

Community-based learning improves self-medication knowledge in Indonesian community cadres: a pre-test post-test study

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Background

Responsible self-medication empowers people to prevent and treat minor ailments, thus reducing pressure on limited health resources. Community-based learning was designed to improve community knowledge on self-medication as part of “Intelligent Community Movement Using Drugs” (GeMa CerMat), a national health program in Indonesia.

Objective:

To evaluate knowledge gain of community cadres participating in a community-based training performed in Indonesia.

Methods:

A 2-day training was delivered across 4 East Javan districts/cities (Ngawi, Blitar, Nganjuk, Sumenep) in 2016: day-1, training of trainers; and day-2, training of cadres. Approximately 30 cadres were invited in each site. A 20-question true/false test, based on the previously developed self-medication module, was completed by the cadres before and after the training. Cadres' knowledge improvement was determined using pre-and post-test scores, absolute gain and relative gain (with 95% confidence interval).

Results:

A total of 129 cadres were involved: Blitar (n=23), Nganjuk (n=37), Ngawi (n=31), Sumenep (n=38). Mean test scores for all participating cadres significantly improved from 14.11 (pre-test) to 15.70 (post-test) after the training ($p<0.001$). There was a significant increase between pre- and post-test results for each site, with the highest improvement seen for Ngawi (14.97 to 17.04; $p<0.001$). The average total absolute gain and relative gain were 1.85 (95% CI 1.29 – 2.39) and 21% (95% CI 10 – 33%), respectively.

Conclusions

The community-based learning had a positive impact on the knowledge gain of cadres. This training is an effective strategy for teaching responsible self-medication. Further follow-up is needed to develop strategies to reach lay/illiterate people.