ABSTRACT

Empowering Health Cadres through ETAM SEHAT Community for Sustainable Hypertension Control in Tanjung Batu Village

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Background : Hypertension requires continuous control through community involvement, yet short-term interventions often stop once external support ends. Health cadres are central to health education, blood pressure monitoring, and the adoption of healthy lifestyles, so a community-based platform is needed to strengthen and sustain their role.

Objective : To improve cadres' knowledge and skills in hypertension control and to establish the ETAM SEHAT Community as a sustainable platform for community-based hypertension control.

Research Methods/ Implementation Methods : The program was conducted in July 2026 in four stages: (1) coordination with stakeholders, (2) cadre training on hypertension and blood pressure measurement using digital monitors, (3) introduction of the community at Bunga Tanjung and Bunga Anggrek Posyandu, and (4) GERMAS TENSI, a community anti-hypertension exercise. Knowledge change was analyzed using the Wilcoxon signed-rank test, and measurement and recording skills were assessed with an observation checklist.

Results : All invited stakeholders (n=16) and cadres (n=15) attended the coordination meeting and training. The community was formalized through a Village Head Decree. It was equipped with the AKSI pocketbook for blood pressure monitoring and a WhatsApp group for coordination. Cadre knowledge improved significantly (p=0.046): 4 cadres (26.7%) increased their scores, 11 (73.3%) showed no change, and none declined. In the skills assessment, 5 cadres (33.3%) were skilled, 5 (33.3%) were moderately skilled, and 5 (33.3%) still required assistance.

Conclusion/Lesson Learned : The ETAM SEHAT Community offers a sustainable empowerment model that combines cadre training, monitoring tools, and routine physical activity. Knowledge improved significantly, but measurement and recording skills need strengthening through continued practice and mentoring.

Keyword : hypertension; health cadres; community empowerment; ETAM SEHAT; GERMAS TENSI