

Using Short Message Service as An Interactive Health Education to Prevent Cardiovascular Disease

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Abstract

Background: Puskesmas (Primary health care /PHC) in Indonesia is the one of the primary health facility used by most Indonesian. It responsible for the health promotion and education, including cardiovascular health. M-Health is promising for health promotion since it enables personally tailored message. Short Message Service (SMS) is a native feature available in all the mobile phone and has a big opportunity for health promotion. PROLANIS is a comprehensive health promotion program ran by BPJS Kesehatan in the PHC and the program also has health promotion activity component. Using the simplest infrastructure for a health promotion is important because of limited resource in PHC and SMS could be one of the best solution.

Methods : This pilot project was a mini project for medical doctor internship program and it was using an Android-based phone and a GSM connection. This project was built as a health education message broadcaster such as a regular visit notification to the people. This project then evaluated by the PROLANIS program manager in PHC before it could be launched for the patient. After some discussions, some recommendations has been documented and addressed. **Results:** The concept of this project was considered feasible since it requires minimum resources, can be operated by administrator without health education background, and low cost. The limitations were character limitation and since the PROLANIS patients are mainly elder people so caregiver should be considered as the SMS target.

Conclusion: SMS with a simple infrastructure is still a promising method for health education in PHC as a limited resource setting. Some improvement should be carried out to make the system work at its best.

Keywords: SMS; M-health; Health promotion; Limited resource