

## HEALTH IMPACT OF PSU-INSTITUTE OF NURSING EXTENSION SERVICES IN BARANGAY TANOLONG, BAYAMBANG, PANGASINAN (2014-2019)

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### ABSTRACT

As a higher educational institution committed to total human development, Pangasinan State University, Bayambang Campus, responds to the call for societal transformation through its community extension services. The extension service, one of the three-pronged thrusts of the university, is mutually in consonance with other functions like instruction, research and production. The theories learned in the classroom are put into actual practice. Thus, extension activities are geared toward improvement of instruction, production and the quality of life of the people in the barangays.

Using documentary analysis, this study looked into the impact of the Institute of in Nursing's community extension services to Barangay Tanolong, Bayambang, Pangasinan, the adopted barangay of PSU Bayambang Campus. The data gathered and documented for six years (2014-2019) reveal that the programs or activities implemented or carried out in the said barangay proved to be effective. A marked increase or decrease on concerns pertinent to population growth/control, sanitation, health, childcare, and waste management are proofs of the programs' effectiveness. Furthermore, the residents of the adopted barangay have shown noteworthy change in the adoption of health practices. Thus, from the findings of the study, it has been recommended that the adopted barangay sustain the programs implemented or carried so as to benefit from it. It is recommended too, that the Institute of Nursing render or extend the same service to another barangay. The programs carried out in Barangay Tanolong, Bayambang, Pangasinan can be implemented in the adoption of another barangay or community.

*Keywords:* Adopted Barangay, Community, Extension Service, Health, Nursing

### INTRODUCTION

Based on the National Statistical Coordination Board (NSCB) computations, using the Family Income and Expenditure Surveys (FIES) and the Labor Force Survey (LFS), a family in the Philippines must earn at least Php 2,393,126 a year or Php 199,927 a month to be counted as part of the high-income class in 2010<sup>1</sup>. Philippine Statistics Authority (PSA) mentioned that survey results showed that the average annual family income of Filipino families was

approximately Php 267,000<sup>2</sup>. In contrast, the average annual family expenditure for the same year was Php 215,000.00. Only 20,000 or 0.1% of the total 17.4 million families in the country are considered belonging to rich families<sup>1</sup>. This proposes a small portion of the rich. Both noted that poor families are in the barangays<sup>1,2</sup>.

The educational institutions in the country are one with the national government in the process of developing human needs. Republic Act 7722,

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otherwise known as the Commission on Higher Education (CHED) Act of 1994, mandates institutions of higher learning like State Universities and Colleges (SUCs) to respond to the call for societal formation. The aim is to serve the poorest of the poor, the less privileged, the deprived and the oppressed<sup>3</sup>.

Pangasinan State University - Bayambang Campus, particularly the Institute of Nursing, believes that extension is an important facet of higher education. This feature of institutions was desirable to familiarize students, faculty, and staff with the real problems of industry, the unemployed adults and society so that syllabi could be oriented to address them and research themes could be designed to solve them.

The identified program of the PSU Bayambang is toward rural development<sup>4</sup>. One of the several programs of the extension unit is "Adopt-a-Barangay." This serves the society in three holistic strategies. It aims to improve the barangays' *kabuhayan* (livelihood), *karunungan* (knowledge and information), *at kalusugan* (health) to become self-reliant, economically independent and socio-culturally enriched society of the country. Projects of the 3K's Program of the Extension Unit are the "Adopt-a-Barangay" and "Adopt-a-School," which further categorized into 3K's holistic strategies, namely: KARUNUNGAN (Literacy), for College of Teacher Education, KABUHAYAN (Livelihood), for College of Arts, Sciences and Technology, and KALUSUGAN (Health), where the Institute of Nursing comes in.

The general objective of Kalusugan (Health) Project is to improve the health condition of the residents of the barangay and plan interventions to secure good health of the families in the adopted barangays. The project is intended to attain the following objectives: (1) to

inform health issues in order to sustain life; (2) to conduct supplementary feeding to the malnourished children in the day care and grades 1 and 2 (early childhood supplementary feeding); (3) to help build herbal garden in the backyard or a common area in the barangay; and (4) to conduct lectures, seminars and information drive about nutritious foods for children, as well as diet regimen to different diseases, proper food handling, family planning and preparation, communicable as well as non-communicable diseases and environmental health.

## METHODOLOGY

This study used the descriptive survey using documentary analysis method. The Institute of Nursing has its regular community health services which also includes monitoring and evaluation in Brgy. Tanolong, as its adopted barangays and Tanolong National High School. The extensionist reviewed the records on FHSIS of the Rural Health Midwife who was on duty at the Barangay Health Station every 2nd Wednesday of each month. The extensionist also reviewed the assessment tools done by the PSU Level II BSN students from SY 2014-2019. Also, during monitoring at Tanolong National High School, records done by the assigned school nurse were reviewed. From there, the records/files were compared each year for the changes, development or progress of the different projects and activities of the Institute. Percentage and frequency counts was used to determine the impact of the different projects of the Institute of Nursing.

## RESULTS AND DISCUSSION

Table 1 reveal the significant decrease in the number neonates (25%) from the year 2014 to the year 2019. The data affirm the positive impact that the Community Extension Services of Pangasinan State

University had vis-à-vis Family Planning Program. For the five and a half years that the institution had conducted its community extension services in Brgy.

Tanolong, it can be gleaned from the data that its program on curbing population growth has been effective.

**Table 1. Neonates (0-28 Days Old)**

	2014	2015	2016	2017	2018	2019	%
0-28 days old	12	8	7	7	5	3	25

Table 2 shows the number of children whose age range from 1 month old to 5 years old within the five-and-a-half-year period of PSU’s community extension services along the area of curbing population growth through the conduct of Family Planning Program. The data corroborate the results in the first table. It also shows a significant decrease in the

number of children in the said age range from the year 2014-2019. A total of 80.5% marks the difference from the year 2014-2019. Again, this can be interpreted favorably and take no means as a positive reflection of the family planning program conducted by the Institute of Nursing of PSU in the barangay.

**Table 2. Number of 1 Month Old to 5 Years Old**

	2014	2015	2016	2017	2018	2019	%
1 mo.- 5 yrs old	634	622	603	575	559	511	80.5

Table 3 presents the number of children whose age range from 1 month old to 5 years old within the five-and-a-half-year period of PSU’s community extension services along the area of curbing population growth through the conduct of Family Planning Program. The data corroborate the results in the first table. It

also shows a significant decrease in the number of children in the said age range from the year 2014-2019. A total of 80.5% marks the difference from the year 2014-2019. Again, this can be interpreted favorably and take no means as a positive reflection of the family planning program conducted by the Institute of Nursing of PSU in the barangay.

**Table 3. Number of Households with Water Supply**

	2014	2015	2016	2017	2018	2019	%
Owned	56	59	63	86	87	98	57.1
Bought	39	46	59	64	74	78	50
Shared	34	26	21	20	19	14	41.1

Table 4 shows the changes in the 10 leading causes of morbidity in all groups of Brgy. Tanolong from the year 2014-2019. This table presents how the residents of the adopted barangay have benefited from health programs conducted to them. A noteworthy observation is the decrease in health concerns pertinent to heart problems (80%), diabetes (51.7%), and hypertension (50%). Though not at a

high percentage, it is noteworthy that the decrease in the morbidity rate in the other causes is consistent: tuberculosis (25%), urinary tract infection (22.2%), cough and colds (22.7%), and anemia (16.2%). It goes without saying that health programs extended to the residents of the adopted community have been effective.

It can be gleaned in the table that after information dissemination through health

promotion and education through lectures, home visits, and distribution of flyers/brochures, the reduction for all illnesses reflected in the table decreased. It was found out that through educating the people, they were motivated with the interests in improving their living conditions. Through health information, promotion and education, it developed in

them a sense of responsibility for health conditions for themselves as individuals, as members of their families, and as a community. It does not only teach prevention and basic health knowledge but also condition ideas that re-shape everyday habits of people with unhealthy lifestyle.

**Table 4. Common Causes of Morbidity in Brgy. Tanolong**

	2014	2015	2016	2017	2018	2019	%
Hypertension	196	185	118	154	121	98	50
Asthma	82	69	54	46	39	27	33
Cough and Colds	75	57	48	36	29	17	22.7
Diabetes	29	27	24	23	19	15	51.7
Anemia	37	29	18	13	8	6	16.2
Heart Problems	10	11	10	9	8	8	80
Eye Problem	13	12	12	10	8	6	46.15
Tuberculosis	24	18	18	12	7	6	25
Urinary Tract Infection	18	17	10	10	5	4	22.2
Allergy	8	8	5	3	2	3	37.5

Table 5 presents the increased number of percentage (22.35%) of children ages 0-5 years old that have complete immunization from the year 2014 to 2019. It also shows a marked decrease (47.5%) in the percentage of children who

have incomplete immunization. Through proper information dissemination about immunization, parents/guardians are able to clarify misinterpretations and gained knowledge about the advantages of complete immunization.

**Table 5. Immunization from 0-5 Years Old**

	2014	2015	2016	2017	2018	2019	%
Complete	110	280	370	400	427	492	22.35
Incomplete	204	172	141	134	110	97	47.5

Based on ocular surveys conducted in the past years, the number of households that have clean restroom increased (Table 6). This is affirmed by the data in the table which point to an increase of the respondents' use of flush or having a toilet facility equipped with flush (76.44%) and a decrease in the number of those who resort to wrap and throw (14.2%). Providing knowledge about diseases due to improper disposal of

human waste to the barangay made them realized the risk of not having proper toilet facilities.

The data in the table show how the residents of Brgy. Tanolong have recognized, if not seen the need for a sealed toilet as evidenced by the increase of 36.2%. This is an affirmation of the effective program that the institute has on sanitation.

**Table 6. Toilet Facilities**

	2014	2015	2016	2017	2018	2019	%
Sealed	113	142	198	237	275	312	36.2
Flushed	29	31	37	40	42	43	67.44
Pits	12	8	7	6	5	3	25
Wrap and Throw	7	4	5	3	1	1	14.2

The IN's collaborative efforts along the area of waste management proved to be effective as seen in the data (Table 7). According to the data shown above, there was an increase in the number of residents from the adopted barangay who have learned to segregate their wastes (39.07%) and have attested to how these were segregated to biodegradable and non-biodegradable. Proper collection and

disposal of garbage is one of the major responsibilities that the barangay diligently tends to. One of our goals is to minimize the number of households that buries, dumps and burns their garbage which can cause respiratory diseases. For five and a half years, with the information of solid waste management through information dissemination and people already learned how to segregate their garbage.

**Table 7. Garbage Disposal of Households from Brgy. Tanolong**

	2014	2015	2016	2017	2018	2019	%
Segregated	159	198	256	289	346	407	39.07
Buried	481	423	361	297	247	190	39.5
Dumps	678	612	530	427	289	130	19.17
Burned	812	687	468	235	109	98	12.07

Health proves to be an improved concern for the residents of the institute's adopted barangay. This is evidenced by the significant percentage showing how they have turned to either the doctor (52.63%) or health center (46.27%) for consultation (Table 8). This can be taken to mean that the institute's program along health is effective. What is remarkable in the data is the fact that the residents of Barangay Bical Norte have come to prioritize safe childbirth through the service or care of a midwife (70.01%). The table shows a decrease in turning to the manghihilot (29.57%) or albularyo (24.05%). It can be noted too, that they turn more to the barangay health worker than turn or consult a nurse. This is probably because the barangay health worker can easily be accessed at the barangay health center. Still, the data is a positive indication of the effectiveness of the program or campaign in making the people aware of

the good there is to turning to the said persons for health concerns.

## CONCLUSION

Findings of the study show the significant impact of the Community Extension Services rendered by the Pangasinan State University's Institute of Nursing to its adopted barangay, Barangay Tanolong, Bayambang. Programs and/or activities carried out in a span of six years (2014-2019) yielded positive results and favorable gains for both contacting parties. PSU and Barangay Tanolong, respectively. Indeed, the services extended in the areas of population control, health and sanitation, nutrition and waste management all proved to be effective as marked by the increase or decrease along the said areas. Thus, from the findings of this study, it is hereby recommended that the residents of

Barangay Tanolong sustain what the Institute of Nursing has initiated and implemented. It is recommended, too, that the IN adopt another community that

will benefit, too, from the programs or services they have rendered in Barangay Tanolong, Bayambang, Pangasinan.

**Table 8. Common Causes of Morbidity in Brgy. Tanolong**

	2014	2015	2016	2017	2018	2019	%
Doctor	110	127	148	157	178	209	52.63
Health Center	87	120	138	151	164	188	46.27
Manghihilot	71	67	58	59	39	21	29.57
Midwife	47	54	45	47	53	67	70.01
Albularyo	79	64	58	55	32	19	24.05
Nurse	110	127	148	157	178	209	52.63
Barangay Health Workers	7	8	10	14	16	20	35

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