



‘DAGUSIBU’ (OBTAIN, USE, STORE, AND DISPOSE): DRUG MANAGEMENT COUNCELLING FOR THE ELDERLY

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ABSTRACT

Background: The lack of public awareness regarding proper medicine management contributes to irrational drug use and improper disposal, which can harm the environment, water sources, and ecosystems. Observations in Miru Village, Sekaran District, Lamongan Regency indicate that the community, particularly the elderly, has never received education on the principles of DAGUSIBU (Obtain, Use, Store, Dispose). Therefore, educating the public, especially the elderly, is essential to enhance their knowledge of safe and effective drug management. **Objective:** This initiative aims to improve the elderly's understanding of how to obtain, use, store, and dispose of medicines properly. **Method:** Educational sessions were conducted using lectures, question-and-answer discussions, and visual aids including posters and brochures. These sessions took place at Pasadena Pharmacy, Miru. To assess the program's effectiveness, participants completed pre-test and post-test assessments, along with satisfaction questionnaires. **Results:** Shows an increase in knowledge from pretest and posttest where the pretest results before the presentation of the material were only 20% then after the presentation of the material the posttest value increased to 95% until it reached 100%. In addition, the satisfaction of most participants expressed satisfaction with the presentation of the material that had been done. **Conclusion:** This community service program has proven to be effective in increasing public knowledge about DAGUSIBU. Improved understanding of proper medicine management can enhance public health and promote safer drug use, ultimately reducing the risks associated with improper medication practices.

Keywords: DAGUSIBU; Drug Management; Elderly; Health Education

Article History:

Received: 25-02-2025

Revised : 12-05-2025

Accepted: 14-05-2025

Cite this as:

Aliyah, H.R., Khaddah, Z.A., Agustin, Y.R., Wulandari, P., Fath, A.M.A., Mayangsari, F.D. (2025). 'DAGUSIBU' (Obtain, Use, Store, And Dispose): Drug Management Councelling for the Elderly. *Journal of Community Research and Engagement*, 2 (1), 1-9.

A. BACKGROUND

The presence of pharmaceuticals in society is of paramount importance, encompassing both prescription medications and those obtained independently, which are frequently used. However, cases of drug misuse, where medications are not utilized according to their intended purpose, are commonly reported. Such misuse includes the ineffective use of drugs, addiction, poisoning, overdose, and drug resistance, all of which can have fatal consequences. One contributing factor to these issues is the lack of public understanding regarding the medications they consume (Yulianto, 2020). Errors in drug management can have severe consequences for both patients and the surrounding environment. Environmental contamination resulting from the improper disposal of pharmaceuticals disrupts ecosystem balance and poses risks to human health (Martha et al., 2019). The current challenges include drug misuse, particularly concerning narcotic-class drugs, adverse drug reactions, the circulation of counterfeit medications, and issues related to illicit drugs.

According to research conducted by Salma (2024), the primary factor contributing to drug abuse is social influence. Therefore, a harmonious collaboration between the community and the government is essential to prevent drug abuse from an early stage (Pujiastuti & Kristiani, 2019). To address issues arising from the improper use of medications, the government has implemented a program on proper drug management through the DAGUSIBU initiative. This program provides information on how to obtain, use, store, and dispose of medications correctly, aiming to help the public avoid medication misuse and its negative consequences. Pharmacists, as pharmaceutical healthcare professionals, play a crucial role in assisting patients to use medications consistently and appropriately while also contributing to public health improvement (Rahayu, 2019). This effort is intended to ensure that patients derive optimal benefits from their prescribed treatments.

As a manifestation of its contribution to the healthcare sector, the Indonesian Pharmacists Association (*Ikatan Apoteker Indonesia*, IAI) conducts various activities directly engaging with the community. One such initiative is the DAGUSIBU program (Nunung, 2022). DAGUSIBU, an initiative developed by IAI, aims to improve public health through pharmaceutical healthcare services. This program is implemented

using educational materials such as posters and leaflets, which are typically displayed in healthcare service facilities (Pujiastuti & Kristiani, 2019).

Miru Village, located in Sekaran District, Lamongan Regency, is situated approximately 23 kilometers from the city center of Lamongan. The village has a population of 2544, with a high number of elderly people (BPS Lamongan, 2018). Preliminary survey results indicate that a significant portion of the community in Miru Village, particularly the elderly, lacks adequate understanding of the DAGUSIBU program. This is concerning, as the elderly represent a demographic that frequently relies on medications. Given these challenges, the involvement of pharmaceutical professionals is crucial in promoting public health and enhancing healthcare services (Wahyuddin et al., 2022). Therefore, raising awareness about DAGUSIBU among the elderly is necessary. Such socialization efforts can help improve their knowledge of proper medication acquisition, usage, storage, and disposal (Andi et al., 2021).

B. METHOD

This community service activity was conducted in the form of socialization and education by the community service team from Universitas Muhammadiyah Lamongan under the theme “DAGUSIBU Education for the Elderly in Miru Village”. The first stage involved administering a pre-test to participants to assess their initial knowledge before the educational session. This was followed by the presentation of material on DAGUSIBU using posters and leaflets. Subsequently, a discussion and question-and-answer session was held between the participants and the community service team. The final stage involved administering a post-test to evaluate the participants' level of knowledge after the session. This educational program took place on January 23, 2025, at Pasadena Farma Miru Pharmacy, with a total of 20 participants.

The method applied in community service for the elderly located at Pasadena Farma Miru Pharmacy is an educational approach which consists of the following steps:

1. Preparation

The preparation phase began with the formation of a team responsible for carrying out the community service activities. This was followed by internal coordination with pharmacists and the head of the pharmacy to ensure effective collaboration. The next steps involved determining the theme of the educational

session, developing educational materials, and assigning specific responsibilities to each team member.

2. Implementation

The community service activity began with the administration of a pre-test to assess the elderly participants' prior knowledge of the material to be presented. This was followed by the distribution of leaflets containing a concise overview of DAGUSIBU. The educational session was then carried out for 30 minutes by explaining the material to the service participants, followed by a discussion and a question-and-answer session to deepen participants' understanding of the material. The activity concluded with a post-test to evaluate the participants' level of knowledge after the session.

3. Evaluation

At the end of the activity, an evaluation of the elderly participants' knowledge was conducted through the administration of a post-test to assess their understanding of the presented material. This was followed by a free health check-up, organized in collaboration between Universitas Muhammadiyah Lamongan and Pasadena Pharmacy.

C. RESULTS AND DISCUSSION

This community service activity focused on educating the public about the DAGUSIBU program. The education session was delivered using posters and leaflets containing information on DAGUSIBU, a nationwide initiative led by the Indonesian Pharmacists Association (*Ikatan Apoteker Indonesia*) (Apriani et al., 2023). DAGUSIBU serves as an effort to enhance public health through various pharmaceutical healthcare services. The program utilizes posters and leaflets, typically displayed in healthcare facilities, to disseminate essential information. The educational session covered key aspects of proper medication management, including how to obtain, use, store, and dispose of medications correctly. Raising awareness about these practices is crucial for improving public health and ensuring compliance with appropriate medication management. By fostering a better understanding of these principles, the risk of improper medication use can be significantly reduced. To maintain public awareness of proper medication management, continuous education is necessary. This will enable individuals to develop a more informed and responsible approach to handling medications,

ultimately preventing potentially fatal consequences for both themselves and others (Pujiastuti & Kristiani, 2019; Prabandari & Febriyanti, 2016).

DAGUSIBU is an initiative aimed at improving public health through healthcare services provided by pharmaceutical professionals. This initiative aligns with Government Regulation No. 51 of 2009 (Peraturan Pemerintah Nomor 51, 2009), which governs pharmaceutical practices. The regulation emphasizes that pharmaceutical services are a direct and accountable form of patient care, involving pharmaceutical preparations and aiming to achieve clear outcomes in enhancing patients' quality of life (Rahimah et al., 2023).

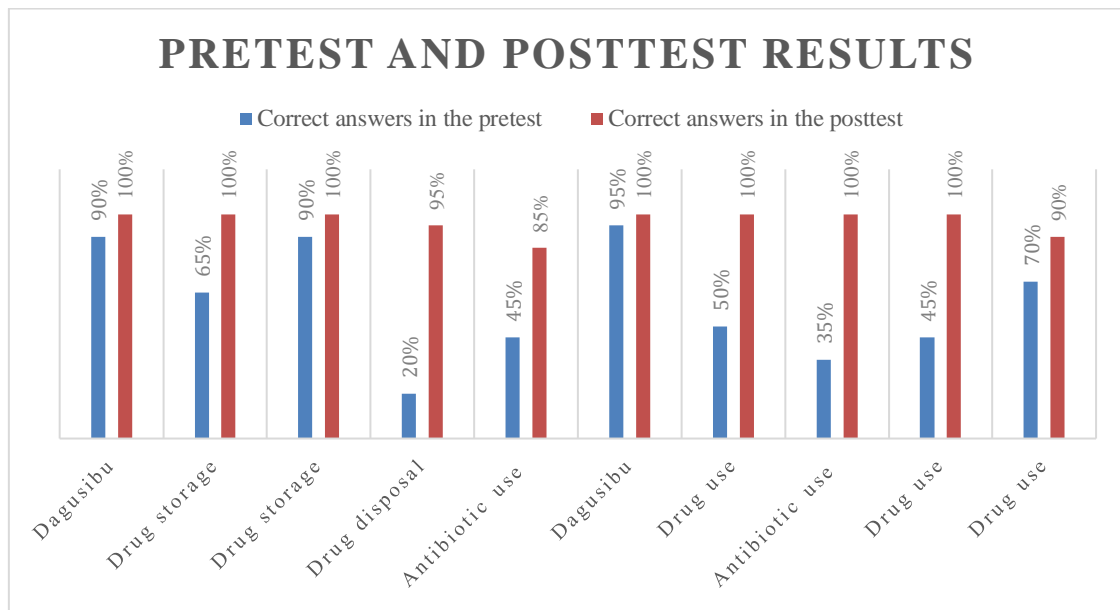
This community service activity aims to enhance public knowledge regarding DAGUSIBU and effective medication management. The educational session began with an explanation of the acronym *DAGUSIBU* and guidance on safe places to purchase medications, including pharmaceutical facilities such as pharmacies, hospitals, community health centers (Puskesmas), primary clinics, and licensed drugstores. Furthermore, the session covered the classification of medications into five categories: over-the-counter (OTC) drugs, limited OTC drugs, prescription drugs, narcotics and psychotropic substances, as well as phytopharmaceuticals and standardized herbal medicines (Zakiah & Aulianshah, 2021). Participants received an in-depth explanation of the differences between these drug classifications, including whether a doctor's prescription is required for obtaining specific medications.

When discussing the classification of narcotic drugs, a more in-depth explanation was provided regarding their general functions and the potential dangers of side effects if these medications are not used according to proper guidelines (Sari et al., 2022). Clear instructions on their use are essential, as misuse often occurs due to a lack of adequate information. Additionally, proper medication storage practices were emphasized, ensuring that drugs are kept in accordance with the instructions provided on their packaging. Equally important is the correct disposal of medications to prevent misuse by others. Before discarding a medication, the first step is to remove all labels from its packaging. Solid medications should be crushed before disposal, whereas liquid medications can be safely discarded through drainage systems (Lutfiyati et al., 2017).

The next stage of the educational session involved a question-and-answer session between the participants and the community service team. The participants

showed great enthusiasm while listening to the presentation and actively engaged by asking questions related to the topics discussed. Many inquiries were raised regarding the use of antibiotics, the side effects of improper antibiotic use, the differences between generic and branded drugs, and the correct methods for disposing of medications. This community service activity concluded with a free health check-up session, conducted in collaboration between the community service team from Universitas Muhammadiyah Lamongan and Pasadena Pharmacy.

Table 1.1 The Results of Pretest and Posttest DAGUSIBU Counselling



Based on Table 1.1, there is a noticeable difference between the pre-test and post-test scores, indicating an increase in participants' knowledge after the educational session. The improvement in the elderly participants' understanding of DAGUSIBU demonstrates that the community service program, conducted through an educational approach, was successfully implemented and yielded positive results.

This educational initiative was a collaborative effort between Universitas Muhammadiyah Lamongan and Pasadena Miru Pharmacy, receiving strong support from the Miru Village community, the pharmacy, and Universitas Muhammadiyah Lamongan. The implementation of this educational session, themed "DAGUSIBU Education for the Elderly Community Around the Pharmacy" aimed to enhance the knowledge of elderly residents near the pharmacy. The session was conducted using posters and leaflets distributed to a total of 20 participants.



Figure 1. Material Presentation

The implementation of the DAGUSIBU educational session in Miru Village was met with great enthusiasm from the community, as it effectively enhanced their knowledge of proper medication management. Overall, the session was conducted smoothly and successfully. The enthusiasm of the Miru Village residents was evident through their active participation in the discussion and question-and-answer sessions.

Furthermore, the increase in participants' knowledge was demonstrated by the improvement in post-test scores compared to pre-test scores. Based on these findings, it can be concluded that the educational session for the elderly, conducted by the community service team, has provided significant benefits by improving public awareness of proper medication use and management.

D. CONCLUSION AND SUGGESTION

The community service program utilizing an educational approach on DAGUSIBU for the elderly in Miru Village, Lamongan District, Lamongan Regency, was successfully implemented. The enthusiasm of the community for this initiative was notably positive. This is evidenced by the increase in post-test scores compared to pre-test scores, indicating an improvement in participants' knowledge and understanding of proper medication management.

ACKNOWLEDGEMENT

The community service program, conducted through an educational approach on DAGUSIBU for the elderly in Miru Village, Lamongan District, Lamongan Regency, was a collaborative effort between Universitas Muhammadiyah

Lamongan and Pasadena Miru Pharmacy. The community service team extends its gratitude to all participants for their active involvement, as well as to all parties who contributed to and supported this initiative. It is our hope that the outcomes of this program will benefit the community and serve as a foundational step in raising public awareness about proper medication management and usage.

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