



## Health Counseling on Basic Life Support (Bls) for Fishermen in Negeri Wakasihu, West Leihitu District

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### ABSTRACT

Coastal communities, especially fishermen, are one of the groups most at risk of emergencies at sea, such as shipwrecks, being trapped in storms, or being trapped due to fishing or other activities. One of the crucial efforts in reducing the death rate of cardiac arrest and respiratory arrest due to marine accidents, by providing basic life assistance (BHD) in a fast and appropriate way. Drowning is among the top 10 causes of death in children and adults, with a death toll of 372,000 each year. Education about BHD Actions is very important to anticipate the occurrence of cardiac arrest and respiratory arrest in victims of accidents at sea. Wakasihu is located on the west coast of the island of Ambon directly bordering the Banda Sea as a coastal area, some of the residents work as fishermen with limited safety equipment geographical conditions that are prone to high waves make the community very vulnerable to marine accidents so that counseling on safety and Basic Life Assistance (BHD) is needed to reduce the risk of casualties due to delays in first aid.

## **INTRODUCTION**

Coastal communities, especially fishermen, are one of the groups most at risk of experiencing emergencies at sea, such as ship accidents, being trapped in storms, or being trapped due to fishing activities, drowning or others. Based on WHO data (2016), deaths due to marine accidents are among the 10 leading causes of death. Data shows that drowning incidents claim 372,000 lives each year, both children and adults (Elsi, 2020). Deaths due to marine accidents can be caused by various factors, such as lack of knowledge and skills in dealing with emergency situations, delays in first aid, lack of adequate facilities, and lack of awareness of the importance of safety at sea.

(AHA, 2020 in Hasna Tunny & Sandi Tunny, 2023). One of the important preventions to reduce the risk of cardiac arrest and respiratory arrest is to provide an understanding of the risk factors for rescue and basic life support. Therefore, it is necessary to increase awareness and knowledge of coastal communities about basic life support (BLS). In addition, according to (Wabula & Tunny, 2021), efforts to minimize mortality are by accelerating the response time to emergency patients. Thus, BLS can be carried out effectively and efficiently in an emergency.

BHD is a first aid technique that aims to maintain vital functions in the body, such as the airways and blood circulation, until further assistance arrives. BHD can be performed in various incidents such as

- Heart attack
- Traffic accidents
- Head or neck injuries
- Electrical shocks at work
- And natural disasters

Thus, BHD can reduce the risk of cardiac arrest and respiratory arrest in victims. BHD techniques include:

- Cardiopulmonary resuscitation (CPR)
- Artificial respiration
- Chest compressions
- Use of an automated defibrillator
- Airway management
- Bleeding control

In Indonesia, especially in coastal areas such as Negeri Wakasihu, Maluku, where most of the population works as fishermen, the risk of emergency incidents at sea is very high. Therefore, counseling or understanding of BHD for fishermen is very important in order to anticipate delays in first aid for victims which ultimately results in loss of life.

In this context, BHD education to coastal communities can be done through various means, such as training, counseling, and simulation. Thus, coastal communities can understand and apply BHD techniques correctly in emergency situations. In addition, the government and related organizations can also play a role in providing adequate facilities and infrastructure to support fishing activities and first aid in emergency situations.

Thus, efforts to prevent and handle emergency incidents at sea can be carried out effectively and efficiently, so that the number of fatalities due to accidents at sea can be minimized. Therefore, it is necessary to make joint efforts to increase awareness and knowledge of coastal communities about BHD, as well as provide adequate facilities and infrastructure to support fishing activities and first aid in emergency situations.

## **LITERATURE REVIEW**

The inability to handle emergency patients is generally caused by failure to recognize risks, late referrals, lack of adequate facilities and community knowledge and skills in recognizing high-risk conditions early which must be carried out effectively and efficiently. Errors or inaccuracies in providing pre-hospital first aid in providing assistance can cause disability or death of emergency patients. Efforts that must be made to minimize the death rate of emergency patients must shorten the response time. (Wabula & Tunny, 2021)

Negeri Wakasihu is one of the villages located in Leihitu Barat sub-district, Central Maluku district, Maluku province. This village is located in a coastal area, with a long coastline and most of its residents work as fishermen and farmers. with such conditions, fishermen or local people are at risk of drowning, so counseling or understanding of basic life support (BLS) for fishermen is very important in order to anticipate delays in first aid for drowning victims which ultimately result in fatalities.

## **METHODOLOGY**

Basic life support (BLS) counseling activities for fishermen in Wakasihu Village were carried out on April 11, 2025. The method used was a combination of interactive lectures, demonstrations, and direct practice. The selection of this method aims to ensure that participants not only understand the theory, but also have practical skills in carrying out rescue actions such as cardiopulmonary resuscitation (CPR). To support the delivery of the material, power point (PPT) media is used which contains important points, illustrations of CPR steps, and images of relevant emergency situations.

Observation and evaluation are obtained from participant attendance sheets and fishermen's ability to follow socialization and simulations. Monitoring activities are carried out through direct observation during socialization and simulations by observing the interaction between participants and simulation presenters and the activeness of fishermen in simulation events or demonstrations of BHD actions.

The method of administering the treatment consists of several steps.

1. Stage I preparation of materials and media  
Preparation of materials on basic life support (BLS) with the main focus on cardiopulmonary resuscitation (CPR)
2. Stage II: making supporting media in the form of a power point (PPT) containing.
  - a. Key points of BHD theory
  - b. Illustration of CPR steps

- c. Picture of relevant emergency situation
3. Stage III delivery of material with lecture media with PPT media
  - a. Counseling on the delivery of material on the basic concept of BHD
  - b. Explanation is equipped with a power point media display containing pictures of the steps of CPR
  - c. Counseling uses simple language that is easy for fishermen to understand
  - d. Stage IV Demonstration of CPR Techniques
  - e. After delivering the material, the counselor conducts a demonstration of the implementation of CPR
  - f. Each step is demonstrated slowly and clearly, the counselor also explains common mistakes that must be avoided when performing CPR
4. Hold V direct practice by participants
  - a. Participants are given the opportunity to practice the CPR technique directly
  - b. The instructor provides individual feedback
  - c. This practical activity aims to build participant confidence in dealing with emergency situations
5. Stage VI Closing
  - a. The activity is closed by expressing gratitude for their contribution and cooperation in covering the BHD counseling activities, it is hoped that the knowledge gained can be implemented in everyday life.

## RESULTS AND DISCUSSION

Counseling activities regarding Basic Life Support for the Coastal Fishing Community of Wakasih Village were carried out on April 11, 2025, which included: presentation of materials, demonstrations, and simulations of Basic Life Support (BLS).



Figure 1. above is the provision of material and demonstration of basic life support (BLS).



Figure 2. Above is a simulation of providing Basic Life Support and direct practice (BLS)

This counseling focuses on the material (CPR) consisting of steps to rescue drowning victims with methods that are in accordance with applicable SOPs. Counseling is not only focused on fishermen but all groups and levels of society are enthusiastic to participate in this activity. Participants who attended were 30 people with the number of fishermen as many as 25 people.

## CONCLUSION AND RECOMMENDATIONS

After receiving counseling and simulation of providing Basic Life Support to the fishing community in Wakasihu Village, Leihitu Barat District, Central Maluku Regency, it is hoped that it can increase insight and knowledge on how to properly perform first aid or Basic Life Support (BLS). Especially for drowning victims who experience respiratory and cardiac arrest. The advantages of this counseling lie in providing material that is relevant to the geographical conditions and background of the community who work as fishermen, the provision of material also uses a demonstration method so that the community participates in conducting simulations according to direction. This also greatly helps fishermen to understand the procedures for rescuing drowning victims who experience respiratory and cardiac arrest properly and correctly. The disadvantage of this counseling is that pro-tests and post-tests are not carried out on their level of knowledge.

## FURTHER STUDY

This study still has limitations so that further research is still needed on the topic "Health Counseling on Basic Life Support (BlS) for Fishermen in Negeri Wakasihu, West Leihitu District".

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