

THE ROLE OF HIGHER EDUCATION IN HEALTH IN FACING GLOBAL CHALLENGES (SDGs)

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1. Introduction

Health education in Indonesia is very important in improving the quality of life of the community. With good health knowledge, the community can better understand how to maintain their own health and the surrounding environment. Health education programs cover various aspects, such as healthy eating patterns, the importance of exercise, prevention of infectious diseases, to mental health. These efforts are carried out through various media, ranging from health campaigns to community programs.

2. Health Education Approach in Indonesia

Schools in Indonesia use various approaches to health education. First, there is the formal curriculum approach, which includes specific subjects or health-related materials in other subjects such as biology and physical education. Second, there is the practical approach such as extracurricular activities, seminars, and health workshops held by the school or in collaboration with health agencies. Third, the healthy school environment approach, which encourages healthy daily habits such as healthy eating patterns in the school cafeteria, good sanitation, and regular exercise. All of these approaches aim to provide students with a comprehensive understanding of the importance of maintaining health from an early age. The Ministry of Health of the Republic of Indonesia has several policies that focus on higher health education to improve the quality of health workers in Indonesia.

3. Indonesian Government Policy

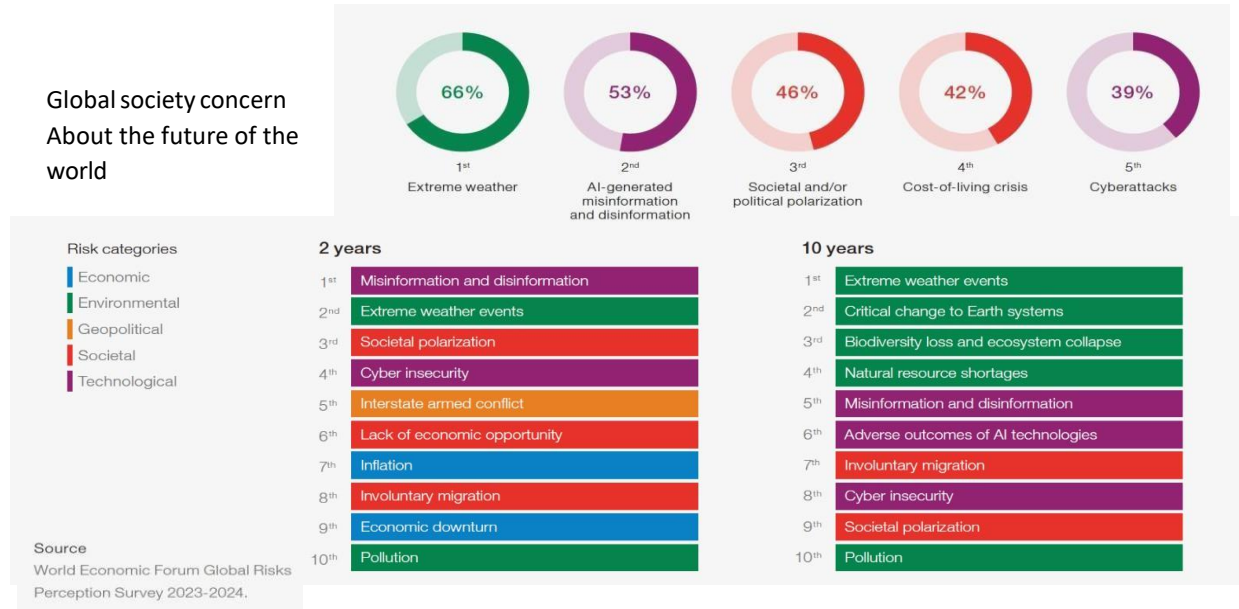
Here are some of the key policies:

- A. **Improving the Quality of Health Workforce Education:** The Ministry of Health is working with the Ministry of Education and Culture to improve the quality of education in medical faculties and other health professions². This includes hospital- based education mechanisms and increasing education quotas for specialists and rare professions¹.
- B. **Scholarship Programs:** The Ministry of Health provides various scholarship programs for students who will enter the faculty of medicine, midwifery, and other health professions¹. This program aims to increase the number of qualified health workers¹.
- C. **Collaboration between Universities and Hospitals:** The Ministry of Health encourages collaboration between universities, hospitals, and local governments to synergize education, research, and health services². This aims to create a more holistic learning environment and support better clinical practice.
- D. **Improving the Capacity and Quality of Medical Faculties:** Through various efforts, including accelerating the improvement of the capacity and quality of medical faculties, the Ministry of Health seeks to ensure that graduates have adequate skills and knowledge to contribute to the national health system².

E. **Health Transformation:** One of the important pillars in the Ministry of Health's policy is health transformation, which includes equal distribution of quality health workers and community access to health services¹. This includes the development of an academic health system model that accommodates the vision and needs of the community.

4. Magnitude Health Problems in the World including Indonesia

Some data suggests How problem health:



Global challenges and continuous building in Indonesia

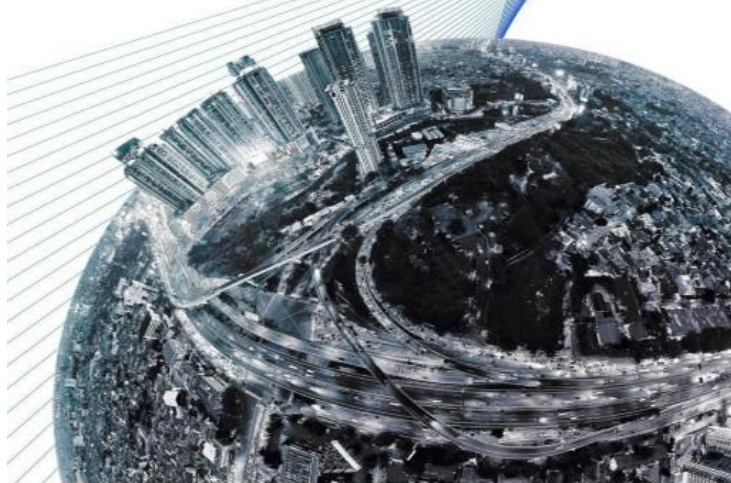


McKinsey
& Company

Automation and the future of work in Indonesia

Jobs lost, jobs gained, jobs changed

September 2019



23 juta pekerjaan akan hilang digantikan mesin dan otomatisasi



27-46 juta peluang kerja baru dan 10 juta diantaranya belum pernah ada

5. Paradigm changes in Health Education in Indonesia

Health programs have undergone significant changes. The focus has shifted from treating people who are already sick to keeping people healthy.

The Health Sector Master Plan (RIBK) is a strategic guide that involves cooperation from various parties, both from health and non-health sectors.

The aim is to integrate health programs at the central and regional levels to have a uniform direction and goals. RIBK recognizes that health is not just about the absence of disease, but also about overall well-being. RIBK drives the change from a reactive health approach to proactive health management.

Following method his work:

1. Preventive measure

Rather than waiting for symptoms to appear, preventive measures become the main focus. Health education, vaccination programs, and lifestyle counselling are important components. Because prevention is better than cure.

2. Involvement Community

RIBK encourages community participation. Local leaders, schools, and workplaces work together to create environments that support health. From clean water initiatives to exercise programs, communities become active partners in maintaining health.

3. Providing Health Repositories and Journals in Colleges and Schools

Provision of health reading sources as an effort to disseminate health information. For universities, repositories can provide benefits, among others, as a means to showcase (show superior research results) and increase prestige. In addition, repositories can also increase the level of visibility of a research or scientific work because it is disseminated easily and quickly through the repository so that people in the world can easily access it. This visibility aspect is none other than the impact factor, calculated from the number of people who cite a research or scientific work stored in the repository. Thus, repositories also have significant potential to contribute to the achievement of Webometrics ranking (Ranking Web of Universities) at the university level.

4. Paradigm changes in health services

Paradigm 1 – Easier and More Sophisticated Health Access Through IT

Inequality in access to healthcare is one of the major concerns when it comes to healthcare for some groups of people. People in marginalized areas, where healthcare services are inadequate and biased, are described as the unhealthy part of the population. However, due to the pandemic, telehealth practices have increased, barriers have been reduced, and access to public healthcare facilities has increased. The increasing digitization of healthcare is improving efficiency, patient engagement, and personalization of healthcare. Several interventions such as teleappointment, real-time interactions, tediagnosis, remote patient monitoring, and more, have been made possible with the help of technology.

Paradigm 2 – Proactive Care for Patients

Early diagnosis is crucial for managing life-threatening diseases such as cancer and other chronic diseases. Leveraging early detection and prevention can lead to improved survival in the future. In recent times, preventive approaches to healthcare have been gaining ground with the advent of nutraceuticals, traditional medicines, and herbal interventions.

Paradigm 3 – Integrative Approach

The pandemic has shifted people's focus from treatment to prevention. Along with this, the role of herbs, traditional drinks, and other traditional medicines has emerged as an alternative. Moreover, lockdowns and work-from-home policies have encouraged the use of alternative medicines — even though their efficacy is still unproven. Similarly, there has been a growing awareness about therapies like acupuncture, massage therapy, meditation, etc., which are holistic in nature. Rehabilitation of patients is also a concern; post-operative care is important to restore a healthy lifestyle. Looking at the better approaches, rehabilitation centers may become common in the coming years.

Paradigm 4 – Technological Advancement

The advancement of increasingly sophisticated technology such as artificial intelligence (AI) is one of the most trending topics today, making great strides in the healthcare industry. AI is very useful in the genomics and gene space that can produce drugs and treatments for various diseases. Affordable healthcare costs must also be considered. Healthcare that is based on technology initiatives, cost factors are needed to be affordable for patients from all walks of life.

With these changes, it is necessary to prepare paradigm thinking materials by preparing new skills and competencies as well as new ways of working by implementing:

1. Adaptive
2. Agile learner
3. Self-directed
4. Entrepreneur
5. Complex problem solving
6. Digital literacy
7. Multi-disciplinary
8. Global Cityization

6. Conclusion

Higher education in health plays a critical role in addressing global issues and supporting the achievement of the Sustainable Development Goals (SDGs). These higher education institutions educate professionals with the knowledge and skills to address health challenges such as communicable diseases, non-communicable diseases, health system resilience, and health inequalities. Through advances in information technology, research and innovation, they also contribute to the development of sustainable and evidence-based health solutions. Furthermore, higher education institutions collaborate globally to exchange knowledge and best practices, ensuring that health efforts are inclusive and globally relevant. Thus, higher education in health is a cornerstone in building a healthier and more sustainable world.

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