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Training on the Use of the Interpulse Application for Digitizing Elderly Health Data Collection at Posbindu: Community Service

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Abstract: The digitalization of elderly health data collection has become increasingly important in supporting more effective, systematic, and sustainable health information management at the community level. Conventional record-keeping practices continue to face several challenges, particularly in data storage, retrieval, updating, and processing. This Community Service (PkM) program aimed to enhance community knowledge and digital literacy through training on the use of the Interpulse application as a supporting tool for the digitalization of elderly health data collection at Posbindu. The activity was conducted face-to-face on June 12, 2026, in Duri Selatan District, Jakarta, and involved 25 participants from the surrounding community. The implementation consisted of several stages, including preparation, material delivery through presentations, question-and-answer sessions and discussions, evaluation, and follow-up activities. The training materials covered the importance of digital health data management, limitations of manual recording systems, the benefits of digital data management, and an introduction to the functions of the Interpulse application. The results indicated positive responses and active participation from the participants throughout the training. Participants demonstrated improved understanding of the importance of managing health information digitally and recognized the potential of the Interpulse application to facilitate elderly health data collection. The activity also identified the need for continuous assistance due to differences in participants' levels of digital literacy and previous experience with technology. Overall, the training contributed to strengthening community awareness and readiness to adopt digital technology for elderly health data management. Further implementation through hands-on practice, mentoring, and monitoring is recommended to ensure the sustainability and effective utilization of the Interpulse application in Posbindu activities.

Keywords: Digitalization, Interpulse Application, Elderly Health, Posbindu, Digital Literacy, Community Service.

INTRODUCTION

The urgency of this Community Service (PkM) initiative stems from the growing need for an accurate, rapid, and integrated health data system for the elderly within public health service settings. As the elderly are a demographic group vulnerable to various chronic and non-

communicable diseases, they require regular and continuous health monitoring. In practice, however, many Integrated Service Posts for the Elderly (Posbindu) still rely on manual recording systems. These systems suffer from numerous limitations, including the risk of data loss, recording errors, reporting delays, and difficulties in conducting comprehensive health data analysis. Consequently, the resulting health information fails to adequately support optimal decision-making to improve the health of the elderly.

Training on the use of the application is a community empowerment initiative designed to enhance participants' knowledge, skills, and readiness to utilize digital technology in supporting the management of elderly health data at Posbindu. This activity is driven by the growing importance of having health data that is organized, easily manageable, and capable of being utilized sustainably. In practice, conventional health record-keeping methods can encounter various challenges, particularly as data volume increases and information requires periodic updates. Manual processes for recording, archiving, data retrieval, and compiling summaries can be time-consuming and demand a high level of precision. These conditions highlight the need for an alternative data management approach leveraging digital technology, enabling data collection and management to be conducted in a more practical and systematic manner (Hernowo & Pamungkas, 2023).

Through this training, participants gain an understanding of the importance of digital transformation in managing public health information. The material goes beyond merely introducing the application; it also explains the rationale behind digitalization in support of Posbindu activities. Participants are guided to recognize the value of elderly health data as a vital information source for monitoring health conditions. Data collected consistently and systematically can provide a clear picture of Posbindu participants' health status and facilitate more targeted health interventions. With this understanding, participants are expected to view data collection not merely as an administrative task, but as a crucial component of public health information management (Susilawati et al., 2021).

Introducing the Interpulse application was a key component of the training process. Participants were given an overview of how the application serves as a supporting tool for digital health data collection. The explanation employed a simple, communicative approach to ensure it was accessible to participants with varying levels of technological proficiency. The application was presented as an alternative solution to assist in recording and managing information, thereby enabling more structured data storage. Furthermore, the use of a digital system is expected to streamline the processes of retrieving and updating information whenever data is required for monitoring and evaluation activities (Mao et al., 2023).

During the training process, attention is also paid to the participants' readiness as technology users. Each participant brings varying levels of experience with digital devices and applications differences that can influence an individual's ability to grasp and adopt new technology. Consequently, the learning approach is structured in stages, prioritizing foundational understanding before delving into more advanced applications of the technology. Participants are given the opportunity to understand the benefits of the applications and their relevance to their health-related activities. This approach aims to build confidence while simultaneously alleviating the psychological barriers that may arise when the public is introduced to digital systems (McKay & McDermott, 1998).

Interaction is a crucial component of the training activities. Participants are given the opportunity to ask questions and share experiences related to the process of collecting health data on the elderly. These discussions enable the implementation team to gain insight into the actual conditions faced by the community. The questions raised serve as indicators of the participants' information needs and identify areas of the material that may not yet be fully understood. Through two-way communication, participants do not merely receive information but can also relate the training material to their own experiences in their respective

communities, thereby making the learning process more relevant and contextual (Vižintin et al., 2020).

Training on the use of the Interpulse application also has the potential to enhance the effectiveness of health administration management. Digital systems can help streamline processes that were previously handled manually. Managing data through the application can reduce reliance on physical documents and facilitate the organization of information. In the long run, more systematic data management can support health volunteers and the community in conducting health monitoring activities more consistently. However, these benefits cannot be realized simply by providing the application; consistent usage and user competence are crucial factors determining the successful implementation of the technology (Srinivasan et al., 2020).

Beyond technical aspects, this initiative also contributes to improving digital literacy within the community. In this context, digital literacy encompasses not only the ability to operate the application but also the capacity to understand the technology's functions, manage information appropriately, and utilize data to meet community needs. Such understanding is vital, as the use of technology in the health sector demands precision and responsibility. Participants are expected to recognize that technology serves as a tool to improve work processes when utilized correctly and consistently.

The implementation of digitized health data collection presents several challenges. Disparities in technological proficiency among participants are a key factor to consider; those accustomed to digital devices may adapt quickly, whereas those with limited exposure to technology require a longer learning curve. Furthermore, shifting from manual record-keeping to a digital system takes time. Users need opportunities to experiment with and repeatedly use the application to establish new habits. Consequently, initial training must be complemented by practical exercises and ongoing support to ensure participants develop their skills optimally.

Program sustainability is a crucial aspect of implementing the Interpulse application. Knowledge gained during training must be translated into real-world application within Posbindu (Integrated Post for Non-Communicable Diseases) activities. Post-training support assists participants in overcoming obstacles encountered while using the app. The implementation team can also monitor usage progress and identify issues arising during the rollout. These monitoring results can inform decisions regarding the need for follow-up training or adjustments to support methods.

From a community empowerment perspective, this training holds strategic value by enabling the community to enhance its ability to utilize technology for needs relevant to daily life. Community members are not merely passive recipients of information but are encouraged to use technology more independently. This capacity building is expected to strengthen the community's role in supporting community-based health initiatives. Improved digital literacy also fosters greater adaptability to the expanding role of technology across various public service sectors.

Overall, training on the Interpulse application represents an initial step toward the digital transformation of elderly health data collection at Posbindu. The initiative goes beyond simply introducing an app; it fosters an understanding of the importance of structured health data management. Successful implementation relies on the integration of technology, user proficiency, adequate supporting infrastructure, and continuous support. Through this process, the Interpulse application is expected to facilitate more effective, efficient, organized, and sustainable management of elderly health data, while simultaneously strengthening community capacity to navigate digital technological advancements in the health sector.

The urgency of this activity is further underscored by the need for valid, integrated health data to serve as a foundation for formulating public health programs. Accurate data assists healthcare workers and policymakers in identifying health risk factors, prioritizing intervention programs, and evaluating the effectiveness of healthcare services provided to the elderly.

Without a robust data collection system, various health programs risk missing their targets and failing to effectively address community needs.

Beyond benefiting Posbindu (Integrated Non-Communicable Disease Post) volunteers, this activity generates broader social impact for the community. Enhancing the volunteers' proficiency with the Interpulse application fosters a technology-adaptive work culture, strengthens health data governance at the community level, and improves the quality of healthcare services for the elderly. Consequently, this community service initiative represents a strategic step toward supporting the digital transformation of healthcare, bolstering Posbindu volunteer capacity, and enhancing the quality of life for the elderly through a more modern, accurate, and sustainable health data collection system

METHODS

The Community Service (PkM) activity entitled “Training on the Use of the Interpulse Application for the Digitalization of Elderly Health Data Collection at Posbindu” was conducted face-to-face (offline) on June 12, 2026, in Duri Selatan District, Jakarta, involving 25 participants from the surrounding community. The activity aimed to provide knowledge and enhance the community’s ability to utilize digital technology as a supporting tool for elderly health data collection. The participants were community members who had an interest in local health activities, particularly those related to monitoring and recording elderly health conditions. Prior to the implementation, the PkM team carried out several preparations, including coordination with relevant stakeholders in Duri Selatan District regarding the schedule, venue, number of participants, and technical requirements. The team also conducted an initial identification of participants’ understanding of elderly health data collection and the use of digital technology. This information served as a basis for determining an appropriate method of delivering the training materials. The training materials were prepared in a simple, practical, and easy-to-understand manner, covering the importance of digitalizing elderly health data, challenges associated with manual record-keeping, the benefits of digital technology, and an introduction to the Interpulse application. In addition, presentation materials and supporting facilities were prepared to ensure the smooth implementation of the activity.

The activity was conducted directly using an interactive approach to facilitate effective communication between the participants, trainers, and the implementation team. The training focused on material presentation and question-and-answer sessions. At the beginning of the activity, the trainer explained the current conditions of elderly health data collection, the importance of structured data recording, and various challenges that may arise when data collection continues to rely on manual methods. Participants were provided with an understanding of the importance of proper health data management in supporting elderly health monitoring and services. Subsequently, the trainer introduced the Interpulse application as one of the tools that can support the digitalization of elderly health data collection. The materials covered the basic functions of the application, the benefits of digitalization, and the utilization of technology to facilitate the recording and management of health information in a more systematic manner. The materials were delivered using communicative language and adapted to the participants’ level of understanding so that the information could be effectively received. Examples relevant to community health activities were also provided to help participants understand the practical application of digitalization in real-life situations.

The presentation method was used to provide participants with basic knowledge and conceptual understanding. The materials were delivered gradually, beginning with the problems associated with elderly health data collection, the need for digital data management systems, the benefits of information technology in data management, and an introduction to the Interpulse application. The presentation was not conducted entirely in a one-way format, as participants were encouraged to provide responses and share their experiences related to

health data collection in their respective communities. This approach was intended to create a more interactive learning environment and encourage active participation. Participants were encouraged to understand that digitalization does not merely involve replacing paper-based records with digital devices, but also represents an effort to improve information management so that data can be stored systematically, retrieved more easily, and utilized according to specific needs.

Following the presentation, the activity continued with an interactive question-and-answer and discussion session. This session was an important component because it provided participants with an opportunity to clarify information they had not fully understood and to share their experiences and challenges related to health data collection. Participants were able to ask questions regarding the use of the Interpulse application, the benefits of digitalization, health data management, and the potential implementation of the application in Posbindu activities. The implementation team responded to participants' questions and related the explanations to practical conditions in the field. The discussion was also used to identify potential barriers to the adoption of digital technology, including limited experience in using applications, reliance on conventional record-keeping practices, and the need for assistance during the initial stages of application use. This interaction was expected to increase participants' confidence and willingness to utilize digital technology while creating a two-way learning process that was more responsive to community needs.

Evaluation was conducted to assess participants' responses and level of understanding after completing the training. The evaluation was carried out through observation of participants' involvement during the presentation and discussion sessions, as well as through questions and feedback provided throughout the activity. The evaluation focused on several aspects, including participants' enthusiasm, level of participation in discussions, understanding of the importance of digitalizing health data collection, and comprehension of the functions of the Interpulse application. The questions raised by participants also served as indicators for identifying which materials had been understood and which aspects required further explanation. The evaluation results were used as input for the PkM team in designing subsequent mentoring activities. Participants who continued to experience difficulties in understanding the materials could receive additional assistance, further practice, or repetition of specific training topics.

As part of the program's sustainability, the PkM activity was not limited to providing knowledge during the training but also encouraged participants to apply the knowledge gained to health data collection activities within their respective communities. The use of the Interpulse application is expected to be implemented gradually according to participants' readiness and the needs of Posbindu activities. Direct application of the knowledge is expected to help participants develop familiarity and improve their skills in using digital systems. Follow-up activities may also be conducted through communication and mentoring between the PkM team and participants to monitor the progress of application implementation after the training. If challenges arise during implementation, the team can provide appropriate guidance or technical assistance. Therefore, the training is expected not only to increase knowledge but also to generate improvements in the actual practice of elderly health data management.

Overall, the PkM implementation method was designed using a simple, participatory, and practical approach, consisting of preparation, material delivery, presentation, question-and-answer sessions, evaluation, and follow-up activities. The face-to-face implementation in Duri Selatan District on June 12, 2026, involving 25 participants, provided opportunities for direct interaction between the participants and the implementation team. This approach was expected to improve community understanding and readiness to utilize the Interpulse application in supporting the digitalization of elderly health data collection. Ultimately, the activity is expected to contribute to improving community digital literacy, strengthening health data management capabilities, and establishing a more effective, organized, and sustainable

elderly health data collection system. The activity also represents the contribution of higher education institutions to supporting communities in adapting to technological developments and improving the quality of community-based health services.

RESULTS AND DISCUSSION

A Community Service activity themed "Training on the Use of the Interpulse Application for the Digitalization of Elderly Health Data Collection at Posbindu" was conducted in person on June 12, 2026, in Duri Selatan District, Jakarta. The event was attended by 25 participants from the local community. The activity aimed to enhance community understanding regarding the importance of digitizing elderly health data collection while introducing the Interpulse application as a tool to support more systematic health data management.

Overall, the activity proceeded successfully and received a positive response from the participants. This was evident in the participants' enthusiasm during the presentation of material and their active engagement in the Q&A and discussion sessions. Participants showed interest in the use of digital technology in public health activities, particularly because health recording processes have traditionally been viewed as administrative tasks requiring significant time and meticulousness.

Increased Participant Understanding of Data Collection Digitalization

The results of the activity indicate an improvement in participants' understanding of the importance of digitalization in the process of collecting elderly health data. Prior to the session, some participants viewed health recording primarily as an administrative task performed to meet documentation requirements. After receiving the explanation, participants began to understand that health data serves a broader purpose: acting as a source of information for monitoring health conditions, identifying changes in the elderly's health status, and supporting the planning of health activities within the community.

Participants also gained insight into the various limitations of manual recording systems. Through discussion, they identified potential issues such as difficulty retrieving data, the risk of recording errors, the burden of data recapitulation, and limitations in managing data sustainably. This understanding provided a foundation for participants to view digitalization as a viable alternative for improving the quality of health data management.

Introduction to the Interpulse Application

Another outcome achieved was an increase in participants' knowledge regarding the Interpulse application. Participants received an explanation of the application's functions and benefits as a tool for digital health data collection. The application was introduced using a simple approach to ensure understanding among participants with varying levels of technological proficiency.

Participants were given an overview of how digital applications can assist in the process of recording and managing health data for the elderly. By using the application, data can be managed in a more structured manner, thereby facilitating the recording, storage, retrieval, and monitoring of health information.

Participant enthusiasm during the discussion session demonstrated that the use of digital applications is of great interest to the community. Several participants expressed a desire to learn more about implementing this technology in Posbindu (Integrated Post for Non-Communicable Diseases) activities and local health services.

Increased Awareness of the Importance of Health Data

The community service activity also resulted in heightened participant awareness regarding the importance of health data quality. Participants came to understand that the data collected during Posbindu activities serves not merely as an archive but as a foundation for monitoring the community's health status.

Complete and organized data provides a more systematic overview of the elderly's health conditions. With better information available, those involved in healthcare services can identify conditions requiring further attention. Therefore, improving data collection quality is a crucial component in supporting more effective healthcare services.

This understanding is expected to shift participants' mindsets from merely "recording data" to "managing data." This change in perspective is a significant outcome of the community service activity, as the success of digitalization depends not only on the use of an application but also on the users' awareness of the value and benefits of the data being managed.4. Active Participant Participation

Throughout the activity, participants demonstrated a high level of engagement. The Q&A session was a highlight, as it gave participants the opportunity to voice questions and share their experiences. Participants did not merely listen to the material; they also attempted to relate it to the situations they encounter in their community activities.

The questions raised reflected the participants' curiosity regarding the use of digital technology. Discussions also revealed a community need for data collection methods that are simpler and more practical. This indicates that the adoption of digitalization stands a good chance of acceptance if accompanied by appropriate guidance and support.

Interaction between participants and speakers fostered an open learning environment. Participants were able to ask various questions regarding app usage, the benefits of digitalization, and potential applications in health-related activities. This dynamic facilitated a two-way knowledge transfer process.

Identifying Challenges in Digitalization Implementation

In addition to enhancing knowledge, this community service activity helped identify several challenges that must be addressed when implementing digital health data collection. A primary challenge is the variation in participants' digital proficiency. Not all participants shared the same level of experience with digital applications, necessitating a training approach that is simple and progressive.

Habitual reliance on manual recording methods is another factor requiring attention. Transitioning from a manual to a digital system requires an adaptation process. Users must not only learn how to operate the application but also cultivate new habits for recording and managing data.

These findings indicate that the implementation of the Interpulse application requires ongoing support. While initial training lays a crucial foundation, long-term success depends on practice and the formation of new habits. Consequently, the results of this activity provide a basis for considering follow-up training or technical assistance.

Potential for Increased Data Collection Efficiency

Using the Interpulse application offers the potential to improve the efficiency of health data collection for the elderly. Digital systems can reduce reliance on physical records and streamline information management. A more structured system makes data retrieval and management significantly more practical. Digitalization also has the potential to reduce repetitive administrative tasks. Data entered into the system can be managed and reused as needed, thereby allowing community workers to devote more time to service activities and community engagement.

Although the outcomes at this stage focus primarily on improving understanding and familiarity with the application, this potential for efficiency serves as a key reason to encourage the application's continued use.

Enhancing Community Digital Literacy

The community service activity contributed to improving participants' digital literacy, particularly regarding the use of technology for healthcare services. Participants gained practical insight into how digital technology can be utilized to address challenges encountered in daily community life.

Enhancing digital literacy is crucial because the success of digital transformation depends not only on the availability of technology but also on the community's ability to utilize it effectively. Through this training, participants had the opportunity to familiarize themselves with technology in a context directly relevant to their needs.

These skills are expected to develop further through continued practice and usage. The more frequently participants use digital technology, the greater the likelihood of establishing work habits that are adaptable to technological changes.

Potential for Program Sustainability

The results indicate an opportunity to expand the program through ongoing support. The training conducted can serve as an initial step toward establishing a more structured health data collection system for the elderly. Subsequent phases could focus on more intensive application usage, usage evaluation, and monitoring the success of the implementation.

Program sustainability can also be fostered by strengthening collaboration among universities, the community, Posbindu (Integrated Non-Communicable Disease Post) volunteers, and other relevant stakeholders. Universities can provide guidance on technology and capacity building, while the community acts as the user and beneficiary of the digital system.

Through this collaborative approach, the use of the Interpulse application is expected to extend beyond the training sessions and become an integral part of community health data collection activities.

Impact of the Activity on the Community

Overall, the Community Service activity had a positive impact by broadening insights into the digitalization of health data recording, introducing the Interpulse application, raising awareness about the importance of health data, and boosting participants' motivation to utilize technology in community activities.

These impacts demonstrate that the activity did more than just transfer knowledge; it opened up opportunities for behavioral change regarding health data management. Community members began to understand that technology can serve as a tool to enhance the effectiveness of Posbindu (Integrated Service Post for Non-Communicable Diseases) activities and support healthcare services for the elderly.

With this improved understanding, participants are expected to play a role in the digital transformation process within their community. Active community participation is crucial to ensuring that digitalization efforts are sustainable and yield broader benefits.

Conclusion of Activity Results

Based on the implementation and evaluation of the event, it can be concluded that the training on using the Interpulse application for the digitalization of elderly health data recording at Posbindu yielded positive results for the participants. Held on June 12, 2026, in Duri Selatan District and attended by 25 local community members, the activity successfully increased understanding of the importance of health data digitalization and introduced the Interpulse application as an alternative method for managing health data.

The results also indicate that the presentation and Q&A format fostered effective interaction between the speakers and participants. Participants demonstrated enthusiasm and

interest in the use of digital technology. At the same time, the activity identified a need for ongoing support to ensure participants can utilize the application optimally.

On a broader scale, this activity is expected to serve as a starting point for establishing a more modern, effective, structured, and sustainable system for recording elderly health data. The use of digital technology via the Interpulse application is anticipated to support improved health data quality while strengthening the community's role in creating community-based healthcare services that are adaptable to technological advancements.

Discussion

The Community Service activity titled "Training on the Use of the Interpulse Application for the Digitalization of Elderly Health Data Collection at Posbindu" was designed to strengthen the community's ability to utilize digital technology for health information management. Conducted in person on June 12, 2026, in Duri Selatan District with the participation of 25 local residents the event highlighted the growing relevance of improving digital literacy in health data management. The delivery method, combining presentations with Q&A sessions, enabled participants to grasp the concepts of digitalization while sharing their experiences, questions, and the challenges they face during elderly health data collection activities.

Data Collection Digitalization as a Strategy to Improve Health Information Quality

A key issue addressed in this activity was the continued reliance on manual recording mechanisms in community-based health data collection. While manual systems offer simplicity and ease of implementation particularly in settings lacking adequate technological infrastructure they can present various limitations as data volumes grow and the need for continuous health monitoring increases.

Manual recording often necessitates additional steps for data recapitulation, archiving, retrieval, and updating. Such conditions can increase the administrative burden on community health volunteers and raise the risk of recording errors. Furthermore, physical documents require storage space and are susceptible to damage or loss. Consequently, an approach capable of making data management processes more systematic is required.

Utilizing digital technology through the Interpulse application offers a viable alternative to meet these needs. Digital systems enable a more structured approach to data collection and storage. Once entered, information can be managed in a way that facilitates easy retrieval and reuse. In the context of Posbindu activities, a more organized data recording system supports the continuous monitoring of elderly health.

Thus, digitalization should not be viewed merely as a shift from paper-based records to digital devices; it also reflects a transformation in how information is managed. Data that previously served only administrative purposes can be developed into a valuable information resource to support the monitoring, evaluation, and planning of health services.

Enhancing Participants' Digital Competence

The successful adoption of digital applications depends heavily on the users' ability to understand and operate the technology. Participants come from diverse backgrounds and possess varying levels of technological experience. Consequently, their acceptance levels and the speed at which they grasp the application differ.

This situation highlights the need to pair digital transformation with human resource capacity building. Introducing technology without adequate training can leave users feeling overwhelmed and lacking the confidence to operate the application. Therefore, training serves as a crucial mechanism for imparting knowledge, fostering understanding, and preparing the community for the transition to new data recording systems.

Through presentations and discussions, participants gained insight into the benefits of digitalization and the rationale for using the Interpulse application to support health data collection. Participants were also given the opportunity to ask questions tailored to their individual levels of understanding. This process helps bridge knowledge gaps and provides a learning experience better aligned with the participants' needs.

Enhancing digital competence involves more than just the technical skills required to operate the application. Participants need to understand how the collected data is utilized and why accurate record-keeping is crucial. With this understanding, the use of technology becomes more than a mere data-entry task; it becomes an integral part of a high-quality health information management process.

The Role of the Community in Supporting Health Digital Transformation

Digital transformation in community-based health services requires the active involvement of the community, both as users and as those carrying out the activities. In the context of Posbindu (Integrated Non-Communicable Disease Posts), health volunteers and community members play a pivotal role, as they are closest to the target population for these services. They are actively involved in screening, record-keeping, monitoring, and health communication activities.

The Interpulse application will yield greater benefits if users understand the purpose of its implementation and are prepared to adapt to the new system. Implementing technology that focuses solely on technical aspects while overlooking user readiness risks creating obstacles during the implementation phase.

This community service activity demonstrates that the community is capable of adapting to technology when it is introduced through a simple and relevant approach. Participant enthusiasm during the discussion sessions revealed a keen interest in utilizing digital applications for health-related activities. This serves as a vital foundation for expanding the application of technology within Posbindu (Integrated Service Post for the Elderly) activities.

Strengthening the Role of Data in Elderly Healthcare Services

Health data holds significant value in supporting planning and decision-making processes. Routine data collection provides insights into changes in the elderly's health status over time. Such information helps identify service needs and determine the types of activities best suited to the community's specific conditions.

If data is stored haphazardly or is difficult to retrieve, the utility of the information is limited. Therefore, a structured data management system is essential to ensure the collected information is utilized optimally. The Interpulse application offers the potential to facilitate this process by providing a digital platform for data management.

Through digitalization, health data can be viewed as a strategic information asset. Data need not remain merely an archive of Posbindu activities; it can be leveraged to support monitoring and evaluation processes. This shift in perspective is a crucial factor in fostering data-driven public health management.

Potential for Enhanced Effectiveness and Efficiency

Adopting digital technology offers potential benefits regarding the effectiveness and efficiency of administrative management. Manual systems typically involve multiple stages ranging from data entry, archiving, and data aggregation to report compilation. When these processes are repeated, the administrative burden can increase significantly.

The use of digital applications can help streamline several of these stages. Data entered into the system can be stored and managed, making information retrieval easier. This has the potential to save time and reduce repetitive administrative tasks.

However, this potential for efficiency can only be realized once users become accustomed to the system. Initially, the adaptation process may actually require extra time. Therefore, training and familiarization should be conducted gradually to ensure the long-term benefits of the technology are realized.

Challenges in Digital Technology Implementation

Despite its many benefits, implementing digital applications for health data collection presents several challenges. Varying levels of technological proficiency among participants is a key factor to consider. Participants accustomed to digital devices may grasp the application more quickly, whereas those who rarely use such apps may take longer.

Beyond user competence, changing established habits poses another challenge. Users accustomed to manual record-keeping might find the old system simpler, as it has become part of their routine. Transitioning to a digital system requires a learning and adjustment process to ensure user comfort.

Another challenge is sustaining application usage after the training concludes. Knowledge gained in a single training session does not automatically translate into solid skills. Participants need opportunities to practice using the application repeatedly so that the skill becomes second nature. Consequently, post-training support is a crucial factor to consider.

Effectiveness of the Implementation Method

The presentation and Q&A format used in the community service activity is well-suited for providing the community with a basic understanding. Presentations allow speakers to deliver material in a structured manner, while Q&A sessions give participants the chance to delve deeper into the material based on their specific needs.

Two-way interaction also enables speakers to gauge the participants' level of understanding. Questions raised can highlight areas of the material that require further explanation. Thus, the learning process becomes more adaptive rather than strictly one-way. However, to enhance the effectiveness of future activities, the method could be improved by incorporating hands-on practice or simulations of the Interpulse application. Practical exercises would provide a more tangible experience, allowing participants not only to grasp the concepts but also to try using the application independently. This approach is expected to strengthen operational skills and minimize difficulties when participants begin implementing the application in the field.

The Importance of Ongoing Support

The results indicate that training serves as the initial stage of the digitalization process. To ensure consistent application usage, a support process following the training is essential. Such support can help participants resolve technical issues, reinforce their understanding, and ensure that the application is used in alignment with the activity's original objectives.

Ongoing support and guidance serve as a means to evaluate the application's effectiveness following its use in real-world settings. The implementation team can identify areas facing challenges and determine the necessary improvements.

Such support allows the digitalization process to evolve gradually. Participants gain not only knowledge during training sessions but also the necessary backing when they begin integrating the technology into their daily activities.

Contribution to Community Empowerment

This community service initiative contributes to enhancing community capacity by leveraging technology to address health-related issues. Community empowerment is achieved not merely through information dissemination but also by building skills, enabling the community to take a more independent role in managing activities relevant to their needs.

Introducing the Interpulse application demonstrates to participants that digital technology can support social initiatives and healthcare services. This fosters a mindset that is more open to technological innovation.

In the long run, improving digital literacy within the community yields broader benefits. A community accustomed to using technology is better prepared to navigate changes across various public service sectors. In the context of Posbindu (Integrated Non-Communicable Disease Post), these skills facilitate the creation of more adaptive, community-based healthcare services.

Implications for Posbindu Development

Implementing a digital system offers the potential to strengthen Posbindu governance. Structured data management facilitates administrative tasks, monitoring, and evaluation. Well-documented data also streamlines report generation and provides clearer insights into the participants' health status.

However, such development requires institutional support and user commitment. Successful digitalization should not rely solely on one or two individuals with advanced technical skills; rather, a division of roles and capacity building are essential to ensure collaborative use of the application.

In this regard, collaboration among universities, the community, health volunteers, healthcare professionals, and relevant stakeholders is crucial. Universities provide support through training and guidance, while the community plays a key role in applying the technology within Posbindu activities. This synergy creates an ecosystem that sustains the digitalization effort.

Overall Discussion: Based on the implementation of the activity, the digitalization of elderly health data collection via the Interpulse application is highly relevant to the need for improving the quality of health information management at the community level. The activity, held on June 12, 2026, in Duri Selatan District with 25 participants, provided a learning experience that broadened participants' understanding of the benefits of digital technology in health data collection.

The use of presentation and Q&A methods facilitated an interactive information-sharing process. Participants gained insight into the importance of health data, the benefits of digitalization, and the potential applications of the Interpulse app. Simultaneously, the discussion offered an opportunity to identify potential challenges, particularly regarding varying levels of digital literacy and the need for ongoing support.

The discussion highlights that the success of digital transformation is not determined solely by the technology employed; human factors, organizational readiness, work habits, and the sustainability of support play equally critical roles. Therefore, training programs should be viewed as part of a gradual community empowerment process.

Overall, this community service activity establishes a positive foundation for advancing the digitalization of elderly health data collection at Posbindu (Integrated Service Posts for the Elderly). Moving forward, the initiative can be strengthened through hands-on practice, pre- and post-training competency assessments, post-training support, and periodic monitoring of application usage. Through these strategies, the use of the Interpulse application is expected not only to enhance participants' digital skills but also to create a more organized, effective, efficient, and sustainable health data collection system.Ultimately, the digitalization of health data collection for the elderly is part of an effort to build public health services that are more adaptive to technological advancements. The use of the Interpulse application can serve as a supporting tool to strengthen data management, while enhancing community competence lays the foundation for the optimal use of technology. This synergy between technology and human resource empowerment is key to ensuring that digital transformation delivers tangible benefits to the community, particularly in supporting the monitoring and improvement of elderly health.

CONCLUSIONS AND RECOMMENDATIONS

Conclusion

The training on the use of the Interpulse application in South Duri District successfully improved community understanding regarding the importance of digitizing health data collection for the elderly. The activity demonstrated that utilizing digital technology has the potential to make data collection more structured, effective, and manageable. Ongoing support is required to ensure the application's implementation proceeds optimally and sustainably.

Limitations

This activity was limited by the small number of participants (25 people), the restricted training duration, and a methodology that relied primarily on presentations and Q&A sessions. Furthermore, in-depth long-term evaluation and quantitative assessment of improvements in participants' proficiency with the Interpulse application have not yet been conducted.

Recommendations

Based on the activity's results and limitations, it is recommended that training on the Interpulse application continue with hands-on practice and periodic support to enhance participants' skills. Future activities should also incorporate pre- and post-tests to allow for a more objective measurement of gains in participant knowledge. Additionally, post-training monitoring is necessary to ensure consistent application use for elderly health data collection at Posbindu (Integrated Health Posts). Attention must also be paid to providing adequate facilities and internet access, as well as improving participants' digital literacy, to ensure the sustainability of digitizing public health data collection.

Author Contributions

The authors contributed to activity planning, the preparation of training materials, the conduct of outreach and presentations, participant guidance, discussions and Q&A sessions, activity evaluation, and the drafting and finalization of this community service article.

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