

Health Counseling on Triple Elimination (HIV/AIDS, Syphilis, And Hepatitis B) For Pregnant Women at Majelis Taklim Asyufi, Tanjung Barat Subdistrict, South Jakarta

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Abstract

Triple Elimination is a program held by the Ministry of Health of the Republic of Indonesia to overcome the transmission of HIV (Human Immunodeficiency Virus), Syphilis, and Hepatitis B from pregnant women to their babies. This activity was adopted from the World Health Organization (WHO) program called triple elimination. WHO believes that the transmission rate can be reduced to 5% from 15% with preventive activities in the form of testing for HIV, hepatitis B, and syphilis during antenatal care (ANC). Meanwhile, the Ministry of Health aims to reach zero by 2030 as written in the Regulation of the Minister of Health of the Republic of Indonesia number 52 of 2017. The activities carried out aim to increase public knowledge about health, especially about the Triple Elimination program (controlling the transmission of HIV/AIDS, Syphilis, and Hepatitis B) between pregnant women and their babies. By increasing public knowledge, it is hoped that people's attitudes and behavior will be able to change so they can live healthier lives. Pregnant women are willing to have themselves checked for these three diseases (HIV, Syphilis, and Hepatitis B) so that the incidence of disease can continue to be reduced. Health education activities regarding Triple Elimination (control of HIV/AIDS, Syphilis, and Hepatitis B) were carried out on Tuesday 31 October 2023 at Majelis Taklim Asyufi, Tanjung Barat Subdistrict, Jagakarsa District, South Jakarta. The target group is the women of the majelis taklim,

numbering approximately 50 people. The counseling took place wisely, the mothers listened carefully. It is hoped that this outreach can increase public knowledge about health and reduce the incidence of HIV/AIDS, Syphilis, and Hepatitis B.

Keywords: Triple Elimination, HIV/AIDS, Syphilis, Hepatitis B

Introduction

Triple Elimination is a program held by the Ministry of Health of the Republic of Indonesia to overcome the transmission of HIV (Human Immunodeficiency Virus), Syphilis, and Hepatitis B from pregnant women to their babies. This activity is an activity adopted from the World Health Organization (WHO) program called triple elimination. WHO believes that the transmission rate can decrease to 5% from 15% with preventive activities in the form of HIV, hepatitis B, and syphilis tests during antenatal care (ANC). Meanwhile, the Ministry of Health has a target to reach zero by 2030 as stated in the Regulation of the Minister of Health of the Republic of Indonesia number 52 of 2017. The number of patients in Indonesia in 2017 reached a prevalence rate of 0.39% for HIV, 1.7% for syphilis, and 2.5% for hepatitis B. With a very large population in Indonesia, this figure is still included in the high number and allows transmission from pregnant women to babies during pregnancy so more attention is needed to overcome it. Transmission of the three diseases from pregnant women to babies can cause premature birth, Low Birth Weight (LBW), and the most severe death.

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HIV, Syphilis, and Hepatitis B infections have almost the same transmission methods, namely through sexual intercourse, and blood, and can be transmitted vertically from a positive mother to her child. Infection of the three infectious diseases in pregnant women can result in death in the mother and can cause morbidity, disability, and death, thus harming and affecting the survival and quality of life of children. The Triple Elimination Program aims for early detection of HIV, syphilis, and Hepatitis B infections in pregnant women and is very important for all pregnant women because it can save the lives of mothers and children. Examination can be done at the nearest Health Center at the first antenatal care visit, ideally before 20 weeks of pregnancy and for pregnant women who come after 20 weeks, screening tests and treatment should be

done as soon as possible.^{2,3}

The examination method is carried out by taking blood samples from pregnant women by trained laboratory personnel, the test examinations used are HIV rapid test, RPR (Rapid Plasma Reagin)-Tp rapid (Treponema pallidum rapid) and HBsAg (Hepatitis B surface Antigen) rapid test. Triple elimination of pregnant women has become one of the priority programs in the Maternal and Child Health (KIA) program by referring to the number of target coverage of program indicators.⁴

The results of research by Octavian et al. in Surabaya showed results of <0.30% HIV, <1.70% Syphilis, and 7.10% hepatitis B.⁵ Given the still quite large incidence of these three diseases in the community, it is important to socialize the community about Triple Elimination.

Method

Time and Location of Community Service

Health Counseling Activities regarding Triple Elimination (HIV/AIDS, Syphilis, and Hepatitis B) were carried out on Tuesday, October 31, 2023, at the Majelis Taklim Asyufi, Tanjung Barat Subdistrict, Jagakarsa District, South Jakarta.

Materials and Tools/Instruments for Community Service

This Community Service Activity was carried out by providing health counseling regarding Triple Elimination (HIV/AIDS, Syphilis, and Hepatitis B) to the congregation of the Majelis Taklim Asyufi, Tanjung Barat Subdistrict, South Jakarta. The instrument used was counseling material in the form of PowerPoint which was reproduced and distributed to the congregation. A summary of the counseling material is attached to this report.

How it Works

The target group or partners for this activity are the congregation of the Majelis Taklim Asyufi, Tanjung Barat Subdistrict, Jagakarsa District, South Jakarta. The number of participants in this activity is approximately 50 members of the Majelis Taklim and its administrators. A preliminary survey was conducted at the Majelis Taklim Asyufi which was the target of the community service activity as well as meeting the Majelis Taklim administrators for activity permits. The implementation of the counseling activity was adjusted to the schedule of the Majelis Taklim mothers'

religious studies so as not to interfere with their busy schedules. The counselor (presenter) will be present together with the Majelis Taklim mothers from the beginning of the event. After the religious studies event is over for approximately one hour, the event will continue with a health counseling event led by the Chairperson of the Majelis Taklim. The counseling event was delivered by the counselor for thirty minutes followed by a question and answer session for the next thirty minutes so that the total counseling activity lasts for one hour.

Results

Triple Elimination is a program to eliminate three infectious diseases directly from mother to child, namely HIV/AIDS, Syphilis, and Hepatitis B which are directly integrated into the maternal and child health program. HIV, Syphilis, and Hepatitis B infections have almost the same transmission method, namely through sexual intercourse, and blood-like fluid, and it can be transmitted vertically from a positive mother to her child.

HIV is a retrovirus of the RNA group that specifically attacks the human immune system. HIV infection causes a decrease in the immune system which makes the body very weak and has difficulty to the point of failing to fight opportunistic infections such as viruses, fungi, bacteria, and parasites. If HIV sufferers do not receive adequate treatment, it will lead to AIDS. AIDS is a collection of symptoms/clinical signs that arise as a result of opportunistic infections due to decreased immunity.⁴

HIV enters the body by destroying CD4 cells. CD4 cells are part of the white blood cells that fight infection. The normal CD4 count is in the range of 500–1400 cells per cubic millimeter of blood. The fewer CD4 cells in the body, the weaker the immune system of a person. Things that greatly influence changes in the body condition of HIV sufferers to AIDS are the type of virus and the virulence of the virus, the method of transmission, and nutritional status.⁴

Syphilis is one of the sexually transmitted infections (STIs) caused by infection with the bacteria *Treponema pallidum*.⁶ STIs are factors that influence HIV transmission, the presence of wounds/ulceration in STI sufferers will increase the risk of HIV infection during unprotected sexual intercourse between people infected with STIs and their healthy partners. Various studies in many countries have reported that syphilis

infection can increase the risk of HIV transmission by 3 to 5 times. ⁴

Hepatitis B is an inflammation of the liver caused by infection with the hepatitis B virus. Acute hepatitis is liver inflammation due to hepatitis virus infection after a virus incubation period of 30-180 days (average 60-90 days) is called chronic hepatitis if it has been more than 6 months. Hepatitis B is a chronic disease that is asymptomatic (without symptoms) and can cause death, so laboratory tests are needed to establish a diagnosis and adequate treatment. Hepatitis B in pregnancy is at risk of causing abortion, Low Birth Weight (LBW), and prematurity to maternal death due to bleeding. Due to the bad long-term effects, mothers with hepatitis B are advised to have a liver transplant, abortion, or sterilization. Hepatitis B infection in infants can cause liver damage, and in the worst cases, can lead to death. In infants, this infection is also difficult to eliminate and will develop into a chronic infection, where the baby has the potential to transmit it to others. ⁷



Picture 1. With The Mothers of the Majelis Taklim, Tanjung Barat Subdistrict

Discussion

From this counseling activity, it can be seen that public knowledge about health is still relatively low, especially knowledge about Triple Elimination (HIV/AIDS, Syphilis, and Hepatitis B). Almost all participants who attended the counseling admitted

that they had never heard of the terms Triple Elimination, HIV/AIDS, Syphilis, and Hepatitis B. Therefore, participants listened carefully when the counselor delivered the material. Health counseling activities like this need to be carried out more often so that public knowledge about health, especially infectious diseases (bacteria, viruses, fungi, parasites) can improve better. Good knowledge is expected to influence people's attitudes and behavior to live healthier. HIV, Syphilis, and Hepatitis B infections have almost the same transmission methods, namely through sexual intercourse, and blood-like fluid and can be transmitted vertically from a positive mother to her child. Infection of these three infectious diseases in pregnant women can result in maternal death and can cause morbidity, disability and death, thus harming and affecting the survival and quality of life of the child. ^{1,3}

The Triple Elimination Program aims for early detection of HIV, syphilis and Hepatitis B infections in pregnant women and is very important for all pregnant women because it can save the lives of the mother and child. Examination can be done at the nearest Health Center at the first antenatal care visit, ideally before 20 weeks of pregnancy and for pregnant women who come after 20 weeks, screening tests and treatment must be carried out as soon as possible. ²

Pregnant women infected with HIV are given follow-up treatment by taking ARV drugs since the pregnancy is known. The goal is to increase the immunity of pregnant women to be stronger and reduce the risk of transmission to the fetus. The sooner the diagnosis of HIV is known and confirmed through triple elimination examination, the sooner the handling and ARV treatment that pregnant women with HIV will receive, so that the mother's immunity will be strong and reduce the risk of transmission to the fetus. ⁴

Syphilis has a chronic course of the disease, can attack all organs of the body, resembles various diseases (great imitator disease), has an asymptomatic latent period, can recur and can be transmitted from mother to fetus. Pregnant women who are infected with syphilis and are not treated adequately result in 67% of pregnancies ending in abortion, stillbirth or congenital syphilis in neonates. Syphilis infection in untreated pregnant women can result in miscarriage, prematurity, low birth weight and congenital syphilis. ⁴

Hepatitis B transmission occurs in 2 ways, namely horizontally and vertically.

Horizontally, transmission occurs through percutaneous contact or mucous membranes. Vertically, transmission occurs from mother to baby which can occur during pregnancy, childbirth and lactation. The roles, duties and authorities of midwives and other health workers in the Triple Elimination program include:

1. Providing information and education related to the prevention of HIV, syphilis, and hepatitis B transmission.
2. Providing counseling on pregnancy planning and family planning.
3. Conducting early detection of diseases and complications/pregnancy complications including HIV, syphilis and hepatitis B tests.
4. Preparing for childbirth according to clean and safe standards.
5. Early preparation and anticipation of referral plans if complications occur.
6. Case management, stability and quick and appropriate referrals if needed.
7. Involving the family and husband to be ready to maintain the health and nutrition of pregnant women, preparing for childbirth and being prepared if complications occur.

Conclusion

From this community service activity, it can be concluded that the Triple Elimination Program (HIV/AIDS, Syphilis, Hepatitis B) has not been well socialized. Almost all counseling participants admitted that they had never heard of and received an explanation about this program.

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