Kismoyoso, Ngemplak District, Boyolali Regency, the community, especially mothers who have children and toddlers, are starting to understand about preventing choking cases and handling cases of choking in children and toddler. Socialization is carried out using several methods, namely the presentation method, video method, and question and answer method.

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