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Community Service Activities in Providing Health Education and Free Medical Examinations for Outpatients at the Bromo Community Health Center (UPT Puskesmas Bromo), Medan City, 2026.

Lidia Silaban[1)], Mira Dwi Handayani [2)], Nurmauli Napitupulu [3)]*
Fakultas Ilmu Keperawatan / Universitas Darma Agung

*Coresponding Author
Email: silabanlidia0@gmail.com

Abstract

Health promotion and disease prevention are essential components of improving community health and quality of life. Health education and free medical examinations are important community service initiatives that aim to increase public awareness, encourage healthy lifestyles, and promote early detection of potential health problems. This community service activity was conducted at the Bromo Community Health Center (UPT Puskesmas Bromo), Medan City, in 2026, targeting outpatients who visited the health center. The objective of this activity was to improve patients' knowledge and awareness of health maintenance, disease prevention, and the importance of regular health check-ups through health education and free medical examinations. The methods used included health education sessions, interactive discussions, question-and-answer activities, and basic health examinations. The examinations included measurements of blood pressure and other relevant health parameters according to the availability of facilities and the needs of participants. Participants also received information and recommendations regarding healthy lifestyle practices and appropriate follow-up care based on their examination results. The activity was expected to provide positive benefits by increasing patients' understanding of preventive healthcare, identifying potential health risks at an early stage, and encouraging greater participation in maintaining personal and family health. Furthermore, this initiative served as an effort to strengthen the role of primary healthcare services in promoting health awareness and improving community well-being. In conclusion, community service activities through health education and free medical examinations represent a valuable approach to supporting health promotion, disease prevention, and early detection of health problems among outpatients. Continuous implementation and collaboration between healthcare professionals and the community are necessary to improve public health awareness and achieve better health outcomes.

Keywords: Community Service, Health Education, Free Medical Examination, Outpatients, Health Promotion, Bromo Community Health Center.

INTRODUCTION

Health is one of the most important aspects of human life and plays a fundamental role in supporting individual productivity, social development, and community well-being. Maintaining good health requires not only access to medical treatment but also continuous efforts in health promotion, disease prevention, early detection, and appropriate healthcare services. In this context, community participation and public awareness are essential factors in achieving better health outcomes. Health education and regular medical examinations are important strategies to encourage individuals to understand their health conditions, recognize potential risk factors, and adopt healthier lifestyles.

The World Health Organization (WHO) emphasizes that primary health care (PHC) is a fundamental approach to achieving universal health coverage and improving population health. Primary health care encompasses health promotion, disease prevention, treatment, rehabilitation, and palliative care. It also emphasizes community participation, equitable access to healthcare services, and the empowerment of individuals and families to take responsibility

for their health. According to WHO (2025), strengthening primary healthcare interventions could potentially save approximately 60 million lives and increase average life expectancy by 3.7 years by 2030 in low- and middle-income countries. This highlights the importance of strengthening primary healthcare services as a foundation for improving public health and reducing health inequalities.

Indonesia continues to face various public health challenges, particularly the increasing burden of non-communicable diseases (NCDs), including hypertension and diabetes mellitus. These diseases require serious attention because they may develop without obvious symptoms during their early stages and can lead to severe complications when not detected and managed appropriately. The results of the 2023 Indonesian Health Survey (*Survei Kesehatan Indonesia/SKI 2023*) reported that the prevalence of hypertension among individuals aged 18 years and older reached 30.8% based on blood pressure measurements, while the prevalence based on a doctor's diagnosis was only 8.6%. This substantial difference indicates that many individuals may have hypertension without being aware of their condition or having received a formal diagnosis.

Furthermore, the same survey reported that diabetes mellitus prevalence among individuals aged 15 years and older reached 11.7% based on blood glucose measurements, compared with 2.2% based on a doctor's diagnosis. These findings demonstrate the importance of improving public awareness and expanding opportunities for early health examinations. Regular health screening, combined with appropriate health education, can help individuals recognize potential health problems, understand their risk factors, and seek professional medical advice when necessary (Ministry of Health of the Republic of Indonesia, 2024).

Health education is an essential component of health promotion because it provides individuals with the knowledge and understanding necessary to make informed decisions about their health. Through effective health education, people can learn about balanced nutrition, regular physical activity, personal hygiene, adequate rest, smoking prevention, disease prevention, and the importance of routine health examinations. Health education also helps correct misconceptions about diseases and encourages individuals to recognize early warning signs that require medical attention. Therefore, health education should be delivered in an accessible, understandable, and interactive manner so that patients can apply the information in their daily lives.

In addition to health education, free medical examinations represent an important community service initiative to facilitate access to basic health screening. Some individuals may postpone routine medical examinations because they lack awareness of their health status, have limited time, or face financial and accessibility barriers. Providing free basic medical examinations can create opportunities for individuals to monitor their health conditions and identify potential health risks at an earlier stage. Depending on the availability of healthcare facilities and the needs of participants, examinations may include blood pressure measurement, body weight and height measurement, nutritional status assessment, and blood glucose testing when indicated and available. The results of these examinations can provide initial information about participants' health conditions and support recommendations for further evaluation by healthcare professionals.

Community health centers, known in Indonesia as *Pusat Kesehatan Masyarakat (Puskesmas)*, play an important role in delivering accessible and integrated primary healthcare services. As frontline healthcare facilities, Puskesmas provide promotive, preventive, curative, and rehabilitative services to individuals and communities. Their responsibilities extend beyond treating patients who are already ill to encouraging healthy behaviors, preventing

diseases, conducting health monitoring, and improving community participation in healthcare programs. Consequently, integrating health education with basic medical examinations is a relevant approach to strengthening the promotive and preventive functions of primary healthcare facilities.

In Medan City, North Sumatra, strengthening community-based health promotion is important to support the improvement of public health awareness and access to primary healthcare services. The Bromo Community Health Center (UPT Puskesmas Bromo) serves as the healthcare setting for this community service activity. Outpatients visiting the health center represent an important target group because healthcare visits provide opportunities not only for medical consultations but also for receiving additional information about disease prevention, healthy lifestyle practices, and the importance of regular health monitoring. However, specific health problems, patient characteristics, and local disease prevalence at UPT Puskesmas Bromo should be identified using the health center's official records and the Medan City Health Profile to ensure that interventions are appropriately tailored to local needs.

Based on these considerations, community service activities involving health education and free medical examinations are expected to contribute to improving health awareness and encouraging preventive healthcare behaviors among outpatients at UPT Puskesmas Bromo, Medan City. The combination of educational interventions and basic health screening provides an opportunity for participants to obtain relevant health information while gaining an initial understanding of their health conditions. Furthermore, the activity can strengthen communication between healthcare providers and patients, encourage early consultation when health abnormalities are identified, and support the implementation of promotive and preventive healthcare programs.

Therefore, this community service activity was conducted under the title "Community Service Activities in Providing Health Education and Free Medical Examinations for Outpatients at the Bromo Community Health Center (UPT Puskesmas Bromo), Medan City, 2026." The primary objective was to improve patients' knowledge and awareness regarding health maintenance, disease prevention, and the importance of early detection through health education and free medical examinations. In addition, this activity aimed to encourage healthier lifestyle practices, facilitate initial identification of potential health risks, and support the role of primary healthcare services in improving community health and well-being.

RESEARCH METHODS

Research Design

This activity employed a community service approach using health education and free medical examinations as the primary interventions. The activity was designed as a promotive and preventive healthcare initiative aimed at improving health awareness, encouraging healthy lifestyle practices, and supporting the early identification of potential health problems among outpatients. A descriptive approach was applied to document the implementation process, participant involvement, health examination results, and responses to the educational activities.

Location and Time of Activity

The community service activity was conducted at the Bromo Community Health Center (UPT Puskesmas Bromo), Medan City, North Sumatra, Indonesia, in 2026. The location was selected because primary healthcare centers play an essential role in providing accessible

healthcare services, health promotion, disease prevention, and basic medical examinations for the community.

Target Participants

The target participants were outpatients visiting UPT Puskesmas Bromo during the implementation of the community service activity. Participants were selected based on their willingness to participate in the health education sessions and medical examinations. The activity was intended to reach individuals who required health information, basic health screening, and recommendations regarding appropriate healthcare practices.

Participation in the activity was voluntary. Before participating, individuals were informed about the objectives, procedures, and benefits of the activity. Their consent was obtained before health examinations were conducted, and personal health information was handled confidentially.

Implementation Procedures

The community service activity was carried out through several systematic stages:

1. Preparation Stage

The preparation stage involved coordinating with the management and healthcare personnel of UPT Puskesmas Bromo, determining the implementation schedule, identifying the target participants, preparing educational materials, and ensuring the availability of medical examination equipment. The team also prepared supporting materials, including health education leaflets, attendance records, examination forms, and documentation tools.

2. Implementation Stage

The implementation stage consisted of two main activities:

a. Health Education

Health education was provided to outpatients through direct communication, interactive discussions, and question-and-answer sessions. The educational materials covered several important topics, including:

1. The importance of maintaining personal and family health.
2. Healthy lifestyle practices, including balanced nutrition and regular physical activity.
3. Prevention and control of non-communicable diseases, particularly hypertension and diabetes mellitus.
4. The importance of maintaining normal blood pressure and blood glucose levels.
5. Personal hygiene and environmental health.
6. The importance of regular medical examinations and early detection of diseases.

The educational sessions were delivered using simple and understandable language to ensure that participants could easily comprehend the information and apply it in their daily lives.

b. Free Medical Examinations

Free basic medical examinations were provided to participants to help identify potential health problems and increase awareness of their health conditions. The examinations were adjusted to the available facilities, healthcare personnel, and participants' needs. The examination components included:

1. Blood pressure measurement to identify potential hypertension.
2. Body weight and height measurement to assess nutritional status using Body Mass Index (BMI), when appropriate.
3. Blood glucose testing to identify potential abnormalities in blood glucose levels, when available and clinically indicated.

4. Basic health consultations to provide information and recommendations based on examination findings.

The examination results were communicated to participants, and individuals with abnormal findings were advised to seek further assessment and follow-up care from healthcare professionals at the health center.

Evaluation and Follow-up Stage

The evaluation stage was conducted to assess the implementation of the community service activity and participants' responses. Evaluation focused on participant attendance, participation in health education sessions, completion of medical examinations, and understanding of the educational materials.

Participants were also given opportunities to ask questions and discuss their health concerns with the healthcare team. Recommendations for further medical consultation were provided when necessary, particularly for participants with examination results requiring additional assessment.

Data Collection

Data were collected through several methods, including:

1. **Observation:** To document the implementation of health education and medical examination activities.
2. **Attendance Records:** To identify the number of participants involved in the activity.
3. **Medical Examination Records:** To document the results of blood pressure measurements, body weight, height, and blood glucose testing when performed.
4. **Question-and-Answer Sessions:** To identify participants' understanding of the educational materials and their health-related concerns.
5. **Documentation:** To record the implementation process through photographs and activity reports, with appropriate participant consent.

RESULTS AND DISCUSSION

Results

The community service activities entitled "Community Service Activities in Providing Health Education and Free Medical Examinations for Outpatients at the Bromo Community Health Center (UPT Puskesmas Bromo), Medan City, 2026" were conducted at Bromo Community Health Center, Medan City, on October 12, 2026.

Based on the results of the outpatient services on that date, a total of 256 patients received healthcare services. The patients consisted of 136 males (53.13%) and 120 females (46.87%). The data indicate that male patients slightly outnumbered female patients.

In terms of age distribution, the majority of outpatient patients were adults and older adults, with the predominant age range being 46–63 years. The remaining patients consisted of children. This finding indicates that healthcare services at Bromo Community Health Center were predominantly accessed by individuals in the middle-aged and older adult groups.

Regarding disease patterns, Gastroesophageal Reflux Disease (GERD) was identified as the most common diagnosis among outpatient patients, followed by gout (hyperuricemia). These findings highlight the importance of providing health education related to digestive health, dietary habits, lifestyle modifications, and the prevention and management of metabolic disorders.

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Discussion

The findings of this community service activity demonstrate that outpatient healthcare utilization at Bromo Community Health Center was relatively high, with 256 patients recorded on October 12, 2026. The slightly higher proportion of male patients compared to female patients indicates that healthcare services were accessed by both genders, although further investigation is required to determine the factors influencing these differences.

The predominance of patients aged 46–63 years is an important consideration in developing community health education programs. Individuals within this age group may experience an increased risk of various chronic and degenerative health conditions. Therefore, preventive health education, routine medical examinations, and early detection are essential components of healthcare promotion, particularly for middle-aged and older adults.

GERD was the most frequently recorded diagnosis, followed by gout. The high occurrence of GERD highlights the importance of educating patients about maintaining healthy eating patterns, avoiding foods that trigger gastric reflux, eating regularly, maintaining an appropriate body weight, and avoiding lying down immediately after meals. Health education regarding GERD is expected to improve patients' understanding of symptom management and encourage appropriate healthcare-seeking behavior.

Furthermore, the occurrence of gout emphasizes the need for education about balanced nutrition, limiting foods high in purines, maintaining adequate fluid intake, and following appropriate medical recommendations. Patients should also understand the importance of regular monitoring and adherence to prescribed treatment to prevent recurrent symptoms and complications.

Through the implementation of health education and free medical examinations, this community service activity provides an opportunity for patients to obtain health information, identify potential health problems, and receive recommendations regarding appropriate treatment and lifestyle modifications. The integration of promotive, preventive, and curative healthcare services at the primary healthcare level is expected to contribute to improving public awareness and encouraging healthier behaviors.

Overall, the results emphasize the importance of continuous community-based health education and accessible medical examination services at Bromo Community Health Center. These activities are expected to support early detection of diseases, improve health literacy, and promote better health outcomes among the community.

The average blood pressure of 120/75 mmHg suggests that, overall, the patients examined had relatively well-maintained blood pressure levels. Nevertheless, a single blood pressure measurement is insufficient to establish an individual's long-term blood pressure status or rule out hypertension. Therefore, regular monitoring and health education regarding cardiovascular health remain important.

Table 1. Characteristics of Outpatient Patients at Bromo Community Health Center on October 12, 2026

Characteristics	Number (n)	Percentage (%)
Gender		
Male	136	53.13
Female	120	46.87

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Total	256	100.00
Age group		
46–63 years	Majority	-
Children	Remaining patients	-
Most common diagnoses		
GERD	Rank 1	-
Gout	Rank 2	-





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CONCLUSION

The community service activities conducted at Bromo Community Health Center (UPT Puskesmas Bromo), Medan City, on October 12, 2026, demonstrated the importance of providing health education and free medical examination services to the community. A total of 256 outpatient patients participated in healthcare services, consisting of 136 males (53.13%) and 120 females (46.87%). Most patients were within the age range of 46–63 years, while the remaining patients were children.

The most frequently identified diagnosis was Gastroesophageal Reflux Disease (GERD), followed by gout. Meanwhile, the average blood pressure recorded during the medical examinations was 120/75 mmHg, indicating an average measurement within the generally normal blood pressure range for adults. These findings highlight the importance of health education focusing on digestive health, healthy dietary habits, gout prevention, cardiovascular health, and regular medical examinations.

Overall, the community service activities provided an opportunity for the community to access basic healthcare services, obtain health information, and increase awareness of disease prevention and early detection. The integration of health education and free medical examinations at primary healthcare facilities is expected to encourage healthier lifestyles, improve community health awareness, and support disease prevention efforts. Continuous community-based health promotion and periodic medical examinations are therefore recommended to maintain and improve the health status of the community.

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