

POLITEKNIK KESEHATAN KEMENKES PALANGKA RAYA: HEALTH FORUM AND INTERNATIONAL SEMINAR
THE NEW NORMAL: Creating a Pleasant Virtual Communication

Health service communication in monitoring toddler growth and development in the New Normal at Posyandu Hidup Baru Desa Kaong, Kecamatan Upau, South Kalimantan, Indonesia

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During the COVID-19 pandemic, there were many health protocols that had to be implemented, including the mandatory to use masks and maintain physical distance (Kemenkes, 2020). There were even some areas that had to be locked down, so that it was difficult for people to meet each other, and communication was hampered (Wijayanti, 2018). The growth and development of toddler need to be highlighted for health programs, because Indonesia wants to prepare a demographic bonus with a high quality generation (Mardiani, Ita., Purnomo, 2018). Monitoring the growth and development of toddler during the pandemic continues, through the Integrated Service Post (Pos Pelayanan Terpadu/Posyandu) activities (Grantham-Mcgregor et al., 2014); (Jensen et al., 2015). At the Toddler Posyandu or Posyandu Balita, the health workers and mothers and toddlers are possible to meet, and they may communicate together to monitor toddlers growth and development (Waqidil & Adini, 2016); (Grantham-Mcgregor et al., 2014).



Figure 1. Disciplinary Posyandu officers apply health protocols in the new normal period so that they can communicate with each other for growth and development monitoring services without risking toddlers

A basic health research in 2018 shows the prevalence of stunting in Indonesia was considerably high (30.8%). Whilst at Central Kalimantan, the percentage of stunting aged 0-59 months as much as 2016 (34.1%), but increased in 2017 (39.0%) (Tim Nasional Percepatan Penanggulangan Kemiskinan, 2017); (Kementerian kesehatan Republik Indonesia, 2018). Malnutrition at an early age increases infant and child mortality, the cognitive abilities of sufferers are also reduced (Hanum & Khosman, 2012), resulting in long-term economic losses for Indonesia, especially when Indonesia faces a demographic bonus which is a strategic issue related to population control and strengthening governance. population management (Aryastami & Tarigan, 2017); (Torlesse et al., 2016).



Figure 2. To improve the nutritional status of children under five, the posyandu is provided with additional food. During the Covid 19 pandemic, food was packaged in closed packages so as not to be contaminated with the corona virus.



Figure 3. Measuring a child under two years old, lying down, and needing help to calm a child crying out of fear. Measuring height as an initial screening effort for early treatment of stunting in children under five. This activity cannot be done virtually, because not all mothers of toddlers have height measuring devices.



Figure 4. Immunization must be given directly by health workers. This activity cannot be done virtually and must be communicated directly with the mother of the toddler



Figure 5. Health workers document the results of measurements of weight and height of toddler part of monitoring the growth of toddler.

This photo essay records our health service communication in monitoring toddler growth and development in the New Normal at Posyandu Hidup Baru Desa Kaong, Kecamatan Upau, South Kalimantan, Indonesia. The activities include counseling, height and weight checking for toddlers, and immunization (Migang et al., 2020). The visits cannot be done virtually, since we must directly provide examination of nutritional status, immunization, counseling and others monitoring to the mothers and toddlers following the standard protocols, (Kemenkes, 2011); (Aryastami & Tarigan, 2017), and not all mothers of toddlers have the measuring devices. Since the checking and monitoring have been done during the Covid 19 pandemic, posyandu must apply health protocols when communicating and providing health service to the mothers and toddlers. Thus, all participants presented at the posyandu will not get infected with covid 19, and the toddler growth and development can be monitored regularly.



Figure 6. Meeting in person is a need in communication between health workers and mothers of toddlers, so that health messages are conveyed, by living a new normal lifestyle. The mothers of the toddlers held the mother and child health books and took them to the Posyandu. Because for the sake of taking a short photo together, so the physical distancing is less 2 meters.



Figure 7. The Maternal and Child Health Book contains records on the health of mothers (pregnant, childbirth and childbirth) and children (newborns to children aged 6 years) as well as various information on how to maintain and care for maternal and child health, also contains records of growth and development of children under five.

Consent:

The children and adults (identifiable) photographed have given their consent for their pictures to be used in the dissemination and publication of this research.

Conflict of Interests: None**Acknowledgments:**

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