

TRENDS OF POST COVID-19 DISEASE DOMINATION (PHENOMENOLOGICAL STUDY IN INDONESIA)

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Abstract

This study aimed to determine patterns of disease that have developed dominantly after the decline in cases of Covid-19/post-Covid-19 in Indonesia. The research method used was using qualitative methods, with a phenomenological study approach. The setting was in Wonogiri Regency, Central Java, while the time has elapsed since Covid-19 has decreased significantly in Indonesian territory from June to August 2022. The results of this study revealed that the diseases that occupy the peak for three consecutive months are Acute Respiratory Infection, Hypertension, and Diabetes Melitus. However, in general there were 8 other diseases under it, namely Gastroenteritis Acute/Gea, Dyspepsia, Headache, Febrils, Dermatitis, Myalgia, Unirary Tract Infection/UTI and Pharyngitis.

Keywords: disease, post-Covid-19, Indonesia

Introduction

The world has just been shocked by the Covid-19 pandemic which is still ongoing, although not as bad as in 2020-2022. Victims who contracted the virus were not half-hearted and spread throughout the world. Of the total released by the World Health Organization (WHO), until 2023, there will be around 700 million victims, while around 6 million will die. At the beginning of 2019, an unknown cluster of pneumonia was discovered in Wuhan, People's Republic of China, which was then provisionally named 2019 novel coronavirus (2019-nCoV) by WHO on January 7, 2020 (Huang et al., 2020). Corona viruses (CoVs) themselves are very diverse single-stranded RNA viruses and can cause various diseases involving the respiratory, liver and neurological systems, with varying degrees of severity between animals and humans (Chan et al., 2013; Zumla et al., 2016).

Apart from SARS-CoV-2 which is currently sweeping the world, previously there were other Corona viruses. At least six coronaviruses have been found in humans, namely HCoV-229E, HCoV-OC43, SARS-CoV, HCoV-NL63, HCoV-HKU1, and MERS-CoV (Chen et al., 2020; Li et al., 2020; Su et al., 2016). Although most Corona virus infections are mild in humans, there are two Corona viruses that are deadly because they attack the respiratory tract severely, namely Severe Acute Respiratory Syndrome Coronavirus (SARS-CoV) 2-4 and Middle East Respiratory Syndrome Coronavirus (MERS-CoV) (de Groot et al., 2013; Drosten et al., 2003; Peret et al., 2022; Zaki et al., 2012). Before the Corona outbreak, there were several other diseases that were endemic in the world, such as Plague, Cholera, Spanish Flu, Asian Flu, Hong Kong Flu, HIV/AIDS, SARS (Severe Acute Respiratory Syndrome), Swine Flu, and Ebola (Ministry of Health, 2020).

In Indonesia itself, it was once a hotbed of the outbreak of Covid-19 on a fairly large scale with the number of daily cases reaching 57 thousand on 15 February 2022 (Kontan.co.id, 2022), and in total to date there are 6.7 million who affected by covid-19, with 6.5 million have recovered and 160 thousand have died (Covid-19 Hotline, 2023). This can be seen from the results of the daily case release jt. There has been a lot of PR from the world community, especially in the health sector, starting from cancer, tuberculosis, HIV, etc. Coupled with the presence of Covid-19 which has its own impact and gives a tendency to worsen other organs in a complex way. The Covid-19 phenomenon that has been going on for around 2-3 years has definitely had a very broad impact on the world community, including Indonesia. With the presence of Covid-19 and the various consequences of handling Covid-19, the community has new patterns in carrying out various activities, including in organizing the health of each member of the community.

After the outbreak of the Covid-19 virus, on a global scale several new diseases have surfaced, one of which is the mysterious acute hepatitis. In the period 5 April - 26 May 2022, at least 650 probable cases of severe acute hepatitis of unknown origin were reported to the World Health Organization (WHO) by 33 countries, where according to WHO cases were found in children aged 16 years or younger indicated as of date October 1, 2022 with acute

hepatitis which is characterized by serum aminotransferase > 500 IU/L (WHO, 2022). The most common symptoms when infected with acute hepatitis are fever, vomiting, abdominal pain, diarrhea, jaundice, and others (Di Dato et al., 2022). Other symptoms such as liver failure were also found in 3 acute hepatitis patients (Di Giorgio et al., 2021).

In any segmentation, including in the health sector, new patterns must have an impact that tends to also have novelty. In the end the diseases that develop become fundamental questions for researchers, practitioners, academics, etc. Post-covid-19 disease mapping must be a serious concern for all parties, especially health academics, practitioners, researchers and the government itself. The resulting map will also be a reference for all parties including the government, especially through the Ministry of Health, the Indonesian Doctors Association, etc. to take preventive steps quickly and provide accurate policies to follow up on this matter. Thus researchers are trying to uncover various diseases that have developed in Indonesian society after the daily number of Covid-19 decreased.

Methods

This research uses a field study methodology or Qualitative Research, using a phenomenological approach. This is intended because the Covid-19 Pandemic is a new phenomenon that has just occurred not only in Indonesia but throughout the world. Thus, as a result of this new phenomenon, the world order and people's habits must change, including the patterns of contracted diseases. Data collection is done by interviews and documentation. The research setting is in a clinic in Wonogiri district, Central Java. The time of the research took place from June to August 2022. This time was chosen because Covid-19 has gradually decreased cases and even social restrictions have been relaxed.

Results and Discussion

Table of Dyagnosis Disease

Name of Disease on June	Treatment	Name of Disease on July	Treatment	Name of Disease on August	Treatment
1. Acute Respiratory Infection/ISPA	214	1. ISPA	254	1. ISPA	619
2. Hypertension	125	2. Hypertension	151	2. Hypertension	133
3. Diabetes Mellitus /DM	90	3. DM	88	3. DM	93
4. Gastroenteritis Acute/Gea	37	4. Dyspepsia	43	4. Headache	48
5. Dyspepsya	29	5. Gea	43	5. Gea	37
6. Headache	28	6. Febrys	35	6. Dyspepsia	36
7. Febrys	23	7. Headache	34	7. Febrys	33
8. Dermatitis	22	8. Dermatitis	30	8. Dermatitis	26
9. Myalgia	13	9. Myalgia	17	9. Pharyngitis	25
10. Unirary Tract Infection/ISK	10	10. Pharingitis	14	10. ISK	24

In general it can be described that there were 591 actions in June, 709 actions in July, 1074 actions in August 2022. There were 11 diseases including Acute Respiratory Infection, Hypertension, DM, Gastroenteritis Acute/Gea, Dyspepsya, Headache, Febrys, Dermatitis , Myalgia, Unirary Tract Infection/UTI and Pharyngitis. From the information above, it was found that the top 3 most common diseases were Acute Respiratory Infection, Hypertension, and DM. These three diseases always occupy the peak every month after Covid-19.

According to the findings above, the most common disease is in the lungs, such as ARI and pharyngitis. Most of the causes of ARI (70 percent) are caused by viruses, only 30 percent are caused by bacteria and fungi. There are more than 200 viruses that cause ISPA, one of which is Covid-19 which is currently being developed (FKUI, 2021). Meanwhile the diagnosis that ranks next highest is Hypertension. This disease basically has nothing to do with Covid-19, but due to crowd restrictions, social distancing is not even allowed to leave the house, until finally people's lifestyles change. This disease leads to the process of heart disease, kidney disease, stroke. Basically

hypertension can be modified through the patient's lifestyle, starting from losing weight, low salt diet, limiting alcohol consumption and doing physical activities such as sports, healthy walks (PB.PAPDI, 2015; 412).

The next highest disease diagnosis is Diabetes Mellitus (DM). Illness has nothing to do with Covid-19, but due to lifestyle changes, DM is becoming an increasingly common case in society. Continuation of DM is Kidney Disease, Stroke, Heart. There are several types of DM, but the most frequently encountered is DMT2 (PB.PAPDI, 2015; 47). DMT 2 has become a global problem because it continues to cause heart failure, kidney failure, etc. (Braunwald, 2019; Mudjanarko, 2022). The next highest diagnosis is Dyspepsia and Acute Gastroenteritis (GEA). Dyspepsia basically has nothing to do with covid-19 directly. This disease is a collection of symptoms originating from the gastroduodenum which can include epigastric pain, burning sensation, full feeling after eating, nausea, vomiting and phlegm (PB.PAPDI, 2015; 680). Meanwhile GEA can occur due to Covid-19, but it can also stand alone. The continuation of GEA is dehydration. The prognosis for chronic diarrhea depends on the cause. The good prognosis for endocrine diseases, and for drug causes, depends on the ability to avoid using these drugs (PB.PAPDI, 2015; 170).

Conclusion

The results of this study concluded that there were 3 diseases that were consecutively at the top, namely Acute Respiratory Infection, Hypertension, and Diabetes Mellitus. After that, it was followed by 8 other diseases under it, namely Gastroenteritis Acute/Gea, Dyspepsya, Headache, Febrys, Dermatitis, Myalgia, Uninary Tract Infection/UTI and Pharyngitis. From these findings, it is generally caused by changes in seasons and due to lifestyle.

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