PROGRAM BOOK

4th-ICHS

INTERNATIONAL CONFERENCE OF HEALTH SCIENCES

Virtual Care and Remote Medicine:
Reshaping Health Care In Response To The Covid-19 Pandemic

Organized By:
Faculty of Health Sciences
Universitas Jenderal Soedirman
Purwokerto, Central Java

Welcome Speech from Dean of Faculty of Health Sciences, Universitas Jenderal Soedirman

Assalamualaikum wr wb

Good morning ladies and gentlemen,

Because knowledge and research are inextricably linked, we cannot acquire new information without undertaking research. Numerous studies have been conducted in the health sciences. Whether in public health, pharmacy, nutrition, nursing, or another field of health sciences. All of these efforts are in response to the global increase in health demand. We are presently amid a pandemic, which requires all countries, especially the health sector, to adjust to a new normal.

This epidemic affects not just people's health but almost every element of life, including socioeconomics. We compete with the virus's spread and the resulting consequences. As professionals in the health care field, we are constantly confronted with challenges relating to this pandemic. Understanding its facets, components, and potential impact is required to envision the future of health care. The changing trends in health status necessitate a greater depth and breadth of information, which can be achieved only through research. All of this aims at improving the quality of health care for all individuals. As such, the Faculty of Health Sciences at Jenderal Soedirman University wishes to host meetings in which educators, doctors, researchers, policymakers, and students may discuss how this pandemic will impact health care. Additionally, we desired to disseminate our work to colleagues and other academics in similar fields across nations through those collections of study work.

We invite distinguished speakers whose competence is undeniable to speak on the issue 'Virtual care and remote medicine: Reshaping health care in response to the Covid-19 pandemic. 'We are delighted to welcome this year's Plenary speakers: the Minister of Health Republic Indonesia, Ir. Budi Gunadi Sadiki, CHFC, CLU; Prof. Taifo Mahmud (Oregon State University); Associate Professor. Lim Boon Hooi (University of Malaya, Malaysia); Professor Wim Hennink (Utrecht University, Netherlands); Associate Professor. Dr. Foo Leng Huat (University Sains Malaysia);

and Heny Ekowati, S.Si, M.Sc, Ph.D., Apt (Faculty of Health Sciences, Jenderal Soedirman University, Indonesia. It is an honor to have you all here to give us your perspectives on a broad-ranging set of topics.

I do hope you enjoy this virtual conference. Furthermore, most importantly, you can build a good network with other participants.

Wassalamualaikum wr wb
Prof. Dr. Saryono, S. Kp., M. Kes.

Organizing Committee

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Logistic	Triyadi Hendra Wijaya, S.Farm., M.Si
	Ika Mustikaningtias, S.Farm., M.Sc
	Dr. Muhamad Salman Fareza, S.Si., M.Si

Hesti Permata Sari, S.Gz., M.Gizi
Nialiana Endah Endriastuti, M.Sc., Apt.
Karso
Trimanto

Conference Program

Day 1, Wednesday, Sept 22, 2021

No	Time (GMT+7)	Activity
1	07.00 – 08.00 AM	Registration
2	08.00 – 08.45 AM	Opening ceremony
3	08.45 – 09.30 AM	Keynote speech **Ir. Budi Gunadi Sadikin, CHFC, CLU (Ministry of Health, Indonesia)**
4	09.30 – 09.40 AM	Break
5	09.40 – 10.40 AM	Speaker 1 **Prof. Taifo Mahmud (Oregon State University)** **Moderator: Dr. Sarmoko, S. Farm., Apt., M.Sc.**
6	10.40 – 11.40 AM	Speaker 2 **Associate Professor. Lim Boon Hooi (University of Malaya, Malaysia)** **Moderator: Rifqi Festiawan, S.Pd.,M.Pd.**
7	11.40 – 11.50 AM	Sponsor presentation
8	11.40 AM – 12.30 PM	Break
9	12.30 – 01.30 PM	Speaker 3 **Professor Wim Hennink (Utrecht University, Netherlands)** **Moderator: Dhadhang Wahyu Kurniawan, S.Si., Apt., M.Sc**
10	01.45 - 04.00 PM	Presentation 1 (Parallel Session)

Day 2, Thursday, Sept 23, 2021

No	Time (GMT+7)	Activity
1	07.00 – 08.00 AM	Registration
2	08.00 – 10.00 AM	Presentation 2 (Parallel Session)
3	010.00 – 10.00 AM	Break
4	10.00 – 11.00 AM	Speaker 4 **Associate Professor, Dr, Foo Leng Huat (University Sains Malaysia)** **Moderator: Afina Rachma Sulistyaning, S.Gz., M.Sc.**
5	11.00 – 12.00 AM	Speaker 5 **Heny Ekowati, S.Si, M.Sc, Ph.D, Apt (Jenderal Soedirman University)** **Moderator: Laksmi Maharani, S.Farm., Apt., M.Sc**
6	12.00 AM- 01.00`PM	Break
7	01.00 – 02.00 PM	Speaker 6 **Professor. Emma Thomson (University of Glasgow, UK**) **Moderator: Siwi Pramatama Mars Wijayanti, S.Si., M.Kes., PhD.**
8	02.00 – 04.00 PM	Presentation 3
9	04.00 – 04.15 PM	Closing ceremony

Dear Participants,

Thank you for registering to our virtual conference. The conference will be conducted on **September 22 & 23, 2021 from 8:00 AM to 04:00 PM WIB (GMT+7).** Please check the time difference (on your part) so that you won't miss our conference.

Here's the link to join our plenary sessions. This link is **for all plenary sessions**.

https://us02web.zoom.us/j/84296296693?pwd=ZTltL1E5dVdlV1IxUGNVdDNFR0xwQT09

Meeting ID: 842 9629 6693
Passcode: ICHS4

Parallel Session Guidelines

1. Oral presentation will be held parallel based on the theme or field.
2. The presenter's name and paper title will appear on the session schedule in the apps.
3. Allocation time is 10 minutes for presentation and 4 minutes for discussion (Q & A). Then 1 minute preparation for next presenter.
4. Presenters are allowed to upload their power point presentation three days before the presentation session.
5. Presenters send their video 3 days prior the date to gdrive **https://bit.ly/ICHSvideoguidelines** with the following file format: **mp4** (200mb max)
6. Presenters may present their paper through recorded video or live streaming.
7. If presenters option live streaming, make sure the internet connection is excellent. However, it is advised that all presenters prepare their recorded video before hand to anticipate any troubles during online presentation.
8. On the presentation session, presenters must attend the whole session, and answer the questions from the participants.

PARALLEL SESSION I
WEDNESDAY, SEPTEMBER 22 2021
1.45 – 4PM

ROOM 1
MODERATOR : Dr. Muhamad Salman Fareza, S.Si., M.Si
CO-MODERATOR : Nur Amalia Choironi, M.Si., Apt
ZOOM LINK : https://us02web.zoom.us/j/84296296693?pwd=ZTltL1E5dVdlV1IxUGNVdDNFR0xwQT09
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ID Number	Presenters	Title	Time
2474	*Khomariyah Kholifatul Sara, Innez Karunia Mustikarani, Maula Mar'atus Solikhah*	The Effect Of Demonstrated Health Education Methods Using Short Education Movie (Sem) Media On The Level Of Mother's Knowledge In The First Aid Of Children	13.45 - 14.00
2626	*Aris Fajar Pambudi, Sugiyanto Sugiyanto, Furqon Hidayatullah, Sapta Kunta Purnama*	DeveloPMent Of Physical Activity Questionnaire Model Based On Physical Literacy For Kindergarten Students	14.00 - 14.15
2649	*Suryo Utomo, Komarudin Komarudin, Sumaryanto Sumaryanto, Rifqi Festiawan, Moch Fath Khurrohman*	Physical Education Learning Outcomes: How Does It Relate To Physical Fitness, Intellectual Intelligence, And Learning Motivation?	14.15 - 14.30
2665	*Pomo Warih Adi*	Training Model Of Basic Football Techniques For Early Age: Literature Review	14.30 - 14.45
2186	*Haeril Amir, Nour Sriyanah, Rizqy Iftitah Alam, Suradi Efendi*	Description Of The Incident A Stunting In Children In The Work Area Moncongloe Public Health Center, Maros Regency	14.45 - 15.00
2668	*Pomo Warih Adi*	Early Children Football Curriculum: Literature Review	15.00 - 15.15
1823	*Nunung Siti Sukaesih, Popi Sopiah, Sri Wulan Lindasari, Emi Lindayani, Hikmat Pramajati*	Perception And Readiness Of Nursing Lecturers On Interprofessional Education In Nursing Education During The Pandemic	15.15 - 15.30
2666	*Herman Tarigan*	Efforts To Increase The Cognitive And	15.30 -

		Physical Abilities Of Kindergarten Students	15.45
2625	*Wa Ode Sri Asnaniar, Haeril Amir, Andi Nur Alim Jainuddin, Jabal Nur Djafar*	Relationship Anxiety With Medication Compliance On Hypertension Sufferers In The Region Of Clinics Pampang Makassar	15.45-16.00

PARALLEL SESSION I
WEDNESDAY, SEPTEMBER 22 2021
1.45 – 4PM

ROOM 2
MODERATOR : Siwi Pramatama Mars Wijayanti, S.Si., M.Kes., PhD
CO-MODERATOR : Pramesthi Widya Hapsari, SKM., M.Gizi
ZOOM LINK : https://us02web.zoom.us/j/84296296693?pwd=ZTltL1E5dVdlV1IxUGNVdDNFR0xwQT09
Meeting ID: 842 9629 6693
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ID NUMBER	PRESENTERS	TITLE	TIME
1977	*Arrum Firda Ayu Maqfiroch, Arif Kurniawan, Siti Masfiah*	Readiness Of Community Leaders In Developing Community-Based Diabetes Mellitus Management Programs In Rural Areas (Case Study In Banyumas Region)	13.45 - 14.00
1996	*Lu'lu Nafisah, Yuditha Nindya Kartika Rizqi*	Adolescent Preferences Regarding Age At Marriage, Number Of Children, And Use Of Contraception	14.00 - 14.15
2504	*Siti Nurhayati Nurhayati, Nurul Hidayat Hidayat*	Developing The Maturity Framework On E-Government For Health Services	14.15 - 14.30
2501	*Adiratna Sekar Siwi, Rakhel Maharani Putri Yusyah Biran, Martyarini Budi Setyawati*	Family Caregiver Burden Of Elderly With Dementia: Literature Review	14.30 - 14.45
2616	*Nur Ulfah, Ryana Purnama, Fitri Oktadewi, Ali Taqwin, Mahindra Awwaludin, Supriyati Upik, Fani Handayani, Setiadi Wara*	Analysis Of Dentists' Anxiety Levels In Banyumas In Providing Medical Services During A Pandemic	14.45 - 15.00
2655	*Siwi Pramatama Mars Mars Wijayanti*	Stress Levels In Working Women And Their Coping Efforts When Working From Home In The Covid-19 Pandemic	15.00 - 15.15
2672	*Endo Darjito, Erna Kusuma Wati, Atikah Proverawati, Izka Sofiyya Wahyurin, Widya Ayu Kurnia Putri, Katri Andini Surijati, Pramesthi Widya Hapsari*	Determinants Of Nutritional Status Of Adolescents Girls In Rural Areas At Banyumas District During Covid-19 Pandemic	15.15 - 15.30
1795	*Nova Pramestuti, Dewi*	Application Of Temephos and	15.30 -

	Marbawati, Zumrotus Sholichah, Adil Ustiawan, Lejar Pribadi, Abidin Solihin	Pyriproxyfen By Floating In The Surface Of Water To Control Anopheles Larvae In Laboratory And Small Scale Field Trial	15.45
2578	*Nur Ulfah*	Effects Of Online Learning On Elementary School Teachers In The Pandemic Era (Case Study In Banyumas District, Indonesia)	15.45-16.00

PARALLEL SESSION I
WEDNESDAY, SEPTEMBER 22 2021
1.45 – 4PM

ROOM 3
MODERATOR : Moh. Nanang Humawan Kusuma, S.Pd., MSc., Spo. Med
CO-MODERATOR : Ajeng Dian Purnamasari, S.Pd., M.Or
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ID NUMBER	PRESENTERS	TITLE	TIME
2117	*Topo suhartoyo, Neva Widanita, pramesthi widya hapsari*	Analysis Of Biomotor Ability In Terms Of Body Composition And Nutrition	13.45 - 14.00
2026	*Didik Rilastiyo Budi*	The Relevance Of Body Mass Index With Sports Injury Rate For Tennis Athletes In Banyumas Regency	14.00 - 14.15
2160	*Mahendra Wahyu Dewangga*	Purple Sweet Potato Dietary In Oxidative Stress Prevention After High-Intensity Physical Exercise	14.15 - 14.30
2129	*Faza Annasai, Sigit Nugroho, Fuadi Raja Baja*	The Effect Of Circuit Body Weight Training On The Muscle Strength Of Basketball Players	14.30 - 14.45
1832	*Tommy Apriantono, Bagus Winata, Indria Herman, Muhamad Fahmi Hasan, Agung Dwi Juniarsyah, Imam Safei, Sri Indah Ihsani*	Anthropometry Characteristics Of Indonesian Junior Badminton Athletes	14.45 - 15.00
2183	*prisca widiawati*	Requisite Analysis Of M-Learning Application (Flipped Learning & Podcasting) In Sports Entrepreneurship Course	15.00 - 15.15
1944	*Betrix Teofa Perkasa Wibafied Billy Yachsie, Suharjana Suharjana, Afeb Chesa Arianto, Siis Suhasto, Rifqi Festiawan, Intang Lindu Aji Kurniawan*	The Effect Of Free Weight Training And Gym Machine On Fat Percentage In Terms Of VO2 Max Levels	15.15 - 15.30
2133	*Arfin Deri Listiandi, Didik Rilastiyo Budi, Rohman Hidayat, Ayu Rizky*	Healthy Fitness Zone And Injury Risk At The Senior High School Basketball Players	15.30 - 15.45

	Febriani, Ajeng Dian Purnamasari, Fuad Noor Heza, Neva Widanita, Dewi Anggraeni		
2268	*Moh. Nanang Himawan Kusuma*	The Impact Of Physical And Psychological Attribute To Sprint Performance Of Indonesian Athlete During Preparation Of SEA Games 2021	15.45 - 16.00

PARALLEL SESSION I
WEDNESDAY, SEPTEMBER 22 2021
1.45 – 4PM

ROOM 4
MODERATOR : Siti Masfiah, SKM., M.Kes.
CO-MODERATOR : Afina Rachma Sulistyaning, S.Gz., M.Sc
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ID NUMBER	PRESENTERS	TITLE	TIME
1965	*Heny Ekowati*	Gastroprotective Effect Of Curcuma Longa And Alpinia Galanga Against Ethanol -Hydrochloric Acid Induced Gastric Ulcer In Rats	13.45 - 14.00
1827	*Nuraidah Nuraidah, Happy Hayati, Agung Waluyo, Dessie Wanda*	"I Can Live A Normal Life": Exploring Adherence To Antiretroviral Therapy In Adolescents	14.00 - 14.15
2252	*Kartika Ratna Pertiwi*	Potential Indonesian Herbs To Develop An Immunomodulator Herbal Mix Supplement: A Hermeneutic Narrative Review	14.15 - 14.30
1958	*Nur Fauzi Selifani, Hening Pratiwi, Ika Mustikaningtias*	Analysis Of Level Of Knowledge And Attitudes Of Pharmacists At A Pharmacy In Banyumas Regency Toward Generic Medicines	14.30 - 14.45
1971	*Dhadhang Wahyu Kurniawan, Sharon Susanto, Rehana Rehana*	OPTIMATION OF ACID CONCENTRATION IN THE EFFERVESCENT GRANULES OF PURWOCENG (Pimpinella Pruatjan Molk) ETHANOLIC EXTRACT FORMULATION USING A FACTORIAL DESIGN METHOD	14.45 - 15.00
1986	*Monica Ramadhanti*	Drug Use Utilization Of Supplements In Hospitalized-COVID-19 Patients At The Ajibarang Hospital In November 2020	15.00 - 15.15
1987	*Samuella Yosephine Simatupang*	Drug Use Utilization Of Antiviral In Covid-19 Patients At The Banyumas Regional General Hospital	15.15 - 15.30
1989	*Yogi Trisdianto*	The Effect Of Temulawak In Covid 19 Patients At Ajibarang Regional General	15.30 - 15.45

		Hospital	
2657	*Siti Masfiah*	Knowledge, Attitude, Intention And Smoking Cessasion Practice Toward Pictorial Health Warnings (PHW) In Indonesia: Cross-Sectional Study	15.45 - 16.00

PARALLEL SESSION I
WEDNESDAY, SEPTEMBER 22 2021
1.45 – 4PM

ROOM 5
MODERATOR : Dian Ramawati, S.Kep., Ners., M.Kep
CO-MODERATOR : Lita Heni Kusumawardani, M.Kep., Ns., Sp.Kep.Kom
ZOOM LINK : https://us02web.zoom.us/j/84296296693?pwd=ZTltL1E5dVdlV1IxUGNVdDNFR0xwQT09
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ID NUMBER	PRESENTERS	TITLE	TIME
1874	*Lucia Endang Hartati, Divasepti Uki Karisidiana, Titin Suheri, Muhamad Jauhar*	The Family's Knowledge About Toddlers' Nutritional Needs And Stunting Incidence In A Rural Area	13.45 - 14.00
1848	*Tika Emiliasari, Endang Triyanto, Asep Iskandar*	Literature Review: Comparison of Effectiveness Mindfulness-Based Stress Reduction (MBSR) and Acceptance and Commitment Therapy (ACT) to Reduce Stress Level in Parent With Autism Spectrum Disorder (ASD) Children	14.00 - 14.15
2122	*Utami Rachmawati, Lita Heni Kusumawardani, Muhamad Jauhar, Rasdiyanah Rasdiyanah, I Gusti Ayu Putu Desy Rohana*	Nursing Students Readiness for Interprofessional Collaboration Practices Based on Interprofessional Education and Collaboration (IPEC) Simulations : Systematic Literature Review	14.15 - 14.30
2132	*Muh. Zukri Malik, Evi Lusiana, Suriyani Zukri Suriyani*	Self Efficacy of Breast Cancer Patients Undergoing Chemotherapy	14.30 - 14.45
2124	*Mikawati Mikawati, Rezky Aulia Yusuf, Apryadno Jose Al Freadman Koa, Evi Lusiana*	How Taiwan Fight COVID-19 : A Literature review	14.45 - 15.00

2145	*Mela trinur khoeriyah*	Effectiveness Of Health Education Interventions And Community Volunteers To Reduce Tuberculosis Stigma: A Systematic Review	15.00 - 15.15
1820	*Fajar Surahmi, Sri Utami Dwiningsih, Muhamad Jauhar*	Foot Bath Therapy Combination of Salt and Lavender Flower Extract Improves Sleep Quality among Elderly with Insomnia	15.15 - 15.30
1843	*Arif Rahmatillah, Muchtar Hanafi, Nanang Wiyono, Diah Kurnia Mirawati*	The Effect of Al-Quran Recitation on Stress Level Through Electromyography (EMG), Skin Conductance (SC), and Heart Rate (HR) with Bioneurofeedback	15.30 - 15.45
2134	*Mikawati Mikawati, Suriyani Suriyani, Muaningsih Muaningsih*	Smoking Behavior In Family Risk Of Stunting In Children	15.45 - 16.00

PARALLEL SESSION I
WEDNESDAY, SEPTEMBER 22 2021
1.45 – 4PM

ROOM 6
MODERATOR : Yunita Sari, S.Kep, Mhs., Ph.D
CO-MODERATOR : Laksmi Maharani, S.Farm., Apt., M.Sc
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ID NUMBER	PRESENTERS	TITLE	TIME
2479	*Casey Petry Daisiu, Wahyu Ekowati, Wahyudi Mulyaningrat*	Description Of The Student's Adaptation Process In Online Learning During The Covid 19 Pandemic At The Faculty Of Health Sciences Jenderal Soedirman University	13.45 - 14.00
2518	*Isnaini Wahyu Hidayah*	Description Of Learning Motivation Of Students Of Ners Profession Of Jenderal Soedirman University During The Covid-19 Pandemic	14.00 - 14.15
2621	*Fathiya Jemima, Rahmi Setiyani, Wahyu Ekowati*	Effect Of Yoga Intervention On Urinary Incontinence Among Middle-Aged And Older Women: A Literature Review	14.15 - 14.30
2533	*Nur Wahyuni Munir, Andi Mappanganro*	The Relationship Between Work Motivation And Nurse Compliance In Identifying Patients On Drug Administration	14.30 - 14.45
1813	Masita Wulandari Suryoputri, Nialiana Endah Endriastuti, Dewi Latifatul Ilma	Pharmacokinetic Monitoring Of Aminoglycoside Antibiotic Levels In Pneumonia Patients At Margono Soekardjo Hospital, Purwokerto	14.45 - 15.00
2556	*Arif Setyo Upoyo, Agis Taufik, Akhyarul Anam*	Barrier Factors Of Controlled Blood Pressure In Hypertensive Patients In Indonesia: A Qualitative Study	15.00 - 15.15
2530	*Yusi Delia Elsani, Keksi Girindra Swasti, Eni Rahmawati*	Description Of Altruistic Behavior In School Age Children In Sdit Harapan Bunda Purwokerto	15.15 - 15.30

2436	*Yunita Sari*	Predictors Of Quality Of Life In Patients With Diabetes Mellitus In Indonesia	15.30 - 15.45
2631	*Rahmi Setiyani, Asep Iskandar*	Covid-19 Preventive Behaviors And Its Determinant Factors Among Older People Living In Nursing Home	15.45 - 16.00

PARALLEL SESSION I
WEDNESDAY, SEPTEMBER 22 2021
1.45 – 4PM

ROOM 7
MODERATOR : Ns. Dian Susmarini, S.Kep., M.N.
CO-MODERATOR : Rifqi Festiawan, S.Pd., M.Pd
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ID NUMBER	PRESENTERS	TITLE	TIME
2290	*Dian Susmarini*	Using Health Belief Model To Explain Adolescent's Compliance In The Covid-19 Prevention Protocols In Ketapang, West Kalimantan	13.45 - 14.00
2352	*Rifda Naila Safitri, Dian Ramawati, Haryatiningsih Purwandari*	The Effect Of Toilet Training On The Independence Of Preschool Children With Down Syndrome: Literature Review	14.00 - 14.15
2613	*Dian Susmarini, Made Sumarwati, Fitria Handayani, Asep Iskandar*	Nursing Students' Clinical Practice Experience During The Covid-19 Pandemic: A Qualitative Study	14.15 - 14.30
2353	*Aulia Rahmayanti, Dian Ramawati, Haryatiningsih Purwandari*	Literature Review: Effects Of Sensory Integration Therapy Against Motor Ability In Children With Intellectual Disabilities	14.30 - 14.45
2354	*Haneda Yorika Fauzia, Mekar Dwi Anggraeni, Nina Setiawati*	Impact Of A Novel Smartphone App On Low Income, Lactating Women's Nutritional Knowledge: A Quasy-Experimental Study	14.45 - 15.00
2439	*Annas Sumeru*	The Relationship Of Coping Strategies To Anxiety Level Of Ners Students In The Era Of The Covid-19 Pandemic	15.00 - 15.15
2460	*Beti Kristinawati, Ardhu Rizkiawan, Bintang Viga Handika*	The Influence Of Self Efficacy For Quality Of Life For Coronary Heart Disease Patient : Systematic Review	15.15 - 15.30

2644	*Fa-Is Walohtae, Boontip Siritarungsri, Narirat Jitramontree*	The DeveloPMent Of A Fall Prevention Model For Elderly Patients	15.30 - 15.45
2645	*Ikhlas Hasamoh*	Inovation Of The Surgical Mask Trash Can By Uvc To Prevent Infection Of Nursing Students At Princess Of Naradhiwas University	15.45- 16.00

PARALLEL SESSION II
THURSDAY, SEPTEMBER 23 2021
8 – 10AM

ROOM 1
MODERATOR : Dr. Sarmoko, S.Farm., Apt., M.Sc
CO-MODERATOR : Masita wulandari Suryoputri, S.Farm., Apt., M.Sc
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ID NUMBER	PRESENTERS	TITLE	TIME
1997	*Yufri Mu'alik*	Thrombocytopenia-Induced Levofloxacin In Covid-19 Patients: A Case Report Study	08.00 - 08.15
2663	*Rehana*	Tcl Profile Of Chloroform And Methanol Fracion Of Citrus Limon (L) Burm F) Peel	08.15 - 08.30
2635	*Itridiah Oktadewi, Mahindra Awwaludin Romdlon, Anindita Laksitasari, Riski Amalia Hidayah, Aprillya Yuniarni*	Oral Health Literacy And Its Correlation With Oral Health Behaviour Among Students Of Jenderal Soedirman University	08.30 - 08.45
2638	*Safruddin, Haeril Amir, Nur Wahyuni Munir, Risqy Iftitah Alam, Anugrah Anugrah*	Description Of Neurologic Status In Stroke Patients Based On National Institutes Of Health Scale Stroke At Stroke Center South Sulawesi	08.45 - 09.00
2642	*Nur Ilah Padhila, Samsualam Samsualam, Nurmala Nurmala, Ernasari Ernasari*	The Effect Of Spiritual Intelligence On Spiritual Care In Inpatients	09.00 - 09.15
2247	*Wahyudi Mulyaningrat, Budi Anna Keliat, Giur Hargiana*	The Effect Of Social Skill Training And Family Psychoeducation On Schizophrenic Clients With Social Isolation In Psychiatric Hospital	09.15 - 09.30
2664	*Sunarti Sunarti, Yusrah Taqiyah, Nur Ilah Padhila, Fatma Jama*	Risk Factors Associated With Neonatal Death In RSIA Pertiwi Makassar City.	09.30 - 09.45
2156	*Tesya Marisa, Atyanti Isworo, Annas Sumeru*	Relationship Between Psychological Capital And Caring Behavior Of Puskesmas Nurses In West Pesisir District, Lampung Province	09.45- 10.00

PARALLEL SESSION II
THURSDAY, SEPTEMBER 23 2021
8 – 10AM

ROOM 2
MODERATOR : Widya Ayu Kurnia Putri, S.Gz., M.Si
CO-MODERATOR : Arfin Deri Listiandi, S.Pd., M.Pd
ZOOM LINK :
https://us02web.zoom.us/j/84296296693?pwd=ZTItL1E5dVdlV1IxUGNVdDNFR0xwQT09
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ID NUMBER	PRESENTERS	TITLE	TIME
1800	*Hery Winarsi, Erminawati Erminawati, Farah Faustina Hapsari*	Characteristics Of Mung Bean Sprouted Milk, A Good Drink Rich In Antioxidant For Consumption During The Covid-19 Pandemic	08.00 - 08.15
1941	*Tri Ramadhani*	Ovitrap Index Use To Measure The Vulnerability Of DBD	08.15 - 08.30
2121	*Ricca Olivia Nastasya*	Health Support System As The Determinant Factor On Mother Compliance In Conducting COVID-19 Health Protocols	08.30 - 08.45
2181	*Heni Trisnowati*	E-Cigarette Use Patterns And Determinants Among Adolescents In Yogyakarta City-Indonesia	08.45 - 09.00
1831	*Vitri Widyaningsih, Sumardiyono Sumardiyono, Ari Probandari, Eti Poncorini, Balgis Balgis, Arsita Eka Prasetyawati, Pamogsa Daniyar, Victoria Husadani, Novelia Qothrunnada, Lely Pangesti*	DeveloPMent Of Ergo-Smart Application For Early Detection Of Ergonomic Risk Factors For Musculoskeletal Disorder	09.00 - 09.15
2293	*Hery Winarsi*	Cowpea Sprouted Milk Rich In Phenolic Antioxidants, Vitamin C, Protein, And Dietary Fiber As An Antidiabetic Drink	09.15 - 09.30
2161	*Suryanto*	Analysis Of Factors That Influence On Work Fatigue Of Tofu Home Industry Workers During The Corona Pandemic	09.30 - 09.45

		In Kalisari Village, Cilongok District, Banyumas Regency	
2162	*Suryanto*	Empowerment Of Brick Maker Workers In The Implementation Of Safety Behavior During The Corona Pandemic In Sokaraja District, Banyumas Regency	09.45 - 10.00

PARALLEL SESSION II
THURSDAY, SEPTEMBER 23 2021
8 – 10AM

ROOM 3
MODERATOR : Ajeng Dian Purnamasari, S.Pd., M.Or
CO-MODERATOR : Ns. Dian Susmarini, S.Kep., M.N.
ZOOM LINK :
https://us02web.zoom.us/j/84296296693?pwd=ZTltL1E5dVdlV1IxUGNVdDNFR0xwQT09
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Passcode: ICHS4

ID NUMBER	PRESENTERS	TITLE	TIME
2204	*Ngadiman Ngadiman, Rifqi Festiawan, Bayu Suko Wahono, Fuad Noor Heza, Ajeng Dian Purnamasari, Indra Jati Kusuma*	The Method Of Region Superior Sports Determining	08.00 - 08.15
2528	*Putri Cicilia Kristina, Endie Riyoko, Ferri Hidayad*	Influence Of Training Methods And Motoric Ability On Flying Shoot Results In A Handball Game At Club High School Negeri 14 Palembang	08.15 - 08.30
2288	*Susiana - Candrawati*	The Effect Of Continuous Training And High-Intensity Interval Training On Obesity Complication Parameters	08.30 - 08.45
1833	*Samsul Bahri, Yudhi Teguh Pambudi, Imam Safei, Dadan Resmana, Ilham Hindawan*	Aerobic Endurance In Two Different Air Pollution (PM2.5) Conditions	08.45 - 09.00
2126	*Fuadi Raja Baja*	Effect Of High-Intensity Interval Training On The Vo2 Max Level	09.00 - 09.15
2525	*Candra Kurniawan*	Specific Periodization Of Martial Athletes: Profil Analysis Performance Endurance, Speed, And Explosive Leg Power	09.15 - 09.30
2562	*Fika Enggar Prayogo, Sugeng Purwanto, Atri Widowati, Grafitte Decheline, Mochamad Arifin, Manil Karakauki, Syed Kamaruzaman Syed Ali, Salma*	Analysis Of The Obstacles And Supporting Factors For The Implementation Of The Curriculum 2013 (K13) In Physical Education	09.30 - 09.45

	Ameliawati, Kukuh Wahyudin Pratama, Rifqi Festiawan		
2563	*Indra Jati Kusuma, Rifqi Festiawan, Ngadiman Ngadiman, Ajeng Dian Purnamasari, Tuti Purwati, Een Triana Wulandari*	Noris Community Perception Of The Importance Of Cycling Activities	09.45 - 10.00

PARALLEL SESSION II
THURSDAY, SEPTEMBER 23 2021
8 – 10AM

ROOM 4
MODERATOR : Dewi Latifatul Ilma, M.Clin.Pharm., Apt.
CO-MODERATOR : Rifqi Festiawan, S.Pd., M.Pd
ZOOM LINK : https://us02web.zoom.us/j/84296296693?pwd=ZTltL1E5dVdlV1IxUGNVdDNFR0xwQT09
Meeting ID: 842 9629 6693
Passcode: ICHS4

ID NUMBER	PRESENTERS	TITLE	TIME
2561	*Farizal Imansyah, Widya Handayani, Bambang Hermansah*	Organizational Management And DeveloPMent Of Musi Swimming Sports Achievements Swimming Club During The Pandemic	08.00 - 08.15
2564	*Jufrianis Jufrianis, Raffly Henjilito, Manil Karakauki, Syed Kamaruzaman Syed Ali, Kukuh Wahyudin Pratama, Salma Ameliawati, Rifqi Festiawan*	The Effect Of Gymnastics On The Emotional Mental Health Of The Elderly During The Covid-19 Pandemic (Case Study On Semarang Elderly Gymnastics Community)	08.15 - 08.30
2598	*Erick Burhaein, Beltasar Tarigan, Dian Budiana, Yudy Hendrayana, Diajeng Tyas Pinru Phytanza, Carla Lourenço, Dian Permana, Gantina Nuruldani, Rifqi Festiawan*	Dimensions In The Learning Implementation And Strategies Of Adapted Physical Education For Children With Special Needs During The Covid-19 Pandemic: A Literature Review & Grounded Theory	08.30 - 08.45
2607	*Abdul Aziz Purnomo Shidiq, Rifqi Festiawan*	Identification Of Sports Injuries In Young Badminton Men's Athletes 10-11 Years Old	08.45 - 09.00
2610	*Rony Syaifullah*	Utilization Of Wtmst (The Work Task Motivation Scale For Teacher) To Find Out Self-Efficacy Relationships And Teacher Teaching Motivation To Physical Education	09.00 - 09.15

		Teacher Performance In Junior High School	
2612	*Suhermi Suhermi, Rahmawati Ramli*	The Effectiveness Of Progressive Muscle Relaxation On The Mental Health Of Nursing Lecturers During The Covid-19 Pandemic	09.15 - 09.30
2623	*Rifqi Festiawan*	The Technological Pedagogical Content Knowledge (Tpack) Analysis In Implementation Of Online Learning Methods In The Covid-19 Era	09.30 - 09.45
2624	*Muhsana El Cintami Lanos, Hikmah Lestari, Siti Ayu Risma Putri, Bayu Iswana, Ardo Okilanda, Dede Dwiansyah, Rifqi Festiawan*	Effectiveness Of Interactive Multimedia Supported Physical Education Using Jurus Tunggal Tangan Kosong In The New Normal Era	09.45 - 10.00

PARALLEL SESSION II
THURSDAY, SEPTEMBER 23 2021
8 – 10AM

ROOM 5
MODERATOR : Haryantiningsih Purwandari, S.Kep., Ns., M.Kep., Sp.Kep.An
CO-MODERATOR : Lita Heni Kusumawardani, M.Kep., Ns., Sp.Kep.Kom
ZOOM LINK : https://us02web.zoom.us/j/84296296693?pwd=ZTItL1E5dVdlV1IxUGNVdDNFR0xwQT09
Meeting ID: 842 9629 6693
Passcode: ICHS4

ID NUMBER	PRESENTERS	TITLE	TIME
2611	Cindy Ferista Tiana, Haryatiningsih Purwandari	Effects Nesting Intervention On Physiological Parameter And Neurobehavioral Organization Among Preterm Infants: Systematic Review	08.00 - 08.15
1871	*Arwani Arwani, Sunarto Sunarto, Sri Hidayati, Muhamad Jauhar*	The Influence Of Spiritual Therapy On Diabetes Self-Management Intention In The Client With Type 2 Diabetes Mellitus	08.15 - 08.30
2539	*Ulis Shiyanatilmaula, Haryatiningsih Purwandari, Eni Rahmawati*	Translation Instrument Of The Preterm Infant Breastfeeding Behavior Scale: A Pilot Study	08.30 - 08.45
1870	*Kurniati Puji Lestari, Desak Parwati, Muhamad Jauhar*	MOTHER (Mobile Technology For High-Risk Pregnancy) Smartphone Applications Improved The Knowledge And Attitudes Of High-Risk Pregnancy Management Among Community Health Volunteers	08.45 - 09.00
2605	*Sherina Indah Febriliani, Haryatiningsih Purwandari, Erni Setiyowati*	Risk Factors For Preterm Delivery And Preterm Infants Short-Term Outcomes In One Medical Center, Purbalingga Regency, Indonesia	09.00 - 09.15
1815	*Eni Rahmawati, Dian Susmarini, Dian Ramawati, Lutfatul Latifah*	Low Birth Weight Infants With Respiratory Distress: Characteristics And Outcomes	09.15 - 09.30

2606	*Sukartini Hardyn Agustina, Haryatiningsih Purwandari*	Effects Of The Oral Stimulation To Sucking Ability Among Preterm Infants	09.30 - 09.45
1828	*Vitasari Indriani, Nor Sri Inayati, Wahyu Siswandari, Zarah Azahra Rosa Irawan*	Blood Transfusion, Serum Iron And Total Iron Binding Capacity In Blood Donors Margono Soekarjo Hospital	09.45 - 10.00

PARALLEL SESSION II
THURSDAY, SEPTEMBER 23 2021
8 – 10AM

ROOM 6
MODERATOR : Teguh Jati Prasetyo, S.Gz., M.Si
CO-MODERATOR : Yuditha Nindya Kartika Rizqi, SKM., MPH
ZOOM LINK :
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Meeting ID: 842 9629 6693
Passcode: ICHS4

ID NUMBER	PRESENTERS	TITLE	TIME
1810	*Maria Gayatri*	Contraceptive Use Among Rural And Poor Women In Indonesia: An Analysis Of National Data	08.00 - 08.15
1808	*Muhamad Fahmi Hasan, Samsul Bahri, I Ketut Adnyana*	Identification Nutrition Knowledge And Dietary Intake Of Professional Athlete Weightlifting	08.15 - 08.30
2142	*Sri Nurlaela*	Description Of The Quality Of Life Of TB Patients Who Are Undergoing Treatment (Longitudinal Study In Banyumas District)	08.30 - 08.45
1952	*Afina Rachma Sulistyaning*	Yellow Watermelon-Plantain Banana Juice As Protective Factor Of Oxidative Stress Formation During Exercise	08.45 - 09.00
1981	*Teguh Jati Prasetyo, Izzati Nur Khoiriani*	Association Of Knowledge, Attitude, And Practice Of Nutrition In Food Handler Around Elementary Schools In Banyumas	09.00 - 09.15
2047	*Dwi Sarwani Sri Rejeki*	Risk Factors Of Malaria In Cross-Border	09.15 - 09.30
2003	*Yuditha Nindya Kartika Rizqi, Lulu Nafisah, Windri Lesmana Rubai, Nurul Hafidzah*	Community Satisfaction Analysis Towards Health Promotion Services At Public Health Center Indonesia	09.30 - 09.45
1855	*Eri Wahyuningsih Dyah Susanti Dody Novrial Zaenuri Syamsu Hidayat*	User Satisfaction Survey On Covid-19 Management In Jenderal Soedirman University, Purwokerto, Indonesia	09.45 - 10.00

PARALLEL SESSION II
THURSDAY, SEPTEMBER 23 2021
8 – 10AM

ROOM 7
MODERATOR : Nia Kurnia Sholihat, M.Sc., Apt.
CO-MODERATOR : Nur Amalia Choironi, M.Si., Apt.
ZOOM LINK :
https://us02web.zoom.us/j/84296296693?pwd=ZTltL1E5dVdlV1IxUGNVdDNFR0xwQT09
Meeting ID: 842 9629 6693
Passcode: ICHS4

ID NUMBER	PRESENTERS	TITLE	TIME
1985	*Heppi Sasmita, N. Rachmadanur, Feri Fernandes, Verra Widhi Astuti*	Implementation Of Community Mental Health Nursing (Cmhn) Model On Mental Disorder Client's Quality Of Life (Qol) In The Disaster Area Of West Sumatera	08.00 - 08.15
2295	*Thika Marliana*	Effectiveness Of Internet-Based Integrated Mental Health Services Modeling For The Elderly During Pandemic Covid-19	08.15 - 08.30
2338	*Maulina Dwi Astuti, Asep Iskandar, Koernia Nanda Pratama*	The Relationship Of The Meaning Of Life Between The Psychological Well-Being Of The Elderly With Empty Nester In Grendeng Kelurahan	08.30 - 08.45
2341	*Rati Purnama Sari, Verra Widhi Astuti*	Teenage Pregnancy In Indonesia : Determinants And Outcomes	08.45 - 09.00
2345	*Ines Nataliah Silalahi, Endang Triyanto, Asep Iskandar*	Literature Review: Comparison Of The Effectiveness Of Laughter Therapy And Music Therapy For Reducing Depression In The Elderly	09.00 - 09.15
2348	*Dhikri Faizal Amri, Wahyu Ekowati, Rahmi Setiyani*	The Effectiveness Of Music Therapy In Reducing Insomnia In College Students: A Literature Review	09.15 - 09.30
2351	*Haneda Yorika Fauzia, Dian Ramawati, Dian Susmarini*	Literature Review: Effect Of Cognitive Behavioral Therapy (Cbt) Intervention On Anxiety In School-Age Children With	09.30 - 09.45

		Autism Spectrum Disorder	
2296	*Thika Marliana*	Effectiveness Stimulation Of Achieving Self-Integrity Towards Happiness In The Elderly: A Meta-Analysis Of Randomized Controlled Trials	09.45 - 10.00

PARALLEL SESSION III
THURSDAY, SEPTEMBER 23 2021
2 – 4PM

ROOM 1
MODERATOR : Dr. Muhamad Salman Fareza, S.Si., M.Si
CO-MODERATOR : Nialiana Endah Endriastuti, M.Sc., Apt.
ZOOM LINK : https://us02web.zoom.us/j/84296296693?pwd=ZTltL1E5dVdlV1IxUGNVdDNFR0xwQT09
Meeting ID: 842 9629 6693
Passcode: ICHS4

ID NUMBER	PRESENTERS	TITLE	TIME
2650	*Edwina Rudyarti*	Knowledge Level And Awareness Of Fire Disaster Preparedness: A Cross-Sectional Study In A Private Colleges	14.00 - 14.15
2646	*Rizqy Iftitah Alam, Yusrah Taqiyah, Yusrah Taqiyah*	Relationship Between The Use Of Feminine Hygiene Soap And The Occurrence Of Vaginal Discharge In Nursing Students At Universitas Muslim Indonesia	14.15 - 14.30
2156	*Eka Titi Setiani, Atyanti Isworo, Arif Setyo Upoyo*	Correlation Between Informational Support And Level Of Anxiety Of Hypertension Commorbidity Patients In The Working Area Of Puskesmas Purwokerto Timur Ii In The Covid-19 Pandemic Period	14.30 - 14.45
2660	*Ernasari Ernasari, Nur Ilah Padhila, Yusrah Taqiyah*	Analysis Of Mother's Knowledge About Prevention Of Injury To Children In Kurusumange Village, Tanralili District, Maros Regency	14.45 - 15.00
2343	*Meivita Dewi Purnamasari, Brendy Ormens Aprionando, Dian Susmarini*	The Effectiveness Of Covid-19 Education Videos Toward Mother's Knowledge About The Prevention Of Covid-19 Transmission To Children	15.00 - 15.15
2678	Nina Setiawati	Application Of Levine's Energy Conservation Theory And Health Belief Model In Pregnant Women With Pre-Eclampsia: Case Report	15.15 - 15.30
2155	*Muhamad Salman Fareza*	Study Potency Of Amentoflavone From Calophyllum Soulattri Leaves As Tyrosine Kinase Inhibitors	15.30 - 15.45
2680	*Baeti Amalia, Meivita Dewi Purnamasari,*	Correlation Between Parent Knowledge About Nutrition With The Event Of Picky Eater Of Pre School Children	15.45 - 16.00

	Dian Susmarini		

PARALLEL SESSION III
THURSDAY, SEPTEMBER 23 2021
2 – 4PM

ROOM 2
MODERATOR : Hesti Permata Sari, S.Gz., M.Gizi
CO-MODERATOR : Arfin Deri Listiandi, S.Pd., M.Pd
ZOOM LINK :
https://us02web.zoom.us/j/84296296693?pwd=ZTltL1E5dVdlV1IxUGNVdDNFR0xwQT09
Meeting ID: 842 9629 6693
Passcode: ICHS4

ID NUMBER	PRESENTERS	TITLE	TIME
2482	*Elia Nur A'yunin, Imas Arumsari, Izza Suraya, Mega Puspa Sari*	Media Content Information, Perception Of Media Role And Risk Perception Toward Protective Behavior During COVID-19 In Indonesia : Partial Least Squares Modeling Analysis	14.00 - 14.15
2486	*Elia Nur A'yunin, Mega Puspa Sari, Izza Suraya, Imas Arumsari*	The Impact Of Media Use On Negative Affect During COVID-19 Pandemic In Indonesia	14.15 - 14.30
1908	*Damairia Hayu Parmasari, Suryanto Suryanto, Heryanto Heryanto*	Health Promotion, Public Health Department, Universitas Jenderal Soedirman	14.30 - 14.45
1982	*Aisyah Aprilicicilia Aryani*	The Role Of Health Workers And Public Knowledge Regarding Indiscriminate Defecation Behavior	14.45 - 15.00
2179	*Bathari Alya Wijaya, Saryono Sarono, Afina Rachma Sulistyaning*	Organoleptic Test And Antioxidant Activity In African Leaf (Vernonia Amygdalina Del.) Decoction Water Enriched With Cinnamon As An Antioxidant Spice Drink	15.00 - 15.15
2260	*Hesti Permata Sari, Farida, Afina Rachma Sulistyaning*	Analysis of Risk Factors For Malnutrition Among Children Under Five During Covid-19 Pandemic	15.15 - 15.30

2350	*Elita Putri Aulia, Atikah Proverawati, Katri Andini Surijati*	The Correlation Between Body Fat Percentage, Adequate Intake Of Carbohydrate, Protein And Calcium Of The Premenstrual Syndrome	15.30 - 15.45
2475	*Rizka Erlyani, Ibnu Zaki, Farida Farida*	The Differences Of High Sugars, Sodium, And Saturated Fat Dietary Pattern Between Adolescent Girls With Moderate-To-Severe Premenstrual Syndrome And Non Premenstrual Syndrome	15.45 - 16.00

PARALLEL SESSION III
THURSDAY, SEPTEMBER 23 2021
2 – 4PM

ROOM 3
MODERATOR : Masita wulandari Suryoputri, S.Farm., Apt., M.Sc
CO-MODERATOR : Nur Amalia Choironi, M.Si., Apt.
ZOOM LINK :
https://us02web.zoom.us/j/84296296693?pwd=ZTItL1E5dVdlV1IxUGNVdDNFR0xwQT09
Meeting ID: 842 9629 6693
Passcode: ICHS4

ID NUMBER	PRESENTERS	TITLE	TIME
1988	*Zulfanida Akmelati*	Evaluation Of Antibiotic Therapy In Pediatric-Covid-19 Patients With Bronchopneumonia: Case Report Z	14.00 - 14.15
1993	*Faradina Qorina Nadzif*	Drug Use Utilization Of N-Acetylcysteine (Nac) In Covid-19 Patients At Santa Elisabeth General Hospital Purwokerto	14.15 - 14.30
2009	*Nialiana Endah Endriastuti, Heny Ekowati, Masita Wulandari Suryoputri*	Characteristics Of Pediatric Patients With Confirmed / Suspected Covid-19: A Case Study At Hospitals Around Banyumas Regency	14.30 - 14.45
1994	*Wiwi - Astuti*	Potential Drug Interactions In Covid-19 Patients At Santa Elisabeth General Hospital Purwokerto	14.45 - 15.00
2120	*Nisa Arifa Aldi, Tuti Sri Suhesti, Nur Amalia Choironi*	Formulation And Assessment Of Antibacterial Activity Of Ethanol Leaves Extract Of Nagasari Nanoemulsion Against Bacillus Subtilis	15.00 - 15.15
1976	*Intan Tia Nurrochmah*	Drug Use Utilization Of Supplements In Covid-19 Patients At The Santa Elisabeth General Hospital Purwokerto	15.15 - 15.30
2269	*Eka Prasasti Nur Rachmani*	Identification Of Flavonoid Compounds From The Herb Sambiloto (Andrographis Paniculata Ness.)	15.30 - 15.45
1835	*Ingrid Faustine, Ririen Hardani, Silviana Hamdani, Dhara Alfia*	Association Of Blood Pressure With Serum Lipid Profile And Uric Acid Levels In Hypertension Patients In Palu, Central Sulawesi	15.45 - 16.00

PARALLEL SESSION III
THURSDAY, SEPTEMBER 23 2021
2 – 4PM

ROOM 4
MODERATOR : Dewi Latifatul Ilma, M.Clin.Pharm., Apt.
CO-MODERATOR : Beti Pudyastuti, S.Farm., M.Sc., Apt.
ZOOM LINK :
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Meeting ID: 842 9629 6693
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ID NUMBER	PRESENTERS	TITLE	TIME
2159	*Anisa Dwi Sasanti, Laksmi Maharani, Nia Kurnia Sholihat, Tunggul Adi Purwonugroho, Ika Mustikaningtias, Dewi Latifatul Ilma*	Qualitative Analysis Of Roles And Behaviour Of Pharmacists Regarding The Use Of Telepharmacy During Covid-19 Pandemic	14.00 - 14.15
1995	*Khairunnisa Nur Ar Royani*	Drug Use Utilization Of Antibiotics In Covid-19 Pediatric Patients At Santa Elisabeth General Hospital Purwokerto	14.15 - 14.30
2039	*Beti Pudyastuti, Nur Amalia Choironi, Triyadi Hendra Wijaya, Joko Setyono, Muhamad Salman Fareza*	Self-Nanoemulsifying Formulation Of Ethyl P-Methoxycinnamate With Combination Of Tween 80 And Peg 400	14.30 - 14.45
2010	*Indah Jaya Cahyani*	Drug Use Utilization Of Antiviral In Covid-19 Patients At Ajibarang Regional General Hospital	14.45 - 15.00
2342	*Novia Eka Samrotul Fuadah, Tuti Sri Suhesti, Harwoko Harwoko*	A Review : Enhancing The Bioavailability Of Bcs Class Ii Drugs Using Chitosan Nanoparticles	15.00 - 15.15
2399	*Prilyano Garcella, Triyadi Hendra Wijaya, Dhadhang Wahyu Kurniawan*	Narrative Review: Herbal Nanocosmetics For Anti Aging	15.15 - 15.30
2450	*Resiana Karnina, Syafri Kamsul Arif, Mochammad Hatta, Agussalim Bukhari,*	Systemic Lidocaine Administration Influences Nf-Kβ Gen Expression, Nf-Kβ And Tnf-A Protein Levels On Balb/C Mice	15.30 - 15.45

	Rosdiana Natzir, Hisbullah Hisbullah, Ilhamjaya Patellongi, Cahyono Kaelan	With Musculoskeletal Injury	
1969	*Dewi Latifatul Ilma, Masita Wulandari Suryoputri, Nialiana Endah Endriastuti*	Length Of Stay In Pediatrics Hopsitalization: A Study In Pneumonia Patients With Narrow Therapeutic Index Antibiotic Therapy	15.45 - 16.00

PARALLEL SESSION III
THURSDAY, SEPTEMBER 23 2021
2 – 4PM

ROOM 5
MODERATOR : Made Sumarwati, S.Kp., MN
CO-MODERATOR : Lita Heni Kusumawardani, M.Kep., Ns., Sp.Kep.Kom
ZOOM LINK : https://us02web.zoom.us/j/84296296693?pwd=ZTltL1E5dVdlV1IxUGNVdDNFR0xwQT09
Meeting ID: 842 9629 6693
Passcode: ICHS4

ID NUMBER	PRESENTERS	TITLE	TIME
2472	*Ichsan Rizany*	The Role Of The Headroom To Nurse Competency In Several Hospitals On The Banks Of The Barito River	14.00 - 14.15
1865	*Rizqiya Nur Amalina, Lutfatul Latifah, Nina Setiawati*	Relationship Of Knowledge About Covid-19 With Anxiety Level In Pregnant Women During The Covid-19 Pandemic	14.15 - 14.30
1985	*Kiki Rizqi Ependi, Mekar Dwi Anggraeni, Aprilia Kartikasari*	A Novel Mobile Phone Application To Prevent Breastfeeding Problems Among Low Income Women: A Randomized Control Trial	14.30 - 14.45
2667	*Eva Rahayu, Ridlwan Kamaluddin*	The Effectiveness Of Health Promotion Based On The Health Belief Model Approach On Covid-19 Prevention Behavior Among The Elderly	14.45 - 15.00
2471	*Made Sumarwati; Wastu Adi Mulyono; Desiyani Nani; Keksi Girindra Swasti.*	Barriers, Health Beliefs, And Willingness To Engaging Physical Activity: A Cross-Sectional Study In Teenagers	15.00 - 15.15
2169	*Ridlwan Kamaluddin*	Rural-Based Emergency Management System; Phenomenology Study	15.15 - 15.30
2182	*Fiqna Khozanatuha, Rahmi Setiyani, Lita Heni Kusumawardani*	Factors Influencing Covid-19 Related Health Literacy Among Older People Living In Rural Area	15.30 - 15.45
2185	*Fatma Jama, Sunarti Sunarti, Tri Nurfiana*	The Effect Of Dysmenorrhea Gymnastics On The Level Of Dysmenorrhea In Nursing Students At The Indonesian Muslim University	15.45- 16.00

PARALLEL SESSION III
THURSDAY, SEPTEMBER 23 2021
2 – 4PM

ROOM 6
MODERATOR : Nia Kurnia Sholihat, M.Sc., Apt.
CO-MODERATOR : Ika Mustikaningtias, S.Farm., M.Sc
ZOOM LINK : https://us02web.zoom.us/j/84296296693?pwd=ZTltL1E5dVdlV1IxUGNVdDNFR0xwQT09
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ID NUMBER	PRESENTERS	TITLE	TIME
1991	*Nur Intan Aditya Muninggar*	Drug Use Utilization Of Supplements In Hospitalized-Covid-19 Patients At Banyumas Regional General Hospital	14.00 - 14.15
2002	*Nabila Ikramina, Rehana Rehana, Dhadhang Wahyu Kurniawan*	Formulation Of Nanoemulgel Soursop Leaves (Annona Muricata L.) Ethanol Extract And Its Effectiveness Against Propionibacterium Acnes	14.15 - 14.30
2536	*Warsinah Warsinah, Hartiwi Diastuti*	Preliminary Phytochemical Studies, Gc-Ms Analysis And Anti-Nephrototic Activity Of Ethanol Extract Of Phoenix Dactylifera L.	14.30 - 14.45
2042	*Raden Alif Kuncorojati, Haniy Thri Afifaningrum, Anis Swastika, Afifah Afifah*	The Effect Of Moringa Oleifera L. Ethanol Extract On Renal Function In 5/6 Subtotal Nephrectomy Rats Model	14.45 - 15.00
2346	*Apriliana Anita Sari*	Isolation And Characterization Of Triterpenoid Compounds From Stem Bark Of Chisocheton Macrophyllus	15.00 - 15.15
2098	*Vika Aprilia, Wening Etikawati Pramana, Dea Nabilla Zahra, Sarmoko Sarmoko*	Identification Of Potential Therapeutic Target Of Niazimicin Of Moringa Oleifera L In Colon Cancer By Bioinformatics Study	15.15 - 15.30
1830	*Maureen Miracle Stella*	Rat Allogeneic Mesenchymal Stem Cells Therapy In Burn Wound Re-Epithelialization Rate: A Meta-Analysis	15.30 - 15.45

2260	*Antarini, Neng Ayu Rosita*	Modified Infantometer Chart: Screening Tool For Detecting Stunting At First 1,000 Days Of Life	15.45 - 16.00

PARALLEL SESSION III
THURSDAY, SEPTEMBER 23 2021
2 – 4PM

ROOM 7
MODERATOR : Tunggul Adi Purwonugroho, S.Farm., Apt., M.Sc
CO-MODERATOR : Haryantiningsih Purwandari, S.Kep., Ns., M.Kep., Sp.Kep.An
ZOOM LINK : https://us02web.zoom.us/j/84296296693?pwd=ZTltL1E5dVdlV1IxUGNVdDNFR0xwQT09
Meeting ID: 842 9629 6693
Passcode: ICHS4

ID NUMBER	PRESENTERS	TITLE	TIME
2123	*Tunggul Adi Purwonugroho*	Analysis Of Knowledge Level Of Pharmaceutical Students Of The University Of General Soedirman About Antibiotics, Antibiotic Resistance, And Antibiotic Stewardship	14.00 - 14.15
1973	*Wiwik Utami*	Post Immunization Events (Aefi) Post Vacination Of Covid-19 Observed From Comorbid On Health Personnel And Public Services	14.15 - 14.30
1955	*Dwi Amilenia Endah Lestari, Hening Pratiwi, Ika Mustikaningtias*	Analysis Of Knowledge Level And Attitude Of Doctors In Brebes Regency Towards Generic Drugs	14.30 - 14.45
1956	*Kartikaningrum Kartikaningrum, Hening Pratiwi, Ika Mustikaningtias*	Analysis Of Public Knowledge And Attitude Towards Generic Drugs In Purwokerto Utara Region	14.45 - 15.00
1803	*Evi Nurhayatun*	Extracts Of Kecombrang Fruit (Etlingera Elatior) Decrease Caspase-3 And Interleukin-1ß In Mus Musculus Sepsis Model	15.00 - 15.15
2548	*Endang Triyanto, Koernia Nanda Pratama, Lita Heni Kusumawardani*	Instrument Development Of Adolescent Reproductive Health	15.15 - 15.30
1979	*Annisa Dyah Wulandari, Sunarto Sunarto, Dhadhang Wahyu Kurniawan*	Formulation Of Sheet Mask Containing Betel Leaf Ethanol Extract (Piper Betle L.) And Its Antibacterial Activity Against Propionibacterium Acnes	15.30 - 15.45
1990	Andra Nurjaya Maulana	Drug Use Utilization Of Antibiotics In Covid-19 Patients At Ajibarang Regional General Hospital	15.45 - 16.00

ABSTRACT BOOK

1st Virtual International Symposium on Health Sciences 2020

The Future of Nursing Care After The Covid-19 Pandemic

September 22-23 2020



FACULTY OF HEALTH SCIENCES
JENDERAL SOEDIRMAN UNIVERSITY
INDONESIA
2020

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Welcome from Dean of Faculty of Health Sciences, Universitas Jenderal Soedirman

Assalamualaikum wr wb

Good morning ladies and gentlemen,

Knowledge and research will always walk side by side that we cannot gain new knowledge without conducting research. There have been a lot of research in health sciences. Be it in health community, pharmacy, nutrition, nursing, and other health sciences field. All those attempts act as a respond to the increase of health demand in the world. We are now living in a pandemic that challenges all countries to contain the spread.

This pandemic does not only affect people's health, but also almost all aspects including socio-economic. We compete with the virus spread and the following impacts. Being in the health care field we struggle with the fast changing issues related to this pandemic. Understanding of its aspects, components and possible impact are necessary to see how the future of health care would look like. The changes of trends in health status require deeper and broader knowledge which will only be gained through research. From those bunch of research work, we further wanted to spread our work to colleagues or other researchers in the related areas across nations. The goal of all this is the improvement of health care quality for all people. Therefore, Faculty of Health Sciences, Jenderal Soedirman University would like to provide meetings where educators, clinicians, researchers, policy makers and students may have dialogue regarding how this pandemic will direct health care.

We are delighted to welcome this year's Plenary speakers : Representative of Ministry of Health Republic Indonesia, dr. Kirana Pritasari, MQIH; Prof. Dr. Budi Anna Keliat, S.Kp., M.AppSc (University of Indonesia); Dr. Waraporn Kongsuwan, RN (Associate Professor Faculty of Nursing, Prince of Songkla University, Thailand); Dr. Holly Blake, CPsychol SFHEA (University of Nottingham, UK); Maria Milazzo, RN, MS, PhD. (Stony Brook University, USA); Assistant Professor Chen, Yen-Chin, Ph. D. (International Doctoral Program in Nursing, Dept. of Nursing, National Cheng Kung University, Taiwan); and Dr. Ridlwan Kamaluddin, S.Kep., Ns,M.Kep (Faculty of Health Sciences, Universitas Jenderal Soedirman, Indonesia. It is an honor to have you all here to give us your perspectives on a broad-ranging set of topics.

I do hope you enjoy this virtual symposium. And most important, you can build a good networking with other participants.

Wassalamualaikum wr wb

Prof. Dr. Saryono, S. Kp., M. Kes.

Welcome speech from the Chairperson of the ISHS Committee

Dear Delegates,

On behalf of the organizing committee, we are pleased to welcome you to 1st International Symposium on Health Sciences (ISHS) 2020, held by the Faculty of Health Sciences, Jenderal Soedirman University, in collaboration with APANE (Asian and Pacific Alliance for Nursing Education); TANE (Taiwan Association of Nursing Education); and National Cheng Kung University Taiwan. The theme of this event is *"* **The future of nursing care after the covid-19 pandemic.** We raise this special theme since there has been changes in health care today as the result of this pandemic. In this event, it will be a good opportunity to discuss and share ideas about this theme.

In this opportunity, we also would like to welcome all participants who take time out of your busy schedules to attend this virtual event. This year we have participants from Indonesia, Malaysia, Philippines, and Thailand. I would like to close this welcome with a round of thanks for everyone who has made The 1st ISHS 2020 possible, thanks to my fellow members of the Organizing Committee for the hard work and collaboration to make this event goes well.

I hope all of us are going to enjoy this symposium as we try our best to give you experience more than just a virtual meeting. Thank you for joining this event!

Kind regards
Dian Susmarini, MN

CONFERENCE SCHEDULE

Symposium 1. Tuesday, September 22, 2020	
TIME	**AGENDA**
07.30-08.00	Registration
08.00-08.30	OPENING CEREMONY
	1. Pre-opening
	2. National Anthem "Indonesia Raya"
	3. Speech by the Chairperson
	4. Welcoming speech by the Dean of Faculty of Health Sciences
	5. Speech from President APANE
	6. Opening speech by the Rector of Jenderal Soedirman University
08.30-09.15	Keynote Speaker 1 dr. Kirana Pritasari, MQIH Director General for Public Helath, Ministry of Health, Indonesia
09.15-09.30	Break
09.30-10.30	Plenary Speakers 1: **Community empowerment in mental and psychosocial health towards the COVID-19 pandemic** Prof. Dr. Budi Anna Keliat, S.Kp., M.AppSc (University of Indonesia)
	Discussion
10.30-11.30	Plenary Speakers 2: **Palliative Care During Covid 19 Pandemic** Dr. Waraporn Kongsuwan, RN (Associate Professor Faculty of Nursing, Prince of Songkla University, Thailand)
	Discussion
11.30-12.30	Lunch Break (Profil Universitas)
12.30-15.00	Oral Presentation (1)

15.00-16.00	Plenary speaker: **Psychological well being in health care workers – impacts of Covid-19 and strategies for psychological support.** Dr. Holly Blake, CPsychol SFHEA (University of Nottingham, UK)
16.00-17.45	Oral Presentation (2)
Symposium Day 2. Wednesday September 23, 2020	
TIME	**AGENDA**
08.00-10.00	Oral Presentations (1)
10.00-10.50	Plenary Speakers: **The State University of New York, USA, theme: Challenges in Pediatric nursing care after the Covid-19 pandemic.** Maria Milazzo, RN, MS, PhD (Stony Brook University, USA)
	Discussion
10.50-11.40	Plenary Speakers: **Innovation in Nursing Technology related Covid-19 Pandemic.** Assistant Professor Chen, Yen-Chin, Ph. D. (International Doctoral Program in Nursing, Dept. of Nursing, National Cheng Kung University, Taiwan)
	Discussion
11.40-12.30	Plenary Speakers**: The university's social responsibility during the Covid-19 pandemic** Dr. Ridlwan Kamaluddin, S.Kep., Ns,M.Kep (Faculty of Health Sciences, Universitas Jenderal Soedirman, Indonesia)
	Discussion
12.30-13.00	Lunch Break
13.00-16.45	Oral Presentations (2)
16.45-17.00	Closing Ceremony and Award announcement

SCHEDULE OF PRESENTATION

Day 1, 22 September 2020)

Day/Date : Tuesday / September 22, 2020
Room : 1
Session : 1
Time : 12.30 – 15.00
Moderator : Siwi Pramatama Mars W., Ph.D

No	Time	Abstract Code	Names of Authors	Title
1	12.30-12.45	ABS-21	Fery AM Mendrofa, Umi Hani*, Yuni Nurhidayat	Could Coronavirus 2019-Infected Disease Patients Get Cope with the Treatment?
2	12.45-13.00	ABS-303	Anisa Fatma, Arif Setyo Upoyo	The effect of prone position on breathing status in Covid-19 patients with breathing disorders
3	13.00-13.15	ABS-291	Tiana Dewi and Ridlwan Kamaluddin	The Effectiveness of Large-Scale Social Restrictions (PSBB) in Preventing or Overcoming Covid-19
4	13.15-13.30	ABS-5	Sidik Awaludin*, Elly Nurachmah, Dwi Novitasari	Impact of COVID-19 Outbreaks on Psychological Problem of Nurses on a Multinational Basis: A Literature Review
5	13.30-13.45	ABS-335	Budi Anna Keliat, Eriyono Budi Wijoyo, Angelina Roida Eka, Yunita Astriani Hardayati, Siti Hajar Salawali, Ice Yulia Wardani, Giur Hargiana	The Effect of Health Education on New Behavior Changes to Increase Physical Immunity and Mental Health as Prevention of COVID-19
6	13.45-14.00	ABS-55	Anisya Wardianti, Saryono Saryono	Prevention of COVID-19 Spread Management in Various Countries: Comparation with Indonesian Case Study
7	14.00-14.15	ABS-95	Jebul Suroso*, Susana Widyaningsih, Sri Suparti, Jasun	Analysis of Information Needs among Banyumas Community Regarding COVID-19 Pandemic
8	14.15-14.30	ABS-96	Feri Ahmadi*, Joko Pambudi, Agus Triwinarto, Rika Rachmalina	A Change in Eating Family Driver Online Motor in The Pandemics COVID-19 in Jakarta
9	14.30-14.45	ABS-324	Reni Asmara Ariga, Cholina Trisa Siregar, Siti Zahara Nasution, Fajar	Cadre behavior towards the management of pulmonary TB with the HORAS application the

			Amanah Ariga	COVID-19 pandemic period in North Sumatra
10	14.45-15.00	ABS-322	Reni Asmara Ariga, Cholina Trisa Siregar, Siti Zahara Nasution, Fajar Amanah Ariga	Self-care nursing: teleassessment dengan aplikasi chatbot dimasa pandemi COVID-19 di Sumatera Utara

Day/Date : Tuesday / September 22, 2020
Room : 2
Session : 1
Time : 12.30 – 15.00
Moderator : Sarmoko, M.Sc., Apt

No	Time	Abstract Code	Names of Authors	Title
1	12.30-12.45	ABS-203	Utari Rahma Almira, Dr.dr.Amel Yanis, Dr.dr.Aisyah Elliyanti*	Identification Behavior Changes of Mice (Mus musculus) as Effect of Noise Exposure
2	12.45-13.00	ABS-93	Beti Pudyastuti*, Agatha Budi Susiana Lestari	Self-Nanoemulsifying Formulation of Kencur (Kaempferia galanga L.) Rhizome Extract with Variation of Tween 80 and PEG 400
3	13.00-13.15	ABS-44	Laksmi Maharani, Nuraini Ekawati, Adi Yugatama*	Development, Validation and Testing of Effectivity of Online Learning Questionnaire (KEPO) in Pharmacy Students of Public Universities in Central Java Province, Indonesia
4	13.15-13.30	ABS-327	Nuniek Ina Ratnaningtyas, Hernayanti, Nuraeni Ekowati	Antioxidant Effect of Ethyl Acetate Extract of Coprinus comatus on Rat Diabetic Model
5	13.30-13.45	ABS-91	Masita Wulandari Suryoputri*, Laksmi Maharani, Ika Mustikaningtias	The Correlation Between Administration Digoxin Dosage and Blood Drug Levels in Heart Failure Patients At RSUD Prof.Dr. Margono Soekardjo Purwokerto
6	13.45-14.00	ABS-210	Sekar Cahyo Nurani, Joko Setyono, Salman Fareza, Sarmoko*	Molecular Docking 6-shogaol and BCL11A for Beta Thalassemia
7	14.00-14.15	ABS-180	Genta Hafied Naga Samudra, Muhamad Salman Fareza, Sarmoko*	Comprehensive Genomic and Prognostic Analysis of the ADCY3 Genes in Gastric Cancer
8	14.15-14.30	ABS-188	Inas Haidar, Joko Setyono, Muhamad Salman Fareza, Sarmoko*	Predicting Anti Migratory Mechanism of Cucurbitacin E on Breast Cancer Cell: in Silico Analysis

9	14.30-14.45	ABS-169	Indah Solihah, Inayatul Munawwaroh, Herlina, Riana Sari Puspita Rasyid	Antioxidant Test of Ethanolic Extract of Chromolaena Odorata Leaves in vitro and in vivo
10	14.45-15.00	ABS-140	Maitsaa Rihhadatul Aisy, Joko Setyono, Sarmoko	Bioinformatics Study of 6-Shogaol as Anti-Invasion Agent for Breast Cancer

Day/Date : Tuesday / September 22, 2020
Room : 3
Session : 1
Time : 12.30 – 15.00
Moderator : Arfin Deri Listiandi, M.Pd

No	Time	Abstract Code	Names of Authors	Title
1	12.30-12.45	ABS-100	Kurniati Puji Lestari, Deni Kinasih, Elisa, Muhamad Jauhar	Booklet Media Improved Breastfeeding Self Efficacy Among Pregnant Women in A Primary Health Care Services
2	12.45-13.00	ABS-109	Elviera Gamelia, Arif Kurniawan, Arrum Firda Ayu Maqfiroch	Effectiveness of Health Promotion Audio Visual Media About Voluntary Counselling and Testing Services on Pregnant Women in Banyumas Regency
3	13.00-13.15	ABS-114	I Gede Suwiwa*, I Ketut Budaya Astra, I Ketut Yoda, Sari Novita Dewi, Rifqi Festiawan	The Influence of Savi Learning Model with Flashcard Media on Engineering Learning Outcomes Towards he Basic Attitude of Pencak Silat
4	13.15-13.30	ABS-117	Arfin Deri Listiandi*, Rafdlal Saeful Bakhri, Didik Rilastiyo Budi, Rifqi Festiawan, Ayu Rizky Febriani, Ajeng Dian Purnamasari, Indra Jati Kusuma, Rindha Widyaningsih, Arie Asnaldi, Hilmainur Syampurna	Outdoor Education: Influence on Self-Confidence, Personal and Social Responsibility
5	13.30-13.45	ABS-123	Citra Setyo Dwi Andhini*, Sunartini, Gandes Retno Rahayu, Yani Kamasturyani, Hediyana Yusuf, Andinna Ananda Yusuf	The Effect of Interprofessional Education Training on Perception and Readiness of Health Students: Nursing, Public Health, Midwifery, Medical Record
6	13.45-14.00	ABS-132	Toni Kogoya*, Cholik Mutohir, Made Pramono, Rifqi	Application of Cooperative Learning Models Jigsaw Type for Improving Learning Outcomes

			Festiawan	Groundstroke Forehand Tonnis
7	14.00-14.15	ABS-138	Cindy Ferista Tiana*, Dian Susmarini, and Nina Setiawati	The Effect of Quartet Cards as an Educational Game on School Age Childrens Knowledge about Sexual Abuse Prevention
8	14.15-14.30	ABS-201	Nopi Nur Khasanah*, Arlina Nurhapsari, Iskim Luthfa	A Preliminary Study Structured Health Education Programme by Peer Educators as an Alternative Way to Maintain the Dental and Oral Hygiene of School Age Children
9	14.30-14.45	ABS-183	Febrika Yuseta, Isma Mandasari, Lidia Michella, Veronica Paula, Novita Susilawati Barus	The Relationship of Culture Shock to The Nursing Students Self-Adjustment at First Years
10	14.45-15.00	ABS-214	Nada Suraya Br Barus*, Voppy Selvia Christina Simorangkir, Yuni Cantika Yulistiyani Sombu, Riama Marlyn Sihombing, Shinta Marina J.P	Learning Style Preferences Among Nursing Students in A Private University in West Indonesia
11				

Day/Date : Tuesday / September 22, 2020
Room : 4
Session : 1
Time : 12.30 – 15.00
Moderator : Haryatiningsih Purwandari, M.Kep., Ns.Sp.Kep.An

No	Time	Abstract Code	Names of Authors	Title
1	12.30-12.45	ABS-145	Carissa Cerdasari*, Santi Aprilian Lestaluhu, Novian Swasono Hadi, Novidiyanto, Dwi Lestari	Feeding Practices and Food Intake Among 6-12 Months Anemic and Non-Anemic Infants
2	12.45-13.00	ABS-301	Lidia Taruk Labi, Marlin Ruth Bunga Koreh, Nia Rahmawati, Deborah Siregar, Sumiaty Aiba*	Risk Factors of Acute Respiratory Infection in Children under 5 years in Oebobo, Kupang
3	13.00-13.15	ABS-161	Budi Aji, Dian Anandari, Siti Masfiah, Siwi Pramatama Mars Wijayanti, Chalermpol	Utilization of Preventive Health Check-Ups Among Older People in Rural Indonesia

			Chamchan	
4	13.15-13.30	ABS-264	Siti Lestari*, Dyah Dwi Astuti, Rendy Setyawan Dharmawan, Fachriza Malika Ramadhani	Evaluation of Maternal Risk Factors on Neonatal Asphyxia in Surakarta, Indonesia
5	13.30-13.45	ABS-241	Desiyani Nani* Triana Indrajati	Pulse Rate Profile in Preterm Babies During Quran Recitation
6	13.45-14.00	ABS-260	Arie Kusumaningrum*, Yeni Rustina, Tomy Abuzairi, Nurhadi Ibrahim	The Skin Conductance-Based Non-Invasive Pain Assessment Instrument for Infants: A review
7	14.00-14.15	ABS-263	Eni Rahmawati*, Atikah Proverawati, Dicha Khoirunisa	Factors Associated with Low Birth Weight among Newborns
8	14.15-14.30	ABS-125	Lia Kartika*, Dessie Wanda, Herni Susanti	Certainty in Uncertainty: Mothers Experience in Caring Children with Kawasaki Disease in Acute Phase
9	14.30-14.45	ABS-298	Haryatiningsih Purwandar*, Wastu Adi Mulyono	The Preterm Infants Cues during Breastfeeding: A Scoping Review
10	14.45-15.00	ABS-59	Rifda Naila Safitri, Dian Susmarini, Eni Rahmawati	Description Length of Stay of Low Birth Weight (LBW) with Complicated Disease

Day/Date : Tuesday / September 22, 2020
Room : 5
Session : 1
Time : 12.30 – 15.00
Moderator : Atyanti Isworo, M.Kep., Ns.Sp.KMB

No	Time	Abstract Code	Names of Authors	Title
1	12.30-12.45	ABS-118	Hesti Permata Sari*, Farida, Afina Rachma Sulistyaning, Ibnu Zaki	Iron Supplementation Improves Ferritin and Zinc Blood Levels (In Vivo Study)
2	12.45-13.00	ABS-141	Yulia Fitri*, Suryana	The Effectiveness of Dash Diet Counseling (Dietary Aproaches to Stop Hypertension) on Blood Pressure, Knowledge, Potassium and Sodium Intake for Hypertension Patients
3	13.00-13.15	ABS-15	Umi Solikhah*, Frizka Rizqy Amalia	The Communicative Media to Introduce Vegetables and Fruits to School-Age Children
4	13.15-13.30	ABS-151	Arif Fadlan*, Frans Josaphat	A Study of Energy Minimization Influence on the Molecular Docking of Acetylacetone-Based Oxindole Derivatives

5	13.30-13.45	ABS-153	Arif Fadlan*, Yesaya Reformyada Nusantoro	The Effect of Energy Minimization on the Molecular Docking Study of Acetone-Based Oxindole Derivatives
6	13.45-14.00	ABS-154	Arif Fadlan*, Atika Umi Hanif	Molecular Docking of Substituted Oxindole Derivatives with MMFF94 Energy Minimization by Using MarvinSketch and Open Babel PyRx
7	14.00-14.15	ABS-211	Widya Ayu Kurnia Putri, Ibnu Zaki	Dietary Density Energy in women aged 19-20 years
8	14.15-14.30	ABS-85	Teguh Jati Prasetyo, Izzati Nur Khoiriani, Katri Andini Surijati	Food Consumption and Nutrient Density of Adults Male Aged 19-49 Years Old in Indonesia
9	14.30-14.45	ABS-213	Ibnu Zaki*, Hesti Permata Sari, Widya Ayu Kurnia Putri, Afina Rachma Sulityaning, Farida	Consumption Patterns of Iron-Rich Foods Among Rural Adolescents
10	14.45-15.00	ABS-222	Farida*, Afina Rachma Sulistyaning, Hesti Permata Sari	Effectiveness of Combination Juice Yellow Water Melon-Plantain in Increasing Physical Endurance (Study in Sprague Dawley Rats)
11	15.00-15.15		Tunggul Adi Purwonugroho*, Laksmi Maharani, Ika Mustikaningtias, Budi Raharjo, Vitis Vini Fera Ratna Utami, Githa Fungi Galistiani, Hanif Nasiatul Baroroh, Hening Pratiwi	Impact of home visit pharmacists on diabetes patient' medication adherence and self-care activities: a randomized controlled trial

Day/Date : Tuesday / September 22, 2020
Room : 6
Session : 1
Time : 12.30 – 15.00
Moderator : Rahmi Setiyani, MN

No	Time	Abstract Code	Names of Authors	Title
1	12.30-12.45	ABS-131	Erlin Shinta Devi, Keksi Girindra Swasti, Koernia Nanda Pratama	Overview of Self-Concept of The Kpop Dance Cover Youth Community in Purwokerto
2	12.45-13.00	ABS-142	Arjuna, Etty Rekawati, Dwi Nurviyandari Kusuma Wati	Progressive Muscle Relaxation Decreasing Anxiety Among Community-Dwelling Older Adults

3	13.00-13.15	ABS-178	Dhiaz Feby Elsatriya, Riama Marlyn Sihombing*, Elissa Oktoviani Hutasoit	Factors Related to the Family Satisfaction Toward the Nursing Services
4	13.15-13.30	ABS-208	Alenda Dwiadila Matra Putra*, Ayyu Sandhi	Implementations of Community-Based Nursing Case Management to Improve Access to Care: A Scoping Review
5	13.30-13.45	ABS-22	Dr. Carlo Bryan C. Borrico	Evaluation of the Philippine Expanded Senior Citizens Act (RA 9994) on Mandated Privileges for the Elderly
6	13.45-14.00	ABS-227	Renny Nova, Budi Anna Keliat, Mustikasari	Application of Therapeutic Group Therapy on the Development of School Age Children Industry with Empowerment of Caregiver, Teacher, and Mental Health Cadre
7	14.00-14.15	ABS-247	Rahmi Setiyani*, Asep Iskandar	Cognitive Impairment among Community Dwelling and Institutionalized Older People and Its Related Factors
8	14.15-14.30	ABS-259	Komang Ayu Henny Achjar, Junaiti Sahar, Lita Heni Kusumawardani	Effectiveness of The Coastal Tourist Nursing Model to Improve Balawista Behaviour in Bali Province
9	14.30-14.45	ABS-288	Nurhasanah, Juanita, Dara Febriana, Jufrizal	The Influence of Basic Conditioning Factors on Quality of Life of Indonesian Older Adults
10	14.45-15.00	ABS-296	Tri Harningsih, Rahmi Setiyani, Koernia Nanda Pratama	Caring for a Spouse with ADL Dependency: Perceived Social Support and Stress Level among Elderly Spousal Caregivers

Day/Date : Tuesday / September 22, 2020
Room : 7
Session : 1
Time : 12.30 – 15.00
Moderator : Yunita Sari, PhD

No	Time	Abstract Code	Names of Authors	Title
1	12.30-12.45	ABS-253	Yeni Kartika Sari, Okky Cintya Permata Dewi, Nawang Wulandari, Wahyu Wibisono, Thatit Nurmawati	The Use of Citrus (Orange) as an Alternative to Reduce Anxiety of Hemodialysis Patient
2	12.45-13.00	ABS-258	Devi saryani Damanik, Devi Tarida Uli	Type 2 Diabetes Mellitus Patients Knowledge about Prevention of

			Siagian, Fina Rosita, Fiolenty Sitorus, Elfrida Silalahi*	Diabetic Foot Ulcer in Community in West Indonesia
3	13.00-13.15	ABS-262	Ranti Ayodya Garini*, Ridlwan Kamaluddin	A Literature Review: Hospital Emergency Nurses Preparedness in Facing Disasters
4	13.15-13.30	ABS-265	Dwipajati, Annisa Rizky Maulidiana	Early Nutritional Detection for CVD Risk in Young Women
5	13.30-13.45	ABS-266	Oster Suriani Simarmata, Dina Bisara Lolong, Kristina L Tobing	The Analysis of Missing Cases on the Treatment of Resistant Rifampicin Tuberculosis
6	13.45-14.00	ABS-267	Bunjamin Dante Masepia, Atyanti Isworo	Review Effectiveness of Telemedicine Self-Management on Diabetes Type 2
7	14.00-14.15	ABS-270	Nor Hanan Hamzah, Wan Norlina Wan Azman, Hanim Afzan Ibrahim, Julia Omar, Aniza Mohammad Jelani, Nur Karyatee Kassim*.	Thyrotoxic Periodic Paralysis: A Treatable Presentation of Weakness
8	14.15-14.30	ABS-274	Fitria Endah Janitra*, I Made Kariasa, Tuti Herawati	Effect of Vicarious Experience and Verbal Persuasion Intervention towards Activity Daily Living Self Efficacy among Post-Stroke Patients
9	14.30-14.45	ABS-275	Wastu Adi Mulyono, Chung-Hey Chen, Hsing-Mei Chen	The dynamic of mindfulness and spirituality among cancer patients undergoing chemotherapy
10	14.45-15.00	ABS-277	Anita Rahmawati*, Wahyu Wibisono, Ning Arti Wulandari	Inflammatory Response and Lung Function Toward Illness Perception of Poultry Farm Workers

Day/Date : Tuesday / September 22, 2020
Room : 1
Session : 2
Time : 16.00-17.45
Moderator : Dr. Desiyani Nani

No	Time	Abstract Code	Names of Authors	Title
1	16.00-16.15	ABS-316	Ning Arti Wulandari, Erni Setiyorini, Khusnul Arifianti	Related Factors to the social interactions of school-age children during the Covid 19 pandemic
2	16.15-16.30	ABS-233	Cholina Trisa Siregar*, Nunung Febriani Sitepu, Zulkarnain, Lufthiani, Reni	Problems and Actions of the Community During the COVID-19 Pandemic in Medan

			Asmara Ariga, Siti Zahara Nasution, M. Pahala Hanafi Harahap	
3	16.30-16.45	ABS-248	Lufthiani, Cholina Trisa Siregar, Siti Zahara Nasution, Reni Asmara Ariga, Nunung Febriany Sitepu, Dudut Tanjung	Public Expectations on the COVID-19 Epidemic in Medan City
4	16.45-17.00	ABS-226	Kurnia Wijayanti, Fitria Endah Janitra, Indah Sri Wahyuningsih, Yan Adi Wibawa	Phenomenology Study: Experiences of Breast Cancer Patients Undergoing Wound Care at the BESTCARE Clinic During the COVID-19 Pandemic
5	17.00-17.15	ABS-108	Miratul Haya*, Emy Yuliantini, Andi Eka Yunianto, Ahmad Faridi	Correlation between Age, Knowledge, Level of Education with Nutritional Behavior in Facing the COVID-19 Pandemic in Bengkulu Province
6	17.15-17.30	ABS-120	Emy Yuliantini*, Miratul Haya, Andi Eka Yunianto, Ahmad Faridi	Community Lifestyle in Preventing and Facing the COVID-19 Pandemic in Bengkulu Province
7	17.30-17.45	ABS-102	Feri Ahmadi, Yekti Widodo, Bunga Christitha Rosha, Yurista Permanasari,	Food Availability Family a Driver Online Motor in the Pandemic COVID-19 in DKI Jakarta

Day/Date : Tuesday / September 22, 2020
Room : 2
Session : 2
Time : 16.00-17.45
Moderator : Rehana, S.F., Msi., Apt

No	Time	Abstract Code	Names of Authors	Title
1	16.00-16.15	ABS-43	Shamsul Kamaruljan Hassan, Rhendra Hardy Mohamad Zaini, Ahmad Sabri Sharif, Wan Fadzlina Wan Muhd Shukeri	The Effects of Fish Oil Supplemented Nutrition on the Levels of Omega-3 Fatty Acids, Inflammatory Mediators and Tissue Healing in Rats with Full Thickness Burn Injury
2	16.15-16.30	ABS-79	Heny Ekowati*, Fitria Nur Malita Sari, Bellia Hasyim, Esti Dwi Utami, Eka Prasasti Nur Rahmani	Anti-inflammatory Effect of Zingiberaceae Herbals in Rats
3	16.30-16.45	ABS-11	Hernayanti*, Sri Lestari, Saryono	Lycopene in Tomato as Anti Nephrotoxic and

				Antiinflammatory in Welding Workers Exposed to Cadmium
4	16.45-17.00	ABS-306	Fatkhul Ulum*, Yunita Sari	The Clinical Efficacy of Aloe Vera for First and Second Degree Burn Wound Healing: A Review
5	17.00-17.15	ABS-312	Achmad Samsudin, Thatit Nurmawati*	Identification of Microorganisms on Surgical Instruments After Autoclave Sterilization
6	17.15-17.30	ABS-333	Saryono Saryono and Didik Ujianto	The Biochemical Profile of Complementary and Alternative Medicine (CAM) Users in Chronic Kidney Disease Patients: Study in Indonesia
7	17.30-17.45	ABS-94	Titin Andri Wihastuti*, Wiwit Nurwidyaningtyas, Fibe Yulinda Cesa, Cholid Tri Tjahyono, Teuku Heriansyah	Lowering Endogenous Nitric Oxide in Circulating Mature Progenitor Cells as The Stress Effect of Tobacco Smoking Habbit

Day/Date : Tuesday / September 22, 2020
Room : 3
Session : 2
Time : 16.00-17.45
Moderator : Wastu Adi Mulyono, M.Kep

No	Time	Abstract Code	Names of Authors	Title
1	16.00-16.15	ABS-148	Ardi Erlangga, Cornelius Faasokhi Gulo, Theresia Septilina, Juhdeliena, Masrida Adolina Panjaitan*	A Description of Emotional Intelligence of Nurses in Hospital in West Indonesia
2	16.15-16.30	ABS-149	Yinglan Li, Waraporn Kongsuwan*	Nurses Perception on Influence of Technology on Nursing Practice in China
3	16.30-16.45	ABS-162	Lusia Henny Mariati*, Yohanes Jakri	The Effect of Emotional Intelligence toward Nurses Communication Skill at The Ruteng Regional General Hospital
4	16.45-17.00	ABS-177	Made Sumarwati, Wastu Adi Mulyono	Application Problem Solving for Better Health Nursing in Leadership and Management Nursing Course
5	17.00-17.15	ABS-268	Munasib Munasib, Atikah Proverawati, Akhyarul Anam, Endo	Arabic Language Conversation Model for Nursing Students in International Class

			Dardjito	
6	17.15-17.30	ABS-278	Tintin Sumarni, Sri Dewi, Wiwiek Delvira	The Effect of Intrinsic and Extrinsic Motivation on Nursing Care Documentation in RSUD M. NATSIR and RSUD ARIFIN ACHMAD
7	17.30-17.45	ABS-66	Ni Gusti Ayu Eka*, Peggy Sarah Tahulending, Christie Lidya Rumerung	Professional Role Modelling Behaviour in Indonesian Nursing Education

Day/Date : Tuesday / September 22, 2020
Room : 4
Session : 2
Time : 16.00-17.45
Moderator : Dr. Endang Triyanto, M.Kep

No	Time	Abstract Code	Names of Authors	Title
1	16.00-16.15	ABS-113	Suryana*, Fitria Nur, Yulia Fitri, Silvia Wagustina, Andi Eka Yunianto	Energy Deficiency and Protein Intake Related to Stunting and Motor Development in Children Aged Under 5 Years: Cross-Sectional Study in Kaway XVI, Aceh Barat District
2	16.15-16.30	ABS-232	Elvi Khofshoh, Dyah Wiji Puspita Sari*, Muh. Abdurrouf	The Effect of Training on Prevention of Stunting Against Work Motivation of Health Care Cadres in Stunting in Semarang City
3	16.30-16.45	ABS-150	Siwi Pramatama Mars Wijayanti, Erna Kusumawati, Arrum Firda Ayu Maqfiroch, Colti Sistiarani	Media Information Exposure and Stunting Prevalence in Banyumas Regency, Indonesia
4	16.45-17.00	ABS-348	Lita Heni Kusumawardani, Ade Sutrimo, Rianita Sulasih Mutifasari	Evidence and Feasibility of Recent Community-based Strategies on Stunting Management in Indonesia: A Literature Review
5	17.00-17.15	ABS-13	Endang Triyanto, Asep Iskandar, Eva Rahayu, Rahmi Setiyani, Lita Heni Kusumawardani, Koernia Nanda Pratama	Risk Behavior of Reproduction Health Among Adolescents: Case Study in Banyumas
6	17.15-17.30	ABS-336	Nur Ulfah, Siti Harwanti, Erna Kusumawati, Budi Aji, Suryanto	Relationship of Chemical Exposure with Stunting Events of Mother's Children Working in Fake Hair Company

7	17.30-17.45	ABS-87	Cecep Triwibowo*, Rusdi Rangkuti, Ridesman, Niniek Lely Pratiwi, Tinah, Lita Heni Kusumawardani, Yulia Fauziyah	Implementation of Practical Learning on Complementary Feeding Using Experiential Learning Method to Improve Nutritional Status of Infants with Stunting Indication in South Tapanuli District

Day/Date : Tuesday / September 22, 2020
Room : 5
Session : 2
Time : 16.00-17.45
Moderator : Hening Pratiwi, M.Sc., Apt

No	Time	Abstract Code	Names of Authors	Title
1	16.00-16.15	ABS-36	Khansa Nabila Fauzi*, Atikah Proverawati, Izka Sofiyya Wahyurin	The Influence of Instagram Culinary Account (Foodstagram) Exposure to Food Choice in Adolescents at SMA Negeri 1 Purwokerto
2	16.15-16.30	ABS-90	Hery Winarsi*, Gumintang R Ramadhan, Widya Ayu Kurnia Putri, Afina Rachma Sulistyaning, and Farida	The Potential of Mung Bean Milk Yogurt as a Prevention of Atheroma in Obese Women
3	16.30-16.45	ABS-88	Dika Betaditya, Friska C Agustia, Gumintang R Ramadhan, Yovita P Subardjo, Rosswandari M Widyananda, dan Netha Nabila	Differences of Food Patterns, Physical Activity, and The Abdominal Fat Distribution Before and After Ramadhan Fasting in Overweight and Obese Students of Jenderal Soedirman University
4	16.45-17.00	ABS-135	Yovita Puri Subardjo, Friska Citra Agustia, Dika Betaditya, Gumintang Ratna Ramadhan, Noor Cherinawati	Metabolic Syndrome Prevalence in University Worker and Its Relation to Anthropometric Parameter
5	17.00-17.15	ABS-38	Afina Rachma Sulistyaning*, Farida, Hesti Permata Sari	Yellow Watermelon-Plantain Banana Juice as Protective Factor of Oxidative Stress and Source of Energy During Exercise
6	17.15-17.30	ABS-101	Anindya Maratus Sholikhah*, Afif Rusdiawan	Purple Sweet Potato Extract and Aerobic Exercise Reduces Lipid Profiles in Hyperlipidemic Rats Model
7	17.30-	ABS-136	Abdurrakhman Haryo	Development of Physical Activities

	17.45		Nugroho*, Suharjana, Rifqi Festiawan, I Gusti Putu Ngurah Adi Santika, Ricky Wibowo	Model Through Simple Games to Increase Coordination and Accuracy of Elementary School Student

Day/Date : Tuesday / September 22, 2020
Room : 6
Session : 2
Time : 16.00-17.45
Moderator : Siti Masfiah, M.Kes

No	Time	Abstract Code	Names of Authors	Title
1	16.00-16.15	ABS-60	Yenni Ferawati Sitanggang*, Felisha Zammara Kristianto, Charles T. C Mangkuharja, Elisabeth Dwi Arianti	Family Support towards Quality of Life of Cancer Patients: A Literature Review
2	16.15-16.30	ABS-64	Sukartini Hardyn Agustina*, Lutfatul Latifah, Nina Setiawati	The Effect of Reproductive Health Education with Animated Video Media on the Knowledge and Motivation of Young Women in Preventing Early Marriage
3	16.30-16.45	ABS-99	Evi Lailiya, Budi Widiyanto, Muhamad Jauhar	Walking Exercise and Blood Pressure Among Elderly with Hypertension in A Nursing Homes
4	16.45-17.00	ABS-323	Siti Zahara Nasution, Cholina Trisa Siregar, Reni Asmara Ariga, Lufthiani, Muhammad Ridha Haykal Amal	Family Parenting with Working and Non-Working Mothers in Medan City Indonesia
5	17.00-17.15	ABS-318	Siti Masfiah, Arrum Firda Ayu Maqfiroch, Windri Lesmana Rubai, Siwi Pramatama Mars Wijayanti, Dian Anandari, Arif Kurniawan, Saryono, Budi Aji	Social Media Engagement on Stunting Prevention Program Among Adolescent in Central Java: A Media Tracking Survey 2019
6	17.15-17.30	ABS-282	Dina Bisara Lolong, Kristin Tobing, Lamria Pangaribuan, Oster S Simarmata	Health Seeking Behavior Among Pulmonary Tuberculosis Suspects in The Community in Indonesia
7	17.30-17.45	ABS-269	Zakia Azkia*, Rahmi Setiyani, Lita Heni Kusumawardani	Comparison Between Balance Strategy Exercise (BSE) and Lower Limb-Range of Motion (ROM) to Reduce the Risk of Falling in Elderly People

Day/Date : Tuesday / September 22, 2020
Room : 7
Session : 2
Time : 16.00-17.45
Moderator : Dian Ramawati, M.Kep

No	Time	Abstract Code	Names of Authors	Title
1	16.00-16.15	ABS-281	Bima Adi Saputra*, Dewi Prabawati, Havidz Aima	The Effectiveness of Acupressure on The Reduction of Delayed Nausea and Vomiting on The Cancer Patients undergoing Chemotherapy
2	16.15-16.30	ABS-287	Yulastri, Tintin Sumarni	Effect of Therapy Spiritual Emotional Freedom Tehcnic (SEFT) on Hypertensive Elderly People in Working Area of the Health Center Tanjung Paku Solok City 2019
3	16.30-16.45	ABS-290	Tavip Dwi Wahyuni	"Hypertension Education Module and Its Effect on Prevention of Hypertension Risk in Mojolangu Malang City"
4	16.45-17.00	ABS-295	Yunita Sari (a*), Atyanti Isworo (a), Arif Setyo Upoyo (a), Agis Taufik (a), Annas Sumeru (a), Nur Indarwati (b))	Diabetes Self-Care Among Diabetic Patients in Indonesia: Qualitative Study
5	17.00-17.15	ABS-297	Yunita Sari*, Atyanti Isworo, Arif Setyo Upoyo, Akhyarul Anam, Nuriya, Lita Heni Kusumawardani	Illness belief, Knowledge, and Diabetes Self-Management in Indonesia
6	17.15-17.30	ABS-307	Nona Kireina Hana Larati Waruwu, Pinta Ulina Br Sembiring, Vinny Florensia Kalesaran, Marisa Junianti Manik, Anthina Dorthea Luturmas	The Effects of Progressive Muscle Relaxation on Blood Pressure and Headache in the Period of Hypertension
		ABS-39	Annisa Nur Laili*, Yunita Sari, Koernia Nanda Pratama	Relations Between Susceptibility and Benefits Perception with The Self-Control Effort of Hypertension Sufferer in Puskesmas Sumbang 1 Working Area

SCHEDULE OF PRESENTATION

Second Day (September 23, 2020)

Day/Date : Wednesday / September 23, 2020
Room : 1
Session : 1
Time : 08.00-10.00
Moderator : Siti Masfiah, M.Kes

No	Time	Abstract Code	Names of Authors	Title
1	08.00-08.15	ABS-27	Fery AM Mendrofa, Umi Hani*	Burnout among Nurses Working in COVID-19 Pandemic
2	08.15-08.30	ABS-181	Iswanti Purwaningsih, Abdul Aziz, Sumarti Endah Purnamaningsih Maria Margaretha	Psychological Parents in Children with Cancer During COVID-19 Pandemic
3	08.30-08.45	ABS-236	Siti Zahara Nasution*, Cholina Trisa Siregar, Reni Asmara Ariga, Lufthiani, Muhammad Ridha Haykal Amal	Urban and Rural Family Attitudes in The Face of COVID-19
4	08.45-09.00	ABS-252	Reni Asmara Ariga*, CholinaTrisa Siregar, Siti ZaharaNasution, Lufthiani, Fajar Amanah Ariga, Ikhsanuddin Ahmad	Changes in Situation of Community Life to Deal with COVID-19 Pandemic in North Sumatra
5	09.00-09.15	ABS-250	Yuditha Nindya Kartika Rizqi, Lulu Nafisah	Regional Policy Responses to the COVID-19 Pandemic in Indonesia
6	09.15-09.30	ABS-283	Dyah Retna Puspita *, Pawrtha Dharma, Hikmah Nuraeni	Kampung KB Participation Model in Prevention of COVID-19 in Banyumas Regency
7	09.30-09.45	ABS-143	Mustia Dewi Irfianti	Indonesian Mental Health Problems During COVID-19 Pandemic Creating New Behaviours
8	09.45-10.00	ABS-255	Tuti Hartini*, Wahyu Ekowati	Literature Review: The Psychological Impact on Students During the COVID-19 Pandemic

Day/Date : Wednesday / September 23, 2020
Room : 2
Session : 1
Time : 08.00-10.00
Moderator : Yunita Sari, PhD

No	Time	Abstract Code	Names of Authors	Title
1	08.00-08.15	ABS-18	Nur Isnaini, Kris Linggardini	Change of Blood Pressure in Patients Intradialisis Phase
2	08.15-08.30	ABS-19	Sri Suparti*, Asiandi, Rasiman	The Effect of Negative Pressure of Open Suction Endotracheal 20 and 25 kPA on the Hemodynamics Indices Patients
3	08.30-08.45	ABS-202	Nova Nadila, Hilman Syarif*	Glassgow Coma Scale and Outcome on Head Injury Patients in Emergency Room at General Hospital of Pemerintah Aceh
4	08.45-09.00	ABS-204	Lina Berliana Togatorop*, Cholina Trisa Siregar	The Correlations of Role of Nurses and Quality of Life of Patient with Chronic Renal Failure undergone Haemodialysis Treatment at Haji Adam Malik Hospital, Medan
5	09.00-09.15	ABS-215	Hening Pratiwi, Ika Mustikaningtias, Laksmi Maharani	The Impacts of Educating Tuberculosis Supervisor to Patients Medication Adherence, Quality of Life, and Satisfaction in Banyumas Pulmonary Health Center
6	09.15-09.30	ABS-10	Oliva Suyen Ningsih*, Kornelia Romana Iwa, Maria Getrida Simon, Katarina Anastasia Sinar	Diabetic Foot Ulcers and Risk Fall in People with Type 2 Diabetes Mellitus in BLUD RSUD Dr. Ben Mboi Manggarai Regency, NTT
7	09.30-09.45	ABS-104	Karina Denggani Rebeka Cibro, Saryono	The Effect of Abdominal Massage on Abdominal Disfunction Among Patients in Intensive Care Unit (ICU)
8	09.45-10.00	ABS-244	Muhammad Khairul Maula Yahya Ali, Ahmad Syafwan Awang, Marlina Mohd Nawawi, Mohd Noor Faizal Kamarudin, Al Hafiz Ibrahim, Muhammad Hafiz Hanafi*	A Rare Recovery of Ventriculitis in Traumatic Brain Injury: Nursing Care Perspective.

Day/Date : Wednesday / September 23, 2020
Room : 3
Session : 1
Time : 08.00-10.00
Moderator : Made Surmawati, MN

No	Time	Abstract Code	Names of Authors	Title
1	08.00-08.15	ABS-234	Yustiana Olfah, AA Subiyanto, Sapja Anantayu & Mahendra Wijaya	Health Promotion Media with Snakes and Ladders Game as an Effort to Develop the Prevention of Sexual Violence in Children
2	08.15-08.30	ABS-235	Amalia Rizki Radika, Made Sumarwati, Koernia Nanda Pratama	The Effect of The Hand Hygiene History on Student Attitudes In Applying Hand Hygiene In Clinical Nursing Practice
3	08.30-08.45	ABS-292	Yektiningtyastuti	Differences in the Cultural Knowledge and Cultural Skill between Nursing Lecturers at Public and Private Colleges in Central Java Province, Indonesia
4	08.45-09.00	ABS-32	Erry Fuzian*, Mekar Dwi Anggraeni, Wahyudi Mulyaningrat	Learning Motivation Using Blended Learning and Students Learning Outcomes in Nursing Department Jenderal Soedirman University
5	09.00-09.15	ABS-47	Doni Widianto,Yunita Sari, Atyanti Isworo	Factors that Affect the Nurses Role as an Educator of Diabetes Mellitus in dr. R. Goeteng Taroenadibrata Hospital Purbalingga
6	09.15-09.30	ABS-66	Ni Gusti Ayu Eka*, Peggy Sarah Tahulending, Rijanto Purbojo	Developing a Short Course for Promoting Civility in Indonesian Nursing Education
7	09.30-09.45	ABS-110	Ichsan Rizany*, Herry Setiawan, Musafaah, Miftakhul Jannah, Yuliani, Laila Rahmaniah, Winda Lestari	Effectiveness of Online Registration for Waiting Time and Outpatient Satisfaction
8	09.45-10.00	ABS-6	Dedy Purwito	Primary Care Nurse Practitioner Role Extending; "A Necessity in Indosesia Health Care System

Day/Date : Wednesday / September 23, 2020
Room : 4
Session : 1
Time : 08.00-10.00
Moderator : Haryatiningsih Purwandari, M.Kep., Ns.Sp.Kep.An

No	Time	Abstract Code	Names of Authors	Title
1	08.00-08.15	ABS-193	Nisaul Magfirah, Mikawati, Evi Lusiana, Sitti Syamsiah,Hasriany	Bullying Health Education using the Group Method can Improve Students Knowledge and Attitudes about Bullying at SD Negeri Aroepala Makassar
2	08.15-08.30	ABS-196	Herdika Listya Kurniati	Literature Review: The Impact of Cyberbullying on Adolescent Mental Health and Prevention Efforts
3	08.30-08.45	ABS-240	Desiyani Nani*, Elisabeth Siti Herini, Ahmad Hamim Sadewa, Sri Hartini, Indria Laksmi Gamayanti, Dyla Annisa Putri	Special Needs Children Profile in Banyumas District, Central Java Province, Indonesia
4	08.45-09.00	ABS-310	Rakhmat Susilo, Muliyah Rosyani	The Correlation between Family Support and Premarital Screening Decision Making on Adolescents with Thalassemia
5	09.00-09.15	ABS-34	Budiyono Budiyono*, Farid Agushybana, Ayun Sriatmi, Martini Martini, Sutopo Patria Jati, Rani Tiyas Budiyanti	Universal Child Immunization Coverage in Prrworejo District: Cross Sectional Survey Using Rapid Card Form
6	09.15-09.30	ABS-37	Icha Bimawati Astikasari*, Hari Amirullah Rachman, Rifqi Festiawan, Didik Rilastiyo Budi, Ajeng Dian Purnamasari, Arie Asnaldi, Hilmainur Syampurma	The Game Model to Develop Motor Skills for Kindergarten Students
7	09.30-09.45	ABS-192	Agnes Wigatiningtyas, Ananda Eka Puspitasari, Anastasia Geraldine Sagitadewi, Lia Kartika*, Dwi Yulianto Nugroho	Mothers Perception and Knowledge Towards Obesity with Obesity Status in Preschool Age Children in Indonesia
8	09.45-10.00	ABS-30	Izka Sofiyya Wahyurin, Hiya Alfi Rahmah	Impact of Menstrual Blood Loss on Hemoglobin Levels among Adolescent Girls in Banyumas

Day/Date : Wednesday / September 23, 2020
Room : 5
Session : 1
Time : 08.00-10.00
Moderator : Dr. Eri Wahyuningsih, M.Kes

No	Time	Abstract Code	Names of Authors	Title
1	08.00-08.15	ABS-14	Rindha Widyaningsih*, Didik Rilastiyo Budi, Arfin Deri Listiandi, Wildan Qohhar, Rajip Mustafillah Rusdiyanto, Brio Alfatihah Ramayudha, Roma Irawan	eSport and Philosophy Behind: A Literature Review
2	08.15-08.30	ABS-205	Rani Aulia Imran*, Yogi Purnomo	Students Musculoskeletal Complaints and Learning Postures Analysis in Case of Studying from Home
3	08.30-08.45	ABS-12	Didik Rilastiyo Budi*, Rindha Widyaningsih	Revealing Fanaticism of Football Supporters: Mass Psychology Perspective
4	08.45-09.00	ABS-126	Ayu Rizky Febriani*, Rohman Hidayat, Neva Widanita, Didik Rilastiyo Budi, Arfin Deri Listiandi, Rifqi Festiawan, Arie Asnaldi, Hilmainur Syampurma, Ajeng Dian Purnamasari, Dewi Anggaraeni	Deviate of Adolescence in the Physical Education Study Program at the University Jenderal Soedirman Enviroment
5	09.00-09.15	ABS-129	Brio Alfatihah Ramayudha, Herman Subarjah, Amung Mamun, Agus Mahendra, Berliana, Wildan Qohhar, Rajip Mustafillah Rusdiyanto, Didik Rilastiyo Budi	Olympic Movement: Its Impact on the Development of Sports in Universities in Indonesia
6	09.15-09.30	ABS-130	Moh. Nanang Himawan Kusuma, Rohman Hidayat, Arfin Deri Listiadi, Neva Widanita, Dewi Anggraeni, Komarudin	Effectiveness of Multilateral Drills on Cognitive and Psycho-motor Ability for Male Sport Student
7	09.30-09.45	ABS-16	Rifqi Festiawan*, Lim Boon Hoi, Siswantoyo, Ngadiman, Indra Jati	High Intensity Interval Training, Fartlek Training & Oregon Circuit Training: What Are the

			Kusuma, Fuad Noor Heza, Bayu Suko Wahono, Adi Wijayanto, Sri Sumartiningsih	Best Exercises to Increase VO2 Max?
8	09.45-10.00	ABS-17	Yudha Febrianta*, Pamuji Sukoco, FX. Sugiyanto, Rifqi Festiawan	The Effectiveness of The Development of Rhythmic Activity Model of The Barongan Dance Modification for Physical Education Learning in Primary School

Day/Date : Wednesday / September 23, 2020
Room : 6
Session : 1
Time : 08.00-10.00
Moderator : Dr. Endang Triyanto, M.Kep

No	Time	Abstract Code	Names of Authors	Title
1	08.00-08.15	ABS-139	Suryanto, Heryanto, Endo Dardjito	Empowerment of Attitude and The Role of Cabe Farmers Communities in The Application of Behavior Safety in Gambuhan Village, Pulosari District, Pulosari District
2	08.15-08.30	ABS-127	Deborah Siregar*, I Made Djadja	Spatial analysis and Mapping of Dengue Hemorrhagic Fever (DHF) Risk in Rural Populations in Panongan Subdistrict, TangerangA
3	08.30-08.45	ABS-161	Ivonny Sherly Sitanaya, Kirey Sianipar, Marsela Susanti Pandango, Martina Pakpahan, Sarah Lidya Cicilia*	Smoking at Home and The Incidents of Acute Respiratory Infections in Toddler and Preschool Age
4	08.45-09.00	ABS-164	Iman Abrahamhowuhowu Mendrofa, Kris Dwi Jayanti, Martina Pakpahan, Agustin Lamtiur	The Correlation Between Influence of Social Environment and Smoking Behavior of Adolescents in High School
5	09.00-09.15	ABS-165	Ridlwan Kamaluddin*, Eva Rahayu, Arif Imam Hidayat, Lita Heni Kusumawardani	Exploration of Health Cadres in Disaster Risk Reduction in Volcanic Disaster-Prone Areas: A Qualitative Study
6	09.15-09.30	ABS-206	Martini M, Novita I. Bella, Hadi M, Hestiningsih R,	Accuracy Rapid Test Diagnostics on Dengue Suspect in Hospitals of Semarang City, Indonesia

			Yuliawati S, Mawarni A	
7	09.30-09.45	ABS-271	Nur Ulfah*, Siti Harwanti, Budi Aji	Work Accident in Palm Sugar Farmer: Empirical Study on Informal Sector Workers in Indonesia

Day/Date : Wednesday / September 23, 2020
Room : 7
Session : 1
Time : 08.00-10.00
Moderator : Dian Ramawati, M.Kep

No	Time	Abstract Code	Names of Authors	Title
1	08.00-08.15	ABS-41	Shanty Chloranyta, Hasmi	Correlation Body Mass Index, Blood Glucose Level and Adherence Diet in Type 2 Diabetes
2	08.15-08.30	ABS-42	Dewi Latifatul Ilma*, Fita Rahmawati, Djoko Wahyono	Comparison of Estimated Glomerular Filtration Rate Equations for Dosing Antibiotics in Chronic Kidney Disease Patients
3	08.30-08.45	ABS-51	Nurhadi, Yunita Sari, Arif Imam Hidayat	The Difference of Effectiveness Between Chlorhexidine Gluconate Transparent Dressing 2% And Standard Transparent Dressing on Prevention Of Phlebitis In Dharmais Cancer Hospital, Jakarta
4	08.45-09.00	ABS-52	Nova Lina Langingi and Josephine D. Lorica2	Lifestyle Modification Through Plant-Based Diet and Exercise to Prevent and Manage Hypertension: An Integrative Literature Review
5	09.00-09.15	ABS-53	Rahmaya Nova Handayani, Faisal Yunus, Iris Rengganis, Ermita Ilyas Ibrahim	Characteristics of Asthmatic Subjects and Sensitization Profiles of Indonesian Subjects to Allergens the Most of Dermatophagoides Pteronyssinus
6	09.15-09.30	ABS-56	Iwan Purnawan*, Eman Sutrisna, Arif Imam Hidayat, Sidik Awaludin, Ridlwan Kamaludin, Galih Noor Alivian, Ikit Netra Wirakhmi	The Effect of Listening Quran Recitation on the Stress and Pain of Critical Patients at ICU
7	09.30-	ABS-7	Etlidawati, Dinda Laste	Factors Related to Nurse

	09.45		Agustina	Compliance in the Implementation of Nutrition Through NGT In RSUD dr. R. Goeteng Taroenadibrata Purbalingga
8	09.45-10.00	ABS-73	Ballsy C. A. Pangkey, Ni Luh Widani, Emiliana Tjitra	Effectiveness of Gymnastic Asthma and Slow Deep Breathing Exercises in Increasing Peak Flow of Expiration in Patients with Asthma at Two Primary Health Care Services in Jakarta

Day/Date : Wednesday / September 23, 2020
Room : 1
Session : 2
Time : 13.00-16.45
Moderator : Dr. Desiyani Nani

No	Time	Abstract Code	Names of Authors	Title
1	13.00-13.15	ABS-261	Hanifa Humanisa*, Wahyu Ekowati	The Psychological Impact Experienced by Health Workers in Dealing with the Pandemic Outbreaks of COVID-19 and Endemic MARS-CoV in Saudi Arabia
2	13.15-13.30	ABS-286	Arief Andriyanto*, Enny Virda Yuniarti, Ana Zakiyah, Ika Ainur Rofiah	The Impact of Anxiety, Psychosomatic Disorders, Stress Trauma, and Socio-economic Family Status on the Mental Health of Indonesian Communities during COVID-19
3	13.30-13.45	ABS-116	Andi Eka Yunianto*, Miratul Haya, Emy Yuliantini, Ahmad Faridi	Factors Related to Public Knowledge about COVID-19 in Indonesia: A Quick Online Cross-Sectional Survey
4	13.45-14.00	ABS-121	Sr Anita Sampe*, Mery Sambo, Siprianus Abdu, Rosdewi	Effects of Limited Personal Protective Equipment (Ppe) on Nurses Preference and Attitude on COVID-19 Care
5	14.00-14.15	ABS-124	Taufiq Firdaus Al-Ghifari Atmadja*, Andi Eka Yunianto, Nur Arifah Qurota Ayunin, Emy Yuliantini, Miratul Haya, Ahmad Faridi	Knowledge and Healthy Behavior of The West Java People Related to COVID-19 Pandemic
6	14.15-	ABS-186	Riana Dwi Agustina	Literature Review: Psychological

	14.30			Impact of COVID-19 for Nurses
7	14.30-14.45	ABS-189	Komarudin*, Hedi Ardiyanto Hermawan, Tri Ani Hastuti, Moh. Nanang Himawan Kusuma	Effectiveness of Progressive Muscle Relaxation and Deep Breathing Based on Internet Method in Facing the Student Anxiety During COVID-19
8	14.45-15.00	ABS-54	Ajeng Dian Purnamasari*, Izka Sofiyya Wahyurin, Hiya Alfi Rahmah, Fuad Noor Heza, Rifqi Festiawan, Didik Rilastiyo Budi, Pratiwi Nur Widyaningsih	College Student Activities in The Periode of Corona Virus Disease (COVID-19)
9	15.00-15.15	ABS-187	Mikawati, Muaningsih, Apryadno Jose Al Freadman Koa*	Analysis and Evaluation Medical Students Perceptions of Their Learning Environment During the Covid-19 Pandemic at School of Health Science Panakkukang Makassar in Indonesia
10	15.15-15.30	ABS-272	Noor Afifatul Khiyaroh, Asika, Lita Heni Kusumawardani, Haryatiningsih Purwandari*	The Barriers and Impacts of the Online Learning during Covid-19 Pandemic for Students and Parents: A Secondary Analysis from Digital Media in Indonesia
11	15.30-15.45	ABS-293	Nia Kurnia Sholihat*, Adhiyah Nuur Fitri	An Online Health Promotion Program to Improve Knowledge, Attitude, and Behavior of Antibiotics Usage in Al Amin Islamic Boarding School Purwokerto
12	15.45-16.00	ABS-83	Warsinah*, Hartiwi Diasturi	Phythochemical Analisis of Bruguiera Gymnorhiza Stem Bark as Antioxidant and Apha-Glycosidase Inhibitors
13	16.00-16.15	ABS-168	Eka Prasasti Nur Rachmani, Evy Sulistyoningrum, Hanif Nasiatul Baroroh, Fitri Aprilia Junaedi	Annona muricata Leaves Ethanolic Extract Increases p53 Expression in Rats Breast Cancer
14	15.15-16.30	ABS-212	Ika Mustikaningtias*, Laksmi Maharani, Hening Pratiwi	The Impact of Tuberculosis Supervisor Accompaniment to Knowledge and Performance in Purwokerto Pulmonary Health Center
15	16.30-16.45	ABS-309	Desiyani Nani*, Mega Rizky Wijayanti	Hypnosis for Pain Management at Women in Postpartum Periods

Day/Date : Wednesday / September 23, 2020

Room : 2
Session : 2
Time : 13.00-16.45
Moderator : Atyanti Isworo, M.Kep., Ns.Sp.KMB

No	Time	Abstract Code	Names of Authors	Title
1	13.00-13.15	ABS-107	Yogi Dwi Cahyanto*, Atyanti Isworo, Agis Taufik	The Relation of Dialysis Time with Ureum Reduction Ratio, Hemodynamics and Fatigue in Hemodialysis Patients at Wonosari RSUD
2	13.15-13.30	ABS-111	Arif Setyo Upoyo, Atyanti Isworo, Yunita Sari, Agis Taufik, Annas Sumeru, Akhyarul Anam	Determinant Factors of Stroke Prevention Behavior Among Hypertension Patient in Indonesia
3	13.30-13.45	ABS-115	Martina Pakpahan*, Ni Gusti Ayu Eka, Maria Veronika Ayu Florensa	The Correlation Between Modifiable Risk Factors to Hypertension Level in The Middle-Aged and Elderly
4	13.45-14.00	ABS-119	Akhyarul Anam, Arif Setyo Upoyo, Atyanti Isworo, Agis Taufik, Annas Sumeru, Munasib, Yunita Sari	Managing a Chronic Disease Management Program (Prolanis): The Nurses Experience
5	14.00-14.15	ABS-127	Deborah Siregar*, Yenni Ferawati	Risk Factor of Impaired Lung Function of Welders in Binong, Tangerang
6	14.15-14.30	ABS-146	Martina Pakpahan, Ni Gusti Ayu Eka, Maria Veronika Ayu Florensa	Stress and Smoking associated with Hypertension in Middle-Aged and Elderly in Binong Tangerang
7	14.30-14.45	ABS-155	Susi Widawati, Tiurma R.V Naibaho, Belet Lydia Ingrit*, Shinta Yuliana Hasibuan	Description of Attitude and Knowledge of Nurses in doing HPV Vaccines in One of West Indonesian Hospitals
8	14.45-15.00	ABS-159	Nimas Mutiara*, Annas Sumeru	Literature Review: The Effect of Family Support to Compliance With Running Hemodialysis in Chronic Kidney Disese (CKD) Patient
9	15.00-15.15	ABS-160	Meida Laely Ramdani*, Sri Yani	Association of Body Mass Index with Mortality among Stroke Hemorrhagic Patients in the Stroke Unit, RSUD Banyumas
10	15.15-15.30	ABS-175	Felicia Kartika, Melisa Constantine Sigarlaki, Debora Siregar, Elissa Oktoviani Hutasoit	The Relationship Between Quality of Sleep and Blood Pressure in Faculty of Nursing in X University
11	15.30-	ABS-137	Christina Yolanda Putri	Students Knowledge and Attitude

	15.45		Eklesia, Julia Sinthya Ansar, Maryati Octafia Simatupang, Lia Kartika*, Dwi Yulianto Nugroho	with the Intention towards Earthquake at One of University Buildings in West Indonesia
12	15.45-16.00	ABS-242	Nadya Gita Puspita*, Ridlwan Kamaluddin	A Literature Review: Health Education for Earthquake Disaster Preparedness
13	16.00-16.15	ABS-243	Novi Ratnasari*, Ridlwan Kamaluddin	A Literature Review of The Effectiveness of Simulation Method in Improving Community Knowledge About Basic Life Support (BLS) on Accident Victims
14	15.15-16.30	ABS-225	Arief khoerul ummah*, Galih Noor Alifian, Endang Triyanto	Implementation of Pursed Lip Breathing and Semi Fowler Position in COPD Patients which Get Nebulizer in IGD
15	16.30-16.45	ABS-68	Juniarta*, Ineke Patrisia	Spiritual Well-Being: The Ideals and Realities Experienced by Student Nurses in a Faith-based University in Indonesia

Day/Date : Wednesday / September 23, 2020
Room : 3
Session : 2
Time : 13.00-16.45
Moderator : Wastu Adi Mulyono, M.Kep

No	Time	Abstract Code	Names of Authors	Title
1	13.00-13.15	ABS-325	Cholina Trisa Siregar, Yunita Eliafni Siregar, Reni Asmara Ariga,	The Effect of Health Education Using WhatsApp Group on the Level of Compliance with Fluid Intake of Hemodialysis Patients
2	13.15-13.30	ABS-332	Saryono	Can Mobile Phone-Based Messages Decrease HbA1c and Glycemic Control on Type-2 Diabetes? An Evidence Reviews
3	13.30-13.45	ABS-29	Nur Adini Rahmawati*, Achmad Sudjadi, Saryono Saryono	Lean Hospital Management Implementation: A Case Study of the 5r Method Utilization at Rural Mother And Child Hospital In Indonesia
4	13.45-14.00	ABS-103	Santa Monika Sinaurat, Septiani Simanulang, Solagratia Latumaerissa, Riama Marlyn	Relationship of Organization Culture with Nurse Behavior In Implementing Patient Safety in One Private Hospital in West

			Sihombing, Windy Sapta Handayani Zega	Indonesia
5	14.00-14.15	ABS-144	Suryanto, Harwanti S, Ulfah N	Relationship of Working Shift and Work Motivation With Mental Weaknesses in Nursing in Surgeratic State Hospital of RSUD R. Dr goeteng Taroenadibrata Purbalingga
6	14.15-14.30	ABS-46	Tri Ismu Pujiyanto*, Shindi Hapsari	Burnout Syndrome among by Nurses in Semarang: Fenomenology Study
7	14.30-14.45	ABS-313	Moch. Oscar Setya Putra, Ulfa Husnul Fata	The Relationship of Burnout Syndrome with The Completeness of Nursing Care Documentation in Medika Utama Hospital Blitar City, Indonesia
8	14.45-15.00	ABS-97	Indriani Mendrofa, Pingkan Natasya, Martina Pakpahan*, Dora Irene Purimahua	The Differences of Sleep Quality between Nurses with Two-Shifts of Work and Nurses with Three-Shifts of Work
9	15.00-15.15	ABS-171	Estria, Suci Ratna, Nurjanah, Siti	Beautiful Mind Bring Change to Mind: A Video Approach to Reducing Stigma
10	15.15-15.30	ABS-221	Eventfull Octo Marthin Ziliwu, Marnita Ndraha, MIka Trisha Sinaga, Veronica Paula, Novita Susilawati Barus*	Nursing Students Coping Strategy on Academic Stress: A Literature Riview
11	15.30-15.45	ABS-279	Linawati Sihotang, Milka Yulianti, Resnawati Situmorang, Riama Marlyn Sihombing, Heman Pailak*	Relationship Between Nurse Characteristics and Nursing Stress Coping in One Private Hospital in Central Indonesia
12	15.45-16.00	ABS-317	Nurvina Taurimasari, Nawang Wulandari, Ulfa Husnul Fata	Life Meaning Therapy on Anxiety Experience by Female Prisoners in Correctional Institution
13	16.00-16.15	ABS-86	Wahyudi Mulyaningrat, Achir Yani S. Hamid, Novy H.C. Daulima, Wahyu Ekowati, Keksi Girindra Swasti	Mothers Grief with NAPZA Abusing Adolescent A Qualitative Study
14	16.00-16.15	ABS-246	Cifanelda Deborah, Anni Oktavia Marbun, Asril Syamrio Tinambunan, Juniarta, Ester Silitonga	Factors Influencing Depression in Nursing Students: A Systematic Literature Review
15	16.15-16.30	ABS-289	Susri Utami, Mei-Chih Huang	Kangaroo Father Care for Premature Baby in Indonesia; Right-Obligation

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Room : 4
Session : 2
Time : 13.00-16.45
Moderator : Mekar Dwi Anggraeni, PhD

No	Time	Abstract Code	Names of Authors	Title
1	13.00-13.15	ABS-276	Fitri Fujiana, Erni Setiyowati	The Experience of Adolescent Girls in Carrying out Early Marriage: A Phenomenological Study
2	13.15-13.30	ABS-284	Sri Dewi, Deharnita	The Effect of Coaching Self Hypnosis on Early Breastfeeding Initiation among Postpartum Mothers on Solok City
3	13.30-13.45	ABS-45	Mekar Dwi Anggraeni, Rahmi Setyani, Aprilia Kartikasari, Eni Rahmawati	Exploring Early Supplemental Food Practice in Indonesia
4	13.45-14.00	ABS-174	Ika Oktaviani, Bambang Rahardjo, Endang Sri Wahyuni, Maya Devi Arifiandi, Titin Andri Wihastuti*	Pregnancy Increases the Expression of Prostaglandin-2 in The Sacroiliac Joint (Study in-vivo Rattus Norvegicus Strain Wistar)
5	14.00-14.15	ABS-228	Katri Andini Surijati, Diffah Hanim, Kusnandar	Consumption of Fe-folic Acid Supplements on Hemoglobin Levels in Pregnant Women and Infant Birth Weight
6	14.15-14.30	ABS-294	Aprilia Kartikasari*, Lutfatul Latifah	What Factors Influence the Perception of Breastfeeding Support in Postpartum Mothers?
7	14.30-14.45	ABS-304	Lutfatul Latifah*, Nina Setiawati, Aprilia Kartikasari	The Effect of Pranayama and Restorative Yoga Postures on Reducing Morning Sickness in Pregnancy
8	14.45-15.00	ABS-319	Indah Dewi Ridawati*, Frida Nurmala	Relationship Between Knowledge and Mothers Attitudes Toward Long-Term Contraceptive Method
9	15.00-15.15	ABS-70	Happy Dwi Aprilina, Siti Nurjannah, Siti Suwaibah, Suratmi	Reserve Pressure Softening Versus Cabbage Leaves on Breast Engorgement Among Postpartum Mothers
10	15.15-15.30	ABS-72	Meivita Dewi Purnamasari*, Iftiar Alif Nuraeni, Erni Setiyowati,	Health Education Enhances the Understanding of Pregnant Women Towards The Prevention

			Koernia Nanda Pratama, Galih Noor Alivian	of Early Complementary Feeding
11	15.30-15.45	ABS-74	Surya Andina Mujiyani*, Mekar Dwi Anggraeni, Nina Setiawati	Correlation of Weight Gain Pregnancy and Breast Milk Production in Early Postpartum at RSUP Sardjito
12	15.45-16.00	ABS-324	Siti Zahara Nasution, Nur Habibi, Cholina Trisa Siregar, Reni Asmara Ariga, Lufthiani, Muhammad Ridha Haykal Amal	Mother Puerperal Care in Aceh Culture
13	16.00-16.15	ABS-337	Nina Setiawati*, Lutfatul Latifah, Aprilia Kartikasari	Effectiveness Yoga to Improve the Quality of Sleep in Pregnant Women with Nausea and Vomiting
14	15.15-16.30	ABS-179	Muladefi Choiriyah*, Tim Murni, Rinik Eko Kapti, Ayut Merdikawati	Young Adult Working Mothers with Higher Perception of Insufficient Milk Supply Were Seven Times at Risk of Exclusive Breastfeeding Cessation in East Java, Indonesia
15	16.30-16.45	ABS-134	Ayut Merdikawati*, Dyah Ekafaraviqa A. S., Ika Setyo Rini, Muladefi Choiriyah	Activity Level and Exclusive Breastfeeding in Working Mother: a Cross-Sectional Study,

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Room : 5
Session : 2
Time : 13.00-16.45
Moderator : Arfin Deri Listiandi, M.Pd

No	Time	Abstract Code	Names of Authors	Title
1	13.00-13.15	ABS-172	Wildan Qohhar*, Adang Suherman, Amung Mamun, Mulyana, Rajip Mustafillah Rusdianto, Brio Alfatihah Ramayudha, Didik Rilastiyo Budi, Moh. Nanang Himawan Kusuma, Panuwun Joko Nurcahyo, Dewi Anggraeni	Government Policy in the Development of Sports Achievement at the Student Sports Education and Training Center
2	13.15-13.30	ABS-184	Sapta Kunta Purnama, Waluyo, Moh. Nanang	Profile of Maximum Oxygen Uptake of Male Youth Athletes

			Himawan Kusuma, Haris Nugroho	
3	13.30-13.45	ABS-185	Djoko Nugroho, Moh. Nanang Himawan Kusuma, Agustiyanta, Baskoro Nugroho Putro	Physical Conditions as an Instrument for Monitoring and Evaluating the Effectiveness of Training Programs in Youth Male Athletes
4	13.45-14.00	ABS-190	Fuad Noor Heza*, Ngadiman, Rifqi Festiawan, Ajeng Dian Purnamasari, Indra Jati Kusuma, Bayu Suko Wahono, Winarno	The Comparison of Weight Training and Endurance Exercise Towards The Level Damage of Muscle Cells (fsTnI)
5	14.00-14.15	ABS-191	Bayu Suko Wahono*, Fuad Noor Heza, Ngadiman, Rifqi Festiawan, Ajeng Dian Purnamasari, Indra Jati Kusuma	The Interval Training Reduces The Risk of Coronary Heart Disease
6	14.15-14.30	ABS-194	Wahyuni, Ricky Fauzi Zakaria	Elastic Band Strengthening Exercise in Improving Functional Capabilities of Knee Osteoarthritis Patients in Condong Catur Hospital Sleman
7	14.30-14.45	ABS-207	Rajip Mustafillah Rusdiyanto*, Herman Subarjah, Amung Mamun, Mulyana, Rony Syaifullah, Wildan Qohhar, Brio Alfatihah Ramayuda, Rindha Widyaningsih	The Physiology and Psychological Condition of Indonesian Pencak Silat Athletes Elite
8	14.45-15.00	ABS-239	Sri Widiyati, Sugih Wijayati, Sukma Diyanatul Faikha, Muhamad Jauhar	Combination of Autogenic Relaxation and Progressive Muscle Relaxation Reducing Blood Pressure Among Elderly with Hypertension in A Nursing Homes
9	15.00-15.15	ABS-31	Vivin Okdwi Jayanti*, Ria Lumintuarso, Awan Hariono, Dewi Anggraeni, Rifqi Festiawan, Arfin Deri Listiandi, Ayu Rizky Febriani	An Analysis Rubric of Water Polo Shooting Technique Through Biomechanics Approach
10	15.15-15.30	ABS-33	Arie Asnaldi*, Hilmainur Syampurma, Rika Sepriani, Roma Irawan, Didik Rilastiyo Budi, Rifqi Festiawan, Arfin	Identification of Non-Locomotor Basic Motion in Primary school students

			Deri Listiandi, Ayu Rizky Febriani	
11	15.30-15.45	ABS-35	Hilmainur Syampurma*, Arie Asnaldi, Rika Sepriani,Roma Irawan, Arfin Deri Listiandi, Ayu Rizky Febriani, Didik Rilastiyo Budi, Rifqi Festiawan	The Effect of Healthy Heart Gymnastics on The Physical Freshness of Athletes Weightlifters Padang City
12	15.45-16.00	ABS-40	Roma Irawan*, Sayuti Syahara, Arie Asnaldi, Hilmainur Syampurma, Moch. Asmawi, Rindha Widyaningsih	The Effect of Emotional Intelligence, Training Discipline, Knowledge Management and Work Motivation on Trainer Performance
13	16.00-16.15	ABS-71	Arif Yustivar*, Hari Amirullah Rachman, Rifqi Festiawan, I Ketut Yoda, I Gede Suwiwa	The Application of Problem-Based Learning in Physical Educations to Improve Learning Outcomes a Game of Volley Ball Class X SMA N 1 Sleman
14	15.15-16.30	ABS-77	Ngadiman, R. Festiawan, F.N. Heza, B.S. Wahono, A.D. Purnamasari, I.J. Kusuma	The Development of Traditional Sports as a Tourist Village Attraction
15	16.30-16.45	ABS-98	Made Agus Wijaya*, I Nyoman Kanca, I Ketut Yoda, Rifqi Festiawan	Increasing Professionalism of PE Teachers in Bali Province by Using a Lesson Study Model based on Balinese Local Wisdom

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Room : 6
Session : 2
Time : 13.00-16.45
Moderator : Siwi Pramatama Mars W., PhD

No	Time	Abstract Code	Names of Authors	Title
1	13.00-13.15	ABS-3	Hastoro Dwinantoaji*, Sakiko Kanbara, Mari Kinoshita, Satoru Yamada, Hasti Widyasamratri, Mila Karmilah	Factors Related to Intentions Among Community Health Cadres to Participate in Flood Disaster Risk Reduction in Semarang, Indonesia
2	13.15-13.30	ABS-48	Arih Diyaning Intiasari	Cultural Response to Food Consumption Pattern in High Caries Dentis Cases in The Central Mountainous Region of Papua
3	13.30-	ABS-320	Devy Laksmita, Sri	An Implementation of Public

	13.45		Murni Setyawati, Eman Sutrisna	Health Center Accreditation Policy towards the Management of Public Health Effort in Kembaran District
4	13.45-14.00	ABS-4	Isna Hikmawati, Hendro Wahjono, Martini Martini, Sjamsul Huda	Survival Analysis of Infecsius Vector Denv-2 Through Artificial Inoculation
5	14.00-14.15	ABS-28	Dian Susmarini*, Made Sumarwati, Dian Anandari, Atyanti Isworo, Eni Rahmawati, Yati Sri Hayati	Choking Occurrence in Babies Using Baby-led Weaning and Traditional Weaning
6	14.15-14.30	ABS-69	Muhammad Afiq Zharfan, Shaharuddin*, Zaenal Abidin	Health Risk Associated with Nitrate Exposure in Groundwater Among Residents of Gong Manak Village in Pasir Puteh District, Kelantan State, Malaysa
7	14.30-14.45	ABS-76	Dwi Sarwani Sri Rejeki, Suratman Suratman, Siwi Mars Wijayanti	Climate and Malaria on Menoreh Hill in Indonesia
8	14.45-15.00	ABS-80	Eri Wahyuningsih, Tyas Retno Wulan, Aisyah Aprilicicilliana Aryani, Lulu Nafisah	How They React? A Study of Children Left Behind Dealing with Parents Leaving in Indonesian Migrant Worker Families
9	15.00-15.15	ABS-82	Ayun Sriatmi*, Rachel Ivonieta Insani, Eka Yunila Fatmasari	The Effect of Cognitive and Affective Aspects on Waiting Time Satisfaction of BPJS Outpatients in Hospital
10	15.15-15.30	ABS-89	Lulu Nafisah, Yuditha Nindya Kartika Rizqi	Implementation of Youth Family Development in Indonesia
11	15.30-15.45	ABS-328	Vivin Listia Putri, Budi Aji, Colti Sistiarani	Real Cost Analysis of Breast Cancer Chemotherapy with Ina Cbgs Tariff Rates Among Inpatient of National Health Insurance At Rsud Prof. Dr. Margono Soekarjo 2019
12	15.45-16.00	ABS-331	Mutiara Farhah Sakinah, Sri Nurlaela, Dwi Sarwani Sri Rejeki	Factors Related to Hypertension in Rural and Urban Banyumas Regency (Analysis of Riskesdas 2018)
13	16.00-16.15	ABS-49	Arrum Firda Ayu Maqfiroch, Arif Kurniawan, Siti Masfiah, Windri Lesmana Rubai	Analysis Health Belief Model in Diabetes Mellitus Patients Related to Compliance of Blood Glucose Check in PROLANIS
14	15.15-16.30	ABS-50	Arih Diyaning Intiasari	Culture of Breast Feeding and Infant Food in The Central Mountainous Region of Papua: Ethnographic Studies of The Lanis People

15	16.30-16.45	ABS-63	Diyah Purnamasari, Mekar Dwi Anggraeni, Koernia Nanda Pratama	The Effect of Emotional Freedom Technique (EFT) Therapy On Postpartum Blues In Working Area Of South Purwokerto Puskesmas Banyumas Regency

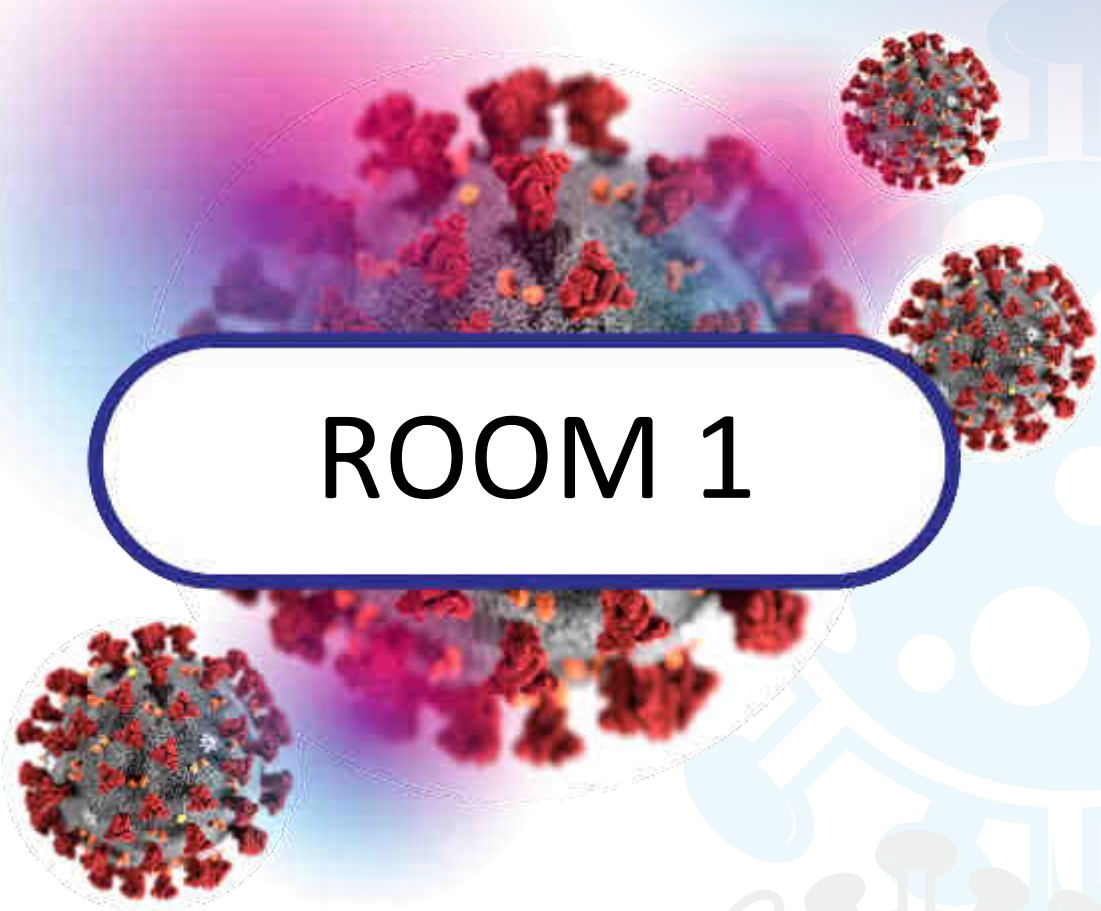
Day/Date : Wednesday / September 23, 2020
Room : 7
Session : 2
Time : 13.00-16.45
Moderator : Annas Sumeru, M.Kep., Ns.Sp.KMB

No	Time	Abstract Code	Names of Authors	Title
1	13.00-13.15	ABS-78	Annas Sumeru, Agis Taufik	Experience of Overcome Nausea and Vomiting in Dengue Fever: A Phenomenology Study
2	13.15-13.30	ABS-92	Wiji Pangestu, Endiyono	Description of Knowledge of Public Safety Center (PSC) Nurses Banyumas District about Cardiopulmonary Resusitation in Adults
3	13.30-13.45	ABS-223	Koernia Nanda Pratama*, Galih Noor Alivian, Agis Taufik, Imaniar Vitasari	Nursing Hypnotherapy to Increase Motivation of Patients with Hypertension
4	13.45-14.00	ABS-326	Cholina Trisa Siregar, Yengsi Mei Karmita Pasaribu , Siti Zahara Nasution, Reni Asmara Ariga, Zulkarnain, M. Pahala Hanafi Harahap	Relationship of Family Support with Self-Acceptance of Hemodialysis Patients Who Are Undergoing Hemodialysis Therapy in Medan.
5	14.00-14.15	ABS-329	Endah Fajar Kurniawati, Sunarto, Triyadi Hendra Wijaya	Antibacterial activity test of the combination of papaya leaf (Carica papaya L.) extract and betel leaf (Peper betle L.) against Escherichia coli
6	14.15-14.30	ABS-330	Hardiyanto Setiawan, Dwi Sarwani Sri Rejeki	Literatur Review: Hubungan Asupan Vitamin C Pada Diabetes Mellitus Tipe 2
7	14.30-14.45	ABS-249	Yenni Ferawati Sitanggang, Gracia Aktri, Alda Shema Rosetia, Crisnayanti S Batlayar, Debora Putri I N Sari	The Effectiveness of Acupuncture Therapy to Reduce Shortness of Breath in Paliative Patients: A Literature Review
8	14.45-15.00	ABS-334	Agis Taufik, Nuriya Nuriya, Baeti Amalia	Family Support for COVID-19 Patients Which are Preventing Treatment: A Literature Review

9	15.00-15.15	ABS-339	Arif Imam Hidayat, Waraporn Kongsuwan, Kittikorn Nilmanat, Adiratna Sekar Siwi.	Nurses' Spiritual Distress During End of Life Decision Making: A Phenomenological Study
10	15.15-15.30	ABS-340	Galih Noor Alivian	Effects of Light Massage on Blood Presure and SpO2 in Patients with Heart Failure in RSUD Prof. Dr. Margono Soekardjo Purwokerto
11	15.30-15.45	ABS-251	Ineke Patrisia*, Steven Mbaradita, Santo Antonius Lefrand, Juwita Fransiska Br Surbakti	Non-Medical Male Students' Knowledge of The Risks of Male Infertility
12	15.45-16.00	ABS-65	Sri Suparti*, Susana Widyaningsih, Jebul Suroso, Rusmono, Wahyu Sri Utami	Effect of Therapeutic Communication Intervention Towards Anxiety and Depression Symptoms among Cardiovascular Disease Patients
13	16.00-16.15	ABS-200	Dina Linda Pratiwi, Sidik Awaludin, Ridlwan Kamaluddin	Literature Review: Management of Cardiopulmonary Resuscitation (CPR) in Cardiac Arrest COVID-19 Patients
14	15.15-16.30	ABS-237	Mega Anggraeni, Arif Imam Hidayat	Anxiety Management for Patients of Myocardial Infarction in Emergency Installation: Literature Review

Day 1, September 22 2020:

1st session



ROOM 1

Could Coronavirus 2019-Infected Disease Patients Get Cope with the Treatment?

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Abstract

Background: Outbreak of a novel coronavirus-infected disease is currently ongoing in the world. Most patients have to be isolated due to the treatments. However, the experience of patients in Indonesia is lacking. **Purpose:** This study aimed to make sense of how patients with coronavirus-infected disease understand and experience infectious isolation. **Methods:** The research used a qualitative design with a phenomenological approach. Data collection was conducted with in-depth interviews of 9 patients with coronavirus disease-2019 confirmed who had been in the isolation room. The analysis was conducted on interview transcripts by organizing keywords found into categories, sub-themes, and themes based on Colaizzi's approach. **Results:** Participants experienced fright due to the isolation and attempted to integrate their isolation experiences. Isolation high-lighted a sense of threat posed by cross-infection, a threat that participants experienced as originating from others and from themselves to others. Participants described feeling changes experienced after several days of treatment. Participants reported various symptoms of the disease and received careful care while in isolation. Communication with family is still done by the participants. **Conclusion:** Isolated patients are able dealing with the treatment improving their coping strategies. Participants reported the most support from their families even from distance. Future research could explore experiences of isolation from family and staff perspectives and identify the psychological aspect in caring the COVID-19 patients.

Keywords: coronavirus- isolated patients- coping

The effect of prone position on breathing status in Covid-19 patients with breathing disorders

Anisa Fatma, Arif Setyo Upoyo

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Abstract

Introduction: The world is facing a pandemic COVID-19. The spread of COVID-19 is very fast, Indonesia is one of the countries affected by COVID-19 transmission with confirmed cases up to June 24, 2020 totaling 49,009 positive cases, 19,658 cases recovered and 2,573 cases died. Most cases of death are caused by respiratory disorders such as acute respiratory distress syndrome (ARDS). **Purpose:** This paper aims to review some of the literature on the effect of prone position on respiratory status in COVID-19 patients with respiratory disorders. **Methods:** The article search was conducted electronically using several databases namely PubMed, Science Direct, The Lancet and Jama Network. The keywords used are "COVID-19", "prone position" and "respiratory state" or "respiratory rate" or "saturation" or "ventilation" or "non ventilation" or "intubation" so that we get 5 research articles in the last 2 years for review. **Results:** The prone position in COVID-19 patients with respiratory disorders was considered to have an effect on respiratory status by increasing oxygen saturation, stabilizing the frequency of breathing, comfort, shortening the duration of hospitalization and reducing dependence on the use of breathing aids and intubation. Discussion: Increased oxygenation occurs because the prone position can reduce lung compression in the back region and increase pulmonary perfusion. **Conclusion:** The application of prone position to COVID-19 patients with respiratory disorders affects the respiratory status with an increase in oxygenation.

Keywords: COVID-19, Prone Position and Respiratory State

The Effectiveness of Large-Scale Social Restrictions (PSBB) in Preventing or Overcoming Covid-19

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Abstract

Background: Large-scale social restrictions are carried out by encouraging or appealing to the community to place restrictions on activities in certain sectors, including emphasizing the community to postpone activities that are gathering a lot of people. Objective The purpose was to analyze the effectiveness of large-scale social restrictions based on journals obtained from various platforms so that they can help in understanding whether large scale social restrictions are effective in preventing or overcoming COVID 19. **Method:** This literature review used the PICO method and took 3 articles which then be analyzed. The population in this literature review was the area with the implementation of the PSBB. **Results**: Based on 3 articles that have been obtained, PSBB was effective in preventing the dissemination of COVID 19. Judging by the SIR model it was estimated that COVID 19 will stop in June. According to the implementation of large-scale social restrictions such as studying at home, working at home and worshiping at home, the spread of COVID 19 can be reduced because it restricted people to be in the crowd who have a risk for contracting the COVID 19 virus. Besides, the association of PSBB with the 1945 Constitution of the Republic of Indonesia was still seen to be less effective, especially concerning the states responsibility for public health and medical personnel, especially in Article 28 H paragraph (1) and Article 33 paragraph (3). **Conclusion**: Large-scale social restrictions were effective in preventing the widespread distribution of COVID 19, but in its application, it must be balanced with community compliance and government sensitivity to the conditions of the community due to the implementation of the PSBB.

Keywords: Large scale social restrictions, COVID 19

Impact of COVID-19 Outbreaks on Psychological Problem of Nurses on a Multinational Basis: A Literature Review

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Abstract

Background: The COVID-19 pandemic is a major health crisis that is causing physical and psychological problems in patients and healthcare workers. Nurses as the frontline of health care workers experience psychological problems from mild to severe. Aim: The aim of this literarture review was to find out the impact of Covid-19 on psychological problem of nurses in several countries. **Method:** A literature review reported following the PRISMA guidelines. Data Sources: ProQuest, Google Scholar, Scopus and Science Direct are sought to identify published original English language, published from 1 December 2019 to 31 April 2020. **Results:** Nine articles are included. The majority of articles published are in the form of observational studies originating from Chinese centers. There are other publications from Singapore, India, Republic of Korea, Pakistan, United Kingdom, and Lebanon. Based on the literature found in some of the countries mentioned above nurses experienced several psychological problems ranging from mild ones such as disappointed, anxiety, fear, stress, to severe ones such as depression, and post-traumatic stress disorder. **Conclusion:** The Covid-19 outbreak caused psychological problems in nurses such as disappointed, anxiety, fear, stress, post-traumatic stress disorder.

Keywords: Covid-19 outbreak; literature review; nurses; psychological problem

The Effect of Health Education on New Behavior Changes to Increase Physical Immunity and Mental Health as Prevention of COVID-19

Authors'
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Abstract

Background: COVID-19 pandemic bring changes in every aspect of the community, prioritizing the transmission prevention and physically and psychosocially healthy behavior. The lack of knowledge and the motivation made part of the community disregard the healthy behavior. The health education on increasing physical and psychosocial immunity is expected to improve the knowledge and facilitate the behavioral change. However, there is insufficiency of study on the effect of health education on client's behavior to prevent COVID-19 transmission. **Purpose:** this study aimed to identify the effect of health education in order to improve the physical and psychosocial immunity on community's behavior on COVID-19 prevention. **Methods:** this study used quasi-experimental design pre and post-test without control group. 165 respondents recruited from 12 *RW* (*Rukun Warga*: Community Association) in Cibadak Village, Bogor, West Java, Indonesia. The respondents were divided into 8 groups. Respondents were given the education on the tips on improving physical and psychosocial immunity, COVID-19 transmission prevention and the prevention of mental health issues. The intervention were given through *Whatsapp* group for 24 days. The COVID-19 transmission prevention behavior were measured by COVID-19 prevention behavior questionnaire developed by the researcher and have been tested and proved to be valid and reliable. The data were analyzed using Wilcoxon test. **Results:** the result of this study showed that the health education on improving physical immunity and mental health able to significantly improve the health behavior to prevent the transmission of COVID-19 from 12,57 to 20,03 (p value= 0,000)
Conclusion: online health education on improving physical and psychosocial immunity able to facilitate behavioral change in the effort to prevent COVID-19 transmission. The education is one of significant method to improve community's behavior on reducing the transmission of COVID-19 within community.

Keywords: Health Education, Physical Immunity, Mental Health, New Behavior, COVID-19

Prevention of COVID-19 Spread Management in Various Countries: Comparation with Indonesian Case Study

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Abstract

Background: In December 2019, there was a discovery of a new strain of coronavirus originated in Wuhan, China. The Virus spreads fastly inter-human by droplets. As due to its rapid spread to many countries, WHO declares the Covid to be a global pandemic. Many countries began to devise a mitigation plan to curb the spread, lowering the new cases found, and eventually, lowering the mortality rate. **Purpose:** The purpose of this literature review is to analyze each countries mitigation plan for Covid-19, and how the Indonesian response in particular. **Method:** the search for articles and journals will be conducted via web browsing, using the database such as Science direct, PubMed, and Google Scholar. The applied keywords will be the Prevention Spread of Covid-19 and Covid-19 management model. As many as 6 related articles are match with the inclusion and exclusion criteria. **Result:** several countries applied the prevention model of Covid-19 virus spread. There are several countries which are successful in lowering down the spread of virus and there are also vice versa. Many factors make the results different in each country, such as the speed of the enactment of policies, lack of vigor in medical protocol enforcement to the citizen, or the lack of risk awareness by the people themselves. **Conclusion:** the prevention measures in which are enacted by various countries are properly conducted, but the study shows that the effectiveness of all prevention measures can be traced back to the speed of the policy enactment, the force to enforce the medical protocol, limiting access to a certain region, and finally a massive screening for Covid diagnosis.

Keywords: prevention of spread, covid-19, health protocol

Analysis of Information Needs among Banyumas Community Regarding Covid-19 Pandemic

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Abstract

Background: The number of Person Under Supervision (PUS) and Patient Under Investigation (PUI) for COVID 19 cases in Banyumas Regency has increased over the past two months. Community awareness and active participation are part of significant efforts to prevent Covid-19 widespread. Therefore, a reliable source of information related to COVID-19 is indispensible for every citizen. **Objectives:** This study aims to analyze the needs of COVID-19 information among Banyumas people. **Methods:** This qualitative study used phenomenological approach. The study utilized secondary data taken from Covid-19 Banyumas call center. Approximately 100 people had contacted the call center from March to April 2020 to seek for the information. The data were analysed using content analysis. **Result:** Seven main themes concerning information needs were explored: data accuracy about people infected with COVID-19 in the area, health service pathway, red zone area, PUS criteria, government policies related to new migrants, COVID-19 prevention efforts and ways of reporting related to new migrants. **Conclusion:** This study revealed that the community still needs a lot of information related to COVID-19. This study recommends to strengthen the intensification of information provision about COVID-19 to Banyumas community.

Keywords: information needs, covid-19, Banyumas community

A Change in Eating Family Driver Online Motor In The Pandemics Covid-19 in Jakarta

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Abstract

Background: The social distancing the effect on the driver online motor (Ojol) because not the transportation users Ojol as long as the period. So the driver Ojol income will be reduced and having impact on changes in food consumption patterns at the household level the driver Ojol. **Aims of study:** To know a change in the driver online motor eat family program the pandemic Covid-19 in Jakarta. **Methods:** This study using online by the application of WhatsApp on Ojol at random, of respondents living in Jakarta. The primary data will be gathered using a questionnaire online. Total respondents 97 with a design cross sectional study. Data analysis using a frequency distribution and the Chi Square. **Results**: That is a massive food pattern of before and when the pandemic covid-19 especially the food from a source of meat, chicken and eggs, and not consume to vitamins and drink the milk. To a very significant number of household members of the consumption of vegetables, vitamins and minerals and drink milk, and seen the level of education very significant the consumption of vegetables, and if analyzed by age group very significant the consumption tofu, tempe, snacks, and drinking milk. **Conclusion**: The impact of pandemic Covid-19 to depend on the level of income that results in consumption for those on the vegetables to eat, tofu, tempe, snacks, and drinking milk

Keywords: Family pattern change form, Covid-19, DKI Jakarta

Behavior of Cadres in the Management of Pulmonary Tuberculosis with HORAS Program during the COVID-19 Pandemic in North Sumatra

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Abstract

Background: Improve cadres^ behavior towards pulmonary tuberculosis management with the HORAS program. **Method:** Experimental design to see the effect of the HORAS program on cadre behavior, held May 4 to June 30, 2020 in Medan Amplas and Medan Johor Puskesmas. The number of samples was 78 respondents from 97 populations used Slovin formula, random sampling technique with inclusion criteria cadres come from an environment with a high incidence of pulmonary tuberculosis, have pulmonary TB training from puskesmas, have a minimum high school education background, are willing to take part in research. Respondents were given a pretest, HORAS training program and posttest. The material were knowledge, attitudes, and action observations. Ethical test was conducted by the ethics committee of the Faculty of Nursing, University of North Sumatra and carried out informed consent. **Result**: The results of the cadres^ pretest behavior towards the HORAS program were 1) Knowledge: good 5 respondents (6%) Enough 45 respondents (58%), Not good 28 respondents (36%). 2) Attitude: positive 23 respondents (29 %%), negative 55 respondents (71%), 3). Action: good 17 respondents (22%), enough 10 respondents (13%), and not good 51 respondents (65%). While the posttest results after the intervention obtained 1) Knowledge: good 15 respondents (19%), enough 50 respondents (64%), Not good 13 people (17%). 2) Attitude: positive 40 respondents (51%), negative 38 people (49%). 3) Actions: good 32 people (41%), Enough 27 people (35%), and not good 19 people (24%). **Conclusion**: There was an increase in the knowledge, attitudes and actions of the cadres regarding the management of pulmonary tuberculosis after the HORAS program training.

Keywords: Behavior, Cadre, Tuberculosis lungs, Pandemic, COVID-19

Self Care Nursing: Teleassessment Nursing with Chatbot Application The Covid 19 Pandemic Period in North Sumatra

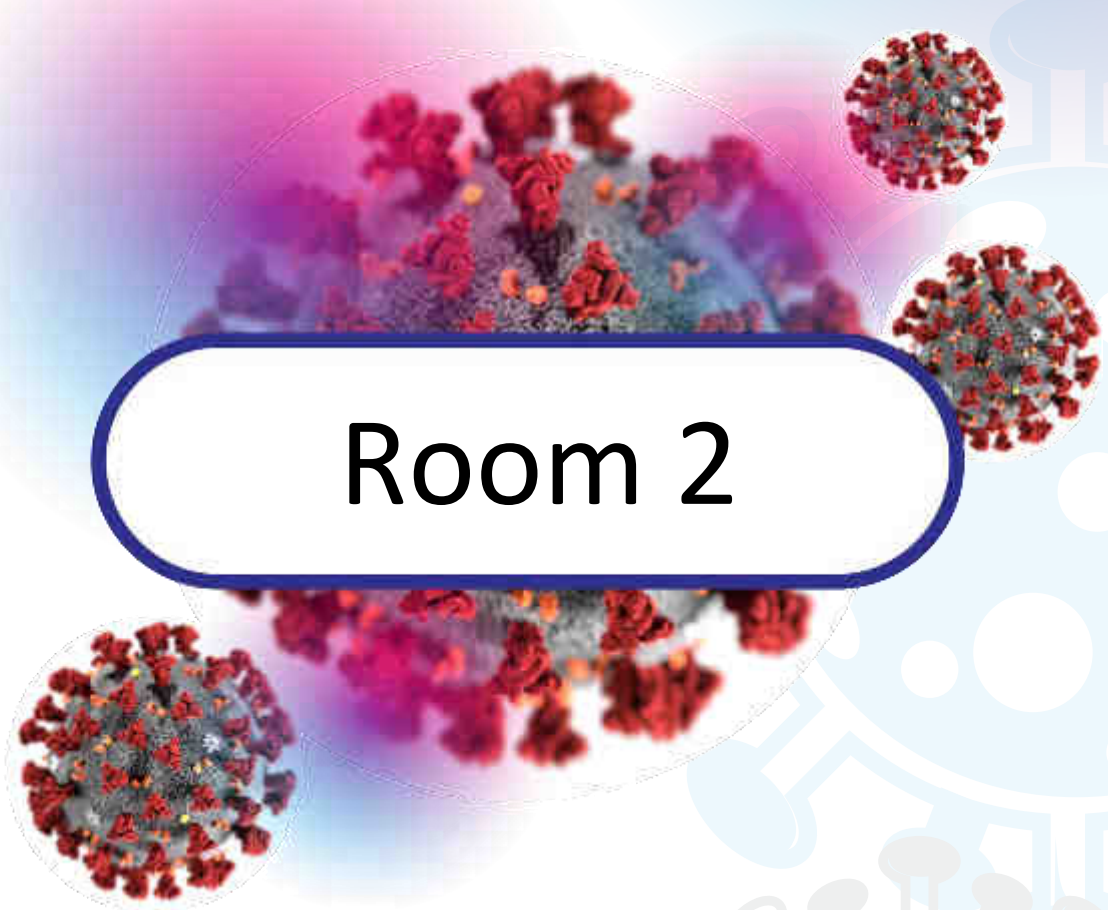
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Abstract

Background: Patients and families can independently identify health conditions through the chatbot teleassessment nursing application. **Method:** Telegram platform forward chaining method using chatbot as a portal for customers to interact about teleassessment nursing by using the API breaking sentences into words. The steps taken 1. Identify and analyze design needs 2. Describe the architectural design 3. Making inference engine signs of general conditions, danger signs and patient and family decisions to overcome the disturbances experienced 4. Testing the black box method. Total population was 147, obtained a sample of 107 respondents through Slovin formula with 0.05% approach with characteristics that all people who have Android and have a telegram application. The data that has been collected then processed and carried out by descriptive statistical tests. Previous, Researchers have obtained approval from the USU Nursing Health Research Ethics Commission and have obtained informed consent from each respondent. The research was conducted on March 16 - June 30 2020 at Asri Wound Care Pancing, Medan. **Result:** The results of research on teleassessment nursing found that 73 respondents (68%) could do it independently and 34 respondents (32%) could not do it due to their first experience of using chatbots, unstable internet networks, not yet proficient in using applications due to age and low educational background. The study also identified the respondent^s ability to make decisions about using health services. **Conclusion:** The telassessment nursing chatbot application allows patients and families to assess general conditions, danger signs and make decisions to use health services.

Keywords: Self Care Nursing, Teleassessment, Chatbot, Pandemic, COVID-19



Room 2

Identification Behavior Changes of Mice (Mus musculus) as Effect of Noise Exposure

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Abstract

Background: Noise is an unwanted sound that has an effect on health and the environment. **Purpose:** To identify the effect of noise exposure on the behavior changing of mice (Mus musculus). **Methods:** This study was a true experimental study with a post-test only control group design. Subjects are 32 of mice with a bodyweight of 20-40 grams and aged 8-12 weeks. They were divided into two groups, namely a control group (C) and a treatment group (T). The noise exposure intensity was 100 dB for four hours/days for 15 days. Behavior changes were identified indirectly by calculating the behavior change of each mouse based on ethogram behavior from CCTV recordings observation. Data analysis using independent sample T-test and Mann-Whitney U test. **Results:** Behaviours changing by increasing locomotion, grooming, resting, social, foraging, exploration, drinking, and nesting activities. An increase of locomotion, resting, exploration, and foraging behaviors significantly in the treatment group ($p<0.05$) compare to the control. Feeding behavior mean was decreased in the treatment group compared to the control group ($p>0.05$). Based on sex, we found an increase of locomotion, resting, foraging, drinking, and nesting building behavior in female mice, and an increasing of grooming, social and exploration in male mice ($p>0.05$). A decreasing of feeding behavior on both male and female, and grooming. behaviors only on females ($p>0.05$).
Conclusion: We identified the changing of mices behavior as an effect of noise exposure. Responses of mice toward noise are different between male and female ones.

Keywords: Grooming, resting, feeding, foraging, exploration

Self-Nanoemulsifying Formulation of Kencur (Kaempferia galanga L.) Rhizome Extract with Variation of Tween 80 and PEG 400

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Abstract

Background: Kencur (Kaempferia galanga L.) rhizome contains ethyl p-methoxy cinnamate (EPMS) compound. EPMS, a lipophilic compound of Kencur rhizome, can be formulated in a self-nano emulsifying drug delivery system (SNEDDS). **Purpose:** To determine the effect of Tween 80 and PEG 400 on increasing the solubility of kencur rhizome extract. **Methods:** The SNEDDS formulations were carried out by optimizing the amount of Tween 80-PEG 400 as surfactant-cosurfactant with Virgin Coconut Oil (VCO) as the oil phase. The solubility, particle size, transmittance, and emulsification time were evaluated as responses to determine the increasing effect in extract solubility. The stability test was conducted in artificial intestinal fluid and artificial gastric fluid for 4 hours. **Results:** The study found that the ratio of Tween 80: PEG 400 (3:1) and VCO on 6:1 as an optimum formula could produce homogenous clear SNEDDS with particle size 18.6 nm, transmittance 95.63%, emulsified rapidly between 32-36 seconds, and stable for 4 hours. **Conclusion:** The optimum formula of SNEDDS could increase the solubility of kencur rhizome extract 340 times compared to extract in water.

Keywords: Kencur rhizome extract, SNEDDS, Tween 80, PEG 400

Development, Validation and Testing of Effectivity of Online Learning Questionnaire (KEPO) in Pharmacy Students of Public Universities in Central Java Province, Indonesia

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Abstract

Background: COVID-19 pandemic causes changes in learning method of some univesities in Indonesia. Diponegoro University, Sebelas Maret University, and Jenderal Soedirman University were three public universities in Central Java which have pharmacy major and implementing online learning policy. **Purpose:** To develop a valid and reliable questionnaire for assessing effectivity of online learning in pharmacy students, and to determine the effectiveness and differences of online learning in pharmacy students of three public universities in Central Java. **Methods:** Development and validation of KEPO were consisting of identifying dimension, item development, preliminary pilot testing, then validation and reliability testing. The research on determining effectivity and differences was using descriptive analytic methods. KEPO was administered by Google form to pharmacy students in three public universities in Central Java Province. Data were analyzed descriptively to determine the effectivity score and category then tested using Kruskal Wallis test. **Results:** Final questionnaire consists of 14 items using Likert-style scores. All items were valid (r>0,321) and reliable (cronbach alpha 0,805) tested in 40 respondents as pilot testing. Average effectivity score of online learning in 478 pharmacy students of three public universities in Central Java was (37,88 +/- SD 4,9). There were no significant differences of online learning effectivity among pharmacy students in Diponegoro University, Sebelas Maret University, and Jenderal Soedirman University (p>0,05). **Conclusion:** KEPO is a valid and reliabel questionnaire used for assessing effectivity of online learning in pharmacy students.

Keywords: online learning, effectivity questionnaire, KEPO, pharmacy students

Antioxidant Effect of Ethyl Acetate Extract of *Coprinus comatus* on Rat Diabetic Model

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ABSTRACT

Coprinus comatus (Mull.), an edible mushrooms contains flavonoid and alkaloid that are known as an antidiabetic and antioxidant agent. Pancreatic β cells are sensitive to ROS attacks, that leads to necrosis and insulin production disruption. The research aimed to evaluate the ethyl acetate extract of *C.comatus* as antidiabetic and antioxidant by detecting blood glucose levels, Dipeptidyl peptidase-4 (DPP-4) hormone, Glutathione peroxidase (GPx) and Catalase (CAT) in streptozotosin induced hyperglycemic Wistar Rats. Twenty four Wistar rats used in this study and devided to six groups, with four individuals in each group. Group I are the negative control. Group II are given streptozotosin at dose of 45 mg/kgBB/day as positive control. Group III, IV, V were given ethyl acetate exctract of *C.comatus* at dose of 250 mg, 500 mg, 750 mg/kgBW/day. Group VI are given metformin at dose of 45 mg/kgBW as a comparison to *C.comatus* to find out the most effective dosage of ethyl acetate extract *C. comatus* as antidiabetic and antioxidant. Data were analyzed by ANOVA, followed by Duncan test. Ethyl acetate extract of *C. comatus* with doses levels of 250, 500 and 750 mg/Kg BW significantly decreased blood glucose and DPP-4 levels ($p<0.05$) and increased GPx and CAT levels. We concluded that the doses of *C. comatus* extract 500 mg/Kg BW is the effective dose in reducing blood glucose levels (23.92%), DPP-4 levels (30%), and increasing levels of GPx and CAT .

Keywords: *Coprinus comatus*, Diabetes Mellitus, DPP-4, Hyperglicemic, Streptozotosin.

The Correlation Between Administration Digoxin Dosage and Blood Drug Levels In Heart Failure Patients At RSUD Prof.Dr. Margono Soekardjo Purwokerto

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Abstract

Background: Drug dosage is one of the main factors that determine the accomplishment of a therapy. If the clinical outcome is achieved, the therapy to be said successful. Outcome clinic is achieved if blood drug levels are within the therapeutic range. **Purpose:** This study aims to determine the correlation of digoxin dose administration to the estimation of blood drug levels in heart failure patients. **Methods:** This study uses an observational design. Sampling with a total sampling method. Data on dosage and frequency of drug administration from patients' medical record data, pharmacokinetic estimation of drug levels in the blood is calculated. Data to find out whether or not there is a correlation between dosing and estimation of blood drug levels using a contingency coefficient correlation test with an interpretation of $p < 0.05$. Subjects were inpatient heart failure patients who received oral digoxin therapy during June-August 2019. **Results:** The results of this study showed that the estimated levels of digoxin in the blood (Css) digoxin were appropriate therapeutic range of 0.50 - 0.90 ng/ml 4 patients (13.33%) and those that did not fit the therapeutic range > 1.00 ng/ml were 26 patients (86.67%). **Conclusion:** The results of the analysis of the contingency coefficient correlation test showed that p-value 0.009 ($p < 0.05$) which means there is a relationship between the administration of digoxin dosage to the estimation of blood drug levels in patients with heart failure in RSUD Prof. Dr. Margono Soekardjo Purwokerto.

Keywords: Digoxin; Dosage; Heart Failure

Molecular Docking 6-shogaol and BCL11A for Beta Thalassemia

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Abstract

Background: Beta thalassemia, a hereditary genetic disease, is characterized by low of beta-globin chain production**. Purpose:** This study aims to predict the interaction between 6-shogaol and BCL11A (PDB ID 5VTB) protein by these steps: protein preparation, validation methods, and docking. **Methods:** The protein structure was prepared with removing the water molecules in AutoDockTools v.1.5.6. The validation step was performed by separating protein from native ligands in new PDB files. Further, the protein was docked with native ligands to obtain grid box coordinates on Vina, results in several conformations. The best conformation with low energy binding from the validation process was compared with the native ligand conformation in the PyMOL **Results:** Molecular Graphics System and result in RSMD value 2.006 A. 6-shogaol was docked to protein using AutoDockTool with coordinates of the validation results. The lowest energy showed the best conformation of the compound in protein, which binding affinity was -5.9 kcal/mol. The best conformation was visualized 2D with Discovery Studio. 6-shogaol binds to BCL11A by hydrogen bond at the benzene\cdots hydroxyl group to 231 glutamic acid residue and 277 asparagine residue. **Conclusion:** We concluded that 6-shogaol have potential interaction with BCL11A. 6-Shogaol may inhibit BCL11A to increase HbF in beta- thalassemia.

Keywords: BCL11A, beta thalassemia, molecular docking

Comprehensive Genomic and Prognostic Analysis of the ADCY3 Genes in Gastric Cancer

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Abstract

Background: Adenylate cyclase, an essential enzyme in cell signaling. Adenylate cyclase comprises 12 isoforms, one of them is ADCY3. The previous study shows that ADCY3 expression was specifically altered in gastric cancer samples. However, the data of ADCY3 expression and prognosis on gastric cancer is still limited. **Purpose:** To show prognosis and pathway of ADCY3 in gastric cancer by bioinformatics analysis. **Methods:** The genetic mutations and expression were investigated using the Oncomine and cBioPortal databases. The prognostic value was assessed by the Kaplan-Meier plotter. Protein-protein interaction was investigated using STRING and Cytoscape. Gene Ontology and KEGG pathways were analyzed by using the Webgestalt database. **Results:** The Oncomine analysis indicated that the expression level of ADCY3 in gastric adenocarcinoma was higher compared with normal tissue. By cBioportal analysis showed that gene amplification of ADCY3 occurred. High expression of ADCY3 correlated to worse overall survival in gastric cancer patients. Further analysis using KEEG and GO showed that ADCY3 involved in the relaxin pathway, apelin pathway, and chemokine pathway implicated in gastric cancer development. **Conclusion:** In summary, high expression of ADCY3 correlated to worse overall survival in gastric cancer patients. The relaxin pathway, apelin pathway, and chemokine pathway implicated in gastric cancer development.

Keywords: gastric cancer, adenylate cyclase, Oncomine, Kaplan Meier plot, chemokine pathway

Predicting Anti Migratory Mechanism of Cucurbitacin E on Breast Cancer Cell : in Silico Analysis

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Abstract

Background: Breast cancer is the second most commonly diagnosed cancer worldwide. Invasion and metastasis are the main cause responsible for more than 90% of mortality. Several studies indicate that cucurbitacin E, an active compound of pumpkins, inhibits lung metastasis and blocks breast tumor cell migration and invasion. However, to date, no study has thoroughly investigated the functional mechanisms underlying the cucurbitacin E effects on the anti-migration of breast cancer cells. **Purpose:** The goal of this study is to uncover the potential target and molecular mechanism of cucurbitacin E in inhibiting breast cancer migration. **Methods:** The bioinformatics approach by using STRING, STITCH, and PubMed was used to collect data containing possible target gene of cucurbitacin E. Genes affected by the cucurbitacin E retrievied from STITCH and PubChem were then compared with genes involved in breast cancer migration. A total of 31 possible therapeutic target genes of cucurbitacin E were found, then were further analyzed for gene ontology and KEGG pathway. **Resuts:** The gene ontology data showed that these 31 protein targets participated in the biological processes of cell migration in response to chemokine through the sphingolipid signaling pathway. **Conclusion:** Taken together, we identified the potential mechanism of cucurbitacin E that may inhibit breast cancer cell migration.

Keywords: cucurbitacin E, breast cancer migration, sphingolipid signaling pathway

Antioxidant test of ethanolic extract of Chromolaena odorata leaves in vitro and in vivo

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Abstract

Background: Chromolaena odorata is a member of Asteraceae family contains flavonoids, tannins, saponins, and steroids. Flavonoid compounds are known to have antioxidant activity. **Purpose:** This study aims to observe the antioxidant activity of the ethanolic extract of Chromolaena odorata leaves in vitro and in vivo. In vitro antioxidant activity used the DPPH test method. **Methods:** Determination of IC50 values in vitro test was carried out on extracts with concentrations of 50, 100, 200, 400, and 800 ppm. Whereas in vivo antioxidant activity used the TBARS test method. Tests carried out by measured levels of malondialdehyde (MDA) in male wistar strain induced paracetamol 2g/KgBW. Determination of ED50 in vivo test was carried out on extracts with doses of 125, 250, and 500 mg/KgBW. Vitamin C with dose 6,5mg/KgBW used as positive control and 1% of Na CMC used as negative control. IC50 value of ethanolic extract of Chromolaena odorata leaves against DPPH radical was 84.319ppm (strong antioxidant). **Results:** In vivo test results showed a decrease in the levels of malondialdehyde in the positive control, negative control, and treatment group of ethanolic extract of Chromolaena odorata leaves with doses of 125, 250 and 500 mg/KgBW was 68.146%- 5.426%- 39.701%- 48.223% and 58.974% respectively. The decrease in MDA levels of rats that treated with ethanolic extract of Chromolaena odorata leaves was significantly different from the negative controls ($p<0.05$). **Conclusion:** Based on these results it can be concluded that the ethanolic extract of Chromolaena odorata leaves has antioxidant activity with ED50 was 312.241 mg/KgBW.

Keywords: Chromolaena odorata, DPPH, TBARS

Bioinformatics Study of 6-Shogaol as Anti-Invasion Agent For Breast Cancer

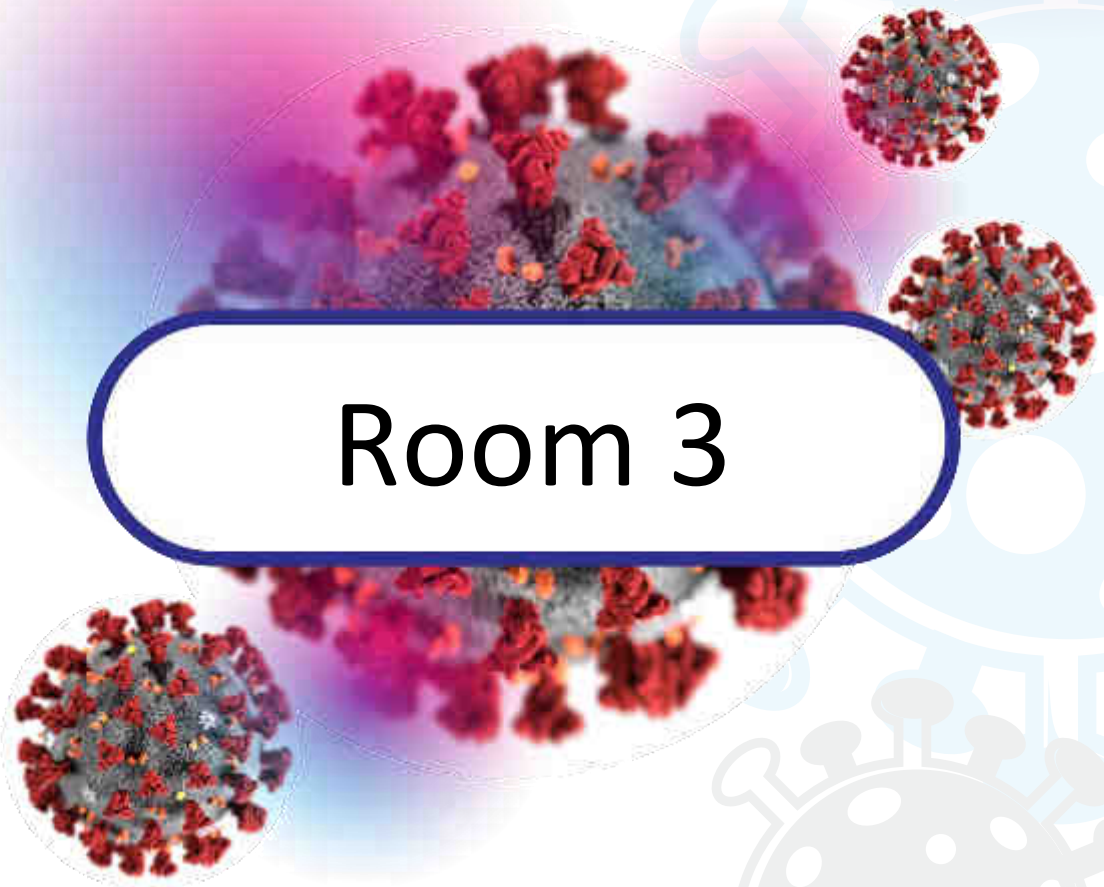
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Abstract

Background: 6-shogaol, an active compound of ginger (Zingiber officinale), has been reported for its anti-invasion and anti-metastatic effect on cancer. However, the data of molecular mechanisms as a cancer anti-invasion is limited. **Purpose:** This study aims to identify the potential target and mechanism of 6-shogaol action to inhibit breast cancer cell invasion by bioinformatics analysis. **Methods:** Protein targets affected by 6-shogaol were obtained from STITCH and PubChem. The data were compared with the genes involved in breast cancer invasion, resulting in 69 protein as protein targets. The 69 proteins were further analyzed with STRING-DB v11.0 to find protein-protein interaction and over-representation enrichment analysis from the Web-Gestalt to find gene ontology and KEGG pathway. In addition, we determined the top 10 protein-protein interactions based on the highest degree score with cytoHubba plugin at Cytoscape. **Results:** The result showed that 6-shogaol affected apoptotic signaling pathway that leads to breast cancer cell death. The potential protein targets in that process were CASP8, MAPK1, and CASP3. **Conclusion:** We concluded that 6-shogaol may has an anti-invasion effect on breast cancer cells employing apoptotic molecular mechanisms.

Keywords: 6-shogaol, bioinformatics, anti-invasion, apoptotic



Room 3

Booklet Media Improved Breastfeeding Self Efficacy Among Pregnant Women in A Primary Health Care Services

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Abstract

Background: The women self-confidence influence the breastfeeding abilities. The impact was the oxytocin hormone is less than needed so the production of breast milk from pregnant women not enough. The breastfeeding self-efficacy shows the effort of pregnant women to improve their breastfeeding ability so its need to be prepared during pregnancy. The pregnant women with good efficacy will be able to implement lactation management properly. **Purpose:** This study aims to determine the effect of the use of booklet as a health education media to improve breastfeeding efficacy among pregnant women in primary health care services.
Method: This study applied quasi experimental type of pre-test and post-test with control group. There were totally 22 pregnant women respectively in the intervention and control group selected by non-probability sampling. Breastfeeding Self Efficacy Scale Short Form were used as instruments. Intervention was given in 15 to 20 minutes integrated with prenatal class. Data analysis was used paired t test and independent t test. **Results:** The study shows that there was an influence of booklet media on breastfeeding self-efficacy among pregnant women significantly with a p value = 0,000 ($p<0.05$). **Conclusion:** Booklet as a form of health education media was improved breastfeeding self-efficacy. This use of booklet can be integrated with maternal and child health program in primary health care services.

Keywords: booklet, breastfeeding, health education, pregnant women, self-efficacy

Effectiveness of Health Promotion Audio Visual Media About Voluntary Counselling and Testing Services on Pregnant Women in Banyumas Regency.

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Abstract

Background: One of the efforts to prevent HIV / AIDS transmission from mother to baby is by utilizing VCT services. In Banyumas district, pregnant women who use VCT services are still at 16.5%. The results of previous research indicate that the most influential factor on the utilization of VCT services in pregnant women is attitude variable. **Purpose:** This study aims to test the effectiveness of audio-visual promotion media about VCT services in pregnant women to change knowledge and attitude of pregnant women. **Methods:** The study used an experimental quasi approach with treatment groups and control groups. Data analysis using Mann Whitney test to know difference of knowledge and attitude before and after treatment. **Results:** The results showed there was a difference of knowledge and attitude of pregnant women before and after treatment. **Conclusion:** This shows the media of audio visual promotion about VCT services effective in changing knowledge and attitude of pregnant mother about VCT services

Keywords: health promotion, HIV/AIDS, pregnant woman, VCT

The Influence of Savi Learning Model with Flashcard Media on Engineering Learning Outcomes Towards he Basic Attitude of Pencak Silat

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Abstract

The purpose of this study was to determine the effect of the Somatic, Auditory, Visual, Intellectuals (SAVI) learning model with the help of carded media card on the learning outcomes of the basic techniques pasang attitudes of pencak silat. This type of research is a true experimental study with a PreTest/PostTest Control Group Design. The population of this study was all students of grade XI of Undiksha Laboratory High School in 2019/2020 that distributed into five classes with a total of student is 111 persons. The sample of the experimental group (SAVI) and the control group were drawn with simple random sampling based on class. The sample of this study was class XI MIA 1 with a total of 23 people as the experimental group and class XI IIS 2 with a total of 23 people as the control group. Learning outcomes data obtained through essay and practice skill tests. The study was conducted twice besides pretest and posttest. Data analysis used two tests namely prerequisite test consisting of normality and homogeneity tests and hypothesis testing using t test with the help of SPSS 16.0 for windows. The average value of the experimental group 0.63 and the average value of the control group 0.48, this indicates that 0.63>0.48. The significance in the hypothesis test obtained through the T test was 0,000 ie p<0.05. It was concluded that the SAVI learning model with the help of carded media card had a significant effect on the learning outcomes of the basic techniques pasang attitudes of pencak. It is recommended to PJOK teachers and other subjects to use the SAVI learning model assisted by the carded media card because it is proven to have a significant effect on improving student learning outcomes

Keywords: SAVI, flashcard, learning outcomes, basic attitudes, pencak silat

Outdoor Education: Influence on self-confidence, personal and social responsibility

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Abstract

The purpose of this research was to determine the effect of outdoor education on self-confidence, personal and social responsibility in students, also see the difference in the two groups of samples. Outdoor education program used is camping. This study used an experimental method with quantitative approach. Samples used as many as 40 junior high school students were divided into two groups, 20 students experimental group and 20 control group students. The instrument used in this study is self confidence scale and responsible attitude scale. Data analysis using paired t test or paired sample t test to see the effects of the treatment given, and independent sample t test to see the difference between the two groups of samples. Analysis was performed at significance level α = 0.05. Based on analysis and data processing, the results of self-confidence with t = 6.774 and sig = 0.000 <0.05, personal responsibility with t = 2.656 and sig = 0.016 < 0.05, while for the results of social responsibility with t = 2.737 and sig = 0.013 < 0.05. These results indicate a significant influence on the outdoor education students self-confidence, personal and social responsibility. There are significant differences between the experimental and control groups.

Keywords: Outdoor Ecuation; Camping Program; Self-Confidence; Personal Responsibility; Social Responsibility

The Effect of Interprofessional Education Training on Perception and Readiness of Health Students: Nursing, Public Health, Midwifery, Medical Record

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Abstract

Background: Interprofessional education is intended to train practitioners to collaboratively address challenges in healthcare delivery. Negative perception, professional egoism, bad knowledge about, it will hamper the collaboration. Reducing negative perception and creating readiness is a prime target for IPE training. **Purpose:** We sought to understand whether perception and readiness change among health students after participating in IPE training. **Methods:** This was a quasi-experimental pretest-posttest study. The study took place at Mahardika Health College. 44 Nursing students, 30 Public Health students, 30 midwifery , 30 Medical Record Students. Students were grouped into interprofessional teams for 2 days and participated IPE training consist of lecture, small group discussion dan simulation. At the beginning pf the first session, the completed a pretest survey with demographic items and measures of their perception of interprofessional education and readiness to work as a team. They completed a posttest with the same measures after the third of session. **Result:** 134 students completed both the pretest and posttest surveys. On all three measures student showed an overall increase in scores after IPE training experience. This research indicates significant difference in students perception after given treatment p=0,0005 as well as in their readiness p=0,0005. **Conclusion:** This study demonstrated that a short series of IPE Training experiences resulted in improved perceptions and readiness of interprofessional practice.

Keywords: Interprofessional education, Interpofessional collaboration, IPE training, health education, learning method.

Application of Cooperative Learning Models Jigsaw Type for Improving Learning Outcomes Groundstroke Forehand Tonnis

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Abstract

The purpose of this study was to look at the learning outcomes of the tonnis stroke forehand game with the application of a jigsaw cooperative learning model to class IV E students of SDN Wiyung Surabaya. Research conducted by researchers is an experimental research using an action research approach within the scope of the class that is classroom action research (CAR). The subjects of this study were students of class IV E SDN Wiyung Surabaya. This is because all the problems that arise are in this class. The total number of students is 34 people with gender characteristics, 18 men, and 16 women. The results of the study are as follows: In cycle 1, 17 students successfully surpassed KKM or 50% said the results of the application of the learning model were not yet complete. In cycle 2, 32 students succeeded in exceeding KKM or 94.12%. Because the percentage is 85%, this can be said to be complete. For the average initial study the results were 23.53% and the final study results were 94.12%. Then the increase in the results of the students groundstroke forehand tonnis game test before and after receiving the jigsaw type cooperative model is equal to 62.57%.

Keywords: learning outcomes, tonnis, jigsaw cooperative models.

The Effect of Quartet Cards as an Educational Game on School Age Childrens Knowledge about Sexual Abuse Prevention

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Abstract

Background: Child sexual abuse (CSA) cases are still commonly found. CSA can have serious impact. Increase knowledge about CSA prevention is one of preventive action. Quartet cards as an educational game can be used to increase knowledge about CSA prevention. **Purpose:** This research aims to find out the effect of quartet cards game to school age childrens knowledge about CSA prevention. **Methods:** This research used quasi experiment with control group pretest and posttest design. 74 respondents was recruited with stratified random sampling technique. The instrument used from Arsandi (2018) that was modified by researchers. This research used wilcoxon and chi square test. **Result:** The average age of intervention group was 9,62 years old and control group was 9,43 years old. Most respondents' parents had junior high school education and the income are under Banyumas regencies minimum wage. There was no difference in pretest knowledge level among two groups (p=0,675), but there was difference in posttest (p=0,000). There was difference among pretest and posttest knowledge level on intervention group (p=0,000), but there was no difference on control group (p=0,248). **Conclusion:** There was effect of quartet cards game on school age childrens knowledge about CSA prevention.

Keywords: Sexual abuse, child, and quartet cards.

A Preliminary Study Structured Health Education Programme by Peer Educators as an Alternative Way to Maintain The Dental and Oral Hygiene of School Age Children

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Abstract

Dental and oral hygiene has become a problem in Indonesia, particularly among school age children. Nurses, as health professionals, can contribute to preventing the problem. Health education, by peer educators, can be an alternative way of delivering the importance of dental and oral hygiene to school age children because they are in the concrete operational stage of development where their relationships with friends are predominant. The objective of this study was to differentiate between the control and treatment groups the Oral Hygiene Index-Simplified (OHIS) was used. Structured-health education by peer educators was given to the treatment group. In contrast, health education in unstructured way was given to the control group. This is a quantitative research using a pre-experimental intact group comparison design. Dental and oral hygiene observation used the OHIS index that was checked by dentists. A dental check up was carried out on children who had mixed teeth (baby milk and permanent teeth), which was done by checking the incisors and molars 1 tooth. A purposive sampling technique was used to collect the 40 respondents for each group. Students who were chosen as peer educators received training about the right time and correct way to brush teeth by pediatric nurse specialists using demonstration media and a module. Moreover, they received spiritual training regarding thaharah from local Ustad. The median score on the OHI-S index for the treatment group was 0.9964 (good hygiene) with a range of 0.8372 1.1555 with a 95% confidence interval (CI). The analysing result of the OHI-S difference used the Mann-Whitney test with the p-value of 0.000 (<0.001), which means that there was a significant difference between the control and the treatment group. There is a significant difference on the OHI-S index between the treatment and control group after intervention. The peer educator method and structured health-education approach is a good combination, which provides a suitable alternative way of improving the knowledge of school age children and creating a situation of mutual support among them in order to maintain good dental and oral hygiene.

Keywords: Children, dental and oral, DMFT/def-t, OHI-S, peer

The Relationship of Culture Shock to The Nursing Students Self-Adjustment at First Years

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Abstract

Background: cultural shock occurs when individuals are in a new environment and require students to adjust to their new environment. Adjustment is a coping mechanism for someone to deal with problems in cultural change and this is often experienced by students when entering the first year of learning, who choose to be far from their home region. Students are expected to be able to deal with cultural differences from their home regions. Students in dealing with cultural changes will cause conflicts within themselves, to face the cultural differences of their new environment. conflict in adjusting to the new environment is considered a natural thing, because it is a process in dealing with changes in the culture of the new environment.
Purpose: to determine the relationship between cultural shock and self-adjustment from first-year nursing students. **Methods:** This study uses a correlational quantitative research method with cross sectional approach. The sampling technique uses purposive sampling. The research instrument used a questionnaire with a sample of 183 first-year students with uni variate and bi variate data analysis. Data analysis of two variants uses the chi square test. **Results:** The results showed that the majority of respondents needed a shock culture of 50.8% and the majority of respondents could adjust to 50.3%. Probability value = 0.355> 0.05 which means there is no relationship between culture shock and first year nursing students
Conclusion: Further research to be able to identify other factors that can influence culture shock for the adjustment of first-year nursing students.

Keywords: Keywords: culture shock, first-level students, self-adjustment

Learning Style Preferences Among Nursing Students in A Private University in West Indonesia

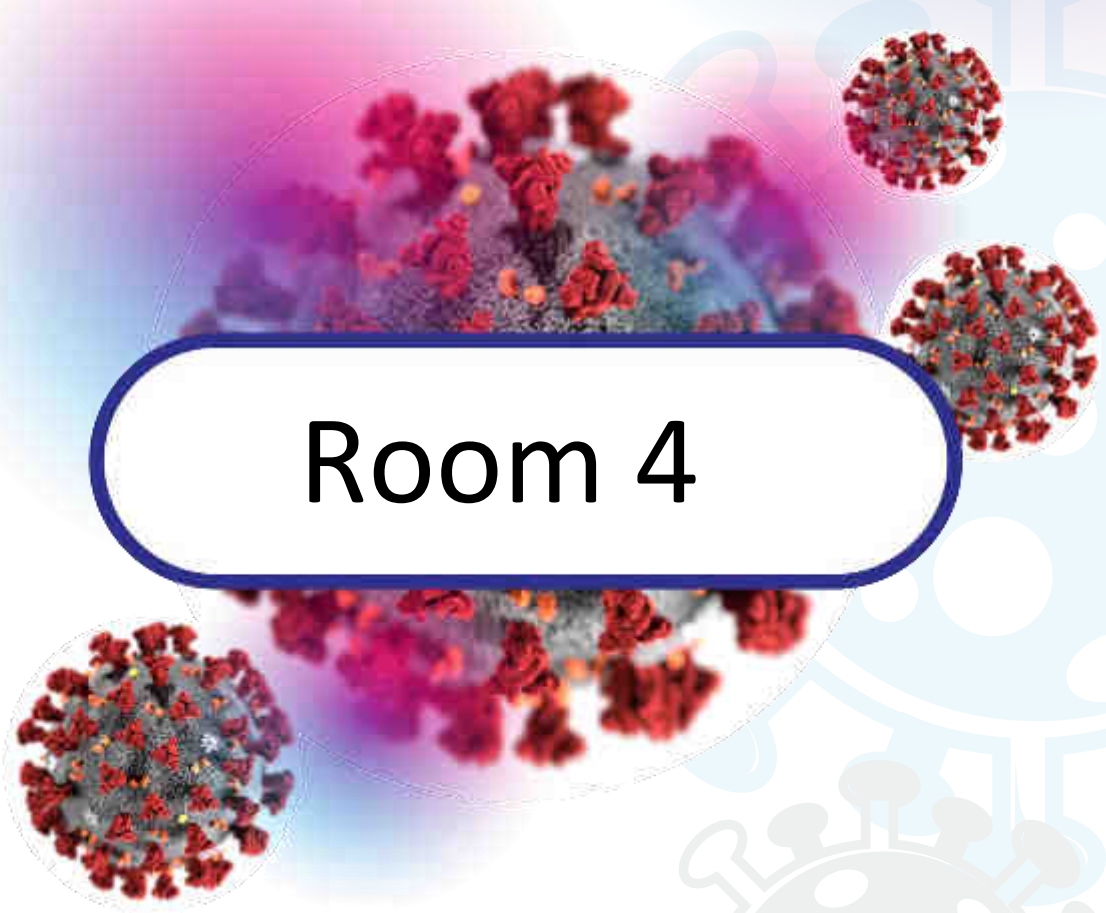
Nada Suraya Br Barus (a), Voppy Selvia Christina Simorangkir (a*), Yuni Cantika Yulistiyani Sombu (a*), Riama Marlyn Sihombing S.Kp., M.Kep (a*), Ns. Shinta Marina J.P, S.Kep (a*)*

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Abstract

Background: Nursing knowledge and practice are evolving and nurse education are encouraged to empower the student to learn continuously and skilled in their profession. This is a challenge for first year students and educators with a shift from teacher-centered learning to learning strategies with case studies group, self-study, laboratory and clinical practice, and tutorials. **Purpose:** The aim of this study to identify the learning style preferences using VARK (visual, aural, read/write and kinesthetic) of first year nursing students in a private university in west Indonesia. **Methods:** This research used a descriptive quantitative method and was conducted in a private university in west Indonesia. A total of 337 of the first year of nursing students participated in this study through a total sampling technique. The VARK questionnaires by Neil Fleming was used to elicit the data, and univariate analysis was used to analyze the data. **Results:** 251 students (74.5%) preferred multimodal learning style whilst the remaining 86 students (25.5%) preferred unimodal learning styles. With regard to the dominant preference, 27% student had a strong preference for quad modal, 24.3% for bimodal and 23.2 % for trimodal learning style. The rest of the participants were found to be unimodal learners with 13.9%, 8%, 2.7% and 0.9% of the students were Aural, Kinesthetic, Read/Write and Visual, respectively. **Conclusions:** Students with multimodal learning can learn productively as educators provide learning strategies that include visual, aural, read/write and kinaesthetic and the educators are encouraged to apply the multimodal teaching method and be more creative and engage the four categories of the modules in their teaching method.

Keywords: Learning Style, Nursing Student, VARK Questionnaire



Room 4

Feeding practices and food intake among 6-12 months anemic and non-anemic infants

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Abstract

Background: Anemia in infants could disrupt physical, cognitive, psychomotor growth and development and increase morbidity. Breastfeeding and complementary feeding practices may be risk factors for anemia in infancy. **Purpose:** This study was conducted to determine breastfeeding and complementary feeding practices among 6-12 months anemic and non-anemic infants. **Methods:** In this cross-sectional study, mothers (n = 60) of 6-12 months old infants were recruited from 10 integrated health centers in Dinoyo, Malang. Anemia was determined by measuring the levels of hemoglobin (Hb) using a digital Hb meter. The breastfeeding practices include exclusive breastfeeding duration and daily breastfeeding frequency obtained using 24-hour record form. While the complementary feeding practices, including energy, protein, and iron intake obtained through a 24-hour recall method for three non-consecutive days. Mann-Whitney and t-test were used to analyze differences in the breastfeeding pattern and complementary feeding intake in anemic and non-anemic infants. **Results:** The study showed the proportion of infants with anemia by 30%. The average breastfeeding frequency in a day and the duration of exclusive breastfeeding were 12.46 times and 3.21 months. While the average intake of energy, protein, and iron was 690.90 Kcal, 17.76 g, and 4.63 mg, respectively. There were differences in daily breastfeeding frequency and protein intake between anemic and non-anemic infants ($p < 0.05$). **Conclusion:** Proper breastfeeding and complementary feeding practices have a significant role in preventing anemia in infants. Low protein intake and high breastfeeding frequency can be the cause of anemia in 6-12 months of infants.

Keywords: 6-12 months, infants, anemia, breastfeeding practices, complementary feeding intake

Risk Factors of Acute Respiratory Infection in Children under 5 years in Oebobo, Kupang

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Abstract

Acute Respiratory Infection is an acute infection of the upper and lower respiratory tract that often occurs in children under five years. Risk factors for Acute Respiratory Infection are the characteristics of children including age, sex, low birth, nutritional status, immunization and history of exclusive breastfeeding, and maternal characteristics including education and mothers knowledge. Children under five years need to be given special attention because at that age is the golden period of the child, so if there is interference it will give a negative effect to the child. In 2018, there were 60.862 ARI cases in Kupang. In 2019, there were 2,384 ARI cases in toddlers in Puskesmas Oebobo. The incidence of Acute Respiratory Infection in Kupang in 2018 was 60,862 cases and cases of children under five years on 2019 in Oebobo Health Center were 2,384 cases. The study aimed to analyze the risk factors related to Acute Respiratory Infection in children under five years in Oebobo Health Center. This research was a quantitative with cross sectional design. The study was conducted among mothers who have children under 5 years (98 respondents) used accidental sampling. The instrument used in this study was a questionnaire. The data was analyzed used chi square. The analysis showed that there is significant relationship between mothers knowledge with the incidence of Acute Respiratory Infection in Oebobo Health Center (p value = 0,008) and OR value = 3.35 means that children with mothers who have poor knowledge 3.35 times higher risk Acute Respiratory Infection compared to children who have mothers with good knowledge. Therefore socialization and education is needed for mothers regarding Acute Respiratory Infection

Keywords: Acute Respiratory Infection; ARI in children; Mothers knowledge

Utilization of Preventive Health Check-Ups Among Older People In Rural Indonesia

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Abstract

The use of preventive health check-up among older people was driven by health status and socioeconomic factors. This present study identified the determinants of the preventive health check-ups utilization among older people in rural Indonesia. This study had been conducted in the rural areas in the in the district of Banyumas, Central Java, Indonesia. A cross sectional survey had been carried out and a total of 412 older people were selected by using multistage sampling. Logistic regression determined the predictors of preventive health check-ups utilization. The majority of the older people were female (75.5%) with low levels of educational attainments (56.3%). Factors including chronical illnesses and uneducated were associated with preventive health check-ups among older people. Older people with chronic illnesses ($p < 0.05$, OR = 6.276) were more likely to use preventive health check-ups. Further, uneducated older people ($p < 0.05$, OR = 12.562) were less likely to use preventive health check-ups in rural areas. Health status becomes a prominent factor that influences health care utilization among the older people. Health interventions targeting identified at-risk subgroup are potential for fulfilling the demand of health care among the older people who live in the community particularly in rural areas. Health promotion for enhancing health literacy among older people would improve the utilization of preventive health check-ups among the older adults.

Keywords: Elderly, preventive care, chronical illnesses, rural area, Indonesia

Evaluation of Maternal Risk Factors on Neonatal Asphyxia in Surakarta, Indonesia

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Abstract

Background: Neonatal asphyxia increases the risk of death in infants because the baby will fail to breathe. WHO data show 4 million incidences of death from neonatal asphyxia. **Purpose:** This study aims to evaluate maternal risk factors in neonatal asphyxia. **Method:** a retrospective case-control study, conducted at a hospital in the city of Surakarta, using data from 2013-2018. Neonates who were diagnosed with medical asphyxia were considered a case group, and maternal risk factors were identified, whereas neonates who were not diagnosed with asphyxia were considered a control group. Maternal and infant demographics were recorded, and maternal risk factors were asked of the mother. All data were entered and analyzed using SPSS 22. **Results:** Of a total of 240 neonates, 88 were the case group and 176 the control group. Statistical analysis showed that the history of bleeding (95% P 0.26) correlated with the incidence of neonatal asphyxia, while the variable of premature rupture of membranes (OR 0.96 CI 95% P 0.86), prolonged labor (OR 2.59 CI 95% P 0.15), and eclampsi (OR 1.39 CI 95% P 0.26) did not correlate. **Conclusion:** Several maternal risk factors correlate with the incidence of neonatal asphyxia. Preventive measures in the form of suppressing maternal risk factors are needed.

Keywords: Neonatal asphyxia, maternal risk factors

Pulse Rate Profile in Preterm Babies During Quran Recitation

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Abstract

Background: Preterm babies often experience abnormal heart rate because of their immature organs. This is where nurses play a role in stimulating the child to prevent complication, disability, and infants' mortality. **Purpose:** This study aim was to determine the effectiveness of Quran recitation to stabilize pulse rate of the babies by doing stimulation in the pediatric nursing unit. **Methods:** The study design used quasi-experimental study on 18 preterm babies. Quran recitation of Surah Yusuf turned around during 20 minutes a day in 3 days, using the active speaker in 50-60 dB range of sound intensity. **Results:** This study shows that there are differences in pulse rate before and after Quran recitation treatment and control group (t=2,708- p= 0,016). **Conclusions:** The Quran recitation has significant influence in pulse rate within the treatment group. Quran recitation is recommended to treat preterm babies to stabilized rate. Further studies of Holy Quran recitations with larger sample size, various Surah from Quran, and different recitation style, and their benefits for prevent various complication, disability and also infant mortality.

Keywords: holy quran- recitation- preterm- infant- pulse- heart rate

The Skin Conductance-Based Non-Invasive Pain Assessment Instrument for Infants: A review

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Abstract

Background: Ineffective pain management in inpatient infants due to their inability to express pain, lack of knowledge/consistency of staff, and less objective pain measuring tools. The negative impact of pain in infants affects the quality of growth and development stages. A breakthrough new supplementation tools is needed. There have been publications on the measurement of infant pain based on SC in recent year. **Purpose:** This review aims to provide an overview of the infant pain measurement and SC-based pain measurement method derives from database publications. **Methods:** A literature review. This review identifies articles using keywords and Booleans when searching databases. **Results:** Infant pain assessment tools are developed based on self-report dan observational, including behavioral, and physiological indicators. SC-based infant pain measurement is a physiological/autonomous and a psychophysiological indicator. The SC was regarded as the skin^s response in conducting electricity when the skin gets a stimulus caused by the sympathetic nervous system, thereby activating the sweat glands. SC measurements are obtained when the skin is given a constant direct current and a constant voltage from the external side. The NWps and PpS were mostly used for SC analysis. There was a significant correlation between SC-based measurement and other pain^s physiological and behavioral scales. **Conclusions:** This review considers SC as a non-invasive pain assessment instrument. Reports regarding the relationship of SCM to other methods vary. It is necessary to examine more broadly this SC-based infant pain measurement by comparing it with other objective measures.

Keywords: skin conductance, pain, infant

Factors Associated with Low Birth Weight among Newborns

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Abstract

Background: Low birth weight (LBW) is a factor causing death in newborns. Low birth weight in Indonesia were 6.2% and percentage in Central Java were 6.1%. Number of LBW in Prof. Dr. Margono Soekarjo hospital between January 2018 to October 2018 were 1600 babies. Some babies in good condition, died, and most were still hospitalized with hyperbilirubin, respiratory problems, hypothermia which causes death in neonates. Furthermore, an survivor infant is more likely to have stunting in childhood. **Purpose:** The aim of research was to analyze the factors associated with LBW. **Methods:** The design used observational analytic method with a retrospective approach. This type of research is a cross sectional with control group and a total sample were 496 patient medical records. The case group is babies with LBW, while the control group is babies with enough birth weight. The instrument used the data collection sheet. The results of factor analysis with Chi-square test were maternal age (p=0.008), gestational age (p = 0,000), body mass index (BMI) (p = 0.008), hypertension (p = 0.031), antenatal care (ANC) frequency (p= 0,000), parity (p= 0.549) and education level (p = 0.229). There were significant correlations between maternal age, gestational age, body mass index, hypertension during pregnancy and antenatal care frequency with LBW cases. Odds Ratio (OR) were 1,697on maternal age; 1,674 on BMI; 0,678 on hypertension, and 5,307 on ANC frequency.

Keywords: Low birth weight; risk Factor; infant

Topic: Maternity and Pediatric Nursing

Certainty in Uncertainty: Mothers Experience in Caring Children with Kawasaki Disease in Acute Phase

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Abstract

Background: Having the experience of caring a child with a rare disease is an unexpectable and unusual moment. Kawasaki Disease (KD) is an unknown disease that can attack children under five years old. A deep thought about KD can enhance the quality of nursing care given by pediatric nurses. Many studies had explained gene and therapeutic management, but in the acute phase of KD, limited studies have conducted about the maternal experience. **Purpose:** To explore the further experience of Indonesian mothers in caring for children with KD in the acute phase. **Methods:** A descriptive qualitative method with a phenomenological approach was conducted. The study involved fifteen participants through convenience technique sampling. The data collection is done by in depth interviews with a semi-structured question. We analyzed the transcripts using Colaizzi s method. **Results:** The study highlighted five dominant themes: certainty in uncertainty, racing against the time of treatment, go through Gods will, once is enough, gaining KD awareness. **Conclusion:** Comprehensive knowledge about KD is needed to be able to provide appropriate nursing care. We were confident that paying attention to mothers and children with psychological and spiritual needs was as important as resolving the physiological matters. An additional practical nursing care guideline can improve the morbidity rate and reduce unexpected sequela.

Keywords: Child; Experience; Kawasaki disease; Mother

The Preterm Infants Cues during Breastfeeding: A Scoping Review

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Abstract

Background: Preterm infants' cues are preterm infants signals to communicate their needs. Current literature reported the infant cues mostly were generated from bottle feeding. Otherwise, preterm infants' cues from breastfeeding event were rarely reported. **Purpose:** The review was intended to investigate the description behavior of the preterm infants cues during breastfeeding session and to find the appropriate instruments to observe the preterm infants cues. **Methods:** A scoping review was conducted. The published articles from CINAHL complete, CINAHL Plus with Full Text, E-Journals, ERIC, MEDLINE, Psychology and Behavioral Sciences Collection were searched from inception to January 2020. Key search terms were preterm infants, cues, and breastfeeding. The critical appraisal used the Joanna Briggs Institute critical appraisal tool. Data were analyzed by a thematic analyzes method. The initial search resulted 89 articles, and three articles met the criteria. **Results:** The review found that the preterm infants cues were categorized as hunger, self-regulation, stress, and satiation cues. The PFCCS is one instrument that can be used to observe preterm infants cues using a secondary analysis from breastfeeding videotaped. The PFCCS was supported by good inter- and intra-rater reliability. Although the methodology quality of three studies was not strong, the studies described detail the description of the infants behavior during breastfeeding. **Conclusion:** The characteristic of the preterm infants cues during breastfeeding covers hunger, self-regulation, stress, and satiation cues. The appropriate instrument to observe the preterm infants cues during breastfeeding should exist from the breastfeeding studies. Since only three studies meet the review criteria, the future investigation about this issue is in demand.

Keywords: Breastfeeding, Cues, Preterm Infants

Description Length of Stay of Low Birth Weight (LBW) with Complicated Disease

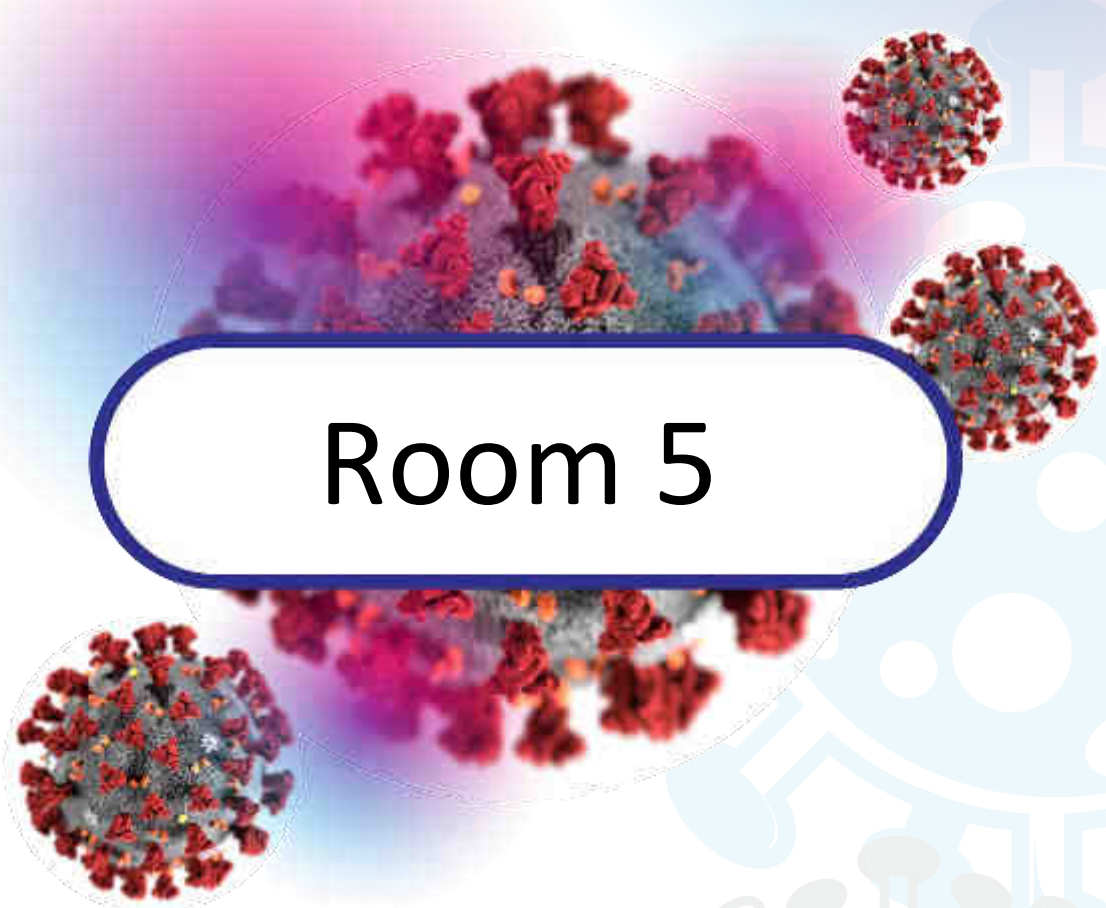
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Abstract

Background: Low Birth Weight Infants (LBW) are babies with birth weight 2500 grams and more often accompanied by preterm birth. Premature babies are prone to infection and prone to complications due to immaturity of the baby^s organs. This makes LBW require more intensive care and a long time in the hospital. Length of stay (LOS) is an indicator used to find out how long LBW needs to be treated at the hospital. **Purpose:** This study aims to determine the picture of LBW LOS with disease complications. **Methods:** This study used a descriptive observational method with a retrospective approach. The population for the period of one year back was 1012 LBW, after been included in the respondent^s criteria, the sample results were 437. The sampling technique used a total sampling technique so that the sample was 437. Data analysis used univariate analysis. **Results:** The characteristics of the respondents were LBW (1500-2499 g) as much as 88.1% and BBLSR (1000-1499 g) as much as 11.9%, the APGAR value was the normal score as much as 94.5%. Births with preterm gestation dominated by 79.6% and sectio Caesarea is the most frequently used methods of delivery. LOS picture LBW with RDS, length 38.2%, normal 16.4%, fast 45.4%, LBW with hyperbilirubin long LOS 65.1%, normal 23.3%, fast 11.6%, LBW with asphyxia had LOS normal and fast as much as 28.6% and 71.4%, LOS LBW with complications &#8805-2 lung disease 84.6%, normal 10%, the fastest 5.4%. The picture of LBW has long LOS 72.7%, normal 13.5%, the fastest 13.8% and long LOS 96.2%, normal 3.8%. **Conclusion:** Low birth weight infants with hyperbilirubin, or complications &#8805-2 disease tend to have long LOS compared with RDS or asphyxia. LBW had a long LOS and complications &#8805-2 diseases which were dominant compared to LBW.

Keywords: Low birth weight (LBW), complication disease, length of stay



Room 5

Iron Supplementation Improves Ferritin and Zinc Blood Levels (In Vivo Study)

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Abstract

Background: .Iron deficiency anemia is a major nutritional problem in Indonesia. Prevalence of iron deficiency anemia is found in adolescent girls which is equal to 48.9%. One of the available effort to alleviate this condition is iron supplementation. However, inconsistency reports regarding iron supplementation effect towards other micro mineral such as zinc still persist.Studies show that daily iron supplementation in 284 Indonesian infants lowers serum zinc levels after supplementation. Another opposite study is that iron supplementation of 50 mg increases serum zinc levels.Objective. **Purpose:** This study aims to determine various doses of TTD supplementation effect on ferritin and zinc levels in anemic Sprague Dawley rats. **Methods:** True experimental was used as a research design with pre-post test control group design. 30 female Sprague Dawley white rats used in this study were divided into 5 groups, which are K+, K-, P1, P2, and P3, followed by various doses of iron supplementation for 14 days with standard feed AD II comfeed. The data were analyzed using one way anova test followed by LSD post hoc test. **Results:** The results showed a significant difference in ferritin and zinc levels in each group after receiving iron supplementation. The highest increase of ferritin and zinc blood levels occurred in P3 group(2.16mg of iron supplementation dosage) with the difference3,4 ng/ml and 0,64 mg/L of ferritin and zinc blood levels respectively. Conclusion. In conclusion, the administration of iron supplementation can increase both ferritin and zinc blood levels in anemic rats, although the numberdepends on the dosage and duration of TTD supplementation.

Keywords: Ferritin serum; Zinc; Iron supplementation; Anemic rats

The Effectiveness of Dash Diet Counseling (Dietary Aproaches to Stop Hypertension) on Blood Pressure, Knowledge, Potassium and Sodium Intake for Hypertension Patients

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Abstract

Background: Prevalence of Hypertension is on of deseases whose prevelance continous to increase every year. Based on measurements in Aceh Province in 2018 its known that more 22,2 % people aged more 18 years old suffer of hypertention. Uncontrolled blood pressure in hypertension patients will development into cardiovascular disease (heart, stroke, kidney). One way to controlling blood pressure in hypertension patients is provide DASH diet counseling.
Method: The study was a pretest and posttest observation using Quasi-experimental design. The study samples were 28 sampel (14 with Counseling DASH DIET and 14 without Counseling DASH DIET). The measurment of design to see the effect of nutritional counseling with DASH diet on blood pressure, knowledge, sodium and potassium intake of hypertensive patients, in August to September 2019. Total sample of this study was 28 samples (14 with treatment and 14 without treatment). **Results:** After being given counseling on the sample we founded of changes on knowledge, sodium intake and potassium intake, where the average increase on knowledge, decreased systolic blood pressure and decreased diastolic, decreased sodium intake) and increased of potassium intake after treatment. **Conclusion:** There are an effect of DASH diet counseling on knowledge, sodium and potassium intake, but does not affect blood pressure.

Keywords: DASH diet counseling, blood pressure, knowledge, sodium and potassium intake.

The Communicative Media to Introduce Vegetables and Fruits to School-Age Children

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Abstract

Background: Consuming vegetables and fruits is very important to consume since the age of children, because at that age is a golden period for growth and development for kids. Based on these problems, we need an innovation or something interesting so that children can find out the importance of vegetable and fruit consumption, one of which is a Pop-Up based vegetable and fruit book which is a medium that is quite popular because it is supported by visualization 3D. **Purpose:** The purpose of this study was to find out the development of Pop-Up Book as communicative media an effort to introduce the importance of vegetable and fruit consumption in school-age children in Elementary School. **Methods:** This type of research is research and development (R & D). Product feasibility trials were carried out on 3 and 5 grade 3 students at Elementary School with limited trials. The research data was obtained by the method of expert validation, observation, and documentation. R**esults:** The validation results from material experts show the media in the category of very good with an average score of 4.7, media experts show the media in the good category with an average score of 4.2 and the teachers response indicates that the media is deep very good category with an average score of 4.5. All children love the media used and are familiar with vegetables and fruit. **Conclusion:** Communicative media can motivate school-age children to love vegetables and fruit.

Keywords: media, fruit and vegetable, effort consumption

A Study of Energy Minimization Influence on the Molecular Docking of Acetylacetone-Based Oxindole Derivatives

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Abstract

Molecular docking plays an important role in the drugs discovery because it is more efficient and more affordable compared to traditional synthesis methods and biological assays. Molecular docking determines the conformation and affinity of non-covalent bonds between macromolecules (receptors) and small molecules (ligands) computationally. Molecular docking involves energy minimization producing ligands with the most stable conformation and lowest energy which is generally carried out by using the Merck Molecular Force Field 94 (MMFF94) force field. MarvinSketch and Open Babel for energy minimization were used in this molecular docking of acetylacetone-based oxindole derivatives to 2,3-dioxygenase indoleamine macromolecules (IDO-1, PDB: 2D0T). The results showed that MarvinSketch provides better binding energy compared to energy minimization with Open Babel. Molecular docking indicated different interactions between 2D0T macromolecule residues with ligands that have been prepared using MarvinSketch, Open Babel, and without energy minimization.

Keywords: Molecular docking, minimization energy, Merck Molecular Force Field 94 (MMFF94), IDO-1, Oxindole derivatives

The Effect of Energy Minimization on the Molecular Docking Study of Acetone-Based Oxindole Derivatives

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Abstract

In silico study by molecular docking are useful in the drug discovery and virtual screening for obtaining compounds with promising biological activity. The merck molecular force field 94 (MMFF94) is the prevalent function for energy minimization in molecular docking for better geometry estimation and ligand-receptor affinity. The two programs namely MarvinSketch and Open Babel for energy minimization were used in this molecular docking study of acetone-based oxindole derivatives. The results showed that the binding energy produced by MarvinSketch was generally better than the binding energy obtained with Open Babel. The visualization of molecular docking results indicated that the poses and hydrogen bonding, halogen bonding and &#61552--&#61552- interactions are different between MarvinSketch, Open Babel, and with no energy minimization. The results revealed that energy minimization affects the molecular docking results.

Keywords: Molecular Docking- Energy minimization- Merck molecular force field 94- Oxindole- IDO1

Molecular Docking of Substituted Oxindole Derivatives with MMFF94 Energy Minimization by Using MarvinSketch and Open Babel PyRx

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Abstract

In silico technique is widely used for drug discovery because it can predict the conformation of ligands in protein macromolecules and is able to calculate the binding affinity. The energy minimization is carried out to make the ligand more stable near the initial state during molecular docking process. The Merck Molecular Force Field (MMFF94) is one type of energy minimization process often used in organic compounds. The molecular docking of substituted oxindole derivatives on indoleamine macromolecules 2,3-dioxygenase (IDO-1, PDB: 2D0T) by using MMFF94 minimization operated by MarvinSketch and Open Babel showed different results. The binding affinity energy obtained was also quite different, but the ligands have the same conformation and bind the same residue with slightly different bond distances.

Keywords: Molecular Docking; Energy Minimization; Oxindole; IDO-1; Merck Molecular Force Field 94

Dietary Density Energy in women aged 19-20 years

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Abstract

Obesity and overweight rates are increasing worldwide. obesity and overweight is a global problem with many contributing factors including dietary energy density (DED). High energy density is a reason for over eating there by increasing the prevalence of overweight. Dietary energy density is used to determine the ratio nutrient to total energy and determined based on comparison of nutrient intake with total energy consumed. This study aim to analyse dietary density energy and verify the relationship between dietary energy density and nutritional status. Observational methods that emphasize cross sectional study using 70 respondents with the age of 19 -29 years. DED was calculated for food records within a week. Calculation of DED is obtained through the total daily food energy consumed by the daily food weight. Nutritional status measured using Body Mass Index. Statistic analysis used rank Spearman. The study found significant corelation between dietary energy density and nutritional status ($p < 0,05$). Most of subjects had adequate intake density (76 %)

Keywords: dietary energy density, obesity, overweighht, DED

Food Consumption and Nutrient Density of Adults Male Aged 19-49 Years Old in Indonesia

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Abstract

The objectives of this study was to analyze food consumption and nutrient density of adults male aged 19-49 years old in Indonesia. This study was carried out through analyzing a consumption data set of Total Diet Study (SDT) of Indonesian Ministry of Health which were collected using 24-hour food recall method. The final subjects included for this study were 26268 male. The nutrients adequacy were assessed based on Institute of Medicine calculation. The nutrients analyzed include energy, protein, calcium, iron, zinc, vitamin A and vitamin C. The average food consumption of Indonesian adult male population is mostly from the grains food group of 305.0 g. The food group that was consumed the least by the adult population was oily seeds as much as 18.1 g. The adequacy of energy, protein, calcium, iron, zinc, vitamin A and vitamin C were 81.4%, 108.3%, 105.5%, 159.4%, 64.8%, 107.7% and 54.6%, respectively. The nutrient density of protein, Ca, Zn, vitamin A and vitamin C were still under the recommendation. It means that food consumption quality of Indonesian adults need to be improved. Considering the inadequate intake of some micronutrients in Indonesian adults women, it is necessary to increase the consumption of animal food, legumes, fruits and vegetables as sources of micronutrients.

Keywords: adult male ,food consumption, nutrient density, and nutritional adequacy

Consumption Patterns Of Iron-Rich Foods Among Rural Adolescents

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Abstract

Background: Iron deficiency is the most prevalent nutritional deficiency in adolescent from the developing world. consumption patterns of iron-rich foods have become one of the main underlying problems. consumption patterns tend to be less. besides that the selection of iron-rich foods is also still not effective. **Purpose:** This study aims to analyze the adequacy of iron consumption compared with the nutritional adequacy. **Methods:** Analytical cross-sectional study consisting quantitative approaches to data collection and analysis was used in this study. Consecutive sampling technique was adopted and primary quantitative data were collected from 39 adolescent recruited from student of nutrition science study porgram. The primary quantitative data were analyzed using SPSS version 17 software. **Results:** Average iron consumption of 5.3 mg. When compared with the nutritional adequacy was still below the iron needs. Most consumption of iron-rich foods comes from plant foods. **Conclusion:** Adolescent iron consumption is still classified as deficit and comes from plant foods.

Keywords: adolescent, iron, iron-rich foods, plant foods

Effectiveness of Combination Juice Yellow Water Melon-Plantain in Increasing Physical Endurance (Study in Sprague Dawley Rats)

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Abstract

Plantain high in potassium and glucose while yellow watermelon high in citrulline, glucose, antioxidant, and fluid. The combination of both can supply abundant glucose and fluid, postponed lactic acid production and inflammation in muscle, so the physical endurance can be longer. This study aims to determine effectiveness of combination juice of yellow watermelon-plantain in increasing physical endurance in Sprague Dawley rats. This study was true experiment, post test only with controlled group design. The subject were 21 male rats Sprague Dawley, divided in to controlled group, P1 group, and P2 group. The dosage of P2 was twice of P1. The subject was given a swimming test. Data were analyzed using the One Way Anova test and the Post Hoc Least Significant Difference test. The average P2 group with the double dosage had the longest physical endurance. There were differences in physical endurance ($p < 0.05$) in each group after being given combination juices with various dosage.

Keywords: Physical endurance- plantain- yellow watermelon

Impact of Home Visit Pharmacists on Diabetes Patient' Medication Adherence and Self-Care Activities: A Randomized Controlled Trial

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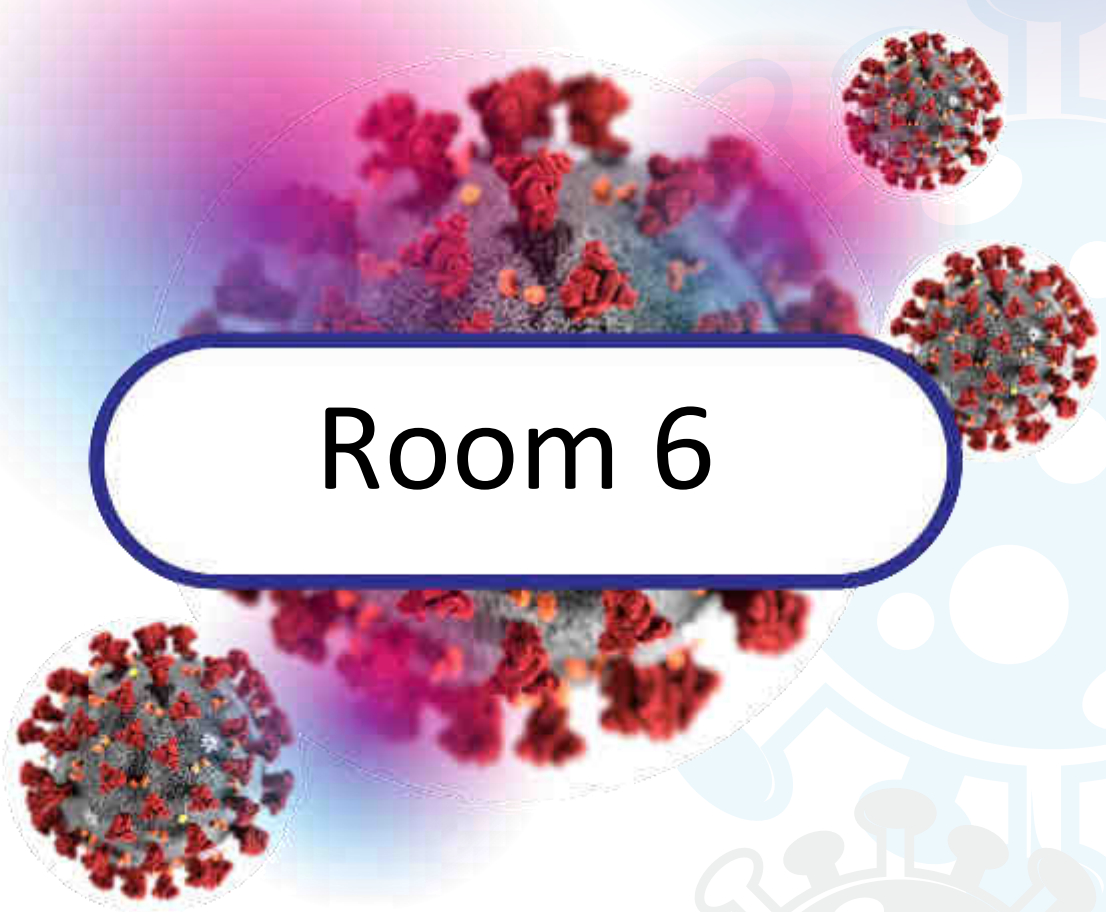
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Abstract

Background: Diabetes leads to a significant burden to Indonesia healthcare system due to its long-term complications. Pharmacist has a promising role to improve diabetes patient condition by providing an educational intervention. **Purpose:** This study aimed to evaluate the impact of home-visit pharmacist on diabetes patient' medication adherence and self-care activities. **Methods:** Twenty four weeks of randomized controlled trial in Banyumas district, Central Java province, Indonesia was performed. Patients in the intervention group received home visit services by participant pharmacists, while the control group obtained usual care. The outcomes were patient medication compliance measured with Morisky Medication Adherence Scales-8 (MMAS-8) and patient lifestyle using The Summary of Diabetes Self-Care Activities (SDSCA) questionnaire. Before other statistical tests were taken, the data were tested for normality, and parametric or non-parametric tests were conducted accordingly. The level of significance used in all tests was 0.05 (two-tailed). **Results:** In the final analysis, 41 patients in the control group and 47 patients in the intervention group were included. Adherence score increased 13.11% (95%CI: 7.00% to 19.22%; $P < 0.001$) and 20.21% (95%CI: 13.56% to 26.86%; $P < 0.001$) on usual care group and intervention group, respectively. Moreover, there was 5.18% between-group improvement even though the change was not statistically significant ($P = 0.210$). Regarding to lifestyle parameters, there were significant improvements on SDSCA scores in intervention group (score increased by 7.32, p<0.0001) and control group (score increased by 5.05, p=0.015). There was a between-group difference of 2.27 on SDSCA score, but the statistic was not significant (p=0.4). **Conclusion:** Even though statistically significance has not been achieved, home-visit performed by community pharmacist improved the adherence and lifestyles of patients with diabetes. Larger sample size trial might be needed in the future to confirm this current result.

Keywords: adherence, diabetes, home-visit pharmacist, self-care activities



Room 6

Overview of Self-Concept of The Kpop Dance Cover Youth Community in Purwokerto

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Abstract

Background: Korean Wave developed in different parts of the world until it entered Indonesia and was much interested by teenagers. Teens have a major developmental task is the formation of identity. Identity formation is related to the concept of self. The concept itself is an individual perspective on theirself in terms of all aspects. Joining the K-Pop Cover Dance Community can affect the formation of adolescent self-concept. **Method:** Quantitative descriptive research with cross sectional approach. Total sample of 77 adolescents belonging to the community of K-Pop Dance Cover in Purwokerto with total sampling technique. The research instrument used a questionnaire. Analysis of data using univariate analysis. **Result:** All respondents aged 15-19 years (100%). Gender majority of respondents were female (70.1%), last education is high school (70.1%), had a normal BMI (57.1%), have pocket money per month in the range of 1-2 million (70.1%), and has joined the community for 1-2 years (45.4%). All respondents have a positive self-concept based on self esteem, body image, self ideal, self identity, and self role. **Conclusion:** Teens who are members of the community of K-Pop Cover Dance in Purwokerto has a positive self-concept.

Keywords: Self-Concept, Korean Wave, K-Pop Cover Dance.

Progressive Muscle Relaxation Decreasing Anxiety Among Community-Dwelling Older Adults

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Abstract

Background: The role of community nursing is critical in comprehensive health management, including on the issue of anxiety that occurs among older people. Excessive and continuous anxiety can cause dysfunction and decrease their quality of life. Progressive Muscle Relaxation is a therapeutic modality that can create a relaxed state, thereby affecting anxiety levels.
Purpose: to determine the effect of PMR on the anxiety among community-dwelling older adults. **Methods:** The research used a Quasi-Experimental design with pretest and posttest control group on 138 older people. The intervention was in the form of Progressive Muscle Relaxation for 10 sessions in 5 weeks (2 times a week). Geriatric Anxiety Scale was used as the data collection. The data were analyzed using the Wilcoxon test and Mann Withney test. **Results:** In the intervention group, there was found a difference on the anxiety level in the pre-test and post-test ($p = 0.0001$). However, in the control group, there was no significant difference found ($p = 0.062$). There is a significant effect of PMR on the level of anxiety among older adults ($p = 0.0001$). **Conclusion:** PMR intervention can reduce anxiety among older people who live in a dwelling community. PMR intervention can be used as a therapeutic modality in the management of community nursing care for the older people with anxiety to prevent adverse effects.

Keywords: Anxiety- Community-Dwelling Older People- PMR

Factors Related to the Family Satisfaction Toward the Nursing Services

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Abstract

Background: Quality nursing services can provide satisfaction to the patients and their families. Satisfaction occurs after analyzing perceptions of service performance manifested in feelings of pleasure or disappointment. Based upon a survey during September 2019 in a private hospital of center Indonesia was found that 30% of the family members were dissatisfied beside nursing services. Respondents evaluated that nurses had late replied to the bell and the explanation of nursing intervention was not recognized by the family members. **Purpose:** The study aimed to analyze the factors of quality of nursing service on the family satisfaction. **Method:** A quantitative inferential with a cross-sectional approach. The sample was selected by purposive sampling among 214 respondents. Data collection using a questionnaire that has been examined on validity and reliability which processed quantitatively and analyzed by Fishers exact and logistic regression tests. **Results:** more than and half of the respondents were female and more than and half were aged 26-45 years and a half were highly educated. There was a significant relationship between tangible (p=0.001), reliability (p=0.001), responsiveness (p=0.001), empathy (p=0.001) and assurance (p=0.001) with the family satisfaction. Reliability remains the most dominant factor that affected the family satisfaction. **Conclusion:** The nursing services are evaluated as dissatisfaction by the family member. Future research is needed further assessing the families desire for the reliability of nursing services, improving the quality of nursing services such as health education through the family member/patients and excellent service training toward the nurses so expect satisfaction will increase.

Keywords: the family satisfaction, nursing services, reliability

Implementations of Community-Based Nursing Case Management to Improve Access to Care: A Scoping Review

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Abstract

Background: Case management is a strategy used to help patients locate and manage health resources as well as to enhance effective communication among patients, families, and health systems. Nurses role as a case manager has been proven effective in reducing healthcare costs among patients with chronic diseases. However, little is known about its implementation in improving access to care in community-based settings. **Purpose:** The aim of this scoping review is to examine the components of nursing case management interventions to improve access to care in the community-based settings and to identify the issues of nursing case management for future implications. **Methods:** This study was conducted following the framework of scoping review. Four electronic databases (CINAHL, Pubmed, Science Direct, and Scopus) and grey literature were searched to identify studies published between 2010 and 2020. Only original studies involving nurses as one of the professions performing case management roles in the community-based settings, providing access to care as the findings, were included. The article screening was guided by PRISMA flowchart, extraction was performed on Google Form and synthesis was conducted from the extraction result. **Results:** A total of 19 studies were included in qualitative synthesis. Five components of nursing case management interventions to improve access to care were identified: 1) Bridging health systems into community; 2) Providing the process of care; 3) Delivering individually-tailored health promotion and prevention; 4) Providing assistance in decision making; and 5) Providing holistic support. Three issues of nursing case management were also identified: 1) Regulation ambiguity; 2) High caseloads; and 3) Lack of continuing case management training. **Conclusions:** Care coordination and care planning were the most components of nursing case management frequently associated with access to care. These findings are substantial to improve nurses ability in performing nursing processes and having more advocacy competence for futures implications.

Keywords: Nursing case management, Case management, Access to care, care manager, community

Evaluation of the Philippine Expanded Senior Citizens Act (RA 9994) on Mandated Privileges for the Elderly

Dr. Carlo Bryan C. Borrico

Angeles University Foundation

Abstract

This study aimed to evaluated the execution of the Expanded Senior Citizen Act of 2010 (RA 9994) on selected privileges of senior citizen following the Provus discrepancy model (PDM). A descriptive design used. Frequency, percentage, mean, and standard deviation used. The result revealed that all of the elderly were aware of twenty percent (20%) discount from all establishments and express lanes for senior citizens and reported they availed it. However, it is remarkable that out of 93.4% participant^s awareness on twenty discount on the purchase of medicines, only 68.4% availed it. On the other hand, out of 92.5 percent participants who were aware of the continuation of the same benefits and privileges by SSS, GSIS, and PAGIBIG, only 53.3 percent availed it. It is important for health administrator and health worker to strengthen their information dissemination to increase the elderly awareness and to avail their rights, benefits and privileges.

Keywords: Elderly, Aging, Living arrangement

Application of Therapeutic Group Therapy on the Development of School Age Children Industry with Empowerment of Caregiver, Teacher, and Mental Health Cadre

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Abstract

Background: School-age children are in the 6-12 year age range that enters the development of industries where children develop their productivity. Failure to achieve the task of development causes mental health problems in children. **Purpose**: To know the results of therapeutic group therapy application on the development of school age children industry with empowerment of caregivers, teachers, and mental health cadres. **Methods**: The design of this study uses Case Series. Samples of 30 school-aged children were divided into 3 groups and Therapeutic Group Therapy was conducted to train the stimulation of developmental aspects. Children received 2 therapeutic group therapy classes at Primary School as many as 6 meetings accompanied by caregivers, teachers, mental health cadres and therapeutic groups therapy in the community as much as 3 meetings accompanied by caregivers and mental health cadres. **Results**: The study showed the development of childrens industry increased to 98.46% and the childrens developmental aspects of motor, cognitive, language, emotion, personality, moral, spiritual, and psychosocial increased and the familys ability to stimulate child development increased to 93.33%. The results of previous research shows the development of childrens industry by 80.33% after therapeutic group therapy of school-aged children by involving only caregivers and teachers. **Conclusion**: the promotion of mental health of school age children in elementary schools and in the community is needed by involving children, families/caregivers, teachers and mental health cadres for sustainable nursing care.

Keywords: therapeutic group therapy, school-aged children, industrial development, empowerment of caregiver, teacher and cadre of mental health

Cognitive Impairment among Community Dwelling and Institutionalized Older People and Its Related Factors

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Abstract

Background: Demographic phenomenon of population aging has brought some consequences, including the higher prevalence of age related diseases such as cognitive impairment. Preventative strategies can be started by identifying the prevalence and managing its risk factors. **Purpose**: This study aimed at identifying prevalence of cognitive impairment among community-dwelling and institutionalized older people, and its related factors. **Method**: A cross sectional study conducted among 99 community-dwelling and 49 institutionalized older people in Central Java Province in Indonesia in 2019. Cognitive function was measured using Mini Mental State Examination (MMSE). Data was analyzed using descriptive and bivariate analysis. **Result**: Finding shows that the prevalence of cognitive impairment among community-dwelling older people was significantly lower than those living in institution (20.2 % compared to 44.9%, p=0.002). Education and literation factors were significantly correlated to MMSE scores in both groups (p=0.005, p=0.000 and p=0.004, p=0.001 respectively). Age, and marital status were related to MMSE scores only in community-dwelling older people (p=0.003, p=0.007 respectively), while gender was related to that of institutionalized older people (p=0.012). **Conclusion**: Institutionalized older people were more likely to suffer from cognitive impairment. Factors related to cognitive function were age, gender, marital status, education, and literation.

Keywords: Cognitive function- community-dwelling- institutional- mild cognitive impairment- older people

Effectiveness of The Coastal Tourist Nursing Model to Improve Balawista Behaviour in Bali Province

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Abstract

Indonesia is an archipelagic country which is surrounded by coasts with great potential to develop the existing tourism sector. The aim of this research is to improve the coastal tourist nursing model to improve the behaviour of the Balawista (the coastal rescuer team). The coastal tourist nursing model is a part of community nursing. The design of this research is operational research with three phaseswhich are phase I problem identification, phase II model and module development andphase III the coastal tourist nursing model trial through the establishment of a coastal health post by using quantitative quasi experimental research post-test with the control group, with a cluster sampling technique. The coastal tourist nursing model was carried out on the coast of Central Kuta sub-district, Badung Regency in 118 Balawistas. The statistical test used was chi square, t-test, multiple linear regression test and General linier Model Repeated Measure (GLM-RM). The results obstained were that the coastal tourist nursing model was proven to affect the Balawista^sbehaviour. Therefore this model can be used as one of the health efforts based on the community within the coastal community in Indonesia.

Keywords: The coastal tourist nursing model- behaviour- Balawista

The Influence of Basic Conditioning Factors on Quality of Life of Indonesian Older Adults

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Abstract

Background: The elderly experience all the deterioration of body functions which can cause obstacles in carrying out daily activities, this can affect the quality of life of the elderly. The quality of life of the elderly reflects the health and well-being status **Purpose:** The purpose of this study was to determine the the influence of basic conditioning factors on quality of life of Indonesian older adults **Methods:** Data were analyzed using descriptive statistics. Simple logistic regressions were also used to estimate the odds ratio of good health-related quality of life. Two research instrument, a demographic data form and the SF-36 Indonesian version for data collection. **Result:** The findings demonstrated that the total quality of life score was at fair level. In logistic regression analysis age and comorbidity were statistically significant predictors of quality of life among older adults. **Conclusion:** The quality of life in Indonesian older adults was at fair level, but as they aged, the disease can affect their quality of life. Nursing interventions targeting on maintaining quality of life that can be done by reducing the complications of the disease experienced by the elderly so as to improve the quality of life

Keywords: Quality of life, Elderly, SF-36

Caring for a Spouse with ADL Dependency: Perceived Social Support and Stress Level among Elderly Spousal Caregivers

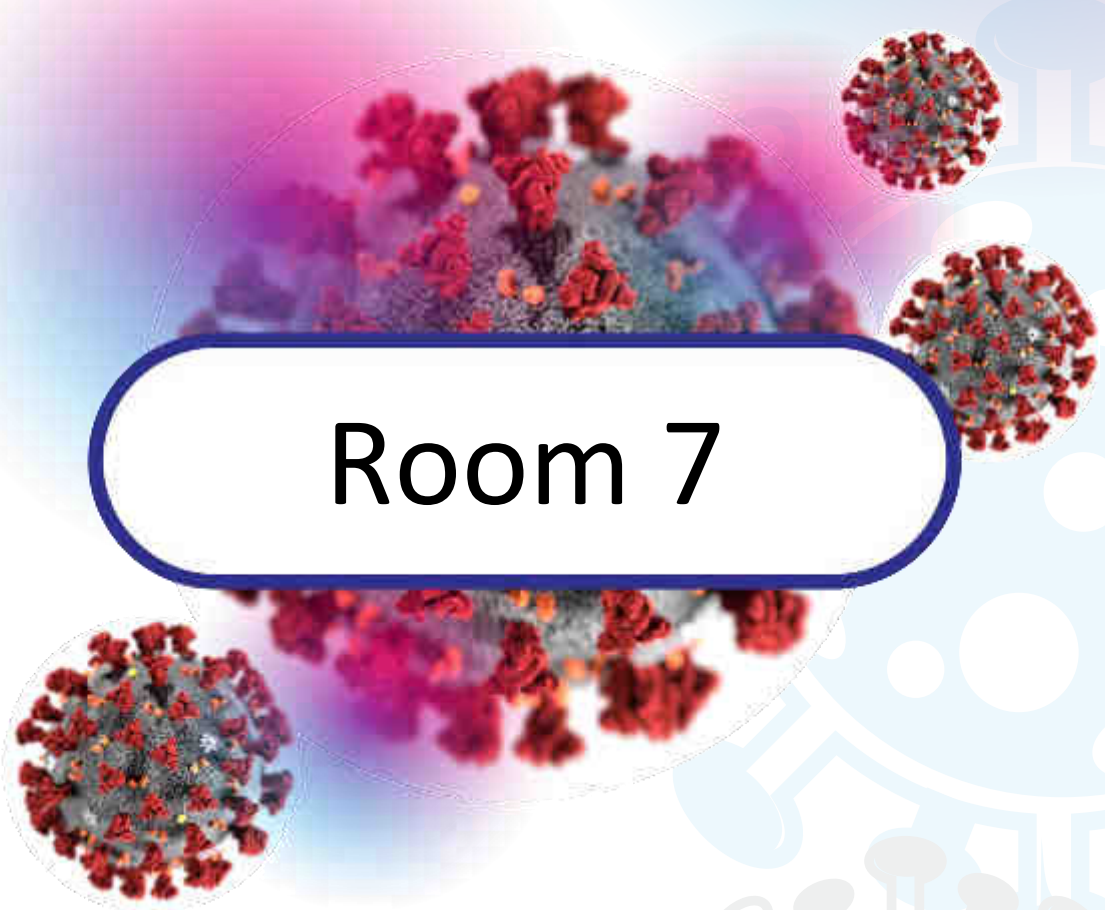
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Abstract

Background: Taking care for an individual with Activity of Daily Living (ADL) dependence is often very demanding and stressful. With an increasing in life expectancy, an elderly spouse often becomes a caregiver for an aging or ill loved one. However, changing in family structure, shrinking social circle and aging process itself might influence caregiver^s social support and their stress level. **Purpose:** This study aimed to examine perceived stress and social support among spousal caregivers of elderly with ADL dependence and correlation between these two variables. **Method**: This is a descriptive quantitative study with cross sectional design. A convenience samples of 30 caregivers aged 60 years or over who taking care for spouse with ADL dependence. Perceived social support and caregiving-related stress were measured using social support questionnaire and the Kingstone Caregiver Stress Scale (KCSS) respectively. Data was analyzed using descriptive statistics and Somer^s D test. **Result**: Result showed that a half of respondents was lack of social support and the remaining only had moderate level of support (46.7%). Very few of them had good social support (3.3%). Most respondents experienced moderate stress level (56.7%), even severe (16.7%). Statisctical analysis showed no relationship between social support and stress level ($p>0.05$). **Conclusion**: Elderly spousal caregiver was lack of social support and experienced moderate stress level.

Keywords: Activity of Daily Living, Elderly, Spousal Caregiver, Social Suport, Stress



Room 7

The Use of Citrus (Orange) as an Alternative to Reduce Anxiety of Hemodialysis Patient

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STIKes Patria Husada Blitar

Abstract

Anxiety is one of psychological problem that often arises in hemodialysis patient. As a result, it can reduce bodys immunity and also can cause other problems such as rejecting the hemodialysis process. One technique that can be used to reduce the anxiety is relaxation techniques by citrus aromatherapy (orange). The purpose of this study was to identify the effectiveness of citrus (orange) aromatherapy to the anxiety level of hemodialysis patient. The design of this study was pre-experimental with one group pre-post test design. The sampling technique used purposive sampling. The population in this study was all 88 hemodialysis patients, while the sample was 20 patients who had met the inclusion criteria. The results of statistical tests using paired t test, the value of p was 0,000. The average score of the anxiety before the giving of citrus (orange) aromatherapy was 51.20 and after the giving of citrus (orange) aromatherapy was 34.45. The result of the analysis showed that there was an effect in the anxiety level of the hemodialysis patient after the giving of citrus (orange) aromatherapy. The hemodialysis nurses can use this technique as altenative to reduce the anxiety level of hemodialysis patients.

Keywords: anxiety, hemodialysis, citrus (orange)

Type 2 Diabetes Mellitus Patients Knowledge about Prevention of Diabetic Foot Ulcer in Community in West Indonesia

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Abstract

Background: Diabetes mellitus (DM) is a health problem that can damage multi-organ in patients. One of the complications is neuropathic damage and lead to foot ulcers. Patients knowledge is a major factor to prevent complications. Based on research the prevalence of DM in Indonesia 176,689,336 people suffered DM type 2. It is explained that 1.3% of DM patients in Banten province, 1.6% of the population of South Sumatera, and 1.8% are the population of North Sumatera. **Purpose**: To identify a description of Diabetes Mellitus type 2 patients knowledge about prevention of diabetic foot ulcer in community. **Methods**: This study used descriptive quantitative with accidental sampling technique. This research was conducted in April - May 2020 using an online questionnaire instrument. The subjects of this study were 59 DM patients type 2 in a western Indonesian community. **Results**: The study showed that 86.44% of respondents have a good knowledge, 10.17% have sufficient knowledge and 3.39% have less knowledge. **Conclusion**: It is necessary to conduct further research on the factors that influence the DM type 2 patients knowledge about the prevention of foot ulcers diabetic.

Keywords: Diabetes Mellitus, Diabetic Foot Ulcer, Knowledge, Prevention.

A Literature Review: Hospital Emergency Nurses Preparedness in Facing Disasters

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Abstract

Background: Nurse has turned to be a profession with the largest number in the health system and their existence is important as a first responder. Nursing activities are required, including prevention, preparedness, response, recovery, and reconstruction or rehabilitation. Especially, when a disaster occurs. **Purpose**: To review some literature on hospital emergency nurses preparedness in dealing with disasters. **Method**: This systematic review was carried out in June 2020 by searching in databases including Google Scholar, PubMed, and Science Direct. The keywords used for research articles were "emergency preparedness for nurses in facing disasters", "emergency nurses", and "disaster preparedness". **Results:** The results showed that the level of preparedness of hospital emergency nurses in facing disasters as a whole was at a moderate level. This was because of knowledge, skills, self-awareness, interests, intellectuals, collaboration, and motivation needed to be prepared to support disaster management. The preparedness of emergency nurses in facing disasters was certainly not the same from one another. Nurse preparedness may be influenced by various factors. Among them were the age factor, length of work factor, education factor, and the amount of ability or training that has been followed.

Keywords: nurse preparedness; emergency; disaster; literature review

Early Nutritional Detection for CVD Risk in Young Women

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Abstract

Background: Cardiovascular disease (CVD) has been the leading cause of death among other non-communicable diseases in Indonesia. Dietary pattern and lifestyle changes are the main factors of CVD risk of the women in the middle age. **Purpose:**To investigate the association between nutritional status factors and CVD incident in young women. **Methods:** An observational study, cross-sectional design of 160 young women aged 20-22 years who studied in one of the Health University in Malang City, East Java. Body Mass Index (BMI), waist circumference (WC)) and body fat percentage (BF%) were measured in one-time session. Dietary intake estimation was measured in 12 meal times in a week. All variables were categorized into quartiles based on the waist-to-height ratio (WHtR) as CVD risk indicator. Multinomial logistic regression was performed to estimate the association between nutritional status and the CVD risk. **Results**: Overall, energy and other macronutrients intake were lower than daily requirements ($p<0.001$). BMI, WC, and %body fat was significantly different across the WHtR percentiles ($p<0.001$), with the highest mean value found in the highest percentile (76-100th percentile). Higher BMI (OR:1.81; 95% CI 0.89-3.70; $p=0.104$) and WC (OR:5.88; 95% CI 3.48-9.93; $p<0.001$) were associated with higher risk of CVD (76-100th percentile). While %E from fat intake (OR:0.89; 95% CI 0.81-0.99; $p=0.03$) was associated with medium risk (25-50th percentile). **Conclusion**: BMI, WC and %E from fat intake may be the early nutritional detection indicators for CVD risk in young women.

Keywords: BMI; CVD risk; Dietary Intake; Waist Circumference; Young Women

The Analysis of Missing Cases on the Treatment of Resistant Rifampicin Tuberculosis

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Abstract

Background: Tuberculosis (TB) is one of the deadliest infectious diseases in the world, which is the 10th most significant contributor to death. Currently, Indonesia is in the top three countries contributing to the number of TB cases in the world. The lateness in diagnosing TB can increase transmission opportunities in the community. Besides, the occasional use of anti-tuberculosis drugs causes multidrug-resistant TB (MDR-TB) and Extensive drug-resistant TB (XDR-TB) germs. **Purpose:** To describe the follow-up treatment of Resistant Rifampicin in health care facilities based on the results of the gene-Xpert examination. **Method**: Study design is cross-sectional using data from "Evaluation study of detection of TB cases with molecular rapid test in Indonesia in 2018". The data resources are from 42 hospitals and 2 primary health care facilities having conducted the gene-Xpert examination at least 6 months in 42 districts, 26 provinces. **Results**: The number of TB diagnoses with gene-Xpert from health facilities was 33,630 cases, 31.6% of those cases were TB positive, namely rifampicin sensitive of 89% (9,456) and rifampicin resistant of 11% (1,171). 29% of resistant rifampicin tuberculosis case were missing cases consisting of the untreated and unknown follow-up treatment of 18% and 11%, respectively. Missing cases were mostly found in male of 66.1%. Based on the age, 76.9% of the missing cases were in productive age, such as 15 to 54 years. Moreover, according to the TB treatment history and origin of case, missing cases were found in new cases 54.4% and the existing health facility 51.2%. The most reason of missing RR-TB case in the follow-up treatment was the refusal of treatment 40.3%. **Conclusion**: This study showed that the high of non-compliance to TB treatment was caused by inadequate general knowledge about TB, lack of social support, medication side effects and long treatment period which were posed as barriers to adherence to treatment. The short distance to reach health facility as puskesmas (public health centers) is necessary in order to simplify the community access for the TB RR diagnoses and treatment. For better treatment adherence, it is crucial to organize the counseling of comprehensive health education for patients family members and the vast community at treatment sites.

Keywords: Tuberculosis, Missing cases, Rifampicin resistant

Review Effectiveness Of Telemedicine Self-Management On Diabetes Type 2

Bunjamin Dante Masepia, Atyanti Isworo

Universitas Jenderal Soedirman

Abstract

Background: Telemedicine is a virtual health service. Health workers and clients can meet without having to meet in person. Covid-19 pandemic is an obstacle for sufferers of chronic diseases such as type 2 diabetes visiting primary health care. Indonesian diabetes cases are ranked 7th in the world. How to overcome these obstacles with telemedicine. Telemedicine helps people with type 2 diabetes meet virtually with healthcare workers. Some research shows that the application of type 2 diabetes provides good outcomes for sufferers. **Purpose:** The purpose of this study is to identify the effectiveness of telemedicine for self-management of type 2 diabetics. **Methods**: This research was conducted with literature review. Article search begins June 15-29, 2020 with the Pubmed. The inclusion criteria of this study were the last 5 years, English language journals, experimental research with a control group, population aged > 18 years, using telemedicine on type 2 diabetics. The criteria for the exclusion of this study were comparing telemedicine application on smartphone. Obtained 12 journals or articles to be analyzed. **Result**: Telemedicine effectively controls blood sugar by examining HbA1c. 8 out of 12 journals showed a significant decrease in HbA1c in the intervention group compared with the control group. Another result is a change in diet (the intervention group consumes fruits and grains) and increases knowledge, skills and ability to control blood sugar.
Conclusion: Telemedicine effectively controls blood sugar of type 2 diabetics by examining HbA1c. Other outcomes are being able to increase knowledge, skills and ability to control blood and change the diet to consume fruits and grains.

Keywords: HbA1c, Self-Management, Telemedicine, Type-2 Diabetes.

Thyrotoxic Periodic Paralysis: A Treatable Presentation of Weakness

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Abstract

Background: Thyrotoxic periodic paralysis (TPP) is a rare complication of hyperthyroidism characterized by episodes of muscle weakness and hypokalemia. TPP is typically present in adolescent Asian male population. An assessment of renal potassium excretion, acid base status and thyroid function at presentation are very helpful in diagnosing TPP. During acute therapy, doses of Potassium Chloride (KCL) should be minimal to prevent rebound hyperkalemia, and non-selective --blocker may be alternative choice. **Method**: A 29 years old gentleman with no known medical illness presented with progressive whole body weakness for 2 days. During initial presentation, he was still able to ambulate however, on the day of admission, he was unable to move ambulate. The weakness is symmetrical, proximal and started at lower limb. There was no respiratory distress, no numbness, no loose stool, no vomiting, no headache or dizziness, and no chest pain. He had on and off history of palpitation and tremor of both hands. But no history of excessive sweating, irritability, heat intolerance or weight loss. He also gives history of similar episode 2 months before current attack. On examination, neck examination revealed diffuse thyroid enlargement. There was no ophthalmopathy. Respiratory and cardiovascular systems show no significant findings. Power was normal in both upper limbs but reduced in both sides of lower limbs. On the right side the power was 3/5 and on the left side was 2/5. Tone was normal in both upper and lower limbs. Reflexes were normal and both plantar responses were normal bilaterally. His sensation was intact. Cranial nerves examinations were normal. **Results**: Electrocardiography shows prolong QT complexes. His potassium level was 1.8mmol/L. Normal acid-base status together with urine spot potassium of <15mmol/L indicates that hypokalaemia is not due to renal potassium wasting. 2g KCL correction was done and the potassium rises to 1.9mmol/L. His thyroid function test showed biochemically hyperthyroid. **Conclusion**: In summary, the goal of therapy in TPP is to normalize thyroid function and avoid the precipitating factors for acute attack.

Keywords: Thyrotoxic periodic paralysis, Hypokalemia, Potassium.

Effect of Vicarious Experience and Verbal Persuasion Intervention towards Activity Daily Living Self Efficacy among Post-Stroke Patients

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Abstract

Background: Stroke is diseases with a high degree of disability indeed need an effective rehabilitation. Self-efficacy is a very useful concept in stroke rehabilitation in order to achieve independence in activity daily living (ADL). **Purpose**: To identify the effect of the vicarious experience and verbal persuasion intervention towards ADL self-efficacy in post-stroke patients in Gatot Subroto Army Hospital Jakarta. **Methods**: A quasy experimental design with pre-test and post-test with control group approach with a total sample of 32 post-stroke patients. Data analysis are using paired t-test, unpaired t-test, Mann-whitney, Wilcoxon, and Pearson correlation. **Results**: The results showed that there is an effect of vicarious experience and verbal persuasion interventions towards ADL self-efficacy in post-stroke patients ($p < 0.001$). There is no significant relationship between the respondents' characteristics with the level of ADL self-efficacy in post-stroke patients. **Conclusion**: Vicarious experience and verbal persuasion intervention have a significant effect in improving ADL self-efficacy in post-stroke patients

Keywords: activity daily living, self-efficacy, post-stroke

The dynamic of mindfulness and spirituality among cancer patients undergoing chemotherapy

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National Cheng Kung University

Abstract

Background: Suffering from cancer and undergoing chemotherapy are vulnerable conditions. According to the Reeds Self-Transcendence Theory, this vulnerability may promote well-being through a mechanism called self- transcendence. Developing patients spiritualities as well as their mindfulness are manifestations of the self-transcendence itself. **Purposes:** This study was to investigate whether the spirituality and mindfulness changes following time. **Methods**: A longitudinal study was conducted to observe mindfulness and spirituality among 180 cancer patients undergoing chemotherapy. Measurements were conducted in three points; at the first contact, after 1 month, and after three months. The dynamic of mean score were described in trend. FACIT-Sp12 and FMI Bahasa Indonesia version were applied to measure Spirituality and Mindfulness. **Results:** Three means of mindfulness scores from three measurement points were 34,06 (5.09), 33,22 (6.21) and 40.38. While, there set of means of spirituality score were 33.34 (3.84), 30.89 (4.91) and 32.57 (4.65). **Conclusion:** Both mindfulness and spirituality change dynamically in each measurement. Scores of mindfulness tend to higher in the third measurement than the first one, while the spirituality score tends to lower than the first measurement in the third measurement. This finding indicated that time may affect in the dynamic of mindfulness and spirituality among cancer patients. Further study may consider series of measurement when observe mindfulness and spirituality.

Keywords: self transcencence, mindfulness, spirituality, quality of life, survivorship

Inflammatory Response and Lung Function Toward Illness Perception of Poultry Farm Workers

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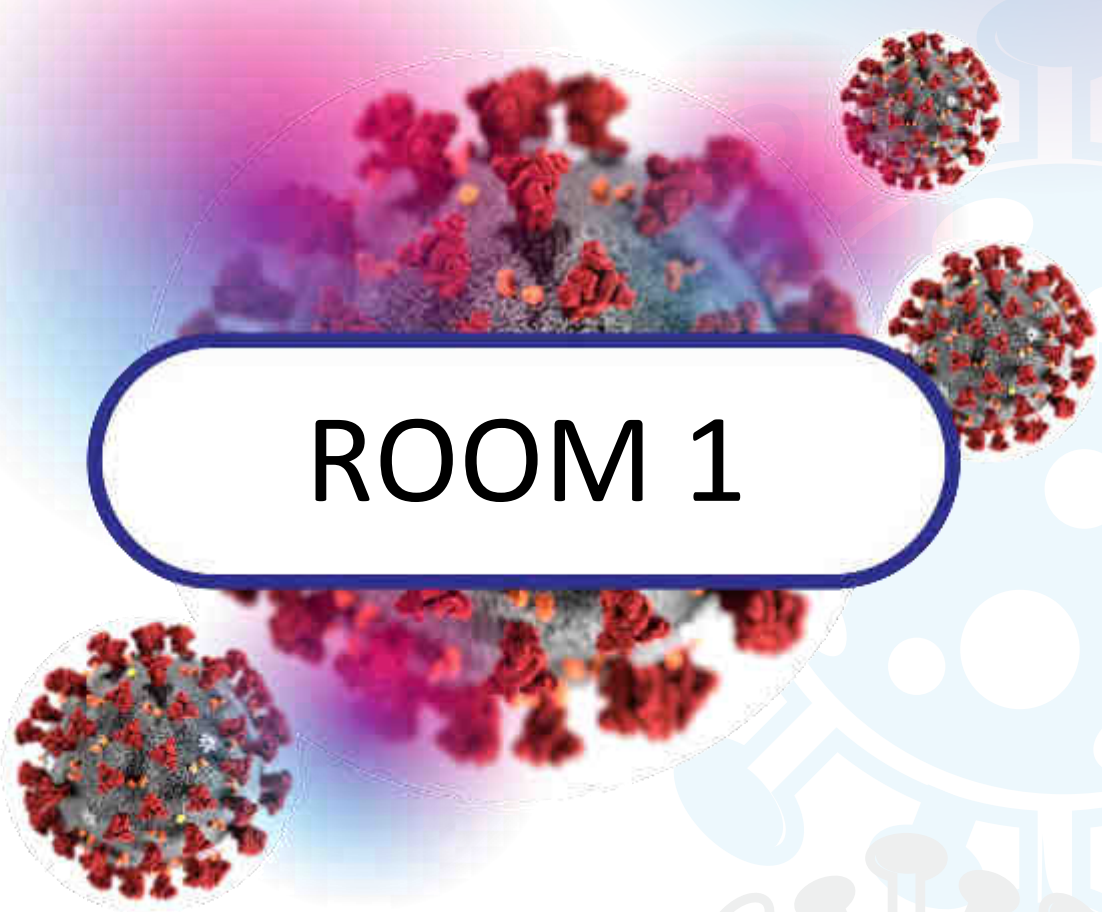
Abstract

The poultry farm workers should aware to the risk of respiratory disorders. The illness perception represents belief about illness or health condition of the body. The inhaled organic particles at poultry farm area could trigger chain of immunological reactions that begin from the release of neutrophil and lymphocyte up to fibrogenesis resulted in pulmonary dysfunction. The aim of this study was to identify the association between inflammatory response and lung function with illness perception of poultry farm workers.The study used observasional analytic methods with cross sectional design. One hundred and five poultry farm worker were taken as samples which obtained by purposive sampling methods. Illness Perception Questionnaire-Occupational Respiratory Disorder Risk (IPQ-ORDR) was used to measure the illness perception while the inflammatory response was measured by neutrophil levels. The lung function examination resulted in several lung function parameters (FEV1, FVC and FEV1 to FVC ratio). The results showed that there was no association between the inflammatory response and illness perception ($p = 0.228$) and the lung function was associated with illness perception ($p = 0.001$). The illness perception is not always match with the actual respiratory health conditions in poultry farm workers. It is needed to provide more information on the risk of respiratory disorders to the poultry farm workers so that they can be more aware in responding the illness and create a healthy illness perception.

Keywords: illness perception, lung function, inflammatory response, poultry farm workers

Day 1, September 22 2020:

2nd session



ROOM 1

Related Factors to the social interactions of school-age children during the Covid 19 pandemic

Ning Arti Wulandari, Erni Setiyorini, Khusnul Arifianti

STIKes Patria Husada Blitar

Abstract

Corona's disease (Covid 19) has become a global pandemic. Social distancing is recommended to prevent transmission. Countries have made policies to dismiss schools to prevent transmission to children. The situation will have an impact on children^s social interactions. The purpose of this study is to identify the factors that influence social interaction in school age children during the Covid 19 pandemic. The design of this study uses correlation. The sample in this study was 73 respondents taken by accidental sampling technique. Online data collection methods with structured interviews via videocall. This research was conducted in June 2020. The results showed that there was a relationship between children^s social interactions with smartphone using intensitys (P value = 0,000) and parents^ work (P value = 0.034), while the gender were unrelated. Data analysis uses multiple logistic regression. The covid 19 pandemic this has changed the pattern of communication into online, so that even though it is enacted psychically distancing pre-school age children can still do social interactions by using smart phones. So parents are required to spend time accompanying children in using the smartphone in social interaction

Keywords: school age children, Social interaction, covid 19

Problems and Actions of the Community During the Covid 19 Pandemic in Medan

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Abstract

Background: The increase in cases of Corona Virus (COVID-19) has resulted in changes in people^s lives, community understanding and action is needed to prevent the spread of the virus. **Methods**: This study aims to describe the problems and actions taken by the community in preventing transmission of COVID-19. Data collection from April to May 2020 of residents who live in Medan City. Data collection uses a questionnaire via the WhatsApp (WA) application. The questionnaire was sent randomly and distributed to districts in the red zone. Descriptive analysis was carried out on a sample of 384 people. **Results**: This study shows that the main problem in society is the limited activity (369 people, 96% of respondents), the preventive action taken is to maintain health (333 people, 87% of respondents).**Conclusion**: Medan residents mostly choose to limit their activities and maintain a healthy lifestyle to prevent the spread of the COVID-19 pandemic.

Keywords: Human, Coronavirus infections, incidence, Pandemic

Public Expectations On The Covid-19 Epidemic in Medan City

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Abstract

Background: Covid-19 is a health problem that has plagued the global scale. The incidence of disease continues to increase sharply even have an impact on various lines of life. The desire and hope of the public for efforts to stop the spread of the Covid-19 virus have been carried out by all groups of people and government. The publics expectation in facing the Covid-19 outbreak will have an impact on changing the basic attitude of life especially in understanding the importance of health. **Purpose**: To describe the publics expectations of the Covid-19 outbreak in Medan. **Method**: This research design is descriptive. Respondents in this study were 1070 respondents who were randomly selected and carried out in Medan City. The data was collected using an internet application that was distributed to the public via mobile social media from May to June 2020. **Results**: This study was obtained based on the results of the frequency distribution of community expectations of the incidence of the Covid-19 outbreak in Medan, which is living healthier 305 respondents (28.5%), outbreaks there are no longer 210 respondents (19.6%), normal life 165 respondents returned (15.4%), 160 respondents expected it will disappeared (15%), 140 fellow respondents (13.1%) Concern, and the Economy improved by 90 respondents (8.4%). The results of the research in the Public Expectations category for the Covid-19 Outbreak in Medan City obtained a high expectation level of the Medan city community with a high level of expectation with 515 respondents (48.1%).
Conclusion: There is high expectation in the community for the Covid-19 Outbreak in Medan, this means that the more important respondents assess a variable, the higher their expectations for these variables are so that people^s expectations can be realized properly, and vice versa.

Keywords: Hope- Society- Events- Outbreak- Covid-19

Phenomenology Study: Experiences of Breast Cancer Patients Undergoing Wound Care at the BESTCARE Clinic During the COVID-19 Pandemic

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Abstract

Background: Breast cancer is a chronic disease that mostly affects women. The incidence is increasing every year significantly. The series of treatments that must be undertaken by cancer patients requires a long process that requires patients to return to the hospital continuously. Breast cancer patients, including the vulnerable group during the Covid 19 pandemic, this causes physical and psychological problems, especially for patients who have cancer wounds. Cancer wounds are wounds that are difficult to heal, bleed easily, and smell so they need special care. Bestcare is present as a cancer wound care service provider at home that provides holistic biopsychosocioculturalspiritual services for patients. **Purpose:** To explore the meaning and meaning in depth about the experience of breast cancer patients who received wound care at the Bestcare clinic during the covid pandemic 19. **Method**: The design of this study used a qualitative method with a descriptive phenomenological approach. The study population was breast cancer patients. The sampling technique uses purposive side. Data collection is done by in depth interview techniques with open and semi structured questions, interviews are equipped with field notes (field notes). The tools used in this study were tape recorder, MP4, interview guidelines and field notes guidelines. Research data in the form of conversation transcripts. Analyze data using the Colaizzs method. **Results**: Breast cancer patients showed a good response to wound care so it was very good at motivating the patients confidence, proper diet or nutrition, and the patients spirituality felt during the covid pandemic 19. **Conclusion**: In the early stages of the covid pandemic 19 breast cancer patients had difficulty getting treatment due to fear, anxiety to go to the hospital, but with the Bestcare team care the patient got good wound care while at home.

Keywords: breast cancer, wound care

Correlation between Age, Knowledge, Level of Education with Nutritional Behavior in Facing the Covid-19 Pandemic in Bengkulu Province

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Abstract

Background: Healthy eating during the Coronavirus Pandemic (Covid-19) is important for maintaining a healthy body. Eating patterns that need attention are the consumption of vegetables, fruit, sugar, salt, fat, and water. **Purpose:** The study aims to analyze the relationship between age groups, knowledge, and education level with the nutritional behavior of Bengkulu people in the face of the Covid-19 pandemic. **Methods:** This study used a cross-sectional design with a sample of 966 people aged 16 years and over and residing in Bengkulu Province. Questionnaire in the form of e-survey with google form. Chi-square test was used to analyze the relationship between age groups, knowledge, and education level with nutritional behaviour **Results:** The results showed that 85.2% of respondents in the age group aged under 25 years had poor nutritional behavior. More than 50% of respondents consume fruits and vegetables as well as salt, oil, and sugar that were not following good nutritional behavior. 98.2% of respondents thought that Covid-19 would eventually be successfully controlled. Age (OR = 1,588; 95% CI: 1,032 - 2,444) was significantly related to nutritional behavior while knowledge (OR = 0.862; 95% CI: 0.322-2303) and education level (OR = 1,297; 95% CI: 0.910 - 1,849) were not related to nutritional behavior. **Conclusion:** There is a relationship between age and nutritional behaviour. Good nutritional behavior needs to be applied to the age group aged under 25 years to prevent and reduce transmission of the COVID-19 outbreak.

Keywords: Age, education level, nutritional behavior, COVID-19 pandemic

Community Lifestyle in Preventing and Facing the Covid-19 Pandemic in Bengkulu Province

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Abstract

Background: During the Pandemic Covid-19 Period, we have to improve the immune system which is the bodys defense force against bacteria, viruses, and disease-causing organisms by adopting a good lifestyle. **Purpose:** This study is to look at people lifestyles in preventing and dealing with the Covid-19 pandemic. **Methods:** This study used a cross-sectional design with a sample of 966 people aged 16 years and over and residing in Bengkulu Province. Questionnaire in the form of e-survey with google form. Chi-square test was used to analyze the relationship between the consumption of vegetables, fruit, and exercise habits on gender. **Results**: The results showed that the lifestyle of respondents 28% smoked, 37.4% consumed vegetables and fruit every day, 80% rarely exercised. There was a significant relationship between smoking (OR = 3,484; 95% CI: 1,573 - 7,716), vegetable and fruit consumption (OR = 1,509; 95% CI: 1,021 - 2,229) while there was no relationship between exercise habits (OR = 1,231; 95% CI : 0.768 - 1,971) against gender. **Conclusion**: There was a lifestyle relationship such as smoking, consumption of vegetables, and fruit in the community during the Covid-19 pandemic. A good lifestyle is very much needed for the community and the government needs support in increasing the provision of education in preventing and reducing the transmission of the COVID-19 outbreak.

Keywords: Consumption of vegetables and fruits, sports, lifestyle, gender, smoking

Food Availability Family a Driver Online Motor in the Pandemic Covid-19 in DKI Jakarta

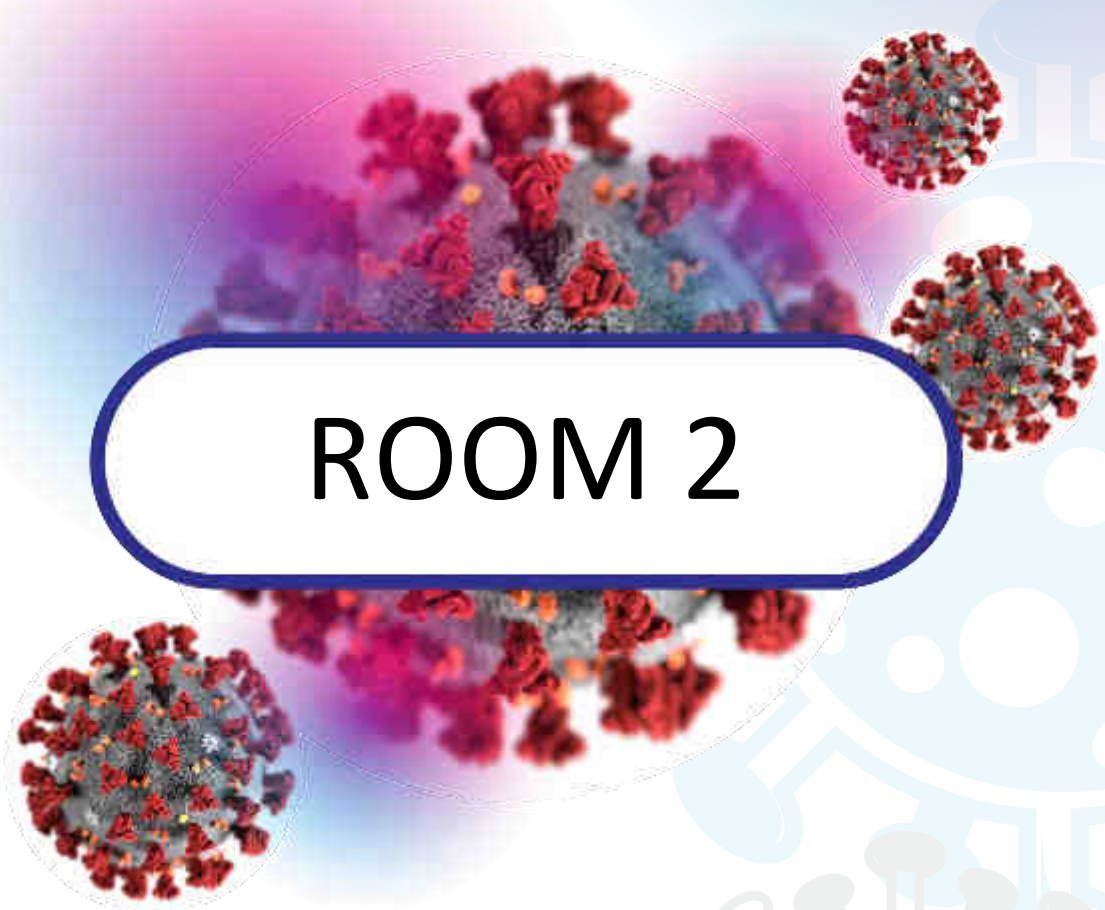
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Abstract

Background: The social distancing the effect on the driver online motor (Ojol) because not the transportation users Ojol as long as the period. So the driver Ojol income will be reduced and having impact on changes in food consumption patterns at the household level the driver Ojol **Purpose:** Aims of study to find of food availability family driver online motor (Ojol) in the pandemic covid-19 in DKI Jakarta. **Methods**: This study using online by the application of WhatsApp on Ojol at random, of respondents living in Jakarta. The primary data will be gathered using a questionnaire online. Total respondents 97 with a design cross sectional study. Data analysis using a frequency distribution and the Chi Square. **Results**: The availability of food during covid-19 highest, number 1-2 as many as times per day. Fear not having enough food 54,0 percent to be consuming food some right to want to eat because of the lack of income to get other food 50,0 percent to be consuming food less than needed because not enough food 47,0 percent receive food / food from others 64,0 percent. At the time was before Ramadan fasting often or not eating because there no food 46,0 percent having nothing distinctive deep dish daily food 44,0 percent. There is a significant relation exists between the increased availability of food family income levels driver Ojol. **Conclusion:** The increased availability of food was family caused by income levels caused by physical distancing.

Keywords: Food availability family, the pandemic Covid-19, DKI Jakarta



ROOM 2

The Effects of Fish Oil Supplemented Nutrition on the Levels of Omega-3 Fatty Acids, Inflammatory Mediators and Tissue Healing in Rats with Full Thickness Burn Injury

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Abstract

Background: Literature around supplementation of fish oil is found to be lacking in the burn injury population. **Purpose**: This study was conducted to investigate the effects of fish oil supplemented nutrition on the levels of omega-3 fatty acids, inflammatory mediators and tissue healing in rats with full thickness burn injury (FTBI). **Methods**: Thirty male Sprague-dawley rats weighing between 350 to 400 grams subjected to FTBI were randomized into either the experimental group (n = 15), that received standard diet supplemented with fish oil 2.5 ml/kg/day intravenously, or the control group (n = 15), that received standard diet only. Blood levels of omega-3 fatty acids (docosahexanoic acid [DHA] and eicosapentaenoic acid [EPA]), anti-inflammatory cytokine (interleukin-10) and pro-inflammatory cytokine (interleukin-12) were measured at baseline, 5, 10 and 21 days. Five rats from each group were euthanized at day 5, 10 and 21 days and their burned tissues were biopsied for histological examination. **Results**: At 21 days, the mean changes from baseline of DHA were 82.80 (95% CI, 57.35 to 108.24) ng/mL in the experimental group versus 2.35 (95% CI, -23.09 to 27.79) ng/mL in the control group (P = 0.002). Meanwhile, the mean changes from baseline of EPA was 27.17 (95% CI, 23.37 to 30.97) ng/mL in the experimental group versus 1.00 (95% CI, -2.80 to 4.80) ng/mL in the control group (P <0.001). At 10 days, the mean changes from baseline of interleukin-10 were 0.06 (95% CI, 0.03 to 0.10) ng/mL in the experimental group versus -0.01 (95% CI, -.04 to 0.03) ng/mL in the control group (P = 0.018). Meanwhile, the mean changes from baseline of interleukin-12 were -0.07 (95% CI, -0.14 to -0.01) ng/mL versus 0.02 (95% CI, -.04 to 0.09) ng/mL in the control group (P = 0.04). These changes were not statistically significant at 21 days. Histological examination showed no significant differences in the granulation tissue thickness and epidermal thickness between the two groups. **Conclusion**: Fish oil supplemented nutrition resulted in a significantly higher level of omega-3 fatty acids, DHA and EPA, in rats with FTBI. Supplementation of the fish oil increased the level of anti-inflammatory cytokine, interleukin-10, while decreased the level of pro-inflammatory cytokine, interleukin-12, suggesting its immuno-modulatory effect in burn. In this study, fish oil supplementation did not increase the rate of tissue healing.

Keywords: Immunonutrition; Fish oil; Burn

Anti-inflammatory Effect of Zingiberaceae Herbals in Rats

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Abstract

Zingiberaceae family, have potential effect as anti-inflammatory agent. The purpose of this study was to determine the anti-inflammatory effects of C. longa (CL), A. galanga (AG), Z. officinale (ZO), Z. cassumunar (ZC), and their combination extract in rats. The hit-paw udema method was used to examine the anti-inflammatory effect of the herbs. An experimental study design was set up with post only control group design. Rats were divided into five groups, 5-7 rats in each group. Group I, the solvent control group was given Tween orally- group II is the positive control group was given Na-diclofenac 4.5 mg/kgBW. The other three groups were given CL, AG, ZO, ZC and its combination, at the dosage of 500 mg/kgBW for single extract and 250 mg/kgBW each for combination extract. CL and AG extract was dissolved in Tween 1% and administered orally 1 h before carrageenan injection (sub-plantar 1 mL in rat foot). Observations of anti-inflammatory effects was performed using udema volume (mL), the percentage of increasing volume, Area Under Curve (AUC), anti-inflammatory effect percentage (% DAI) and motility score. Data were analyzed using one-way ANOVA followed by LSD. The percentage of DAI showed that the anti-inflammatory activity in combination extract was significantly higher than single extract. In CL and AG extract : 60,03 %- 50,11 %- 51,09 %, respectively. In ZO and ZC : 36%, 31% and 20%, respectively. Motility score data showed that extract combination has higher anti-inflammatory effect than their single extract. The combination and their single extract, CL and AG:1,74- 1,55- 1,52- respectively- in ZO and ZC : 1.29- 1.29- 1,26, respectively. This study indicated that combination of Curcuma longa and Alpinia galanga- Zingiber officinale and Zingiber cassumunar, can be developed as anti-inflammatory agent.

Keywords: Zingiberaceae, hit-paw udema method, rats

Lycopene in Tomato as Anti Nephrotoxic and Antiinflammatory in Welding Workers Exposed to Cadmium

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Saryono , Faculty of Health Science Unsoed

Abstract

Lycopene in tomatoes is a potential antioxidant because it can reduce free radical compounds that enter the body. The power of lycopene in reducing free radicals is 20 times greater than vitamin C and 10 times greater than vitamin E. The aim of this study were to know the effect of administration tomato powder as anti nephrotoxic and anti inflammatory on welding workers exposed by Cd. This research use observational analytical with cross-sectional design. Research subject consisted of 30 welding workers in Purwokerto aged 25-55 years with a work period more than 3 years. Welding workers were given tomato powder at a dose of 30 g for consumption for 14 days. On the 0th and 15th day, blood was taken to examine kidney function and inflammatory parameters. These data analyzed by paired t-test. The results showed blood Cd levels, Metallotionein, Creatinine, β2-microglobuline, Tumor Necrosis Factor-α and Cyclooxygenase-2 levels after being given tomato powder were very significant difference compare to before given tomatoes . It can be concluded that the administration of tomato powder has an effect on improving kidney function. Tomatoes powder decrease in both blood Cd levels and pro inflammatory cytokines in welding workers exposed by Cd.

Keywords: Cadmium, metallothionein, antinephrotoxic, antiinflammatory

The Clinical Efficacy of Aloe Vera for First and Second Degree Burn Wound Healing: A Review

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Abstract

Background: Until now there are still many people who treat burn wound in a way that is not medically recommended. Aloe vera is one of the plants that thrives in Indonesia and also known to have good effectiveness on the treatment for first to second degree burn. Review of some studies, especially in studies that use human samples is necessary for reference in the evidence based practice of using aloe vera for the treatment of burn wounds in the nursing field. **Purpose**: This study aimed to analyze several studies those were focusing on the use of aloe vera as a wound care therapy in first and second degree burn patients. **Methods**: The article searching strategy in this review used the PICO framework. The databases that used were Pubmed, ScienceDirect, and Google scholar. From the searching result, obtained 6 articles those were in accordance with the inclusion and exclusion criteria which then will be chosen and reviewed further. **Results**: The results of this review study showed that all selected articles revealed the effectiveness of Aloe vera for the treatment of first and second-degree burns. Aloe vera could be used for the treatment of burns because it could act as an antimicrobial, antiseptic, anti-inflammatory, anti-itching, moisturizing, abled to reduce pain, increased cell regeneration, increased collagen synthesis and the rate of epithelialization, accelerated the process of wound healing, and prevented the formation of hypertrophic scars. **Conclusions**: Aloe vera could be used for the treatment of burn wounds because it had good clinical efficacy in the healing process of first and second-degree burns.

Keywords: Aloe vera, Burns, Wound healing

Identification of Microorganisms on Surgical Instruments After Autoclave Sterilization

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Abstract

Surgical wound infection is a complication of hospital treatment that is often found. Hospital instruments, operating room staff, operating room environment that is less sterile can be the cause of infection of surgical wounds. Efforts to prevent nosocomial infections using the autoclave sterilization method must be carried out. The purpose of this study was to identify instrument microorganisms after autoclave sterilization in Kanjuruhan Hospital District Malang. This type of research is quantitative with a descriptive approach to identifying microorganisms in basic surgical tool sets. The population in this study is the surgical instrument that is often used. The inclusion criteria for inclusion of tools have not been used for surgery and have been sterilized. The exclusion criteria are tools that have been dropped or touched by researchers or other things. Data collection by taking a sample (swab). Microorganism identification using Vitex. The results showed that the results of observation of the instrument after sterilization appeared on the IV day colony. Gram painting shows gram negative. the number of shears and tweezers colonies was 91% while the clamps were 87%. It is suspected that the stem bacterium is Sphingomonas paucimobilis. It is recommended to use the instrument no more than 3 days after sterilization.

Keywords: Surgical instruments, microorganisms, autoclave sterilization

The biochemical profile of complementary and alternative medicine (CAM) users in chronic kidney disease patients: Study in Indonesia

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Abstract

Purpose: This study aims to determine the blood profile and to explore the use of Complementary and Alternative Medicine therapy in CKD patients that undergoing of hemodialysis in Indonesia. **Methods:** A total of 199 of the total CKD patients who undergo hemodialysis at Margono Soekardjo hospital participated in this cross-sectional study. The instrument used to collect data was a questionnaire containing 37 questions (9 questions containing demographic data, 3 questions about hemodialysis status and 25 questions related to various aspects of CAM use). Instrument was prepared based on a modified questionnaire from the previous study. **Results:** sixty-five patients (32.66%) used at least one type of CAM in the past year. Most of the users (97.7%) reported use of herbal preparations, and 89.4% of users did not change their medication, neither in medication schedule nor dosage. The mean haemoglobin level of CAM users is 10.41 higher than that of no CAM users. **Conclusions:** The use of CAM types of herbs is the most common type. The blood profile of CAM users shows a better picture, especially on haemoglobin and ureum levels. The levels of creatinine on CAM user are generally higher, but there is no difference in haematocrit and percent of S1 T1BC. CAM is safe to use but depending on the type and suitability of the patient.
Keywords: CAM user, biochemical profile, CKD, ureum, creatinine

Lowering Endogenous Nitric Oxide in Circulating Mature Progenitor Cells as The Stress Effect of Tobacco Smoking Habbit

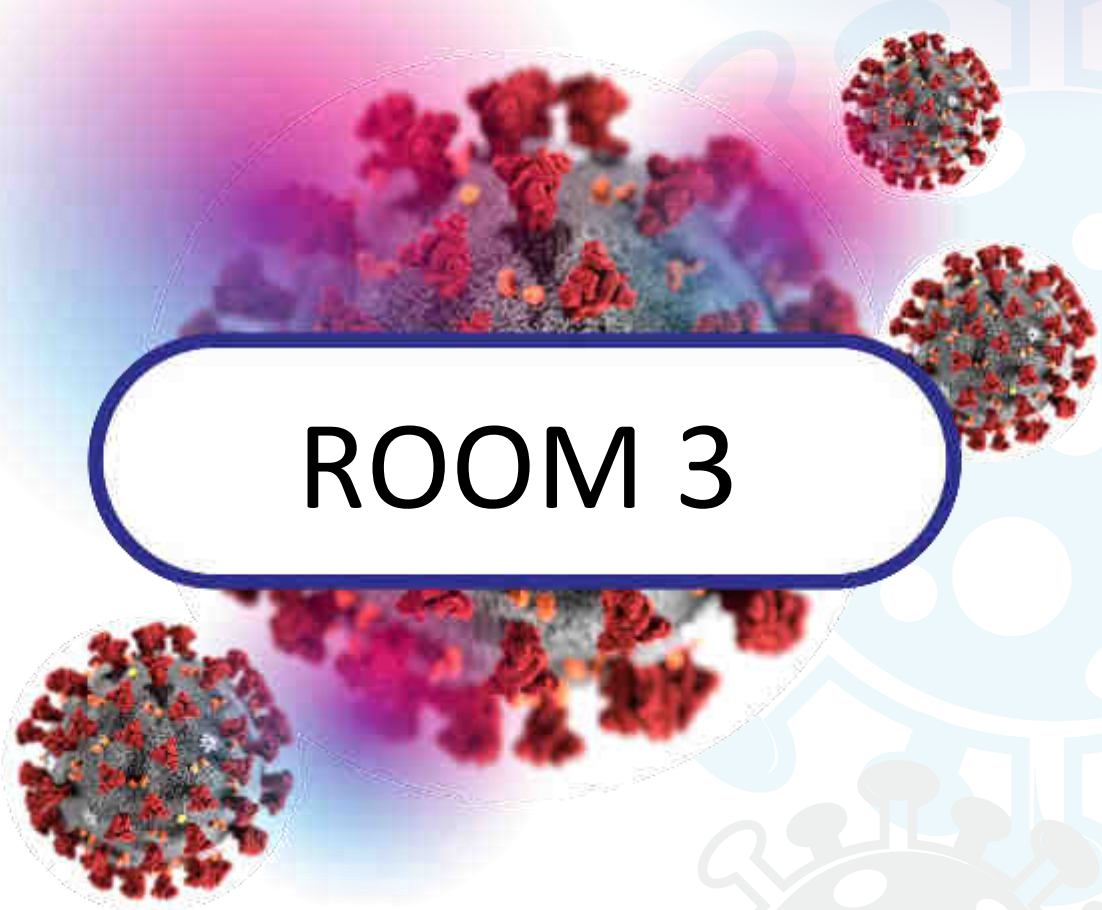
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Abstract

Background: Nitrix oxide (NO) has important role in maintain cellular viability which can be altered by long term exposure of oxidative stress. NO reduction referred to effect the number of circulating endothelial progenitor cells (EPCs). Nicotine, highly toxic compound of tobacco exposure induced marked cell death, but there are still limited data regarding the effect to endogenous NO in circulating mature progenitor cells. The present study investigated the in vivo effect of tobacco smoking to the NO level in mature EPCs. **Methods**: Pheriperal Blood Mono Nuclear Cells (PBMNCs) were isolated from 5 mL blood with Ficoll-based gradient centrifugation. endogenous NO was measure with NO-FCM orange dye positive cells in double marked CD41 and Cd62E. Targeted cells were enriched by the technique of fluorescense cell separation BD FACS Melody Cell Sorter. This study was support by 30 participants with history of 5 years of smoking more than 10 cigarettes per day. **Result:**.Our data demonstrated that mean NO level in the tobacco smoker is 9.7percent (\pm 1.9percent SD) lower than NO level in non-smoker participant in range 12.3percent (\pm 0.7percent SD). The resulting negative NO stained cell population contained 90.3percent (\pm 3.7percent SD) higher in the tobacco smoker. **Conclusion:**. Our result show that tobacco smoking has effect to endogenous NO in mature EPCs swiftness in response to high nicotine exposure, may influence proportion of viable mature EPC in circulation.

Keywords: Nitric oxide, endothelial progenitor cells, tobacco smoking



ROOM 3

A Description of Emotional Intelligence of Nurses in Hospital in West Indonesia

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Abstract

Background: Emotional intelligence is the ability to recognize personal emotions, manage emotions, engage in self-motivation, empathize and build relationships with others. Nurses who are emotionally intelligent can provide services that exceed patient expectations. Data obtained from one private hospital in West Indonesia in 2018 found that 80.8% of patients rated the hospital services as good but 95% of the of the ratings indicated that nursing services, in particular, need improvement. **Purpose:** To describe the emotional intelligence of nurses in the in-patient departement of one private hospital in West Indonesia. **Method**: This research was conducted using descriptive quantitative methodology. Data were gathered from a total of 65 respondents through an online survey. Univariate analysis was used to analyze the data gathered. **Results**: The result showed that majority (56.93%) of the nurses have high level of emotional intelligence. Less than half (43.07%) of the respondents were found to have moderate levels of emotional intelligence. **Conclusion**: Although the results of the study indicate that nurses emotional intelligence is generally high, the prevalence of patient complaints towards nursing services remain a significant concern. Hence, it is important to explore the factors that may influence patients negative perception about the hospitals nursing services.

Keywords: Emotional intelligence; Nurses; Service

Nurses Perception on Influence of Technology on Nursing Practice in China

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Abstract

Background: Recently, numerous technologies are using in healthcare system which bring a revolution in healthcare system, especially in ICU where is an advanced technological environment. Influence of technology is the nurses attitude and view of the effect of using technology on caring for critically ill patients. However, there is no study found for the influence of technology on caring among Chinese ICU nurses. **Purpose:** This study purposed to examine the perception of ICU nurses on influence of technology on their nursing practice and the relationship between demographic data and ICU nurses perception on influence of technology. **Method**: This descriptive study was conducted in ICU in tertiary hospitals of Guizhou Province, China. The convenience sample of 224 ICU nurses of tertiary hospitals in Guizhou province were completed the demographic questionnaire and Influence of Technology Questionnaire (ITQ) in this study. The descriptive statistics and spearman rank-order correlation were utilized to analyse the data. **Results**: The result of this study showed that the overall mean score of nurses perceptions on influence of technology on nursing practice was moderate level (M= 3.35, SD= .33). Majority of participants (67%) held high level of perception on positive aspects of influence of technology (M= 3.01, SD= .64). While majority of participants (76.3%) held moderate level of perception on negative aspects of influence of technology. However, there is no relationship between ICU nurses age, work experience, educational level, continuing education and training and their perception on influence of technology ($p > 0.05$). **Conclusion**: The study showed that ICU nurses had a moderate perception on influence of technology on their nursing practice. It provided baseline data for expanding research regarding in high-tech environment based on context of China.

Keywords: Influence of technology; technological environment; ICU; nursing practice

The Effect of Emotional Intelligence toward Nurses Communication Skill at The Ruteng Regional General Hospital

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Abstract

Effective and good communication is for nurses the key to carrying out their roles and functions. An obstacle in communication is the emotional response from the part of nurses. Nurses with high emotional intelligence will give meaning to interpersonal relationships by making people feel at ease. The objective of this study is to determine the effect of emotional intelligence of nurses - which comprises emotional awareness, emotional control, self-motivation, empathy, and social skills - on their communication skill. The research method used is quantitative with cross sectional design. In this study, using the method of Proportionate Stratified Random Sampling, the quantity of respondents was 96. Data collection was done through a questionnaire. The results of a multivariate analysis, using statistical tests of multiple linear regression analysis, obtained the values of p value= 0.001-R2 = 0.209. Based on statistical test values, it can be concluded that the emotional intelligence of nurses - comprising emotional awareness, emotional control, self-motivation, empathy, and social skills - significantly influence simultaneously the communication skills of nurses at Ruteng Regional General Hospital.

Keywords: Emotional intelligence- Nurse- Communication skills

Application Problem Solving for Better Health Nursing in Leadership and Management Nursing Course

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Abstract

Students in the last semester of the Professional Nurse Program were introduced and trained Problem Solving for Better Health Nursing (PSBHN), an approach to identify and solve nursing problems. Students implemented that approach in 4 units of the teaching hospital and produced seven projects. The projects covered teaching hand hygiene, discharge planning, a trial of using an android application to collecting patient/family complaints, increasing nursing awareness of patient safety, a program to reduce pediatric patients anxiety. PSBHN approach was useful in increasing students performance as an agent of change. The lessons learned and plans for continued use of PSBHN are discussed.

Keywords: PSBHN, project, agent of change

Arabic Language Conversation Model for Nursing Students in International Class

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Universitas Jenderal Soedirman

Abstract

Background: Nurse education needs to be well managed to produce quality output. One form of management in education is to conduct research and development in which combines language skills and nursing skills. **Purpose**: This study aims to develop educational products in the form of Arabic conversation models for nursing students in international class. **Method**: The method used in this study is a research and development method, namely by developing and validating research objects by collecting information data, making plans, developing models, revising models, disseminating and implementing them. **Results**: this study can develop educational products in the form of Arabic conversation models for nursing students **Conclusion**: Research and development can be used as a form of management and innovation in nurse education to complement student skills in an integrated way

Keywords: Arabic, nursing, research and development

The Effect of Intrinsic and Extrinsic Motivation on Nursing Care Documentation in RSUD M.NATSIR and RSUD ARIFIN ACHMAD

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Abstract

Background: Intrinsic motivation is a work driver that comes from within the worker as an individual in the form of awareness of the importance or benefits or meaning of the work carried out. And Extrinsic Motivation is a work driver originating from outside the worker as an individual in the form of a condition that requires him to carry out work optimally. However, limited study covers effect of intrinsic and extrinsic motivation on Nursing Care Documentation in this area. **Purpose**: To examine the effect of intrinsic and extrinsic motivation on Nursing Care Documentation. **Methods**: A quasi-experimental pre and post test with control group was used in this sudy. The study was conducted from June to November 2019. A total of 160 respondents were recruited (80 nurses from RSUD M.NATSIR as intervention group and 80 nurses form RSUD Arifin Achmad as control group). Intervention grup was provided with clinic supervision and control grup was provided with motivation training. Nursing care documentation quality was measured and Independent T Test were used for analyzing the data. **Result**: The study found that the quality of documenting nursing care after being given intrinsic motivation and extrinsic motivation obtained statistical test results p: 0,000, it can be concluded that there are differences in the value of documenting nursing care before and after given intrinsic and extrinsic motivation. **Conclusion**: Intrinsic and extrinsic motivation intervention may benefit to improve nurses performance in nursing care documention.

Keywords: Nursing Care Documentation, Intrinsic Motivation, Extrinsic Motivation

Developing a Short Course for Promoting Civility in Indonesian Nursing Education

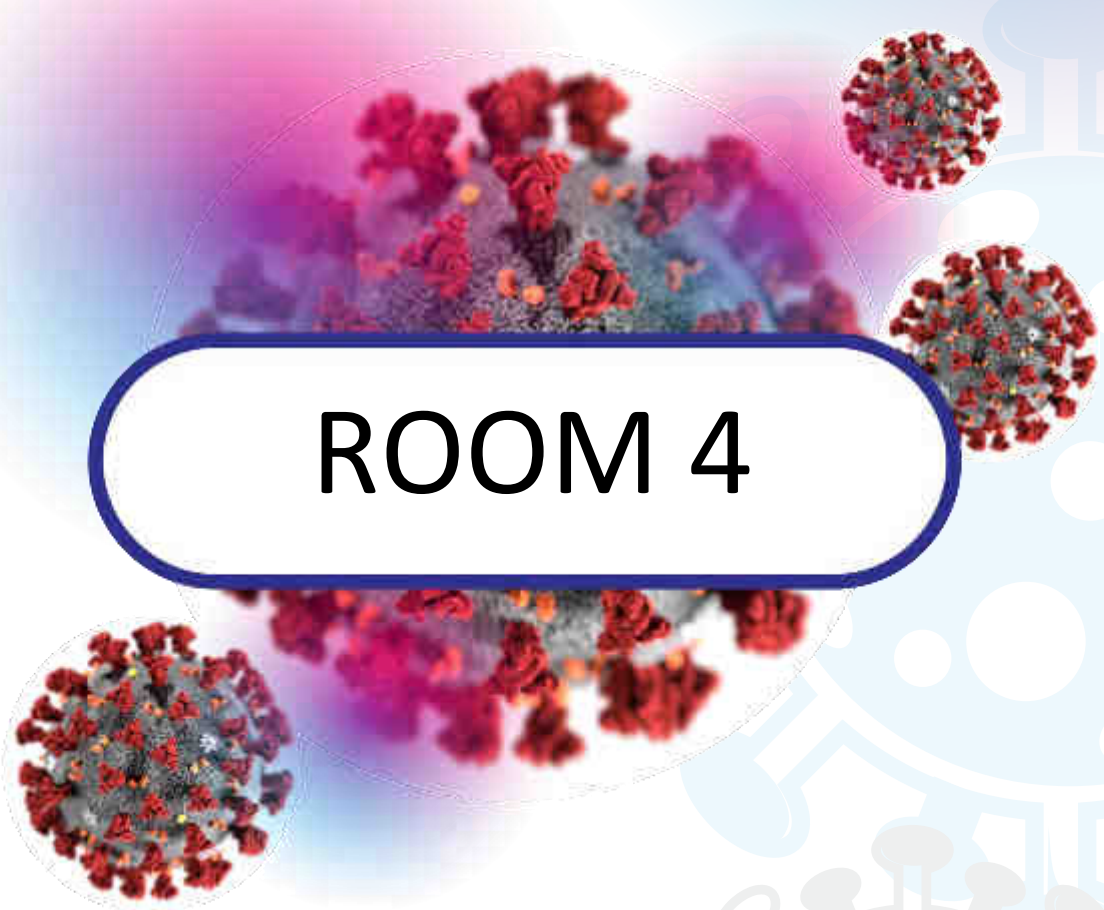
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Abstract

Background: Civility is the foundation of professionalism and acknowledged as socially and culturally determined. Therefore, promoting civility is also a unique challenge for educator in nursing education in which it is needed of a specific learning technology that context bound such as blended learning. A blended learning provides realistic portrayals of civility and incivility in nursing education that develop students effective respond for use in their professionalism journey. **Purpose**: This study aimed to develop a blended learning course to promote civility in Indonesian nursing education. **Methods**: This study was a research and development study using ADDIE (Analysis, Design, Development, Implementation, and Evaluation) model that was developed by some scholars. The ADDIE model is an instructional design process that aims for a learner-centred learning. This study recruited five lectures and 30 students for module evaluation. The evaluation consisted of 4 point Likert scale questionnaire and two open-ended questions. **Results**: A blended-learning module of promoting civility is established. Mean score of the module evaluation was 3.29 (SD 0.51). Some suggestions included rubrics adjustments, well-defined session activities (before class, in class, after class), more examples of civility and incivility incidences and creating video of the lecturers that explaining about civility and incivility concepts. **Conclusion**: This study provides a novel-blended learning module of promoting civility for undergraduate students in Indonesia. Further recommendations include to modify the structure of the course and to enhance the quality of the video clips, for its applicability in the teaching-learning process and further research.

Keywords: civility, nursing education, short course



ROOM 4

Energy Deficiency and Protein Intake Related to Stunting and Motor Development in Children Aged Under 5 Years: Cross-Sectional Study in Kaway XVI, Aceh Barat District

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Abstract

Background: Food consumption is an important factor that can affect the nutritional status and development of children. The quality of children can be reflected in their nutritional status and development. **Method**: This study used a cross-sectional design, with a total sample of 81 people. Samples were toddlers aged 24-59 months, selected by using the technique of random sampling. The study was conducted in Kaway XVI District, West Aceh Regency. Chi-square test was used to analyze the relationship of energy and protein intake to the incidence of stunting and child development. **Results**: Children under five with a prevalence of stunting 49.4%, fine motor development doubted 55.6%, gross motor development doubted as much as 17.3%. Children who were stunting tend to have energy intake in the category of severe deficits (83.3%), compared to children who were not stunting (80.0%). Children who were stunting tend to have a heavy protein deficit intake (88.9%), compared to children who were not stunting tend to have a mild protein deficit intake (66.7%). There was a significant relationship between energy intake (p-value = 0.002) and protein (p-value = 0.003) to the incidence of stunting. There was an influence of energy intake (p-value = 0.000), but it did not affect the intake of protein (p-value = 0.922) on the motor development of toddlers. **Conclusion**: Energy and protein intake influence the incidence of stunting in children under five in Kaway XVI District, West Aceh Regency. Energy intake affects the motor development of children but does not affect protein intake. The government is expected to design appropriate policies to improve the nutritional status and quality of children.

Keywords: Energy, protein, stunting, motor development, children

The Effect of Training on Prevention of Stunting Against Work Motivation of Health Care Cadres in Stunting in Semarang City

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Abstract

Background: Indonesia is ranked 5th in the world with a stunting prevalence of 37%. One of the prevention efforts can be through the active role of the community including posyandu health cadres who are equipped with training on stunting, so as to form an adequate work motivation of posyandu health cadres. **Purpose**: The purpose of this study was to identify the effect of training on stunting prevention on the work motivation of stunting health care workers in Karangroto District. **Methods**:This study uses a true experimental design. Data collection using a questionnaire. The number of samples 32 respondents with a total sampling method. **Results**: Characteristics of respondents mostly at the high school level of education (40.6%), not working (96.9%), the average age of 47.16 years, and the average length of time for cadres had 11.44 years of work. Mann Whitney test results showed a p value of 0,000. There is an influence between training on stunting prevention on the work motivation of health care cadres caring for stunting in Posyandu Manggis and Durian Kelurahan Karangroto. **Conclusion**: This research is expected to increase the work motivation of health cadres to monitor stunting

Keywords: Training, Stunting, Health Work Motivation

Media Information Exposure and Stunting Prevalence in Banyumas Regency, Indonesia

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Abstract

Background: Stunting is a global public health priority with a target of reducing stunting prevalence by 40% between 2010 and 2025. Most of the stunting determinants are behavioral factors that can be prevented to reduce cases. **Purpose**: This study aims to analyze the correlation between media information exposure, history of infectious diseases to the prevalence of stunting in the Banyumas Regency. **Methods**: This is an analytical study with case-control design, located in 10 locus of stunting area in Banyumas Regency, Central Java. 181 cases and 181 control groups were involved in this study. Data collection was carried out using a structured questionnaire. The variables analyzed included characteristic, media exposure and history of infectious diseases in children. Data analysis was conducted by univariate, bivariate, and multivariate. **Results**: This study highlighted the role of media information exposure to the prevalence of stunting in the study area (p.0.02), while the history of infectious diseases did not correlate to the prevalence of stunting. The media information exposure in the research covers the awareness, causes, features, and effects of stunting on children. **Conclusion**: The importance of media exposure to increase parental knowledge and understanding to prevent stunting is required. It also requires efforts on the part of the different parties to implement health education with a variety of media to prevent and minimize the occurrence of stunting in the community.

Keywords: media information, stunting, children

Evidence and Feasibility of Recent Community-based Strategies on Stunting Management in Indonesia: A Litaerature Review

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Abstract

Background: Stunted children have shorter posture than other normal children. They are also has delay cognitive functions. Prevalence of stunting in Indonesia was classified as high and these concerning phenomena as health priority currently. Effective strategies are pivotal to overcome stunting case in Indonesia as low-middle income country. **Purpose:** The aim of this review was to explore evidence and feasibility of recent community-based strategies on stunting management in Indonesia. **Methods** A study review was used for exploring stunting management strategies. Literature literature of 16 articles retrieved from several databases including Science Direct, ProQuest, Scopus, EBSCO, Wiley, JSTOR, PubMed, SAGE, Springer and Taylor Francis. Inclusion criteria were in the last 5 years using within keyword: "stunting management", "rural area", and "community-based"; peer-reviewed, full paper, and published in English. Data were analyzed in tables consist of title, author, year, sample, methodology, and result. **Results** Curative, promotive and prevention strategies on stunting management are integrative and comprehensive nutrition strategis that can be implemented. Specific strategies on nutrition such as providing additional nutrient and/or food supplements. Other approaches are the sensitive intervention among indirect and not health-related as well such as socioeconomic enhancement, easy access and usage of clean water, waste and environment sanitary (especially hygiene closet and septic tank). Counseling method and supportive intervention periodically done by healthcare professionals and/or assisted by lay health worker in community setting can be another alternative solution. **Conclusion**: Intervention strategies which include specific and sensitive management can be the effective approach for controlling and preventing stunting. Routine monitoring dan evaluation for related knowledge, attitude and practice in nutrition and dietary also nutrition status measurement also significantly required to resolve stunting case. Morbidity rate of mother and children also another aspect to periodically evaluate to control and prevent the prevalence of stunted children in Indonesia.

Keyword: Community, stunting management, Indonesia, Review

Risk Behavior of Reproduction Health Among Adolescents: Case Study in Banyumas

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Abstract

Adolescent reproductive health is influenced by many factors, including individual factors, peers, family, school and the environment. Association with peers is the most influential factor on reproductive health. Promiscuity as sexual risk behavior can have a negative impact on reproductive health status. Case studies to explore risk behaviors of reproductive health carried out by teenage students. This research is a case study with a qualitative descriptive approach. A total of 12 teenagers as participants in Banyumas were selected by snow ball sampling in 2020. Researchers conducted in-depth interviews with participants, then the results were analyzed using content analysis. The researcher obtained two research themes. Theme I was in the form of a boyfriend invitation arranged according to 2 categories, namely boyfriend seduction and boyfriend coercion. Theme II is in the form of peer complexity which is arranged based on 2 categories, namely peer habits and taunts by friends. Adolescents carry out risk behavior of reproductive health are motivated by these two themes. Researchers recommend that adolescents must have assertive abilities.

Keywords: adolescents, promiscuity, premarital sex, risk behavior, reproductive health

Relationship of Chemical Exposure with Stunting Events of Mother's Children Working in Fake Hair Company

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Abstract

Background: Working mothers will have the opportunity to be exposed to the risk of exposure to health problems caused by the work process, work environment and work behavior. This puts workers at risk of suffering from occupational diseases (PAK). Exposure of workers to uncontrolled exposure to risks and unhealthy worker behavior can have an impact on the reproductive health of both themselves and their children. Chemical exposures in the workplace as well as other exposures received by female workers of productive age can affect the incidence of stunting. **Purpose**: The research objective was to determine whether there was an effect of exposure to chemicals in the workplace on the incidence of stunting in children of working mothers and whether there was an effect of parenting on stunting. **Method:** The research method used is quantitative with a cross sectional approach, in which both the independent and dependent variables are examined at the same time. Respondents amounted to 100 people who were taken by random sampling. The analysis consisted of univariate and bivariate analyzes. Based on the results of the study, it was found that 50% of the respondents have graduated from elementary school, 100% are female, 79% are aged between 20- 35 years, and 73% have a work period of> 5 years. Judging from the characteristics of children, 19% of children were stunted, 45% of children aged 12-24 months, 76% of children had infectious diseases, 90% of children had LBW (low birth weight). **Conclusion:** After conducting a bivariate analysis, the results showed that chemical exposure did not have a significant effect on the incidence of stunting among children of mothers working in wigs. Based on these results, the researcher suggests that an evaluation of the use of personal protective equipment while working in order to reduce the intensity of exposure, as well as the importance of increasing the knowledge of mothers or child companions at home about parenting.

Key words: exposure to chemicals, parenting, stunting

Implementation of Practical Learning on Complementary Feeding Using Experiential Learning Method to Improve Nutritional Status of Infants with Stunting Indication in South Tapanuli District

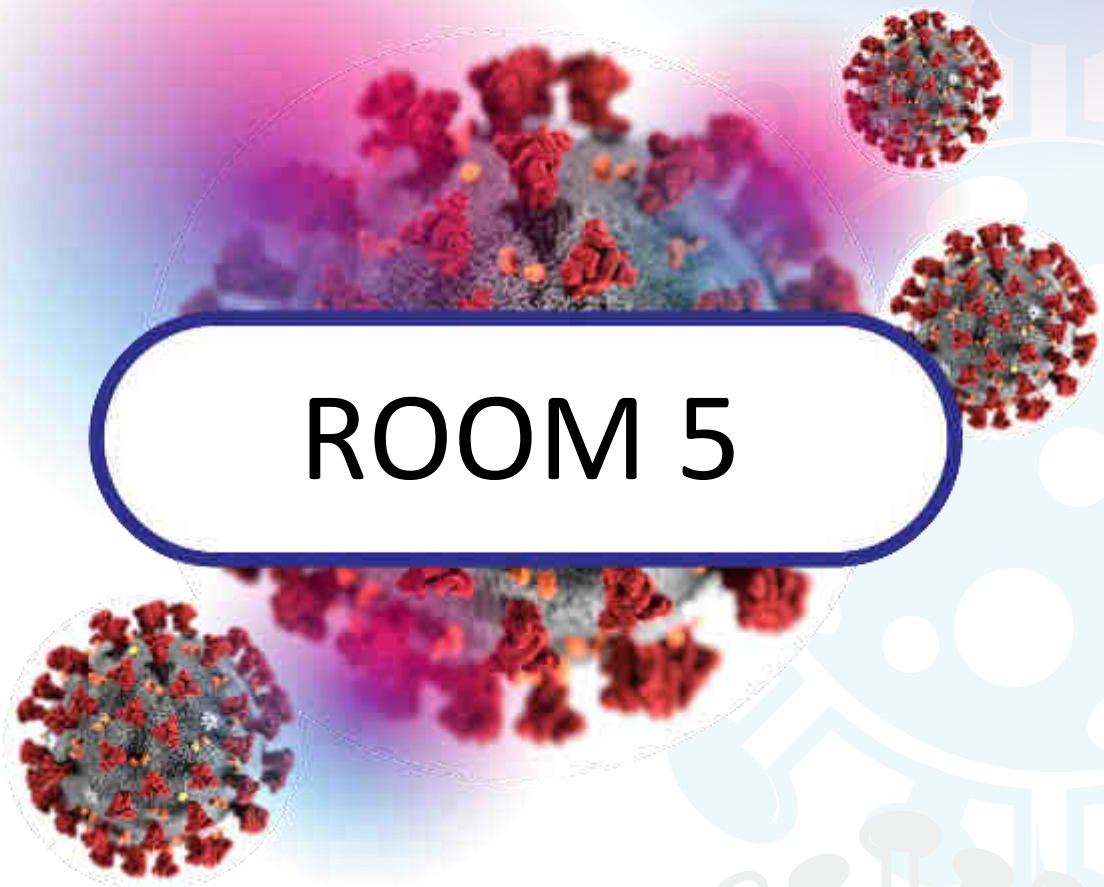
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Abstract

Background: Stunting is a chronic nutritional problem that occurs in many developing countries, including Indonesia. Improper complementary feeding can lead to insufficient nutritional intake, which can lead to growth failure. The low knowledge of mothers regarding the quality and quantity of complementary foods is a determining factor in the increasing incidence of stunting. Experiential learning is a method that can be used for health education based on the experiences of participants. **Purpose:** The amied of this study was to examine the effect of experiential learning methods by posyandu cadres on knowledge of complementary foods as an effort to prevent stunting in mothers and the nutritional status of infants (Z-score, body length / age). **Method**: Quantitative research with pre-post test group design approach. Collecting data in the form of knowledge using a questionnaire and nutritional status measuring the Z-score (body length / age) used meter tape was carried out before and after treatment. The treatment in this study was the provision of health education about the practice of providing complementary foods with experiential learning methods carried out by posyandu cadres. After being given health education, respondents were observed for two months to implement the health education they had received. The number of samples in this study was 30 respondents, namely mothers who had babies indicated by stunting. Data were analyzed using the Wilcoxon statistical test. **Result:** The mean value of knowledge before treatment was 47.64 1.02 and after treatment increased to 53.81 9.00 with a p value of 0.000 (<0.05). The mean Z-score before treatment was -4.25 1.09 and after treatment increased to 0.77 0.77 with a p value of 0.000 (<0.05). **Conclusion:** The implementation of practical learning on complementary feeding through experiential learning by posyandu cadres increases the knowledge of mothers and the Z-score of babies who are indicated as stunting in South Tapanuli Regenc

Keywords: complementary feeding- experiental learning-knowledge- stunting



ROOM 5

The Influence of Instagram Culinary Account (Foodstagram) Exposure to Food Choice in Adolescents at SMA Negeri 1 Purwokerto

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Abstract

Background: As many as 73.2% of high school students often use gadgets to access social media. Food photos on Instagram can effect on food choices. Food photos uploaded on Instagram are generally foods that contain lots of sugar, fat, and salt. **Purpose**: This study aimed to know the influence of Instagram culinary account (foodstagram) exposure to food choice in adolescents at SMA Negeri 1 Purwokerto. **Methods**: This study was a cross sectional with 51 students as respondents. Data retrieval of Instagram culinary accounts (foodstagram) exposure was taken using Google Form questionnaire and food choice data was taken with Food Frequency Questionnare (FFQ). Data was analyzed by Chi-Square test. **Results**: The results showed that respondents who were actively exposed to Instagram culinary accounts (foodstagram) (n = 26) were more than respondents who were passively exposed to Instagram culinary accounts (foodstagram) (n = 25) and respondents who often consume food uploaded in Instagram culinary accounts (n = 23) were lower than respondents who rarely consume food uploaded in Instagram culinary accounts (n = 28). The influence of Instagram culinary account (foodstagram) exposure to food choice in adolescents at SMA Negeri 1 Purwokerto in this study was no statistically significant effect (p = 0.065). **Conclusion**: There was no effect of Instagram culinary account (foodstagram) exposure to food choice in adolescents at SMA Negeri 1 Purwokerto.

Keywords: Foodstagram; Food choice; Adolescent

The Potential of Mung Bean Milk Yogurt as a Prevention of Atheroma in Obese Women

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Abstract

Background: Obesity is generally supported by atherogenic lipids, and susceptible to developing coronary heart disease. **Purpose**: This study aims to determine the effect of giving Mung bean milk yogurt (Mungbe-Yo) to changes in atherogenic index (AI), body mass index (BMI), and abdominal circumference of obese women. **Methods**: Mungbe-Yo was made by the proportion of 85% Mung bean milk, 15% skim milk, and added 5% sucrose and 2% BAL of the total volume. A total subject of 20 women aged 20-30 years, are obese (BMI> 27 kg/m2), live on campus, circumference > 80 cm, and are willing to sign informed consent. Subject was divided into two randomly, 10 people each; group I, were given Mungbe-Yo, while II, were given a placebo, as much as 200 mL/day for 1 month. Before and after the intervention blood samples were taken to test of atherogenic index, weighed their body weight, and measured their abdominal circumference. Testing data used the Independent T-test if the distribution was normal, or the Mann Whitney test if the data were not normally distributed. **Results**: Mungbe-Yo decreased of AI (P = 0.0006), abdominal circumference (P = 0.04), and BMI (P = 0.83). **Conclusion**: Mungbe-Yo could prevent the formation of atheroma in obese women, and preventing its development towards coronary heart disease.

Keywords: Mung bean milk yogurt, atherogenic index, circumference, atheroma, obesity

Differences of Food Patterns, Physical Activity, and The Abdominal Fat Distribution Before and After Ramadhan Fasting in Overweight and Obese Students of Jenderal Soedirman University

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Abstract

Background: Muslims during Ramadan fasting for 13-14 hours per day. This condition was affected eating patterns (intake of energy, protein, fat, carbohydrates, fluid, eating frequency) and their physical activity. The accumulation of excess fat in the abdomen occured when there was not balance of intake energy and physical activity, that was occured in people who had overweight and obese in nutritional status. **Purpose**: This study aimed to analyze the differences of food patterns, physical activity, and the abdominal fat distribution before and after ramadhan fasting. **Methode**: Total respondent in this research were 56 students Jenderal Soedirman University who had overweight and obese nutritional status. All respondents were taking with purposive samping methode. This research used an experimental study with one group pre-test and post-test design and followed by a paired T-test for statistical analyze. **Results**: There were significant differences in energy intake, carbohydrates, fat, body weight, body mass index, physical activity, abdominal circumference, waist and hip circumference ratio (WHCR), and suprailiac fat thickness before and after fasting ($p < 0.05$). There were no significant differences in protein, fluid, and abdominal fat thickness before and after fasting ($p > 0.05$). **Conclusion**: Ramadan fasting can affected food intake, physical activity and the abdominal fat.

Keywords: Ramadhan Fasting, food intake, physical activity, and abdominal fat distribution

Metabolic Syndrome Prevalence in University Worker and Its Relation to Anthropometric Parameter

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Abstract

Trend and prevalence of non-communicable disease in Indonesia has risen. Metabolic syndrome predicts the development of metabolic disease such as type 2 diabetes and cardiovascular disease. Workers have a risk for metabolic syndrome due to less physical activity and high carbohydrate and fat consumption. Diagnose of metabolic syndrome needs a high cost to be known periodically rather than anthropometric measurement. This study was aimed to get a prevalence of metabolic syndrome among workers and found the most related anthropometric parameter to metabolic syndrome. A total of 80 subjects has enrolled to a cross sectional study. The subjects were measured of anthropometric parameters and metabolic syndrome components. We got the correlation of anthropometrics parameter with metabolic syndrome components by Pearson and Spearman analysis, and multivariate analysis. Results showed the prevalence of metabolic syndrome among workers was 31.25%. The increase in the following anthropometric variable values indicates an increase of metabolic syndrome component as follows: waist-to-hip ratio to triglyceride levels; abdominal circumference to blood pressure; body mass index against triglyceride levels abdominal circumference; percent body fat against abdominal circumference and fasting blood sugar. The interaction of percent body fat combine with upper arm circumference determinate the increase of triglyceride levels 13%. The interaction of waist-to-hip ratio with and body mass index determinate the increase of abdominal circumference 81%. An increase of anthropometric parameters can be used to assess an increased component of metabolic syndrome.

Keywords: anthropometry, metabolic syndrome, prevalence, worker

Yellow watermelon-plantain banana juice as protective factor of oxidative stress and source of energy during exercise

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Abstract

In some conditions, additional food administration prior to exercising is required to ensure glucose availability in the serum as the source of energy. Additional food must also contains antioxidant to help alleviate oxidative stress formation during exercise. This study aiming to investigate yellow watermelon-plantain juice administration prior to anaerobic exercise on blood glucose level and its protective effect on markers of oxidative stress formation. 35 male Sprague Dawley rats were divided into positive control group, negative control group, P1 (single-dose of juice), P2 (double-dose of juice), and P3 (single-dose with 0.27 grams additional granulated sugar). Blood glucose level in treatments groups were examined before juice administration, 30 minutes after juice administration, and after exercise test. Malondialdehyde level were examined after exercise test. There was a significant different of blood glucose level in treatment groups before and after exercise ($p<0.05$). P2 groups has the highest blood glucose level before and after exercise (111.86 mg/dl and 100.52 mg/dl). Mda level differ significantly between groups ($p<0.05$) with negative control group has the highest level of Mda (7.68 nmol/ml) and P2 has the lowest level among treatment groups (1.8 nmol/ml). It can be concluded that yellow watermelon-plantain juice administration prior to anaerobic exercise was an effective source of energy due to its rapid glucose availability in the serum. Antioxidant content in yellow watermelon-plantain juice effectively offer protective effect towards oxidative stress formation during exercise.

Keywords: Yellow watermelon; plantain; exercise; energy source; antioxidant

Purple Sweet Potato Extract and Aerobic Exercise Reduces Lipid Profiles in Hyperlipidemic Rats Model

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Abstract

Obesity and dyslipidemia are major risk factor of cardiovascular disease. It has been shown that dietary supplementation combined with exercise at appropriate intensity improve lipid profile and reduce the risk of cardiovascular disease. This study investigates the effect of purple sweet potato extract and swimming training on lipid profile of hyperlipidemic rat model. Twenty-five male Wistar rats were grouped into standard diet and high-fat diet, and given their respective diet for two weeks. Afterward, they were randomly divided into five weight-matched groups (n=5)- normal control (C), high-fat diet (HF), exercise (E), purple sweet potato extract (PSP), and exercise combined with purple sweet potato extract (EPSP). Purple sweet potato extract was given 100 mg/day through oral gavage for three weeks. Swimming exercise was performed for 30 minutes/day, five days a week, for three weeks. Bodyweight was measured weekly. At the end of experimental period, intracardiac blood samples were drawn to measure lipid profiles. The findings revealed that the concentration of TC and LDL were highest in HF. Combination of exercise and PSP extract significantly reduced LDL and increased HDL level in EPSP group compared to exercise or PSP alone ($p<0,05$). It indicates that PSP extract combined with swimming exercise is shown to be effective to improve lipid profiles.

Keywords: Aerobic exercise- Hyperlipidemia- Lipid profile- Purple sweet potato- Swimming training

Development of Physical Activities Model Through Simple Games to Increase Coordination and Accuracy of Elementary School Student

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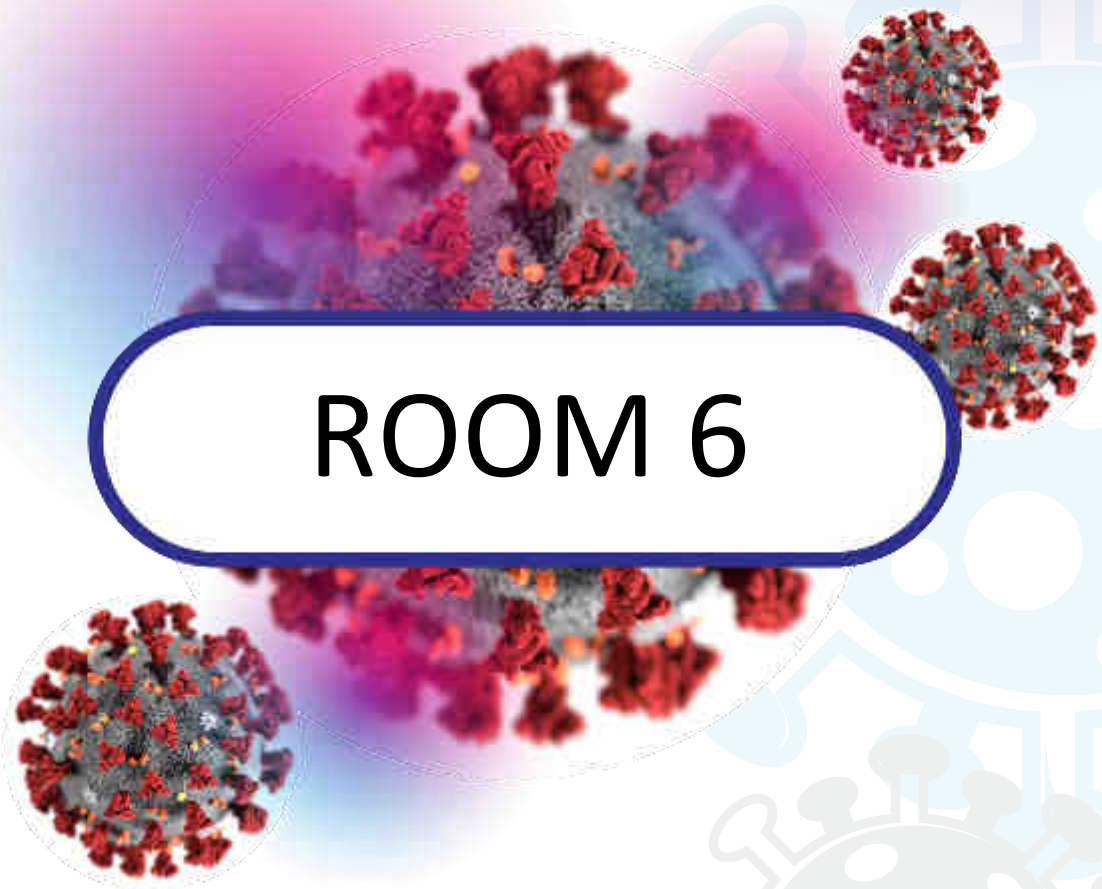
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Abstract

This study aims to produce a model of physical activity to improve the coordination and accuracy of students developed according to the age category of lower class students. The game model consists of 7 types of games. This research is a research development through stages: gathering research and information results, planning, developing initial products, initial trials, revisions to the preparation of main products, main field trials, revisions to the preparation of operational products, operational product trials, final product revisions. Small-scale trial subjects are 2 elementary school teachers, large-scale trial subjects are 3 elementary school teachers, and the product effectiveness test subjects are 25 students. The instrument used was a test of coordination and accuracy skills. Assessment of experts and instructors using questionnaire sheets. The results of the validation assessment of the material experts as well as the media experts included ^very good^ the average score of more than> 4.2, which is 4.50. The quality of the results of small-scale trial trials is ^feasible^ with an average of 4,045. Furthermore, large-scale trials also included ^very good^ with an average of 4.19. Product effectiveness test results showed an increase in the results of the coordination test (35.8% pretest and 61.4% posttest). The results of the product effectiveness test on the accuracy test show (24.6% pretest results and 42.24% posttest results) The conclusion of this study is the development of a feasible and effective simple game model to improve physical fitness coordination of movement and accuracy.

Keywords: Physical Activity Models, Coordination, Accuracy



ROOM 6

Family Support towards Quality of Life of Cancer Patients: a Literature Review

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Abstract

The quality of life of cancer patients are influenced by biopsychosocial and spiritual aspects. In fulfilling these aspects, cancer patients need support from those closest to them, particularly their family. Family supports make cancer patients feel more valued and feel their existence is more meaningful. This review was conducted to describe findings from literatures about family support towards quality of life of cancer patients. This study used systematic literature review as the method. This review examined nursing literature published between 2015 and 2020, which retrieved from online databases Google Scholar and Pubmed. Keywords used were quality of life, cancer or cancer patients, family support or care giver supports and palliative care. The inclusion criteria were used for this review, article that focus on cancer patients, published within 2015 to 2020, and was a research study. While the exclusion criteria were articles that were in English and Indonesian language and was a literature review article. This study used the Joanna Briggs Institutes Critical Appraisal Tools for analyzing the articles. 10 articles were selected and were analyzed. The results showed that family supports can be provided from physiological, psychological, social, and spiritual aspects. Every aspect has a form of support provided in the treatment process to improve the quality of life of cancer patients. Further studies are recommended to explore more supports that can maximize the quality of life of patients with cancer.

Keywords: Family support, Cancer, Quality of life

The Effect of Reproductive Health Education with Animated Video Media on the Knowledge and Motivation of Young Women In Preventing Early Marriage

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Abstract

Background: The high rate of early marriage among adolescent girls can have an impact on reproductive health. Factors that influence the incidence of early marriage among young women include low knowledge and high motivation. One way to increase knowledge is to provide health education which is expected to also affect ones motivation. **Purpose:** The purpose of this study was to determine the effect of reproductive health education with animated video media on the knowledge and motivation of young women in preventing early marriage. **Method**: The design of this study was a true experiment using a pretest-posttest with control group design.Respondents who involved in this study were 42 respondents for each group. The intervention group was given health education with animated video media. The research instrument was a knowledge and motivation questionnaire. Statistical tests using Wilcoxon, MC Nemar, Mann Whitney -U, Fisher. **Results**: The statistical test results showed that there were significant differences in posttest knowledge between the intervention group and the control group (p = 0.004). Motivational variables also showed that there were significant differences in posttest motivation between the intervention and control groups (p = 0.000). **Conclusion**: Reproductive health education with animated video media significantly influences the knowledge and motivation of young women in preventing early marriage.

Keywords: Video animation, Early marriage, Knowledge, Motivation, Reproductive health education

Walking Exercise and Blood Pressure Among Elderly with Hypertension in A Nursing Homes

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Abstract

Background: Hypertension was become a global health problem because its prevalence increased significantly every year. This is caused by several factors, such as an unhealthy lifestyle and lack of physical exercise. The impacts was chronic kidney disease, coronary heart disease, stroke, and even death. One of complementary therapy that can control blood pressure was walking exercise. **Purpose**: This study aims to determine the effect of walking exercise on blood pressure among the elderly with hypertension in a nursing homes. **Method**: The research applied quasi-experimental type of pre-test and post-test without control group. There were totally 32 elderly selected by purposive sampling based on inclusion and exclusion criteria. The instruments was used sphygmomanometer aneroid type and stethoscope. Walking exercise was given in 3 times a week with 30 minutes per session. Data analysis was used paired t-test. **Results**: The results shows that there was effect of walking exercise to reduce blood pressure among the elderly with hypertension significantly with a p value of 0,000 ($p < 0.05$). **Conclusion**: There are differences in blood pressure before and after walking exercise. This intervention can be used as an complementary therapy. Walking exercise was easier, simple and independently physical activities. So can be integrated in non-communicable disease program in primary health care services.

Keywords: elderly, hypertension, nursing homes, walking exercise

Family Parenting with Working and Non-Working Mothers in Medan City Indonesia

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Abstract

Background: Parenting is the ability of the family to provide time, attention and support for children to be able to grow as well as possible physically, mentally, socially. and spiritual. There are 4 types of parenting namely; democratic, authoritarian, permissive, and neglected. **Purpose**: This study aims to describe the different of family patterns by working mothers and non-working mothers. **Methods**: The design of this research is descriptive. Sampling with a purposive sampling technique. A sample of 460 respondents, consisting of 230 working mothers and 230 non-working mothers. This research was conducted from March 5 to March 25, 2020. Data collection was carried out using a questionnaire that included demographic data and statements related to four types of parenting. Then the data obtained is processed using computerized techniques and described in the form of frequency and percentage distributions.
Results: Based on research, all working mothers and non-working mothers apply the four parenting methods but in different percentages. Working mothers tend to be more democratic (54.00%) and neglected (18.00%) than non-working mothers ie, democratic (15.00%) and displaced (32.00%). While working mothers tend to be more authoritarian (42.00%) and permissive (11.00%) than working mothers, namely authoritarian (18.00%) and permissive (10.00%). **Conclusion**: The conclusion from this study working mothers tend to be more democratic and neglected compared to unemployed mothers, and non-working mothers tend to be more authoritarian and permissive than working mothers.

Keywords: Working Mothers, Non-Working Mothers, Parenting

Social media engagement on stunting prevention program among adolescent in central java: a media tracking survey 2019

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Abstract

Stunting is the main problem of child nutrition occurs globally, including Indonesia. Indonesia in 2005-2017, became the country with the fourth rank (36%) in Southeast Asia. Central Java is one of the provinces with a high prevalence rate (28.5%). In 2018, the Government of Indonesia established 100 districts and cities priority for handling stunting. One focus of the activity is BCC (Behaviour change communication). In Central java, it was developed COMBI (Communication for behavioral impact) program to target adolescent which one of channel used was mass media. Aim of this research was to assess social media engagement on stunting prevention program among adolescent in central java. This study was observasional research, involved 388 adolescents from 18 high schools in 2 districts in Central Java (Banyumas and Purbalingga). Data was analyzed descriptively using AIDA (Attention, Interest, Desire, Action) theory to assess the media engagement of adolescent. Ethical clearance was approved by Medical Faculty Ethics Committee, Jenderal Soedirman University. Study showed that about more than half of adolescent (65,2%) have engaged with media information related with stunting. Adolescents had several source of information, both from social media and schools information. About one third of them (32%) got the information from Instagram. There were 3 messages in the program delivered- cegah stunting itu penting, cegah stunting untuk menjadi remaja sehat, and cantik berseri tanpa anemia. Among those message cegah stunting itu penting was found the most attentive one. About one fifth (17,5%) of adolescent did the prevention behavior because of the message. Study recommend that social media such as Instagram found to be a potential source for health information channel for young generation.

Keywords: social media, stunting, adolescent, Indonesia

Health Seeking Behavior Among Pulmonary Tuberculosis Suspects In The Community In Indonesia

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Abstract

Background: Lack of awareness and perceived stigma could contribute to the late presentation of TB suspects to health facilities and low detection rate of tuberculosis. **Purpose**
to assess their knowledge about TB and TB-related stigma and their health seeking behavior among TB suspects. **Methods**: This community based, cross sectional TB survey of national coverage was stratified multi-stage cluster sampling. Eligible population aged ≥15 was interviewed to identify TB symptoms and was screened with thorax X-rayto detect TB. All positively screened participants were interviewed about TB related knowledge and perceived stigma and TB treatment seeking behavior. **Results**: Of the 8,388 pulmonary TB suspects, only 2,234 (25.4%) were seeking treatment. The commonly mentioned causes of TB transmission werethrough droplets (65.5%), food/drink (59.4%), hereditary (47.0%) and black magic (18.4%). About 13.3% (1,119 out of 8,388) of TB suspect revealed that they could hide the fact that a member of their family had TB. TB suspect participants who hid their family members TB were less likely to have treatment seeking behavior (OR = 1.22 (95% CI:1.04, 1.43)) than those who did not. They who had previous anti TB treatment were more likely to have treatment seeking behavior (OR = 1.23 (95% CI:1.22, 1.71)) than those who did not. TB suspect livingin Java Bali, were more likely to have treatment seeking behavior (OR = 1.36 (95% CI:1.06, 1.74)) than those living in Eastern. **Conclusion**: TB control program in Indonesias remote communities in particularshould include efforts to educate people on the cause and the importance of early diagnosis and treatment of TB.

Keywords: Key words: Tuberculosis suspect, health/treatment seeking, stigma

Comparison Between Balance Strategy Exercise (BSE) And Lower Limb-Range of Motion (ROM) To Reduce the Risk of Falling in Elderly People

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Abstract

Background: Falls are common cause of injury in elderly people. Whilemany types of exercisehas been recomended to preventfalls, there is a lack of evidence to favor specific lower muscle targeted exercises. **Purpose**: This study aims to compare Balance Strategy Exercise (BSE) and Lower Limb-Range of Motion (ROM) in reducing the risk of falling in elderly people. **Methods**: This is a quasi-experimental study using a pre-post treatment design (BSE or Lower-Limb ROM) without control group. A total 30 elderly people from two different nursing homes was participated in the study. .Treatment was given for 20 minutes/session, three sessions per week for over three weeks. The risk of falling was measured using the Timed Up and Go (TUG) test. **Results**: Results showed that there were a significant differences in TUG scores before and after the intervention within both BSE (p=0,001) and Lower Limb-ROM group (p=0,001). Comparison between group showed a significant differences in post-test score (p=0,037). **Conclusion**: This study demontrated that the risk of falling in elderly people can be reduced by exercise. However, Lower Limb-ROM was considered to be more effective than BSE.

Keywords: Balance Strategy Exercise- elderly- fall- Lower Limb-ROM.



ROOM 7

The Effectiveness of Acupressure on The Reduction of Delayed Nausea and Vomiting on The Cancer Patients undergoing Chemotherapy

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Abstract

Chemotherapy is one of the main choices of cancer treatment. Although chemotherapy patient has been getting antiemetic drugs but the side effects delayed nausea and vomiting still occur. Acupressure is a non-pharmacological method that can reduce delayed nausea and vomiting. The purpose of this study was to assess effectiveness of acupressure against delayed chemotherapy include nausea and vomiting cancer patients in DKI Jakarta. This study was a quasi-experimental study with pre and post-test design which recruited 46 respondents assigned into intervention and control group that was selected used purposive sampling technique. The results showed there was a decrease in the mean score of both the frequency and quantity of vomiting as well as duration and frequency of nausea in the intervention group. Based on Wilcoxon test, there was a significant difference between pre and post-test result in delayed nausea and vomiting after acupressure in the intervention group (p=0.000). Meanwhile, based on Mann-Whitney test there was a significant difference of delayed nausea and vomiting between intervention group and control group (p=0.001). Based on Chi-Square and Kendall Tau-B test, it was found that chemotherapy type (p=0.005) and combination of chemotherapy regimen (p=0.007) had a significant relation to delayed nausea and vomiting. While age (p=0.73), gender (p=0.900) and a history of motion sickness (p=0.959) did not have significant relationship to delayed nausea and vomiting. This study recommended acupressure as a complementary therapy that can be administered either by nurses, patient families or patients themselves to reduce delayed nausea and vomiting caused by chemotherapy.

Keywords: Acupressure- Chemotherapy- Nausea and Vomiting Delayed

Effect of Therapy Spiritual Emotional Freedom Tehcnic (SEFT) on Hypertensive Elderly People in Working Area of the Health Center Tanjung Paku Solok City 2019

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Abstract

The problem of elderly with hypertension is complex and various interventions have been carried out in the form of education in controlling blood pressure, but the result have not been optimal. Based on these cases, researchers wanted to find out about the effect of nursing orders from Spiritual Emotional Freedom Technique, against blood pressure in elderly of Solok city. Research design is one group pretest-posttest. Sampling with non probability sample technique and with purposive sampling, working out with 35 respondents in the working area health center Tanjung Paku, Solok city. Dependent t-test and Wilcoxon has been used. The results obtained were a significant difference in the respondents blood pressure after the Speritual Emotional Freedom Technique intervention was given. SEFT intervention affects the blood pressure of the elderly. It was cocluded that a SEFT intervention can lower blood pressure, so it gives the nurse an opportunity to develop both a promotional and preventive effort. It is recommended that policies be associated with promotional and preventive effort by integrating SEFT interventions in non contagious disease prevention programs or integrated health center of non contagious disease.

Keywords: Elderly, Hypertension, SEFT intervention

Hypertension Education Module and Its Effect on Prevention of Hypertension Risk in Mojolangu Malang City

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Abstract

Hypertension is a disease that arises due to the interaction of various risk factors, namely: age, sex, obesity, alcohol, genetics, stress, salt intake, smoking, patterns of physical activity, kidney disease and diabetes mellitus. In non-pharmacological treatment, patients are expected to be diligent in carrying out activities that can support lifestyle changes, sports activities and avoid psychological stress. This research was conducted by compiling the Hypertension Education Module and educating hypertensive patients using the hypertension education module. The purpose of this study was to analyze the Effect of the Hypertension Education Module in Mojolangu Village, Malang City. The design of this study was Quasy Experimental using pretest - posttest nonequivalent control group. The number of samples were 80 patients with hypertension and divided into 3 treatment groups and 1 control group. The sampling technique uses probability sampling. The independent variable is the Hypertension Education Module and the dependent variable is the risk of hypertension. Methods of data collection using interviews, observation and education with instruments in the form of questionnaire sheets Pre Test and Post Test of understanding hypertension and observation sheets results of blood pressure and cholesterol checks. Data analysis using ANOVA test with α = 0.05. The conclusion of this research is the use of education modules to help hypertension sufferers in increasing understanding of preventing hypertension, reducing blood pressure and cholesterol and preventing the risk of hypertension. Future research recommendations are the development of hyperteni education applications for the prevention of hypertension risk.

Keywords: Hypertension Education Module, Hypertension Risk Prevention

Diabetes self-care among diabetic patients in Indonesia: Qualitative study

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Abstract

Background: The number of patients with diabetes mellitus (DM) is high in Indonesia. In order to prevent complication of DM, diabetic patients needs to perfom diabetes self-care. However, little is known about diabetes self-care in diabetic patients in Indonesia. **Purpose**: Therefore, the purpose of this study was to describe diabetes self-care in diabetic patients in Indonesia. **Methods**: The design of this study was a qualitative study. The sample of this study consist of 25 patients with type 2 diabetes. The data were collected through semi-structured interviews. Interviews were recorded, transcribed and underwent thematic analysis. **Results:**
The diabetes self-care performed by patients were not adequate. Almost no patient perfoms self-monitoring blood sugar due to financial issues and lack of knowledge. Diet management were conducted by most patients but not based on appropriate knowledge. Most patients have lack of knowledge regarding sufficient diabetes self-care. In addition, most of patients have low health literacy in diabetes self-care. There are three main categories which we identified-misinterpretation, confused, and in need of support system. **Conclusion:** Most of patients do not conduct sufficient diabetes self-care and have lack of knowledge related with diabetes self-care. The health providers need to establish method for education which is easy to be understood by patients. The data in this study provide a basis evidence for health clinician to establish educational program which could improve health literacy and knowledge related with diabetes self-care.

Keywords: diabetes, qualitative, self-care

Illness belief, knowledge, and diabetes self-management in Indonesia

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Abstract

Background: Diabetes self-care is important to avoid complications of DM. Although it has been known that illness perception and knowledge is associated with diabetes self-care, however up to present, there is no study that examine the relationship of illness perception and diabetes knowledge related with diabetes self-care in Indonesian context. **Purpose**: Therefore, the purpose of this study was to investigate the relationship of illness perception and diabetes knowledge related with diabetes self-care in Indonesia. **Methods**: A cross-sectional was conducted with a total of 250 diabetic patients. A self-administered questionnaire for assessing illness perception (Brief Illness Perception Questionnaire), diabetes knowledge and diabetes self-care practices were used to collect data. The data were analyzed by using Pearsons Product-Moment. **Results**: The results showed that there is significant relationship between illness perception with diabetes self-care, however there is no significant relationship between knowledge and diabetes self-care. **Conclusion**: This study provides evidence for health care provider in Indonesia to design education program to improve perception of diabetic patients toward diabetic self-care.

Keywords: diabetes,illness belief,knowledge, self-management

The effects of Progressive Muscle Relaxation on Blood Pressure and Headache in the Period of Hypertension

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UNIVERSITAS PELITA HARAPAN

Abstract

Background: Hypertension is a condition of increased blood pressure that causes the heart to have to work more than usual to circulate blood throughout the body. Patients with hypertension more often complain of symptoms such as headaches. Progressive Muscle Relaxation (PMR) is a non-pharmacological measure to overcome hypertension and headache symptoms and to maintain a deep relaxation state. **Purpose**: To study the effects of PMR on blood pressure and headache in the period of hypertension. **Methods**: This study utilized a quasi-experimental design with one group pretest and posttest design. Sample of 30 respondents with hypertension and headaches were obtained through convenience sampling. Data analysis used paired T.test statistical tests. **Results**: The results of the study showed a decrease in blood pressure and a reduction in headache after PMR. The pretest results of nine respondents (30%) with grade II hypertension (>180/>120 mmHg) in the posttest were reduced to zero respondents (0%). A p.value of 0.000 indicates that there is a significant effect of giving PMR to clients with increased blood pressure accompanied by headaches. **Conclusion**: PMR is a significant measure that can be used to reduce the blood pressure and complain of headache. It can be done independently every day within 10 until 15 minutes for a more effective outcome.

Keywords: Keywords: Blood pressure; Headache; Hypertension; Progressive Muscle Relaxation

Relations Between Susceptibility and Benefits Perception with The Self-Control Effort of Hypertension Sufferer in Puskesmas Sumbang 1 Working Area

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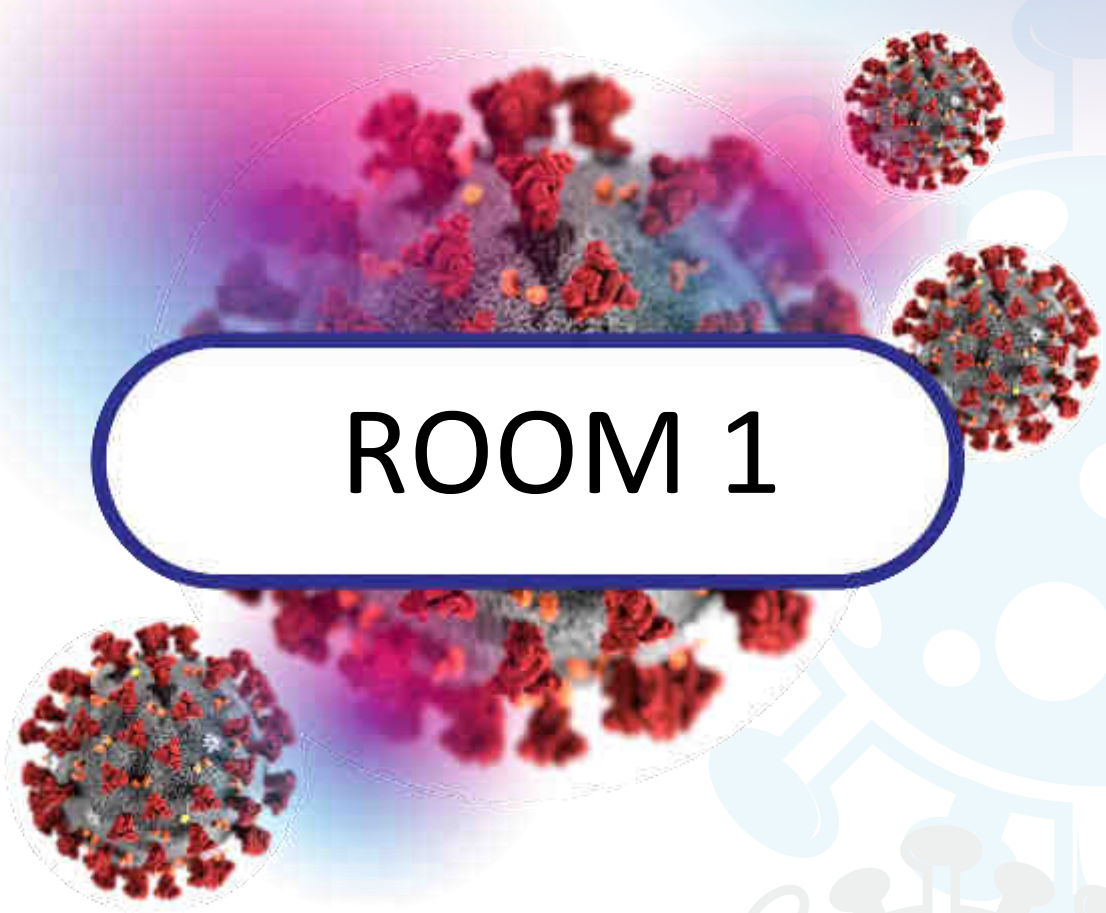
Abstract

Background: Hypertension sufferers are increasing time to time. Various comorbidity caused by hypertension can occur easily. Therefore, self-control for hypertension sufferers needs to be done. **Purpose:** This study aimed to analyze the relation between susceptibility perception and benefits of self-control of hypertension sufferers in Puskesmas Sumbang 1. **Methods**: This study was an analytical quantitative using cross sectional method. The sampling technique was used simple random sampling with the 84 hypertension sufferer in Puskesmas Sumbang 1 Banyumas regency working area. The data collected by using an adopted questionnaire from the similar previous study which had been adjusted according to the health belief model theory. The data were analyzed by chi square test. **Results**: the results showed that most of the respondents (63%) had good Selfcontrol efforts. The majority of respondents showed a high susceptibility (58.8%) and benefits (84.5%) perceptions. There was sygnificant relation between susceptibility perception with the Self-control effort of hypertension sufferer in Puskesmas Sumbang 1 but there is not sygnificant relation between benefits perceptions with the Self-control effort of hypertension sufferer in Puskesmas Sumbang 1 working area ($p = 0.024$, $p = 0.325$). **Conclusion**: The susceptibility perception had a sygnificant relation with Selfcontrol effort meanwhile the benefits perception had not sygnificant relation with the Self-control effort of hypertension of hypertension sufferer in Puskesmas Sumbang 1 working area.

Keywords: Susceptibility perception, Benefits perception, Self-control, Hypertension.

Day 2, September 23 2020:

1st session



ROOM 1

Burnout among Nurses Working in COVID-19 Pandemic

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Abstract

Objective: To analyze the prevalence of burnout syndrome and its correlation with the demographic and work environment-related factors among nurses in the COVID-19 pandemic. **Method**: This observational cross-sectional study involved nurses from some hospitals and public health centers in Semarang in the COVID-19 pandemic used an online questionnaire. Maslach Burnout Inventory was used included emotional exhaustion, depersonalization, and reduced personal accomplishment. Univariate and multivariate analyses were performed. **Results**: 63,6% of nurses in the COVID-19 unit were at high levels of EE, 56,3% of them were at high levels of DP, and 46,7% of them are at high levels of RPA. Education was the only demographic factor that was significantly related to EE and DP ($p<0,05$) with a weak correlation. Work environment-related factors included COVID-19 unit and reduced anxiety-related PPE usage were not significantly correlated with the RPA with very weak correlation, while the nurses^ unit was significantly correlated with DP ($p<0,05$) with very weak correlation. **Conclusions**: Nurses should take into account several factors that more prone to burnout. The pandemic has a specific burden that distinguishes it from all others, whether the burnout characteristic the same as the normal situation.

Keywords: burnout- nurses- work load

Psychological Parents in Children with Cancer During COVID-19 Pandemic

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Poltekes Karya Husada Yogyakarta

Abstract

Background: Children with cancer pose a major challenge for parents during the Covid-19 pandemic because cancer is an immunocompressed disease at high risk of infection. Concerns about corona virus exposure and treatment changes are a psychological distress for parents. Parental sociodemography such as gender, age, education, occupation, number of children, and marital status play a role in the psychological condition of parents. **Aim**: The purpose of this study was to determine the psychological status of parents in children with cancer during the Covid-19 pandemic. **Method**: this research used cross sectional research design. Samples of 46 respondents were taken with snowball sampling technique. Data analysis used Kendall Tau to determine the effect between variables. **Results**: there was a relationship between marital status and parental anxiety (p = 0,000) and there was no relationship between sex (p = 0.523), age (p = 0.740), education (p = 0.865), occupation (p = 0.093) and the number of children (p = 0.423) with anxiety levels of parents who had children with cancer during the co-19 pandemic. There is a relationship between marital status with parental stress level (p = 0,000) and there is no relationship between sex (p = 0.109), age (p = 0.212), Education (p = 0.451), occupation (p = 0.147) and number children (0.157) with stress levels of parents who have children with cancer during the co-19 pandemic. There was a relationship between marital status and parental depression (p = 0,000) and there was no relationship between sex (p = 0.523), age (p = 0.740), education (p = 0.866), occupation (p = 0.111) and number children (p = 0.423) with depression rates of parents who have children with cancer during the co-19 pandemic. **Conclusion**: There is a relationship between marital status and anxiety levels of parents in children with cancer during the Covid-19 pandemic. There is a relationship between marital status and parental stress levels in children with cancer during the Covid-19 pandemic. There is a relationship between marital status and parental depression in children with cancer during the Covid-19 pandemic.

Keywords: Psychology of parents; children with cancer; Covid-19 pandemic

Urban and Rural Family Attitudes in The Face of COVID 19

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Abstract

Background: Attitudes are the results of various experiences and the results of human interactions with its environment manifested in the form of knowledge, attitudes and actions. **Purpose** : This study aims to describe differences in urban and rural family behavior in the face of COVID-19. **Methods**: The design of this research is descriptive. Sampling with purposive sampling techniques. Sample as many as 30 urban families and 30 rural families. The research was conducted in April 2020. Data collection is done using a questionnaire that includes demographic data and statements related to family behavior against COVID-19. Data is processed and described in the form of frequency and percentage distribution. **Results**: The study concluded that urban family knowledge faced COVID-19 in a good category of 70% while the knowledge of rural families majority in the category of less than good 93.3%, urban family attitudes facing COVID-19 in the category of correct attitude 73.3% whereas rural family attitude right in the right category is only 33.3%, action urban families facing COVID-19 in the category of true 70% and action of rural families entirely in the category is not true 100%. **Conclusion**: The conclusion of this study of urban family behavior is better in the face of the COVID-19 than the behavior of rural families that are likely influenced by the lack of information received by families living in rural areas.

Keywords: urban family, rural family, attitudes, COVID 19

Changes in Situation of Community Life to Deal with COVID-19 Pandemic in North Sumatra

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Abstract

Objective: Identify the impact of changes that have occurred due to the COVID-19 pandemic in the people of North Sumatra. **Method**: Descriptive, with cross sectional approach, total sampling of 1,008 respondents in North Sumatra from May to June 2020. This study used google form.contains open questions, namely aspects of activity, environmental, spiritual, psychological, physical, health and economic. The data analysis used is descriptive analysis. Researchers have obtained approval from the USU Nursing Health Research Ethics Commission and have obtained informed consent from each respondent. **Results**: Result of this study is about changes in the situation of people^s lives in dealing with Covid 19 pandemic in North Sumatra: Activities 117 respondents (11.60%), Environment 85 respondents (8.43%), Spiritual 23 respondents (2.28%), Psychic 619 respondents (61.40%), Physical 12 respondents (1.19%), Health 64 respondents (6.35%), and Economy 88 respondents (8.73%). The changes that occur most in society are in the psychological aspects and the smallest changes that are felt by the community are the physical aspects. **Conclusion**: A change in situation of people^s lives to deal with COVID-19 pandemic in North Sumatra.

Keywords: Life Situation, Society, Pandemic, COVID-19

Regional Policy Responses to The Covid-19 Pandemic in Indonesia

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Abstract

Background: World Health Organization declared Covid-19 as world pandemic that countries around the world took action to slow the spread of the disease. As one of the affected countries, Indonesia government has been working hard on making policy as guideline for health protocol. This policy later adapted by each regional in Indonesia based on their condition as the respond to the pandemic. **Purpose**: This literature review aimed to review the regional policies in Indonesia with the highest cases of Covid-19. This study also explains how each regional handling pandemic Covid-19 through policies. **Methods**: A non-systematic narrative review was conducted using relevant documents available from governmental websites. Initial screening was done by reading titles and content, then relevant policies were selected based on inclusion and exclusion criteria. **Results**: The study found that there were differences in how each regional making the policy as the strategy guideline to slow the spread of the disease. The consideration in policy making included case development, health, economic and social safety side. In addition, there were differences in the availability of regional emergency budget. **Conclusion**: In order to control the spread of Covid-19, areas with a high risk of spreading the virus need to take various preventative measures as regulated in the policy. the formulation of policies is adjusted to the development of the number of cases, the health status, the economic side and conditions of the regional budget.

Keywords: Covid-19, Pandemic, Regional, Health Policy

Kampung KB Participation Model in Prevention of Covid-19 in Banyumas Regency

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Abstract

Background: Family Panning Village known as ^Kampung KB^ is a social institution at Neighborhood Council level in villages formed by the government in 2017s. The purpose is to improve the quality of families living in those areas, including the health aspect. The managers were social workers in those areas. This research aims at investigating the participation of this institution in preventing from the Covid-19 pandemic in Banyumas Regency which cases are quite high. **Objective**: Obtaining deeper information about: (1) the presence of positive Covid-19 cases in their surrounding areas- (2) participation forms in preventing those cases. **Method**: The research target included 82 people of family planning village core adminstrators in 8 villages and 1 subdistrict in 4 districts of Banyumas Regency. The data was collected using questionaires sent through What^s App groups belonging to respondents in each village/subdistrict followed with in depth discussions conducted in those groups. The qualitative data of those questionaires was then analyzed using a descriptive statistics, while the qualitative data was used to obtain deeper information. **Result**: There were some villagers in three areas of those family planning villages were identified with positive Covid-19, yet not all village core administrators knew about those cases. Most family planning villages had no special preventive programs. However, in those family planning villages and the surrounding areas with some villagers identified with positive Covid-19, the core village admimistrators will perform some preventive efforts more intensively in the forms of news socialization related to Covid-19 through What^s App groups in their villages, such as through PKK, Neighborhood Association, and Neighborhood Council goups. In addition, some family planning village core administrators organized the local villagers to help one elderly whose child was intensively treated at a hospital because of identified with positiv

Keywords: Family Planning Village (Kampung KB), Covid-19, Banyumas Regency

Indonesian Mental Health Problems During COVID-19 Pandemic Creating New Behaviours

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Abstract

Background: Since March 2020 news informed developing of the COVID-19 case in Indonesia was wide-spread broadcasted through mass media, digital media, and also social media. Various responses and reactions are shown by people such as scared, worried, stress and depressed. Most of them suffer from mental health problems. Slowly, stress and depression make changes in behavior. **Purpose**: The purpose of this study is to find out changing Indonesians behavior during the pandemic. Data were collected from the review of various scientific journals and the mass media which were published and available in online currently. **Result**: It was observed that recently Indonesian habit have emerged which like cycling. The first thing one must know that Indonesia has no cycling culture. People prefer to drive motorbikes or cars before. Since the beginning of COVID-19 case in Indonesia, government began implementing social distancing and temporarily halting work activities also teaching and learning. During the pandemic, streets were deserted by vehicles because many people stayed at home. **Conclusion:** Lack of people interaction trigger of their stress and need physical activity to release. That so many people do cycling nowadays. It can reduce stress and depression levels which have an impact on more serious mental health problems.

Keywords: mental health, pendemic, behaviour

Literature Review: The Psychological Impact on Students During the Covid-19 Pandemic

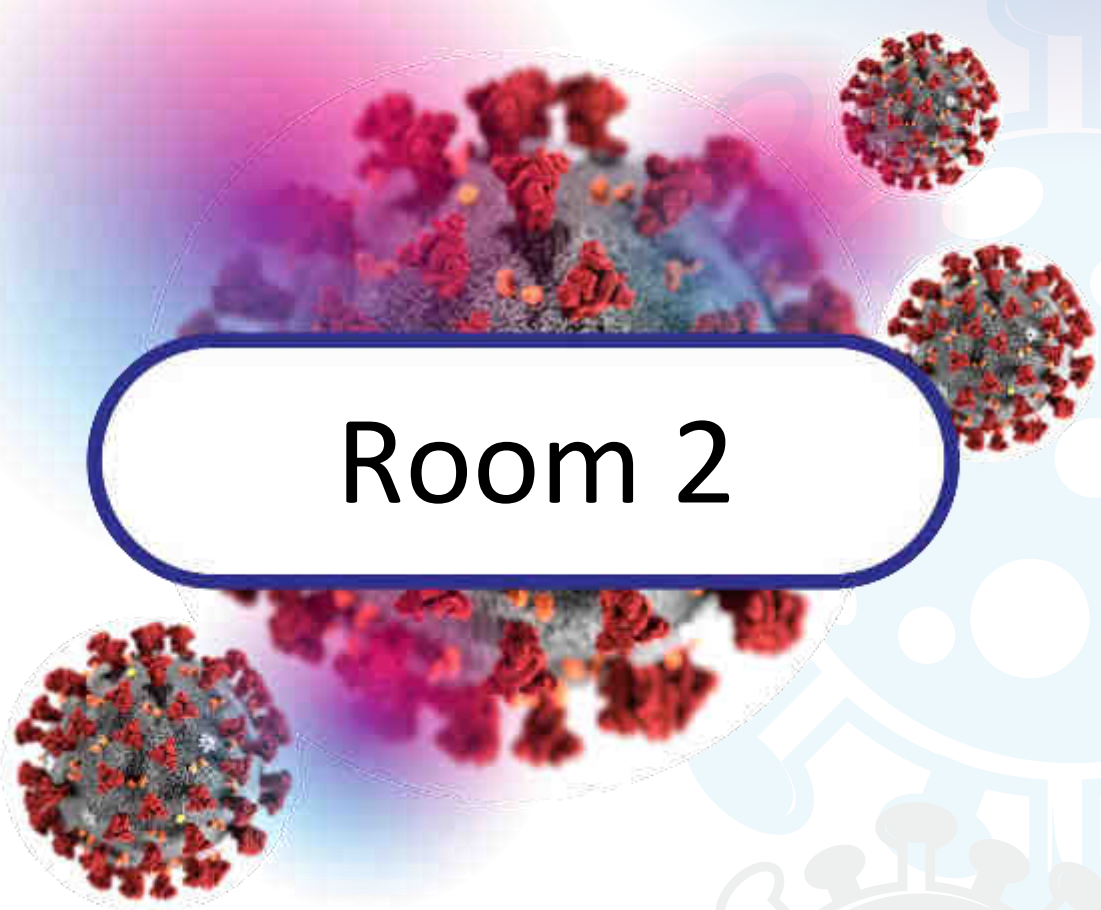
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Abstract

Background: Covid-19 virus is a new type of virus that causes pneumonia which first appeared in China and spread rapidly to various countries. The spread of this new virus has an impact on physical and psychological health in the sectors of life including education. Students are one of the populations who are at risk of psychological impact. Therefore, it is necessary to know the psychological impact on students during the Covid-19 pandemic. **Objective**: to identify the results of the latest research on the psychological impact on students during the Covid-19 pandemic in various countries. **Methods**: The study was conducted based on a literature review. Searches are limited to articles published in 2019-2020 with the type of original research. The database used is Pubmed, Science Direct, NCBI, with the keywords psychological impact, college student, and covid-19. **Results**: Nine articles were published about the psychological impact on students during the Covid-19 pandemic. The article contains research on levels of anxiety, depression, stress and Post Traumatic Distress Syndrome (PTSD) in students in Jordan, China, Saudi Arabia and Spain. **Conclusion**: Students in Jordan have higher levels of depression than other countries. This is due to excessive fear in the pandemic compared to other countries.

Keywords: Covid-19; Psychological impact; Students



Room 2

Change Of Blood Pressure In Patients Intradialisis Phase

Nur Isnaini, Kris Linggardini

Universitas Muhammadiyah Purwokerto

Abstract

Background: Hemodialysis (HD) can cause hemodynamic disorders and one indicator of hemodynamic disorders is blood pressure. Blood pressure monitoring is very necessary to be done by nurses in the intra HD phases. **Purpose**: the researchers still urgently need research on blood changes in patients undergoing dialysis in the HD Room of RSUD BMS. **Method**: Descriptive research using a cross sectional approach with purposive sampling technique. The study was conducted by measuring the variables once at a time. The population of this study were patients with chronic kidney failure who were undergoing hemodialysis. Number of respondents 190. **Results**: The patients blood pressure in question with HD seen from systolic shows what was wanted before HD, 1st HD and post HD. The highest diastolic value during the 2nd hour HD and the lowest diastolic during the Pre-HD. **Conclusion**: All respondents who changed HD to reduce complications as intradialisis hypertension were blood pressure in the highest range of Systolic 200 mmHg in pre-HD, 1st HD hour and post-HD. While the highest systolic was 91.63 mmHg in the 2nd hour of HD

Keywords: Change, Blood Pressure, Intradialisis Phase

The Effect of Negative Pressure of Open Suction Endotracheal 20 and 25 kPA on the Hemodynamics indices Patients

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Abstract

Background: In general, patients treated in the Intensive Care Unit (ICU) require the installation of endotracheal tubes (ETT) and ventilators. Suction is an intervention to prevent airway obstruction and maintain airway patency. ETT suction caused haemodynamic problems in critically ill patients if the procedure is not appropriate, including pressure regulation and duration of suction. **Objective**:The purpose of this study was to determine the effect of negative suction pressure on hemodynamic indices of patients. **Methods**:This study is a pre-experimental study with a cross-over design involving 40 respondents (n = 40) taken by consecutive sampling technique. Data collection was using patient observation sheets, medical records, and treatment records. Inclusion criteria were adult patients ≥15 years old, using ETT and ventilator and patients with a diagnosis of pneumonia and incomplete observation were study exclusions. Statistical analysis using paired and independent t-test with a significance of 5%. **Results**: The paired t-test showed a significant diffrence in the mean of SpO2, RR, HR and MAP, before and after suction with p value < 0.05. There was no significant difference between negative pressure suction of 20 kPA and 25 kPA (duration of suction 7 to 10 seconds) on all hemodynamic indicators of patients (SpO2, RR, HR, and MAP), p >0.05. **Conclusions**: Both of these pressures are safe to use in open ETT suction, because the increase in hemodynamics is within the safe limits, however suction must be carried out according to procedure and monitored properly.

Keywords: Open Suction, Negative pressure, ETT, Hemodynamics

Glassgow Coma Scale and Outcome on Head Injury Patients in Emergency Room at General Hospital of Pemerintah Aceh

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Abstract

Background: Level of conciousness on head injury patients is one of the initial assessment. Glassgow Coma Scale (GCS) is one of the methods to assess it through assessment of eyes responses, verbal responses, and motoric responses. Generally, Score of GCS related to outcome of the patients. **Purpose**: The objective of this study was to identify score of GCS and outcome on head injury patients in emergency room at general hospital of Pemerintah Aceh. **Methods**: This study was quantitative and retrospective study using secondary data, medical documentation. Population are head injury patients during January to December in 2019. Sample consisted of 333 patients that identified by systematic random sampling. Tool for collecting data using observation checklist. Data analysis was using univariate analysis. **Results**: Patients with GCS score 13-15 are 239 (71.8%), score 9-12 are 53 (15.9%), and score < 8 are 41 (12.3%). The mean of GCS score is 12.89 (3.19), at confidence interval 95% = 12.55-13.24. Majority outcome is inpatient about 256 (76.9%) and fewest outcome is patient back to home about 12 (3.6%). Majority of patients with the worst outcome are in GCS score <8 (82,4%). **Conclusion**: Majority score of GCS is 13-15 and inpatient outcome. Recommendation, always to conduct assessment of GCS to prevent worst outcome on patients.

Keywords: Glassgow coma scale, head injury, outcome

The Correlations of Role of Nurses and Quality of Life of Patient with Chronic Renal Failure undergone Haemodialysis Treatment at Haji Adam Malik Hospital, Medan

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Abstract

Background: Chronic renal failure is renal dysfunction that makes the condition of the patient must use hemodialysis machine lifetime. Patients undergoing long term hemodialysis should be confronted with various problems affecting the quality of life. **Purpose**: This study aims to determine correlations role of nurses and quality of life of patients chronic renal failure with hemodialysis therapy in Haji Adam Malik Hospital, Medan. **Methods**: Explain the correlations role of nurses and quality of life of patients chronic renal failure with hemodialysis therapy in Haji Adam Malik Hospital, Medan was used in this study. A total of 32 respondents with purposive sampling and sample criteria were chronic renal failure patients with hemodialysis therapy, mature, and independent. **Results**: Research result found that the role of the nurses in implementing the majority of good categories at 90.6% (29 people) and the category of poor by 9.4% (3 people) and the quality of life of patients in the high category of 62.5% (20 people) and the category of being at 37.5% (12 people). Of the Spearman rho correlation coefficient test derived p value of 0.002 (p-value=0.002). **Conclusion**: The conclusion from this study is the better the role of the implementing nurse, then the higher the quality of life of patients undergoing chronic kidney failure hemodialysis therapy.

Keywords: Role of Nurses, Quality of Life, Cronic Renal Failure, Hemodialysis

The Impacts Of Educating Tuberculosis Supervisor To Patients Medication Adherence, Quality Of Life, And Satisfaction In Banyumas Pulmonary Health Center

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Abstract

Background: Tuberculosis (TB) is a contagious disease that needs long-term medication. Long-term medication can impact to the medication adherence, quality of life (QOL), and patients satisfaction. Strategies to increase adherence, QOL, and satisfaction were by providing direct supervision on medication. Supervisor (PMO) play important role in patients medication, it is crucial to educate PMOs on tuberculosis. **Purpose**: This study aimed to determine the impacts of educating PMOs to patients medication adherence, quality of life, and satisfaction in Banyumas Pulmonary Health Center (BKPM). **Methods**: This was an experimental study with prospective design of two group pre-test posttest. Samples were obtained using total sampling method, 11 patients for control groups and 11 patients for intervention groups. The PMOs of intervention groups were given modules and education for 2 months period of research, and the measurements of tuberculosis patients medication adherence, QOL, and satisfaction were conducted before and after the intervention using questionnaire.
Result: This study showed that there were statistically significant differences between posttest the two groups on patients medication adherence ($p=0.003$, $p<0.05$) and patients satisfaction ($p=0.014$, $p<0.05$), but there was no statistically significant differences between posttest the two groups on patients QOL ($p=0.102$, $p>0.05$). **Conclusion**: Educating PMOs has significant impact on tuberculosis patients medication adherence and satisfaction in Banyumas Pulmonary Health Center (BKPM).

Keywords: Tuberculosis, supervisor, Adherence, Satisfaction, QOL

Diabetic Foot Ulcers And Risk Fall In People With Type 2 Diabetes Mellitus In BLUD RSUD Dr.Ben Mboi Manggarai Regency, NTT

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Abstract

The prevalence of diabetes mellitus in Manggarai Regency in 2019 is 535 people and some of them have diabetic foot ulcers. Patients with diabetic foot ulcers had a higher risk of falling than others.This study was to determine the risk factors for diabetic foot ulcers and the risk of falls in patients with type 2 diabetes mellitus. A quantitative study using a cross-sectional study was conducted at BLUD RSUD dr. Ben Mboi in April-June 2020 (n = 51).The sampling technique used was purposive sampling with a questionnaire of diabetic foot screening and risk stratification form and Morse scale. Logistic regression results showed that there was a significant relationship between claudication (AOR: 8.409, 95% CI 1.664-42.500, p value 0.010), history of previous diabetic foot ulcers (AOR: 5,680, 95% CI 1,151-28,035, p value 0.033) with diabetic foot ulcers. There was a significant relationship between hypertension (AOR: 0.152, 95% CI 0.028-0.834, p value 0.030), diabetic foot ulcers (AOR: 11.392, 95% CI 1.277-101.651, p value 0.029) with the risk of falling for patients with type 2 diabetes mellitus. Assessment of the risk of diabetic foot ulcers and the risk of falls should be done in patients with diabetes mellitus with or without neuropathy peripheral.

Keywords: Diabetic Foot Ulcer-Falling Risk

The Effect of Abdominal Massage on Abdominal Disfunction Among Patients in Intensive Care Unit (ICU)

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Abstract

Background: About 60% of ICU patients have increased gastrointestinal (GI) dysfunction. One non-pharmacological intervention that can be performed in ICU patients with gastrointestinal dysfunction is abdominal massage. **Purpose**: This study aims to identify and analyze previous studies regarding the intervention of the abdominal massage for abdominal dysfunction of ICU patients. **Methods**: Articles was taken from the Google Scholar Research Gate, and the Elsevier search engine with the keywords abdominal massage in ICU patients, ICU massage, ICU abdomen, ICU abdomen massage, and ICU massage. Inclusion criteria were published in 2015 to 2020, in Indonesian and English, accessible in full text form, research with ICU patients who are bound to NGT and receiving abdominal massage intervention. Articles that found are selected based on the criteria and found 10 relevant journals to be analyzed and compared. **Results**: Analysis of 10 research journals shows that the abdominal massage has a positive effect on digestive function, such as decreasing GRV output, reducing abdominal distension, the risk of constipation, the incident of vomiting and VAP.
Conclusion: The results of this literature review show that abdominal massage have a positive effect on improving digestive function in ICU patients.

Keywords: abdominal massage, digestive dysfunction, abdominal distention, GRV, Ventilator Associated Pneumonia

A Rare Recovery of Ventriculitis In Traumatic Brain Injury: Nursing Care Perspective.

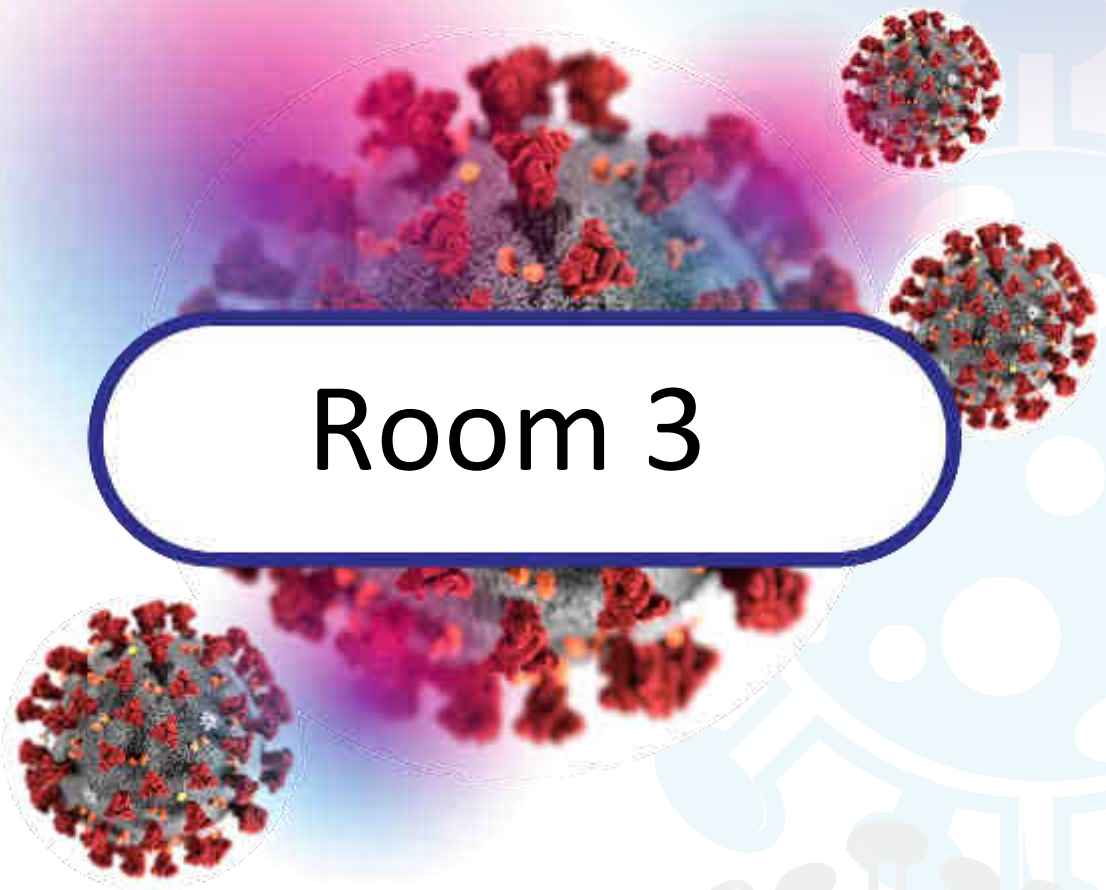
*Muhammad Khairul Maula YAHYA ALI(1), Ahmad Syafwan AWANG(1), Marlina MOHD NAWAWI(1), Mohd Noor Faizal KAMARUDIN(1), Al Hafiz IBRAHIM(2,3), Muhammad Hafiz HANAFI(*2,3) .*

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Abstract

Background: Ventriculitis is a life-threatening and dangerous clinical emergency of traumatic brain injury (TBI) which if left untreated, commonly associated with death and disability. Ventriculitis typically presents with headache, nausea, vomiting, vertigo, mental instability, or even slurred speech Hence, if left untreated promptly and correctly, it may lead to severe consequences of seizures, and even death. Nursing care in ventriculitis patient is quite challenging as the symptoms of patients can change from bad to worst within minutes. **Method**: A 17-year-old man, came with alleged motor vehicle accident with initial Glasgow Coma Scale (GCS) of E1V1M5. Posterior Fossa Craniectomy was done together with External Ventricular Drainage to treat his intracranial haemorrhage and hydrocephalus. However he was not showing sign of improvement and the only positive sign was his EEG found that he is not brain death. The patient was monitored closely to prevent complication of immobility together with regular sensory and motor facilitation activity by the nursing and the rehabilitation team. Amazingly, after 36 days of consistent stimulation protocol, the patient showing progression from coma (Rancho Los Amigos Scale I) to vegetative state (Rancho Los Amigos Scale III). He was discharge in with ability to follow one step command consistently without any symptoms of agitation (Rancho Los Amigos Scale V). **Results**: All investigations were done to rule out other causes of coma, and we came to the conclusion that his prolonged coma and elevated white blood cells (WBC) count is due to the ventriculitis . It stresses that complications of disorder of consciousness can occur without signs and symptoms of infections (except for increase in WBC), in comatose patients. There was no further deterioration of consciousness once the ventriculitis was properly managed. **Conclusion**: In summary, the most important thing in this totally preventable condition is to distinguish the cause of prolonged coma, together with the ability to manage accordingly through effective communication in multidisciplinary management.

Keywords: Traumatic brain injury; Ventriculitis; Multidisciplinary; Nursing Care; Coma.



Room 3

Health Promotion Media with Snakes and Ladders Game as an Effort to Develop the Prevention of Sexual Violence in Children

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Sebelas Maret University

Abstract

Background: Indonesia included in the emergency sexual violence against children that children need supervision from parents and need to be given the knowledge to protect themselves because acts of sexual violence against children are not infrequently done by those closest to them. A fun way for children to understand more easily is learning while playing. Health promotion media as a way of visual learning consists of board games and dice. **Purpose**: This study aims to create a learning game of snakes and ladders to develop the ability to prevent sexual violence in children that meets the benchmarks of practical and effective feasibility.
Methods: This research includes development research using research and development methods. Information gathering is taken based on the results of interviews with stakeholders. The data analysis technique used is descriptive qualitative analysis. **Results**: Based on the results of stakeholder interviews obtained information on the importance of developing media that are fun for children so they can understand how to prevent sexual violence against children. The researcher planned and developed the initial product by applying the concept of underwear rule to the ladder snake game and the game manual. Field trials obtained an average value before playing 7.00 and an average after playing 8.48 with an average increase of 1.48, this shows an increase in the ability to prevent sexual violence in children. **Conclusion**: Development of the ability to prevent sexual violence in children with snake and ladder games effectively and efficiently as a medium for health promotion.

Keywords: snakes and ladders game, prevention of sexual violence in children

The Effect Of The Hand Hygiene History On Student Attitudes In Applying Hand Hygiene In Clinical Nursing Practice

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Keperawatan FIKes Universitas Jenderal Soedirman

Abstract

Background: Various media in hand hygiene topic has been developed in order to make it easier for students to master the procedure, but building a positive attitude in practice related to applied this skill has not been widely developed. **Purpose**: This study aimed to explore the development of positive attitudes about hand hygiene behaviour in clinical practice through learning hand hygiene history. **Methods**: A quasi experiment used pre and post-tests with control group design were conducted. The sampling technique used total sampling. The sample was 54 students and divided into the intervention group and the control group. Data collected using questionnaires and paired t test, and unpaired t test was applied to analyse the data. **Results**: This study showed a significant difference between intervention and control groups on the value of attitudes (p = 0,021). **Conclusion**: Therefore, knowing the history of hand hygiene improved students attitudes on hand hygiene behaviour in the clinical field significantly. Some implications for teaching are also provided.

Keywords: booklet, hand hygiene, the history of hand hygiene

Differences in the Cultural Knowledge and Cultural Skill between Nursing Lecturers at Public and Private Colleges in Central Java Province, Indonesia

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Abstract

Background: Cultural knowledge is the process of seeking and obtaining a sound educational base about culturally and ethnically diverse groups. Cultural skill is the ability to collect culturally relevant data regarding the patients presenting problem, as well as accurately performing a culturally based physical assessment in a culturally sensitive manner. Cultural knowledge and cultural skill of nursing lecturers can be seen on trans cultural teaching behavior. **Purpose**: To determine the cultural knowledge and cultural skill between nursing lecturers at public and private colleges in Central Java Province. **Methods**: The study made use of a non experimental descriptive comparative method of quantitative research. The study had 134 nursing lecturers from two public nursing colleges and five private nursing colleges. T test was used for analyzing the data. **Results**: The study found that there is a significant difference on cultural knowledge (the computed t= 2.116 > t table= 1.96), and there is no significant difference on cultural skill (the computed t= 1.900 < t table= 1.96), between nursing lecturers at public and private colleges. **Conclusion**: Cultural knowledge and cultural skills are important part of cultural competence that must be mastered by nursing lecturers. Cultural knowledge of nursing lecturers from public nursing colleges needs to be improved

Keywords: Cultural knowledge, cultural skill, nursing lecturers, public colleges, private colleges

Learning Motivation Using Blended Learning and Students Learning Outcomes in Nursing Department Jenderal Soedirman University

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Abstract

Background: Blended learning was a mixed learning model between online learning and face-to-face learning which aimed to keep the learning process contextual, directed, and based on information technology. Blended learning is expected to be able to attract students^ attention and interest in learning activities. **Objectives**: The purpose of this study was to determine the correlation between learning motivation using blended learning and students^ learning outcomes of the Nursing Department, Jenderal Soedirman University. **Methods**: This study used a quantitative design with a correlative descriptive method. Random sampling with 97 students as the respondents. The research instrument used the ARCS-V Learning Motivation Questionnaire (Keller 2016) and a list of mid-semester exam scores on the Nursing Information System. Univariate analysis was used to identify age and gender characteristics, as well as the description of learning motivation and learning outcomes. Bivariate analysis using Pearson Product Moment Correlation was used to identify the correlation between the motivation to learn using Blended Learning and learning outcomes. **Results**: The average score of student^s learning motivation was moderate motivation. Learning motivation using blended Learning had a moderate positive correlation with learning outcomes. **Conclusion**: There was a significant positive correlation between the learning motivation using Blended Learning and students^ learning outcomes of the Nursing Department, Jenderal Soedirman University.

Keywords: Blended Learning, Learning Motivation, Learning Results

Factors That Affect The Nurses Role As An Educator Of Diabetes Mellitus in Dr. R. Goeteng Taroenadibrata Hospital Purbalingga

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Nursing Department, Faculty of Health Science, Universitas Jenderal Soedirman

Abstract

Background: In the treatment of diabetes, the nurses role as an educator is important. The knowledge, motivation, charge nurses role, and workload probably have a relation towards its role. **Purpose**: The purpose of this research is to know the relation between knowledge, motivation charge nurses role, and workload to nurses role as an earlt treatment educator for DM patients. **Method** : The study use descriptive correlative design with cross-sectional approach. The data collected through questionare. The population of this study is all nurses in surgical ward of dr.R. Goeteng Taroenadibrata Hospital Purbalingga. This study use total sampling technique with 70 respondent. **Result** : The results showed that 94,3% of respondents had a good knowledge, 47,1% had a good motivation, 66,6% the charge nurses role in the good category, 95.7% had a high workload and 75.7% had the role of a self-care nurse educator DM in good category. The result showed that there is a correlation between knowledge, motivation, charge nurses role as an early treatment educator for DM patients (p=0,046; p<0,001; p= 0,011). Except for the workload that does not have a correlation with it (p=0,737).
Conclusion : Knowledge, motivation, and charge nurses role have a significant reliation to nurses role as an early treatment educator for DM patients meanwhile the workload does not have a correlation with it.

Keywords: workload, educator, motivator, knowledge, charge nurses role, role of the nurse

Developing a Short Course for Promoting Civility in Indonesian Nursing Education

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Abstract

Background: Civility is the foundation of professionalism and acknowledged as socially and culturally determined. Therefore, promoting civility is also a unique challenge for educator in nursing education in which it is needed of a specific learning technology that context bound such as blended learning. A blended learning provides realistic portrayals of civility and incivility in nursing education that develop students effective respond for use in their professionalism journey. **Purpose**: This study aimed to develop a blended learning course to promote civility in Indonesian nursing education. **Methods**: This study was a research and development study using ADDIE (Analysis, Design, Development, Implementation, and Evaluation) model that was developed by some scholars. The ADDIE model is an instructional design process that aims for a learner-centred learning. This study recruited five lectures and 30 students for module evaluation. The evaluation consisted of 4 point Likert scale questionnaire and two open-ended questions. **Results**: A blended-learning module of promoting civility is established. Mean score of the module evaluation was 3.29 (SD 0.51). Some suggestions included rubrics adjustments, well-defined session activities (before class, in class, after class), more examples of civility and incivility incidences and creating video of the lecturers that explaining about civility and incivility concepts. **Conclusion**: This study provides a novel-blended learning module of promoting civility for undergraduate students in Indonesia. Further recommendations include to modify the structure of the course and to enhance the quality of the video clips, for its applicability in the teaching-learning process and further research.

Keywords: civility, nursing education, short course

Effectiveness of Online Registration for Waiting Time and Outpatient Satisfaction

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Abstract

Background: Long waiting time indicates that the patient feels unnoticed and treated fairly so that it can cause many complaints. High complaints cause patient dissatisfaction. **Purpose**: The purpose of this study was to analyze the effectiveness of online registration for waiting time and outpatient satisfaction. **Methods**: This study used an experimental design with a post-test only control group design. This design was divided into two groups, including control and intervention (∑n = 80 people). The instruments used were the patient satisfaction questionnaire and waiting time observation. Data were analyzed using the Mann Whitney test. **Result**: The results showed that the mean of patient waiting time online is faster than the average waiting time of patients offline with a difference of 44 minutes. And the mean of online patients satisfaction is higher than the mean of offline patients satisfaction with a difference of 3.77 points. There were differences in online waiting times and offline patient waiting times (p-value= 0,001). In addition there are differences in online patient satisfaction with offline patients (p-value= 0,045). **Conclusion**: The conclusion was that the online registration system was effective for enhanced patient satisfaction and reduced waiting time. Hospitals can implement online registration extensively for the health services of outpatient.

Keywords: nurse satisfaction; online registration; outpatients; waiting time

Primary Care Nurse Practitioner Role Extending; "A Necessity In Indosesia Health Care System

Dedy Purwito

Community Nursing Department, School of Nursing, Health Science Faculty, University Muhammadiyah of Purwokerto

Abstract

Background: Extend the nursing roles are complex, based on rising demand of health care, pressure to constrain costs, poor access to services and medical human resource shortage. The nurse has been able to practice most freely where there is a shortage of medical practitioners. The clarity, role of nurse, strength in nursing focus, and support from PC management and physicians are required for prescriptive authority to be fully enacted. **Purpose:** to explore the nature of PC in term of PC nurse practitioner (NP) role. **Methods**: Using critical ethnographic, thirteen primary participants (PC staff), and twenty-three secondary participants (PC stakeholder) were selected considering the PC and health care services knowledgeable. An open-ended interview, unstructured type of question from guided interviews were conducted to verify detailed information. Interview guidelines are based on the context of the nature of PC. Data were generated via taped interviews, participant observation, and photographs. Transcripts and field notes were analyzed qualitatively yielding categories, domains, cultural themes, and a descriptive matrix. **Result**: Three themes were identified; 1) meet the need for extend; 2) discomfort versus requirement and 3) capacity development. **Conclusion:** Role of PC NP should continue to be developed locally so that local consistency in practice is achieved. The practice development never really ends, it is a dynamic process, and change to practice are continuously evaluated and re-evaluated.

Keywords: Primary Care, Nurse Role, Nurse Practitioner



Room 4

Bullying Health Education using the group method can improve students knowledge and attitudes about bullying at SD Negeri Aroepala Makassar

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Abstract

Background: Bullying is an act of using power to hurt a person or group of people verbally, physically and psychologically so that the victim feels depressed, traumatized, and helpless. Children and teenagers who are victims of bullying are more at risk of experiencing various health problems, physically and mentally. **Purpose**: This study aims to determine the effect of bullying health education on students^ knowledge and attitudes about bullying in primary schools. **Methods:** This research is an experimental research (experimental research) with a pre-experimental design research method without using a control group on the population and the sample is class VI students at SD Negeri Aroepala who are registered and actively participate in learning for at least 6 months as many as 60 respondents. Methods of data analysis using the Wilcoxon Signed-Rank Test technique to test the scores of two paired samples (related Sample) and abnormal distribution data, namely pre-test and post-test in the experimental group. **Result:** The results showed that bullying health education using the group method could improve students^ knowledge and attitudes about bullying ($p = 0.000$). **Conclusion**: It is suggested that schools should have local content about bullying material that is integrated in the subject so as to increase students understanding of bullying behaviour.

Keywords: Bullying, Health Education, Knowledge, Attitude

Literature Review: The Impact of Cyberbullying on Adolescent Mental Health and Prevention Efforts

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Abstract

Background: Cyberbullying has been defined as the harassment and mistreatment of others using electronic devices repeatedly and intentionally. Most teenagers who experience cyberbullying will have psychological trauma. Cyberbullying adolescents tend to experience loneliness and social isolation, which leads to low self-esteem and depression. **Purpose:** The purpose of writing an article is to find out the mental health of adolescent victims of cyberbullying and how to prevent it. **Methods**: This systematic review was carried out in June 2020. By searching databases including Google Scholar, PubMed, and Science Direct. Keywords used: adolescent, cyberbullying, impact, mental health, psychological, victims. **Result**: The results showed that adolescents who are victims of cyberbullying will experience psychological impacts including cognitive, affection and conative. **Conclusion**: The conclusion from writing a review article is that there is an impact on mental health in adolescents victims of cyberbullying. Therefore, needs to be an effort to provide awareness to the public, especially social media users, so that they can use it wisely and wisely as well as anticipate all things that can harm and hurt others.

Keywords: adolescent; cyberbullying impact; mental health

Special Needs Children Profile In Banyumas District, Central Java Province, Indonesia

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Abstract

Introduction: Indonesia had increase the amount of children with special needs. Most of special needs biggest problem is related with social communication, especially social responsiveness impairment. Children with special needs are always claimed as people who are strange or have mental issues. **Objective**: The aim of this study to identify the characteristic of special needs children and compare the social responsiveness between normal children and special needs population. **Methods**: The study used cross sectional approach included 334 children consist of 245 normal children and 89 special needs children. Study population were in Banyumas district, Province of Central Java, Indonesia. Study used questionnaires that filled independently. Its content characteristics and social responsiveness and behavior factors using Indonesian version of modified Social Responsiveness Scale. **Results**: Most of the children with special needs were boy and had a history of sickness or injuries during 5 y.o. From 89 special needs children, 53 children were diagnosed as autism, 11 children were cerebral palsy, 9 children were ADD/ADHD, 5 children with down syndrome, 2 children with mental retardation, and 9 children had other special needs diagnosed. Children with special needs also had SRS scores bigger than normal children (p=0,000) that indicated an impairment of social responsiveness. **Conclusion**: Most children with special needs had an impairment of social responsiveness. Continuing screening and therapy will help children with special needs to have better social communication in the community.

Keywords: Social behavior, responsiveness, autism, special needs, communication

The Correlation between Family Support and Premarital Screening Decision Making on Adolescents with Thalassemia

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Abstract

Background: The cure from this disorder has not been found yet so thet early prevention becomes more important than the treatment. Word Health Organization (WHO) suggests two prevention ways, namely pregnancy examination and inhabitants screening, in order to identify the carrier of thalassemia. **Purpose**: The research purpose to identify the correlation between family support and premarital screening decision making on adolescents with thalassemia in RSUD Banyumas, a regional public hospital of Banyumas. **Methods** : This research is a correlational research using cross-sectional design. The research sample includes 75 adolescents with thalassemia, aged 12 to 21 in thalassemia ward of RSUD Banyumas. The sampling is purposive sampling. The data are collected using a questionnaire consisting of 21 questions for respondents. The data are analysed by using Chi-Square test. **Results** : The bivariate test result reveals that there is a correlation between the family supports with the premarital screening decision making on adolescents in thalassemia ward of RSUD Banyumas (p-value = 0.047). **Conclusion** : The screening purpose to decrease mortality and morbidity because of thalassemia. It is conducted mainly in couples who are at risk of having children with thalassemia.

Keywords: family support, premarital screening, thalassemia

Universal Child Immunization Coverage In Prrworejo District: Cross Sectional Survey Using Rapid Card Form

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Abstract

Background: Immunization program of Indonesia aims to lower the Infant Mortality Rate (IMR). The success of this program can be measured by the progress Universal Child Immunization in (rural) villages. One of the areas that has a low Universal Child Immunization in Central Java is Purworejo District. **Purpose**: This study aims to analyze Universal Child Immunization coverage in Purworejo District using Rapid Card form. **Methods**:
We collected 970 samples using Rapid Card Check (RCC) forms using random sampling technique on parents with 12-23 months babies in Purworejo district. RCC forms, as recommended by UNICEF, served as an instrument to check Immunization coverage and accuracy. Data were processed and analyzed using qualitative and quantitative methods. **Result: T**he range of babies who has completed their Immunization vary from 12 to 23 months. The highest BCG vaccine coverage was 97.4% while the lowest was 94.8%. This number was higher than Purworejo District 2017 target of 90% coverage. The highest percentage of vaccination which were given on time was HB0 (86.2%) and the lowest was pentavalen (44.5%). **Conclusion**: There are still babies that has yet to be immunized with the youngest being 12 months old and the oldest 23 months.

Keywords: Immunization Coverage, Rapid Card Check, Purworejo District, Universal Child Immunization

The Game Model To Develop Motor Skills For Kindergarten Students

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Abstract

Purpose: This study aims to produce a game model to develop gross motor and fine motor skills together for kindergarten students who have been adjusted to the curriculum and characteristics of kindergarten students. **Methods**: This research is in accordance with the steps of development research from Sugiyono (2016): (1) potential and problems, (2) data collection, (3) product design, (4) design validation, (5) revision, (6) product trials, (7) product revisions (8) trial use, (9) product revisions. **Result**: The results of this study produced five types of game models, namely: (1) grain games, (2) airplane games, (3) zigzag animal games, (4) straws, and (5) crawling glass games. The results of the small-scale trial get a percentage rating of 93.6% with a value of 4.68 and fall into the very good category, while the results of the large-scale trial get a percentage of the assessment of 97.4% with a value of 4.87 and fall into the very good category. **Conclusion**: Based on the results of expert and teacher assessments at the validation stage up to a large-scale trial, it can be concluded that the game model developed to improve the kindergarten student motor skills is appropriate for learning because it matches the curriculum and characteristics of kindergarten students.

Keywords: game model; motor skills; kindergarten

Mothers Perception and Knowledge Towards Obesity with Obesity Status in Preschool Age Children in Indonesia

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Abstract

Background: Obesity is a health problem that is often found in children. In Indonesia, many children are overweight and obese. Mothers who have the wrong perception of a childs weight status and have poor knowledge about child obesity usually have obese children. Hence, mothers perception and knowledge influence childrens weight status. **Purpose**: To determine the relationship between mothers perception and knowledge towards obesity with obesity status in preschool age children in Indonesia. **Methods**: The study used a quantitative correlational design with a cross-sectional approach. The population of the study is all mothers who had preschool age children. 408 mothers were involved through incidental sampling technique. The study was conducted from April May 2020. We used questionnaires about mothers perception and knowledge towards obesity in preschool age children with validity and reliability, values of 0,739 and 0,747. **Results**: Chi square analysis showed a significant relationship between mothers knowledge with obesity status in preschool children in Indonesia (p= 0,003). Meanwhile, there was no relationship between mothers perception with obesity status in preschool children in Indonesia (p= 0,730). **Conclusion**: The results of this study can be used by educational institutions to increase a mothers knowledge about child obesity through education. It also can be used as a reference for further research on childhood obesity with different variables, such as a mothers attitudes about child obesity and childrens eating habits.

Keywords: Child; Knowledge; Mother; Obesity; Perception

Impact of Menstrual Blood Loss on Hemoglobin Levels among Adolescent Girls in Banyumas

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Abstract

Introduction: Excessive menstrual blood loss (MBL) is the most common symptomatic disorder in the menstrual cycle. It is a major cause of anemia in adolescent girls. Blood loss during menstruation shows the loss of iron stores quickly due to the amount of blood that comes out while the longer a woman experiences menstruation, the more blood comes out and the more iron deposits are lost. **Objective**: To investigate the relationship between menstrual blood loss (MBL) and adolescent girls hemoglobin levels in Banyumas. **Methods**: The study used a cross-sectional design with a sample of 170 students at Banyumas Vocational School. The menstrual blood loss was obtained using the menstrual pictogram questionnaire and the hemoglobin level expressed in g / dL units using the Hb Quick-Check tool. Analysis of data using a chi-square and linear regression test. **Results**: There was statistically significant between menstrual blood loss with hemoglobin level (OR: 2.09-CI95% : 0.18-23.8- p: 0.048). Increasing the menstrual blood loss by 10 ml will reduce the hemoglobin level by 1.2 mg / dL. **Conclusion**: There was significant relationship between menstrual blood loss and iron deficiency among adolescent girls in Banyumas.

Keywords: menstrual blood loss, hemoglobin levels, adolescent girls



Room 5

eSport and Philosophy Behind: A Literature Review

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Abstract

eSport proliferating all over the world and became an inevitable phenomenon. eSport rising rapidly since the beginning of the new century, especially since the industrial revolution 4.0, beyond the disagreement of esports as a branch of sport. eSport arises being a trend and millennial lifestyle that can provide a new paradigm in sports fields. eSport is a necessity in a world that increasingly emphasizes the digital basis in everyday life. This research tries to complement the study of eSport from a philosophical perspective. The study of philosophy in eSport intends to provide a philosophical perspective that seeks to explain the nature, questioning the issue of eSport critically in order to obtain fundamental knowledge of the reality of eSport phenomena. In the field of sports, several concepts require a deep understanding. The concept becomes a mental picture of an abstraction of a phenomenon that appears based on the perception of symptoms that can be captured by the five senses. This research aims to provide an approach to the philosophical basis of eSports development. This research is qualitative research with a descriptive approach. The method in this research is a literature review. The results showed that eSport reflects the basic philosophical concepts of materialism, pragmatism, and existentialism seen in the substance of the material, the impact in various fields of human life, and eSports players^ motivation.

Keywords: eSport-Digital-Philosophy-Virtual

Students musculoskeletal complaints and learning postures analysis in case of studying from home

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Abstract

Background: Sitting for too long can cause discomfort or complaints in the muscles, although this condition commonly occurs in the office workplace. This year pandemic condition forces workers to work and students to study online from home using a computer or laptop. Problems that occurred due to workplace/study conditions at home are different from the office/classroom that already provides adequate work infrastructure in the office. **Purpose**: This research was conducted to determine the effect of a computer work station at home during the implementation of work from home to 33 students. **Methods**: Data collection were using a questionnaire given to students online when they attended lectures in a sitting position. The first questionnaire was the Nordic Body Map to identify the number of complaints felt before and after attending a lecture. Then students are asked to fill in the Rapid Upper Limb Assessment and Rapid Office Strain Assessment forms to describe the sitting position when they studying. **Result**: The analysis showed that 55% of men, 60% were 20 years old, 71% used an external mouse, 94% used a laptop in studying, and 30% were in front of the computer 6 hours a day. **Conclusion**: Complaints after lecture in front of the laptop most often occur namely the lower back, upper back, neck, shoulders, and buttocks. This can be caused by the sitting position that advances toward the table, the chair does not have an adequate backrest, the position of the monitor screen under-eye view, and the chair is too high or too low.

Keywords: posture analysis, msds, student, work from home, covid19

Revealing Fanaticism of Football Supporters: Mass Psychology Perspective

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Abstract

Background: Football has been transformed into a new religion, which has implications beyond the mere physical exercise. The behavior of football supporters is a crucial study conducted because supporters have an essential role in the achievements and existence of a football club. **Purpose**: This study aims to determine the level of fanaticism of football supporters in the BARLINGMASCAKEB region (Banjarnegara, Purbalingga, Banyumas, Cilacap, and Kebumen) secondly. Analyzing the behavior of football supporters using the perspective of mass psychology. **Methods**: The research method used is a combination of quantitative research and qualitative research. Quantitative research was conducted to measure the level of fanaticism and aggressiveness of football supporters by using a questionnaire. The respondents were supporters of football clubs in the BARLINGMASCAKEB region with an age range of 17-30 years using the Random Sampling technique. The research instrument used a questionnaire about fanaticism and aggressiveness in sports provided online to research respondents. Data analysis using correlation techniques with the guidance of SPSS applications. Qualitative research was conducted to analyze football supporters behavior by using a literature review with mass psychology as a theoretical framework. **Result**: The results showed that football supporters in the BARLINGMASCAKEB region had a high level of fanaticism and agrressiveness. **Conclusion**: A persons personality can change when in a crowd because of group conformity and adrenaline-triggered biological factors. This condition triggers aggressive actions and involvement in destructive anarchist actions. The aggressive behavior of football supporters also impacted the high level of unrest and the potential for disunity among football supporters.

Keywords: Aggressiveness- Football- Fanaticism- Mass Psychology- Supporters

Deviate of Adolescence in the Physical Education Study Program at the University Jenderal Soedirman Enviroment

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Abstract

Background: 12-21 years is an age categorized as adolescents, in the adolescent phase someone develops socially. Social development at this stage is influenced by hormones that trigger a person to do things that are not as usual. This is mostly done to fulfill the curiosity that is dominate by adolescence. **Purpose**: This study aims to determine develops that deviate from the prevailing norms in society that have been carry out by adolescents in the physical educatuion study program. **Methods**: This reasearch is a qualitative research. The population of this study were students of physical education study programs, while the sample was 50 students. The data sources used in this study were all information obtained from a survey of deviant behavior to all samples. **Result**: The result obtained from the data that have been obtained show that students have commited behavioral deviations with the easy category 100% done deviations with the medium catagory as much as 4% watched/owned porn videos 45%.
Conclusion: Adolescence is an age that is susceptible behavioral deviations due to several factors that absolutely occur in adolescence, such as a result of hormonal factors, internal and external factors.

Keywords: Deviate, Adolecence, Physical Education

Olympic Movement: Its Impact on the Development of Sports in Universities in Indonesia

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Abstract

The purpose of this article is how the role of the Olympic movement towards the development of college sports in Indonesia. The Olympic movement is a movement led by the IOC that aims to contribute to building a peaceful and better world by educating young people through sports that are practiced without discrimination based on the values of friendship, solidarity and fair play. Sport is the main medium for achieving the goal of the Olympic movement. The current phenomenon is a decrease in sports participation, especially during the early age of college, data shows that physical activity is at the highest level among children, but then decreases when children become teenagers. The level of physical activity decreases even further as teenagers move to young adulthood as well as what is happening now in Indonesia. Through the spirit of the Olympic movement the government is obliged to provide services and facilities for sports activities including sports in universities in Indonesia. The only body responsible for student sports in Indonesia, BAPOMI has not been able to contribute greatly to the development of college sports. The need for strategic steps and policies from the government so that BAPOMI will again become the spearhead of sports in Higher Education, as well as the application of four important elements in the development of sports in Higher Education, namely the sports curriculum at Universities sports on campus (intramural), sports competitions in and between universities (extramural), as well as networks to sports clubs outside the campus.

Keywords: Olympic Movement, Sports in Higher Education, Intramural, Extramural, Indonesia

Effectiveness of Multilateral Drills on Cognitive and Psycho-motor Ability for Male Sport Student

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Abstract

Background: Sport students require good physical-, skills and mental profile to carry out daily lectures assignments. An excessive physical fatigue in carrying out activities reduces the quality of movement pattern, coordination skill and level of concentration while in carrying out cognitive tasks. Monotonous sports learning models provide ongoing physical fatigue and reduce academic performance. Multilateral training is a kind of physical training that is packaged in games model using variations in the form of exercise, intensity and volume. A well-structured multilateral exercise can provide a variety of motion stimuli, skills, high levels of concentration and motivation and avoid monotonous effects. **Methods**: The method of study was experimental research with a cross sectional and non-equivalent control group design. The sample amounted to thirty five male sport students member of university soccer club. The structured small side game was implemented as multilateral training. The Short-term memory tested with digit-span, skill coordination conducted with passing-controlling while mental profile applied by self-assessment questionnaire. The data analysis used t-test with a significance value <0.05 which was assisted by the application of SPSS version 25. **Result**: The study shows significantly of eye-hand coordination with a value of 0.013 to cognitive, meanwhile for eye-foot coordination state a value of 0.034. The negative significantly shows between agility and cognitive as a value of 0.072. **Conclusion**: There was significant relationship between multilateral coordination drills with short-term memory on cognitive intelligence. There was no significant relationship in the effect of agility on cognitive intelligence.

Keywords: Futsal, Coodination drills, Digit-Span, Short-term

High Intensity Interval Training, Fartlek Training & Oregon Circuit Training: What Are the Best Exercises to Increase VO2 Max?

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Abstract

Purpose: This study aims to determine the effect of High Intensity Interval Training (HIIT), Fartlek Training and Oregon Circuit Training on the level of VO2 Max Athlete Soedirman Expedition VII and find out which exercises have the best influence. **Methods**: This study uses a pre-experimental method with two group pretest posttest design. The study population numbered 40 people and used a total sampling technique to obtain a sample of 30 people. The research instrument used is the Multistage Fitness Test (MFT). Data analysis techniques used are Paired T-Test and Independent T-Test. The results showed that there was an effect of High Intensity Interval Training (HIIT) (p = 0,000), Fartlek Training (p = 0.000) and Oregon Circuit Training (p = 0,001) on increasing the level of VO2 Max Soedirman VII Athlete Expedition. **Result**: there is no significant difference in effect between High Intensity Interval Training (HIIT), Fartlek Training and Oregon Circuit Training on increasing the level of VO2 Max athletes of Soedirman VII Expedition, with these results there is no difference in the effect of the three types of exercise on increasing VO2 Max capacity, however, when viewed from the percentage increase, the High Intensity Interval Training method shows better results with a percentage increase of 40.68% and it is recommended to increase VO2 Max capacity.

Keywords: High Intensity Interval Training- Fartlek Training- Oregon Circuit Training- VO2 Max

The Effectiveness Of The Development Of Rhythmic Activity Model Of The Barongan Dance Modification For Physical Education Learning In Primary School

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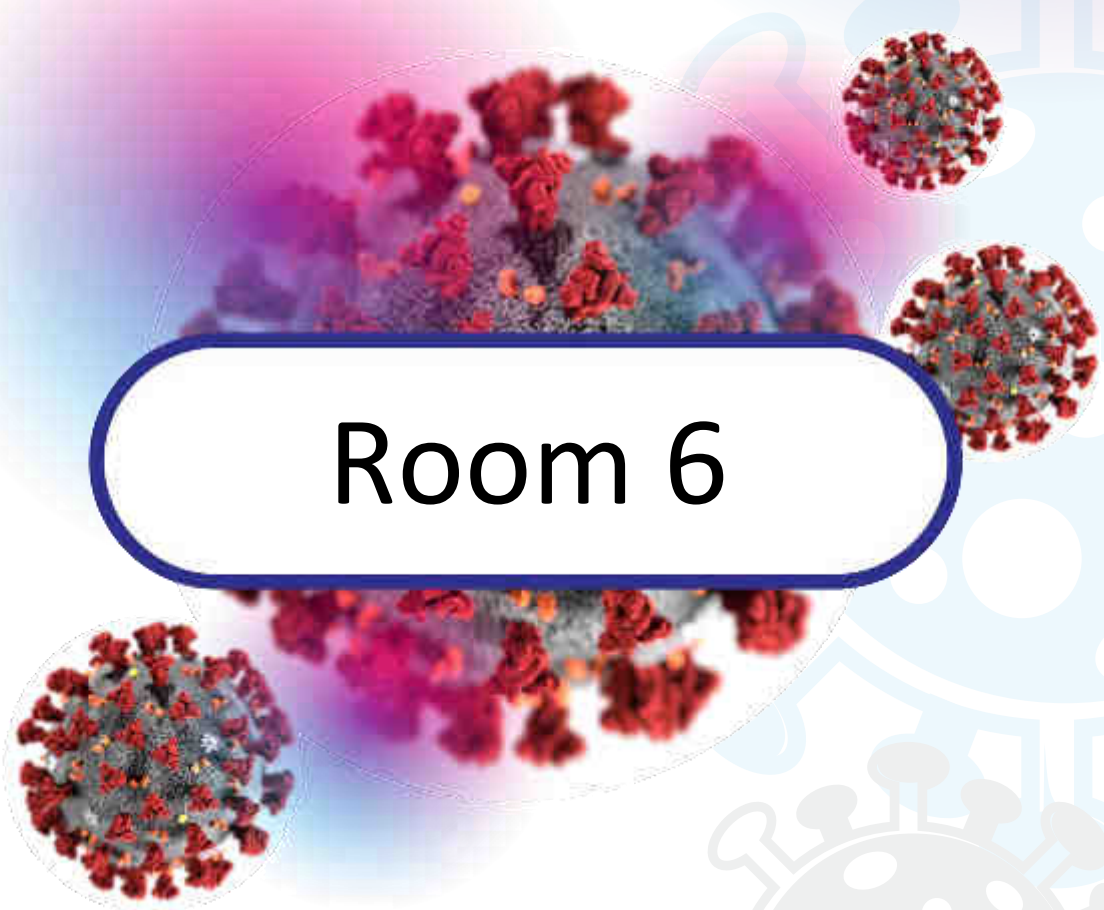
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Abstract

Purpose: This study aims to produce a rhythmic activity model by modifying barongan dance in Physical Education learning in primary schools. **Methods**: This is a research adapted by Borg & Galls research steps consisting of ten steps of conducting research as follows: (1) gathering information, (2) planning the products to be created, (3) preparing initial product drafts, (4) having small-scale trials, (5) revising product, (6) having large-scale trials, (7) revising product, (8) testing the effectiveness, (9) revising final product, (10) disseminating the products. Small-scale field trials were conducted at the two Primary School. Large-scale field trials were conducted at four Primary School. The instruments used to collect data are observations, interviews, evaluation sheets of effectiveness tests including evaluation of learning outcomes, consisting of cognitive, affective, psychomotor evaluation. **Result**: The validity of the cognitive validity evaluation instrument is 0.631 with the reliability of 0.836. Meanwhile the evaluation of affective validity is 0.679 with reliability of 0.700, and the evaluation of psychomotor validity is 0.648 with the reliability of 0.824. The data analysis technique used is quantitative descriptive analysis and normality test analysis, homogeneity test, and t test. **Conclusion**: The product of rhythmic activity model development, which is the result of this research, was done by modifying barongan dance in physical education learning for the high-grade students in primary schools. This product is found to be very effective. The rhythmic activity in barongan dance modification in Physical Education learning contributed 11.03% for cognitive aspects, 12.06% for affective aspects, and 13.60% for psychomotor aspects.

Keywords: rhythmic activity, barongan dance, physical education learning, primary school.



Room 6

Empowerment Of Attitude And The Role Of Cabe Farmers Communities In The Application Of Behavior Safety In Gambuhan Village, Pulosari District, Pulosari District

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Abstract

Background: Potential danger exists for each individual condition and environment around the chilli farmers workplace. Poor potential hazard control can lead to work accident cases that can harm chilli farmers. Occupational accidents and occupational diseases occur can be caused by unsafe behavior at work. **Purpose**: This study aims to determine the relationship between attitude and safety behavior of chilli farmers in Gambuhan Village, Pulosari District, Pemalang Regency. **Method**: This research is a survey research using a cross-sectional study approach. The population in this study was chilli farmers in the area of Gambuhan Village, Pulosari District as many as 2899 inhabitants. The sampling technique was done by purposive sampling with 72 people. Data collection of respondents by interview using a questionnaire, data analysis was carried out by univariate and bivariate analysis using the chi-square test. **Results**: The results of a univarait analysis of respondents who had good knowledge were 67 (93.1%) respondents, attitudes that supported 37 (51.4%) respondents, the availability of facilities and infrastructure available 55 (76.4%) respondents, and safety behavior is still lacking 39 (54.2%) of respondents. The results of the bivariate analysis were related to the attitude of the chilli farmers and safety behavior ($p = 0.019$). **Conclusion**: Chili farmers knowledge about work safety is good. There is a relationship between attitude and safety behavior. Chili farmers are advised to continue to increase knowledge about work safety in order to implement safety behavior properly. Chili farmers are also advised to form farmer groups as a medium of communication and consultation on work safety and other issues.

Keywords: Empowerment of chilli farmers, attitude, work safety, safety behavior.

Populations in Panongan Subdistrict, TangerangA

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Abstract

Background: Dengue Hemorrhagic Fever (DHF) is a disease that affects the population in urban areas. However several recent studies have shown that the incidence of dengue increased in rural areas, whereas urban areas act as viral reservoirs within smaller communities. **Purpose**: This study aims to to analyze spatial and mapping distribution of DHF with Geographic Information System (GIS) in Panongan Subdistrict, Tangerang. **Methods**: This study is classified as a descriptive analytic study with simple random sampling method, with a sample size of 95. Data is analyzed using spatial and statistical analysis. **Result**: The results showed that the largest number of respondents came from Mekar Bakti Village. **Conclusion**: It is recommended that further prevention of DHF needs to be done by protecting ourself from mosquito bites, wear clothes that support arms and legs and use mosquito nets and mosquito repellent when traveling in the tropics.

Keywords: DHF, GIS, Rural Population

Smoking At Home And The Incidents Of Acute Respiratory Infections In Toddler And Preschool Age

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Abstract

Background: Smoking is one of the factors that caused Acute Respiratory Infections (ARI) especially in passive smokers. In Indonesia, ARI is one of the diseases that caused death in toddler and preschool children. ARI is one of the most common patterns of disease in the Community Health Center (Puskesmas) Puuweri, West Sumba as much as 44.1%. **Objective**: To determine the correlation between smoking at home with ARI incident in toddler and preschool age at Integrated healthcare post for children (posyandu) under Puskesmas Puuweri.
Method: This study employed a correlational quantitative method with a cross-sectional approach. This study used accidental sampling with 32 samples of mothers who had toddler or preschool children who came to posyandu. The instrument was modified questionnaire, with cronbachs alpha 0.650 for ARI incident variable and 0.686 for smoking behavior. **Results**: The results showed 16 (50%) respondents families were smoking at home. There were 8 (25%) ARI incidents and 24 (75%) non-ARI. Bivariate analysis with chi-square test showed there was no correlation between smoking at home with the incidence of ARI in toddler and preschool children at Posyadu under Puskesmas Puuweri (p value 0.414 and OR = 1.975).
Conclusion: The risk of ARI in toddler and preschool children can be reduced by stop smoking at home.

Keywords: Keywords: Acute Respiratory Infections (ARI), Community Health Centre, Preschool, Smoking, Toddler

The Correlation Between Influence Of Social Environment And Smoking Behavior Of Adolescents In High School

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Abstract

Background: Smoking behavior in Indonesia continues to increase at the age of adolescents (aged 14-19 years), and smoking behavior starts at a young age. Many factors can cause young adolescents to smoke, one of them being the influence of the social environment. **Purpose**: To determine the correlation between the influence of the social environment on smoking behavior in adolescents in High School. **Methods**: This study used a correlative quantitative methodology with cross sectional approach. The study used accidental sampling technique with samples size were 106 students of class XI High School in Tangerang. The instrument in this study used an online questionnaire. Analysis of data used univariat and bivariat. The variable smoking behavior has a cronbach alpha 0.8 while the social environment effect has a cronbach alpha 0.770. **Results**: Univariate analysis found that 98 (92.5%) respondents had an influence on the social environment while 8 (7.5%) did not have an influence. There were 77 students (72.6 %) had smoking behaviour, while 29 students (27.4 %) did not have smoking behaviour. Bivariate analysis with the Chi Square test found p value 0.001, meaning that there was a significant correlation between the social environment influence. **Conclusion**: Smoking behavior in high school adolescents can be reduced by giving them positive social influences on the environment.

Keywords: Adolescents, Behavior, High School, Social Environmental, Smoking

Exploration Of Health Cadres In Disaster Risk Reduction In Volcanic Disaster-Prone Areas: A Qualitative Study

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Abstract

Disaster preparedness and response is an important issue for everyone to be involved since the incidence of natural disasters has increased. Village health cadres as an essential part of the community have an important role in disaster risk reduction. The purpose of this study is to explore the role of village health cadres during disaster risk reduction in volcano prone areas in Banyumas Regency, Central Java, Indonesia. This research is a qualitative study with an in-depth interview approach and focuses group discussion. 10 Village Health Cadre were involved as participants in this study. Implementation of in depth interviews and focuses group discussion was guided by researchers and recorded with a tape recorder. The results were transcribed and analyzed with verbatim analysis. A total of six themes reflecting village health cadre experience in disaster risk reduction in volcanic disaster-prone are gathered from this study. The six themes are cadres feeling when there are signs of volcano Slamet, disaster activities that have been followed by village health cadres, activities that have been carried out by village health cadres in disaster risk reduction, skills needed during disaster risk reduction, lack of special disaster training for health cadres, and gender bias in disaster management. The village health cadres have the responsibility to prepare an effective service not only before the disaster, but also during and after the disaster.

Keywords: Calamity Training- Disaster Preparedness and Response- Health Cadres.

Accuracy Rapid Test Diagnostics on Dengue Suspect in Hospitals of Semarang City, Indonesia

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Abstract

Background: The diagnosis of dengue virus infection is done by anamnesis and physical examination in patient, then followed by inspection of laboratory in the form of checking of thrombocyte and hematocrit level. RDT NS1 and RDT IgG/IgM are used to strengthen the diagnosis of dengue virus infection quickly and easily. The aim of this study was to determine the accuracy of Rapid Diagnostic Test (RDT) to detect dengue virus infection in dengue suspect patients in Semarang City. **Methods**: The method used in this study was diagnostic test with cross sectional study design to analyse 54 dengue suspect patients in 2 hospitals and 7 public health services in Semarang City. Data collected were analyzed using descriptive statistic to identify the accuracy of the test. **Results**: The results showed that the patients with thrombocytopenia was 79.6%, and hematocrit levels was above normal (31.5%). When the results of RDT IgG/IgM examination were compared to RT-PCR, sensitivity acquired was 66.6%, specificity was 77.3%, positive predictive value was 28.6%, negative predictive value was 94.4%, and accuracy was 76%. Meanwhile, RDT NS1 had 5% sensitivity, 97.6% specificity, 50% positive predictive value, 68.3% negative predictive value, and 67% accuracy. Dengue virus strains found were DEN-1 and DEN-3. **Conclusions**: The conclusions of this study are that RDT NS1 and RDT IgG/IgM are not accurate for the diagnosis of dengue virus infection.

Keywords: Dengue, RDT NS1, RDT IgG/IgM, RT-PCR

Work Accident In Palm Sugar Farmer: Empirical Study On Informal Sector Workers In Indonesia

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Abstract

Purpose: This study aims to find out what risk factors that can cause work accidents in the respondent seen from individual / worker factors, employment factors and work environment conditions. **Methods**: The research method used is analytic survey with cross sectional approach. The test that will be used to analyze the results is the chi square test because the data is categorical. **Result**: The results showed that there was a significant relationship between weather conditions and workplace accidents with the value of p = 0,000 and there was no significant relationship between individual factors such as age (p = 0,193), nutritional status (p = 0,562) and knowledge level (p = 0,567) with the incidence of occupational accidents. Likewise there is no significant relationship between work factors in the form of work period (p = 0.833) and workload (p = 0.570) with the incidence of workplace accidents in the beneficiary. **Conclusion**: Based on these results, it is suggested to the beneficiaries that in carrying out their work activities they should be carried out during sunny weather conditions so that the climbing trees are not slippery and the possibility of an accident will not occur.

Keywords: accident, risk factors, palm sugar farmer



Room 7

Correlation body mass index, blood glucose level and adherence diet in type 2diabetes

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Abstract

Diet adherence in diabetes is an important part in increasing good glycemic control. Body mass index and blood glucose levels are factors that contribute to diet compliance in diabetic patients. This study aims to analyze the correlation between physiological adaptation and diet adherence in type 2 diabetes. The cross sectional study design with 100 respondents with type 2 diabetes with consecutive sampling technique. The study was conducted at H.M. Hospital Djafar Harun Southeast Sulawesi. When the research was conducted in January 2019. The instrument used was the Perceived Dietary Adherence Quuestionnaire (PDAQ). The test used to assess the correlation used the chi square test. The test results showed no significant relationship between body mass index with diet adherence (p = 0.293), and there was a significant relationship between blood glucose levels and diet adherence (p = 0.020). Diet adherence can be influenced by blood glucose levels. Efforts can be made to improve diet adherence to diabetes through promotion of dietary guidelines, healthy food choices, and consumer health, as well as changes to a healthy lifestyle

Keywords: blood glucose level, body mass indeks, diet adherence, type 2 diabetes

Comparison of Estimated Glomerular Filtration Rate Equations for Dosing Antibiotics in Chronic Kidney Disease Patients

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Abstract

Background: Antibiotics dose require dose adjustment according to renal function in chronic kidney disease patients. The optimal glomerular filtration rate (GFR) estimation equations remain uncertain to assess the individual patient s GFR as the degree of dose adjustment. **Purpose**: To determine the dose adjustment of antibiotics in patients with chronic kidney disease based on the estimation of glomerular filtration rate (eGFR) using the Cockroft Gault (CG), the Modification of Diet in Renal Disease formula (MDRD), and the Chronic Kidney Disease Epidemiology Collaborative (CKD EPI) equations. **Methods**: A cross-sectional study was conducted in chronic kidney disease patients who had used antibiotics when admitted to the hospitals during January-December 2017. The data were collected from the patients medical records in two hospitals in Yogyakarta and analyzed using the Kruskal Wallis test. In this study, 131 medical records were assessed. **Results**: The study found that no significant differences (Chi square=1.5968, df=2, p=0.45) among the calculation of eGFR using CG, MDRD, and CKD EPI equations. Antibiotics dose were unadjusted properly in 38.29% antibiotic using the CG equation, 38.51% antibiotic using the MDRD equation, and 38.07% antibiotic using the CKD EPI equation. The most frequently used antibiotic that needs dose adjustment was ceftazidime (16.53%). **Conclusion**: Although the three equations showed no significant differences to calculate eGFR using CG, MDRD, and CKD EPI, there is a slight difference in the percentage of unadjusted antibiotics dose.

Keywords: eGFR, Cockroft-Gault, MDRD, CKD-EPI, Antibiotic

The Difference of Effectiveness Between Chlorhexidine Gluconate Transparent Dressing 2% And Standard Transparent Dressing On Prevention Of Phlebitis In Dharmais Cancer Hospital, Jakarta

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Abstract

Background: One of the infections acquired in the hospital is nosocomial infection. From the many nosocomial infections, phlebitis ranks first compared to the other infections. One of the factors that influence the occurrence of phlebitis is a dressing factor. The dressing that is usually used is a transparent dressing. There are transparent dressings which have CHG and some are standard dressing (no CHG). **Purpose**: The aim of the study was to determine the difference of effectiveness between CHG transparent dressing and standard transparent dressing on prevention of phlebitis. **Methods**: This research was quasi-experimental design with a post-test only group design method. There were 23 people as the sample for each group using purposive sampling technique. The research instrument used the phlebitis observation sheet. Data analysis used chi square statistical test. **Results**: The incidence of phlebitis between CHG transparent dressing as many as 1 respondent (4.3%) while standard transparent dressing as many as 7 respondents (30.4%). Both groups had significant differences in phlebitis scores between CHG dressing and standard dressing (p 0.047). **Conclusion**: There is a significant difference between CHG transparent dressing and standard transparent dressing against the prevention of phlebitis, so the CHG dressing is more recommended as a dressing on the infusion.

Keywords: CHG Transparent Dressing, Standard Transparent Dressing, Phlebitis

Lifestyle Modification Through Plant-Based Diet And Exercise To Prevent And Manage Hypertension: An Integrative Literature Review

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Abstract

Notably, hypertension is a serious medical condition that escalates the risks of the individuals^ heart, brain, kidney, and other diseases. Nevertheless, the contemporary approach of lifestyle can be modified for the prevention and management of hypertension. Thus, this study is to verify the effectiveness of lifestyle modification through plant-based diet and exercise to prevent and manage hypertension as published in the different databases. The inclusion criteria for the integrative literature review were focuses on adult, the full research papers written in English and published over the period of 2015-2019, in EBSCO Cumulative Index of Nursing and Allied Health Literature (CINAHL) and PubMed databases. Furthermore, the studies were evaluated using QualSyst tool, a research appraisal tool developed by researchers from the Alberta Heritage Foundation. The analyses of the final three selected articles passing the inclusion criteria showed that lifestyle modification through plant-based diet is applicable to prevent hypertension, as an effective non-pharmacologic intervention to reverse hypertension, and an enormous remedy to reduce other risk factors of cardiovascular disease extensively. Moreover, exercise alone, especially the spasmodic exercise, were not significantly verified to be an intervention to prevent and manage hypertension. It is recommended that the community may apply a mutual combination of a consistent plant-based diet and routine exercise for the prevention and management of hypertension and that for government to encourage policymakers to develop a policy draft regarding plant-based diet and exercise, while for future researchers may widen the specified time frame of integrative literature review to be 2010-2020 or 2005-2020.

Keywords: blood pressure, exercise, lifestyle modification, plant-based diet

Characteristics of Asthmatic Subjects and Sensitization Profiles Of Indonesian Subjects To Allergens The Most Of Dermatophagoides Pteronyssinus

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Abstract

Background: Asthma is a chronic respiratory disease that is a serious health problem in the world. Skin prick test (SPT) is the most effective diagnostic test to detect IgE mediated type I allergic reactions **Purpose:** This study aims to identify characteristic of subject asthma and non asthma and how to describe to prevalence SPT. **Methods**: The study design is an observational research method. All sample was 138 people consisting 108 an asthmatic patient and 30 not asthma based on anamnesis than 30 a person, not asthma, but have allergy history/rhinitis 9 people and 21 people, not asthma not having allergy history/rhinitis. The kind of allergen were Dermatophagoides pteronyssinus (Der p), Dermatophagoides ferinea (Der f) and Blomia Tropicalis (Blot t) with 5 µl (Stallergen). **Results**: The characteristic of subject there were a total of 24 men and 114 women. Of the 24 men, 87.5% had asthma and 12.5% did not have asthma, as well as 114 women, 76.3% had asthma and 23.6% had no asthma, The most common ages were over 18-44 as much as 7.2%, 45-67 years as much as 8.3%, 65-74 years as much as 8.6%, the occupation, the majority of subjects were housewives as many as 56 research subjects (96,6%) more than non asthma was 3,4%. the highest education level was with a diploma and above as much as 65,7% more than non asthma 34,3%. BMI in the normal category as many as 65 subjects (52%) more than non asthma were 60 subjects (48%), the subjects who have a higher number of positive for allergens are Dermatophagoides pteronyssinus (Der p 1) 68,3%, Dermatophagoides farinae (Der f 1) 60,7% and Blomia tropicalis (Blot t) 70,4%. **Conclusion**: Many influencing the characteristic of subject in asthmatif and Der p the most sensitization in allergy in Indonesian

Keywords: Characteristic of subject, sensitization, allergen

The effect of listening Quran recitation on the stress and pain of critical patients at ICU

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Abstract

Background: Stress and pain are the key issues that ICU patients need to be handled seriously. Handling using drugs as standard therapy has not been able to overcome optimally as it focuses only on the physical. That is why there needs to be another holistic therapy. One way to do this is to listen to Quran recitation. **Objective**: This study aims to determine the effect of listening Quran recitation on the stress and pain of critical patients in the ICU. **Method**: This research was a quasi-experimental design with pre-and post-control group design. The number of respondents was 40, divided into two groups, namely the control group (n = 20) and the treatment group (n = 20). The ICU patient stress was measured using salivary cortisol levels, while the Critical Pain Observation Tool (CPOT) score was used to measure pain. **Results**: Age and sex were homogeneous in both groups. The paired t-test showed differences in mean salivary cortisol levels before (58.8 + 19) and after intervention (42.4 + 9) in the control group with p-value = 0.010. The Wilcoxon test in the control group showed that the levels of cortisol did not differ significantly with p = 0.85 before (49.6; 14.5-89.3) and after (49.2; 18.7-95.5). The unpaired T-test showed a significant difference in mean decrease in salivary cortisol levels between the control group (12 + 1.9) and the treatment group (47.8 + 1.3) where the p-value was 0.001. Both control and treatment groups experienced a decrease in pain intensity before and after treatment. There was no significant difference between control and treatment groups in the decrease in pain intensity. **Conclusion**: Listening to the Quran recitation may reduce stress, but not the intensity of pain.

Keywords: Critical care; Stress; Pain; cortisol; ICU; Quran Recitation; Koran

Factors Related To Nurse Compliance In The Implementation Of Nutrition Through NGT In RSUD DR. R. Goeteng Taroenadibrata Purbalingga

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Abstract

Background: The act of providing nutrition using NGT requires skills to be in accordance with the SOP. Based on observations there were several nurses who worked in providing food that was not in accordance with standard operational procedures. Where the nurse does not check whether the NGT is still in the correct position. **Aim** : To identify factors related to nurse compliance in implementing SOP for nutrition through NGT in RSUD dr. R. Goeteng Taroenadibrata Purbalingga. **Method**: This research employed descriptive correlational design with cross sectional approach. It was conducted in RSUD dr. R. Goeteng Taroenadibrata Purbalingga. Hypothesis testing used chi-square and testing the relationship used contingency coefficient. There were 30 population in this study with the technique of taking the sample by using total sampling. **Result**: P value of age 0.000 with coefficient correlation is 0.576. P value of gender 0.027 with coefficient correlation is 0.374. P value of education 0.028 with coefficient correlation is 0.371. P value of work duration 0.003 with coefficient correlation is 0.471. P value of knowledge 0.001 with coefficient correaltion is 0.504. P value of attitude 0.003 with coefficient correlation is 0.475. **Conclusion**: There are some factors related to nurses compliance in the implementation of SOP in providing nutrition through NGT in RSUD dr. R. Goeteng Taroenadibrata Purbalingga, such as age, gender, education, work duration, knowledge, and attitude.

Keywords: Attitude, Compliance, Knowledge, NGT, Nurse, SOP

Effectiveness of Gymnastic Asthma and Slow Deep Breathing Exercises in Increasing Peak Flow of Expiration in Patients with Asthma at Two Primary Health Care Services in Jakarta

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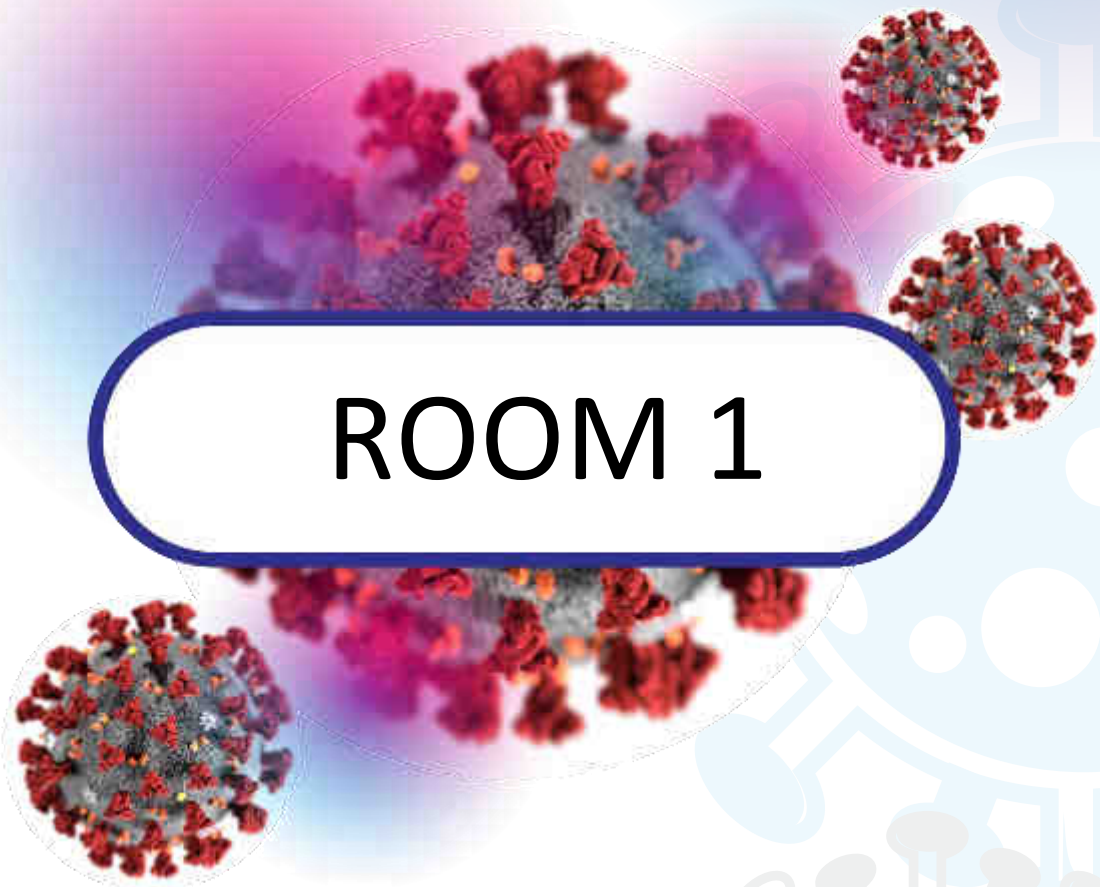
Abstract

Background: Asthma is a disorder of the bronchi that the incidence reaches 2,5% in Jakarta. Non-pharmacology asthma therapy is asthma and slow deep breathing exercises. **Purpose**: The purpose of this study was to assess the effectiveness of gymnastic asthma and SDB exercises to increase the peak expiratory flow (PEF) on asthmatic patients at the two selected Primary Health Care Services in Jakarta from June until July 2019. **Methods**: The design of the study was a quasi-experimental pre-post-test with a control group. There were each 25 subjects in the intervention group and control groups selected with purposive sampling technique. **Result**: The results showed that the characteristics of the subjects were not different between the study groups except obese subjects whose numbers were more in the intervention group than in the control group (p=0.002). After four weeks, mean of the PEF in the intervention group was improved or increased from the yellow zone (50 until <80%) into green zone (80 until 100%), while in the control group, majority of PEFs subjects remained in the yellow zone. Paired sample t-test result in the intervention group showed that there was a significant difference in the PEF before and after the intervention (p=0,000, <0,05). A difference was found in the PEF between intervention and control groups (p=0,000) at the end of the study. **Conclusion**: This study recommends the need to apply gymnastic asthma and SDB exercises for >4 weeks to improve the quality of life of asthmatic patients.

Keywords: Expiration Peak Flow- Asthma- Asthma Gymnastics- Slow Deep Breathing

Day 2, September 23 2020:

2nd session



ROOM 1

The Psychological Impact Experienced By Health Workers In Dealing With The Pandemic Outbreaks Of Covid-19 And Endemic MARS-CoV in Saudi Arabia

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Abstract

Background: Health workers who come into contact with Covid-19 and MARS-CoV patients are at high risk of contracting the infection. This will have a psychological effect, not least for those in Saudi Arabia. **Purpose**: The purpose of the literature review: To determine the psychological impact on health workers in coping with the pandemic outbreak of Covid-19 and endemic MERS-CoV in Saudi Arabia. **Methodology**: Search for articles is done through Pubmed and Science Direct. Inclusion criteria are literature sources in the last five years, full text of original articles and use English. Based on literature search studies found 22 articles, but only 4 articles that meet the research requirements. **Results**: Based on the literature review results, the level of anxiety experienced by health workers in dealing with the Covid-19 pandemic was significantly higher compared to previous viruses such as MERS-CoV endemic and seasonal influenza. Most respondents are more worried about infecting family members than themselves. **Conclusion**: Health workers are the earliest group to be dealing with an infectious condition and this causes high anxiety in Saudi Arabia. The anxiety most often experienced is the risk of transmission of infection to family members.

Keywords: Saudi Arabia, endemic MERS-CoV, health care workers, pandemic Covid-19

The Impact of Anxiety, Psychosomatic Disorders, Stress Trauma, and Socio-economic Family Status on the Mental Health of Indonesian Communities during COVID-19

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Abstract

Objectives: The purpose of this study is to analyze the impact of anxiety, psychosomatic disorders, trauma stress, and socio-economic family status on the mental health of the Indonesian communities during COVID-19. **Methods**: This research applied a cross-sectional study design with a total sampling of 1,090 respondents taken based on purposive sampling. This research instrument is the instrument (scale) for measuring the socio-economic family status and self-reporting questionnaire-29 for mental health problems. The parametric statistical tests used the Pearson test and multiple linear regression. **Results**: The results obtain a p-value 0.001, which means that there is a relationship of anxiety, psychosomatic disorders, stress trauma, and socio-economic family status with the mental health of Indonesian communities during COVID-19. Based on multiple linear regression tests, the factors that have a close relationship with mental health are anxiety, psychosomatic disorders, and stress trauma (p-value 0.001 < 0.05). **Conclusion**: Several factors cause mental health disorders, including anxiety, psychosomatic disorders, trauma stress, and socio-economic family status. As the recommendations for health workers, especially nurses, in providing health services to the community, they must be more comprehensive and familiar with client responses to prevent psychological impacts.

Keywords: anxiety- COVID-19- mental health- psychosomatic disorders- socio-economic family status- stress trauma

Factors Related to Public Knowledge about COVID-19 in Indonesia: A Quick Online Cross-Sectional Survey

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Abstract

Background: Covid-19 is a contagious disease in humans and causes of death in almost all the world. Public knowledge is key in controlling the spread of the Covid-19 outbreak. **Objective**: This research aimed to analyze factors related to public knowledge about COVID-19 in Indonesia. **Method**: This study design was cross-sectional with a sample of 5273 people aged 16 years and over and residing in Indonesia. Public knowledge questionnaire used e-survey with google form. Demographic characteristics with knowledge using independent sample t-tests and one-way analysis of variance (ANOVA) as appropriate. Multivariable linear regression uses all demographic variables as independent variables and knowledge scores as the dependent variable to identify factors related to knowledge. **Results**: Public knowledge scores based on demographic characteristics were generally more than 70. There were differences in demographic characteristics of knowledge in general. Factors that influence community knowledge those were gender (p-value = 0,000), education (p-value = 0,000), marital status (p-value = 0.001) and information media (p-value = 0,000). **Conclusion**: Demographic characteristics affect the knowledge of the people in Indonesia. High knowledge can be an indicator of the community in fighting against the COVID-19 outbreak.

Keywords: Public knowledge, COVID-19, Indonesia

Effects Of Limited Personal Protective Equipment (Ppe) On Nurses Preference And Attitude On Covid-19 Care

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Abstract

Background: Nurses are at high risk of contracting COVID 19 (Corona Virus Disease 19) through nosocomial transmission. sufficient Personal Protective Equipment (PPE) is needed as a prevention of COVID 19. However, the number of supply of PPE provided for the nurses in Indonesia is limited thus threatening their safety when treating COVID 19 patients. **Purpose**: This study is conducted to find out the PPE supply provided for the nurses, to investigate the effects pf PPE suffered by the nurses, to investigate their behaviors towards the limited PPE supply, and to correlate the sufficient PPE supply and with their behaviors in treating the COVID 19 patients. **Methods**: This study employed a cross sectional design. A sample of 211 respondents were taken through snowball sampling technique. Data analysis uses Cross Sectional to find out the influence between variables. **Results**: Most nurses (80%) had not been provided with N95 mask type PPE. Nurses action (71%) to anticipate the limited PPE supply was to refrain themselves from releasing PPE during shifts. The following effects were observed that some nurses (86%) suffered from nasal blister due to prolonged PPE use, and 78,7% of the nurses demonstrate good behavior in responding to the limited PPE supply. There is a relationship between the limited PPE supply and the nurses behavior at p=0,004 **Conclusion**: The supply of PPE is limited, close monitoring on the use and replacement of the PPE, and modify the policy on the reuse of PPE in according with the standard and risk assessments.

Keywords: Limitations of Personal Protective Equipment, Nurses preference, COVID-19 care

Knowledge dan Healthy Behavior of The West Java People Related to COVID-19 Pandemic

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Abstract

Background: Coronavirus Disease 2019 or COVID-19 is a new type of coronavirus that was discovered in Wuhan, Hubei, China in 2019. COVID-19 spread widely to cause a global pandemic that continues to this day. **Purpose**: This study aimed to analyze the relationship between knowledge and healthy behavior of West Java People related to COVID-19. **Methods**: This study used a cross-sectional design with using an electronic questionnaire given to the people residing in West Java Province, Indonesia. The total sample of 1,700 people aged 16 years and over. Knowledge and healthy behavior were analyzed using Spearman test and Mann-Witney test. **Results**: This study showed that the score of public knowledge about COVID-19 was high, in generally. Knowledge was significantly related to healthy behavior ($p < 0.001$) and there are significant differences between men and women on knowledge about COVID-19 and healthy behavior such as smoking ($p < 0.001$), consumption of fruit and vegetables ($p < 0.001$), consumption of fresh food ($p < 0.001$), and washing hands with soap ($p < 0.001$) but not for sunbathing habits in the morning ($p > 0.05$). **Conclusion**: High level of public knowledge about COVID-19 was related to healthy habits that can prevent the spread of the COVID-19 pandemic

Keywords: Knowledge; Healthy Behavior; COVID-19

Literature Review: Psychological impact of Covid-19 for nurses

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Abstract

Bacground: Pandemic Covid-19 has had an impact on all areas of life in the world. One of them is the health sector, because there are health workers, especially nurses who are considered as the front guard in the fight against Covid-19. As someone who is very in risk to contracting Covid-19, of course the psychological condition of nurses underwent various changes. **Methods**: The search for journal articles was conducted electronically using several databases, namely Science Direct, Google Scholar and Pubmed. Keyboards used are pshycological impact, mental health, nurses, Covid-19. From this search, 6 articles will be reviewed. **Results**: There were psychological changes in nurses during the Covid-19 pandemic including increased work stress, anxiety, fear and depression. **Conclusion**: As a result of the Covid-19 pandemic, nurses psychological condition underwent various changes including increased work stress, fear, anxiety and depression.

Keywords: Covid-19, nurses, mental health, psychological impact

Effectiveness Of Progressive Muscle Relaxation And Deep Breathing Based On Internet Method In Facing The Student Anxiety During Covid-19

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Abstract

Background: The pandemic effect of corona virus continues grows throughout the world. This also happened in Indonesia marked by the increasing number of cases of Covid-19 to date. This also happens in Indonesia, which is marked by the increasing number of Covid-19 cases to date and it cannot be predicted when it will be resolved. This condition causes many health and emotional symptoms, one of which is shown by the increasing anxiety symptoms in students. Government policies that prohibit school activities and travel outside the city or hometown affect the increasing symptoms of anxiety cases. This makes conditions even more uncertain considering anxiety is one of the factors that can trigger stress that affects the bodys metabolic performance and mental health, thus making a person vulnerable to Covid-19 exposure. One of intervention used to reduce anxiety is the method of progressive muscle relaxation and deep breathing. Considering that during the Pandemic Covid-19 period it was required to implement activities that were to maintain a safe distance (physical distancing), therefore the intervention were carried out using online platform based on internet. **Purpose**: This study aims to determine the effectiveness of progressive muscle relaxation and breathing using an internet-based intervention method on anxiety levels in students. **Methods**: This research is quantitative descriptive and uses a quasi-experimental approach design with pretest posttest without a control group. The sampling method was purposive sampling implemented to students at the Faculty of Sport Science, Yogyakarta State University while ordinal pairing was carried out for data distribution. The analysis used was paired sample t-test with data analysis techniques using paired sample t-test through the SPSS 25 program with a significance level of 95% (&#945- = 0.05). **Result**: The results showed that progressive muscle relaxation and deep breathing techniques proved to be effective in reducing anxiety in students facing the covid-19 pandemic (p value = 0,000- &#945- 0.05), which means the hypothesis was accepted. **Conclusion**: Internet-based progressive muscle relaxation and deep breathing exercises have proven to be effective in reducing student anxiety in the face of the Covid-19 pandemic.

Keywords: Progressive muscle relaxation, deep breathing, anxiety, covid-19, internet

College Student Activities In The Periode Of Corona Virus Disease (Covid-19)

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Abstract

Background: Covid-19 has spread the whole world, causing the government to implement various policies for citizens. This includes the policy for students to stay and study at home (online class) from March through to the end of 2020 (especially in Indonesia). Changes in learning patterns to be carried out online from their homes allow for patterns of activity change and trigger boredom. **Purpose**: This research aims to study how the activity patterns of a college student during the pandemic and explore the addition of data discoveries in the new system that may occur. **Methods**: This research used a descriptive method with a natural approach, none intervention on the situation or use approaches that able to collect data naturally. The instrument distributed to students in this study was a form of a questionnaire with open-ended questions of their daily activities carried out in one week and the activities when they felt boredom. The number of participants who joined this study is 339 students with self-recognition implementing the governments Work from Home policy. **Result**: The results of this study conclude that there are changes in their activity patterns. Some activities make the students body move less, decreasing the number of hours of physical activity, and boredom diversion habits that make the body inactivity for a long time. **Conclusion**: some students did not comply with the need for movement or physical activity based on 150 minutes/week based on World Health Organization (WHO) standards. They do not maintain the body with suggested activities in the Covid-19 period and may increase students who are less fit.

Keywords: College Student, Physical Activity, Covid-19

Analysis and Evaluation Medical students perceptions of their learning environment during the Covid-19 Pandemic at School of Health Science Panakkukang Makassar in Indonesia

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Abstract

Background: The educational environment has an extremely important role in students learning, academic achievement and educational activity during Covid 19. The DREEM (Dundee Ready Educational Environment Measure) questionnaire is an important tool for assessing the educational environment. **Aims**: The aims of this study was analysis and evaluation medical students perceptions of learning environment during the Covid 19 pandemic. **Methods**: A descriptive cross sectional questionnaire based study was conducted among one to three year medical students toward the end of the semester. The DREEM questionnaire was administered to 515 students from three majors. A total of 339 respond to the DREEM questionnaire. The data were analyzed using SPSS IBM version 22.0, Scores obtained were expressed as mean and SD. **Results**: The mean total DREEM score was 171/200. The mean score for Students Perceptions of Learning, Students Perceptions of Teachers, Students Academic Self Perceptions, Students Perceptions of Atmosphere, and Students Social Self Perceptions were 30.19/48, 37.67/44, 31.42/32, 46.05/48, and 25.45/28, respectively. This shows the environment for learning was satisfactory. **Conclusion**: Overall both groups tend to give a positive score with some questionable areas.

Keywords: DREEM; Educational; Environment Students

The Barriers and Impacts of the Online Learning during Covid-19 Pandemic for Students and Parents: A Secondary Analysis from Digital Media in Indonesia

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Abstract

Background: Online learning is one of optional learning methods during of Covid-19 pandemic. Applying online learning method may reveal barriers as well as the impacts of the method on both student and their parents. However, limited published study investigating these issues. **Purpose**: The study was intended to investigate the barriers and impacts of the online learning during Covid-19 pandemic among Indonesian students and their parents using data from digital media. **Methods**: A descriptive study with secondary data analysis involving 13 digital media in Indonesia was used in this study. All the online learning barriers and its impacts for Indonesian students and parents were collected. Data were presented using univariate analysis. **Results**: Economic aspect for facilitating online learning device and internet access (38,5), heavy students task (38,5), students readiness to learn (15,4), and parents education including parents readiness to teach (15,4) were identified as the barriers to conducting online learning. Parental and students stress (15,4- 23, respectively) were found as the impacts of the online learning. Surprisingly, Hypertension was found as a physiological stress for Indonesian students who participating in the online learning. **Conclusion**: Economic aspect and students task burden are the prominent barriers for online learning method, while parental stress and students stress including physiological stress such as Hypertension are the main revealed impact.

Keywords: Barriers, Covid-19, Impacts, Online learning, Students.

An Online Health Promotion Program to Improve Knowledge, Attitude, and Behavior of Antibiotics Usage in Al Amin Islamic Boarding School Purwokerto

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Abstract

Background: Uncontrolled use of antibiotics can cause resistance, which could lead to other health problems. Therefore, a health promotion program is needed to increase the knowledge, attitudes, and behavior of the community towards the use of antibiotics. **Purpose**: This study aims to evaluate the impact of online health promotion on the knowledge, attitudes, and behavior of Al Amin Islamic boarding school students about antibiotics. **Methods**: This was a quasi-experimental study, using two groups, pretest-posttest. An online health promotion program was developed, including an educational video and e-booklet which were given at the beginning of the study, then followed by infographics and reminder messages once a week for three weeks. Knowledge, attitude, and behavior were assessed using a questionnaire before and after the intervention. **Results**: Thirty-five participants in the control group and thirty-one participants in the intervention group were enrolled in this study. An online health promotion program can increase knowledge, attitude, and behavior significantly in the intervention group (p-value=0.001). There was a significant difference between the intervention and control group (p-value=0.001). **Conclusion**: Providing online health promotion is effective in increasing students knowledge, attitudes, and behavior regarding antibiotics.

Keywords: antibiotics, health promotion, student, pharmacist

Phythochemical Analisis Of Bruguiera Gymnorhiza Stem Bark As Antioxidant And Apha-Glycosidase Inhibitors

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Abstract

Background: Gymnorhizza bruguiera is a mangrove plant used for traditional medicine. This plant contains alkaloid compounds, plavanoids, saponins, tannins and steroids. It has potential activity as a source of antioxidants and 945;-glucosidase inhibitors. Antioxidants are substrate oxidation inhibitors that are easily oxidized, whereas 945;-glucosidase inhibitors can limit the action of 945;-glucosidase that digest carbohydrates in the intestine. **Purpose**: This study aims to determine the class of active compounds that function as antioxidants and 945;-glucosidase enzymes in vitro in Bruguiera gymnorhiza stem bark extract. **Methods**: This research includes extraction using n-hexane, ethyl acetate and methanol solvent, phytochemical tests with TLC method, antioxidant activity test with DPPH method, 945;-glycosidase inhibitor activity and active extracts are fractionated with preparative TLC, then active fractions are identified by GCMS. **Result**: The results showed that the yield of n-hexane extract was 0.90%, ethyl acetate extract was 4.27% and methanol bark extract was 12.65%. Ethyl acetate and methanol extracts are a group of compounds that provide very strong antioxidant activity while n-Hexane extract is very weak. Ethyl acetate and methanol extracts provide inhibitory activity of 66.03% and 68.80%, at a concentration of 250 ppm while at glucobay 5 at 90.89%. Thin layer chromatography analysis produced the best eluent, methanol: DCM: n-hexane (2: 3: 1) and showed 5 fractions. Fraction 1 has 945;-glucosidase inhibiting activity with an IC50 value of 167.5 ppm. In fraction 1 hexadecanoic acid and phenol, 2,2 methylenebis were identified. **Conclusion**: Ethanol extract has the highest antioxidant activity and 945;-glucosidase inhibitors and the extract contains hexadecanoic acid and phenol, 2.2 methylenebis.

Keywords: B gymnorhiza; active compounds; inhibitors; antioxidants; α-glucosidase. Mangrove; stem bark

Annona muricata Leaves Ethanolic Extract Increases p53 Expression in Rats Breast Cancer

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Abstract

Background: Annona muricata Linn. (soursop) leaves contains acetogenin which have cytotoxic effect on cancer cell lines. **Purpose**: The study was aimed to examine soursop leaves ethanolic extract on increases p53 expression in 7,12 Dimethylbenz [a]anthracene (DMBA) induced Sprague Dawley rats. **Methods**: The induction DMBA was done twice a week for five weeks. Ten days after DMBA induction, the rat s breast cancer were given soursop leaves ethanolic extract in four doses 200, 300, 400 and 500 mg/kgBW everyday for two weeks. Tamoxifen was given in positive control group. **Result**: The result showed that soursop leaves ethanolic extract could increase p53 protein expression effectivelly in dose 400 mg/kgBW.

Keywords: Annona muricata ethanolict extract, p53, breast cancer, 7,12-Dimethylbenz[a] anthracene (DMBA)

The Impact of Tuberculosis Supervisor Accompaniment To Knowledge And Performance In Purwokerto Pulmonary Health Center

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Abstract

Background: Tuberculosis supervisor (TB supervisor) has vital function in the success of Tuberculosis therapy. Nowadays, TB supervisor not only focus on improving therapy adherence, but also improving motivation to go through a period of therapy. Good knowledge of TB supervisor about tuberculosis is needed to support performance while accompanying patients. **Purpose**: the present study aims to examine impact of TB supervisor accompaniment to their knowledge and performance. **Methods**: 11 participant of each TB supervisors and Tuberculosis patients taken from Purwokerto Pulmonary Health Center. Interventions carried out in the form of assistance to TB supervisor for 8 weeks. Education provided by schedule. **Result**: The results revealed a significant improvement on TB supervisor knowledge (before and after interventions, 7.55 and 10.55 respectively, p=0,001). There were an improvement on TB supervisor performance, but not statistically significance (before and after interventions, 25.00 and 27.82 respectively, p=0,010). The Pearson correlation between knowledge and performance is 0,154, (p=0,651). **Conclusion**: TB supervisor accompaniment improve the TB supervisor knowledge and performance, but these two parameter revealed not related each other.

Keywords: TB supervisor, accompaniment, knowledge, performance

Hypnosis For Pain Management At Women In Post Partum Periods

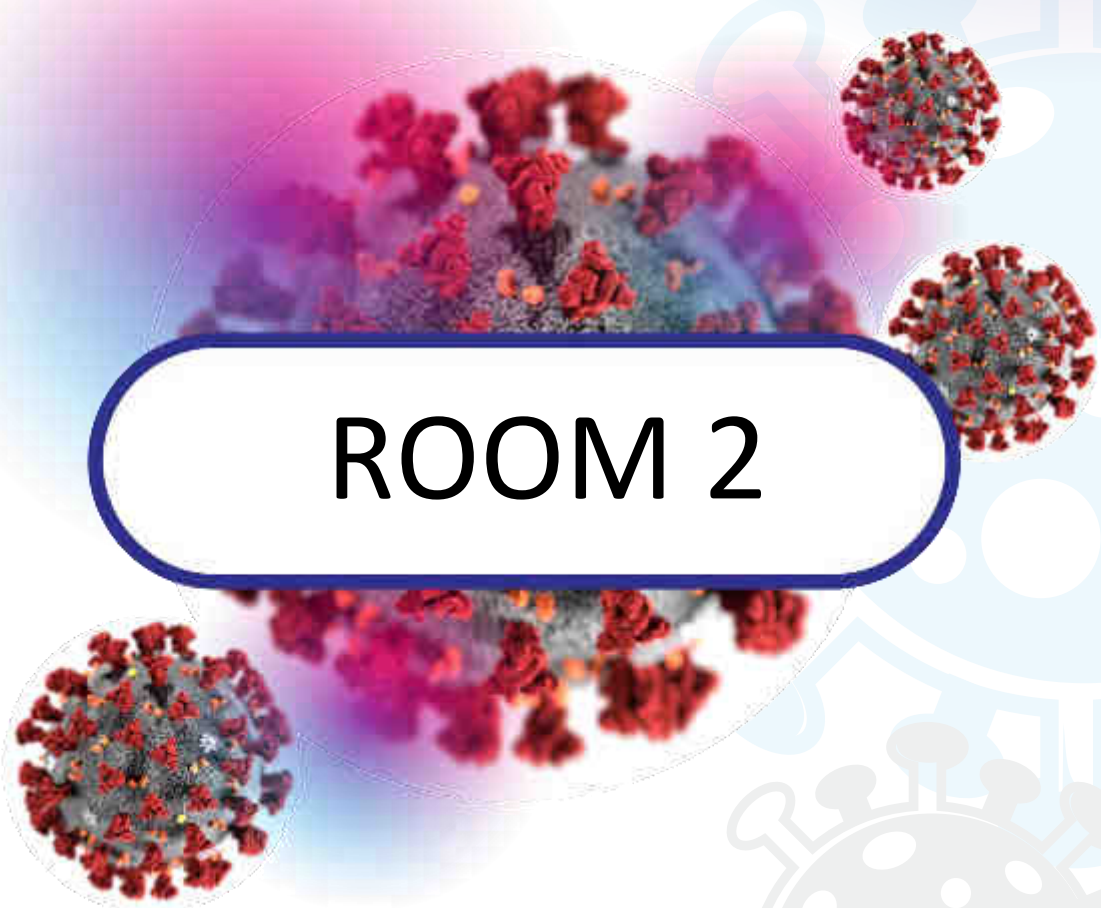
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Abstract

Background: Hypnosis is used increasingly for healthcare applications in hospitals, clinics, and psychotherapy practice. The subconscious mind which is extremely complex contains all of our emotions, creativity, intuition, and a whole host of resources that control our bodily functions such as breathing, heart rate and metabolism. Then our body learn to relax into a trance state. Relaxation and suggestion increase parasympathetic and decrease sympathetic functions because of a direct effect of the hypnosis state. So, hypnotic treatment possible to control pain intensity. **Purpose**: To evaluate the effects of hypnotic treatment on pain after episiotomy in post partum periods. **Methods**: A single blind randomized clinical trial was performed on six eligible women who were at the beginning of post partum periods. The participant were matched by 24 hours duration after birthing, nulliparas. There were no additional administration of analgesics during the study period. The women received hypnotic treatment for 15 minutes. The intensity of pain were measured by using the Visual Analogue Scale for Pain (VASP). VASP measured before and immediately after treatment. Then, were compared between the paired groups and statistical analyses were performed using SPSS 20. Results: six patients (100) were nulliparas. The mean of ages was (28 5,94 years old). The mean of pain score before treatment was (84,29 15,65 mm) and mean of pain score after treatment was (64,57 15,80 mm) There were significant differences between two the groups in intensity of pain before and immediately after treatment. The pain intensity after the treatment was significantly decrease than before ($p = 0.04$). Conclusion: Hypnotic treatment reduced the severity of pain at the beginning of post partum periods after episiotomy. These findings showed that hypnotic treatment was effective for reducing pain. Hypnotic treatment can be an effective pain management for Indonesia women in post partum periods.

Keywords: Mind, subconscious, mother, episiotomy, complementary



ROOM 2

The Relation of Dialysis Time with Ureum Reduction Ratio, Hemodynamics and Fatigue in Hemodialysis Patients at Wonosari RSUD

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Abstract

Background: Dialysis time is one component that affects the adequacy of hemodialysis (HD). The adequacy of HD is measured by the formulation of Ureum Reduction Ratio (URR). During HD there is a decrease in intravascular volume and electrolyte changes that can affect hemodynamics. HD therapy also makes patients feel fatigue. **Purpose**: This study was conducted to determine the relation between dialysis time and URR, hemodynamics and fatigue in HD patients in Wonosari RSUD. **Method**: This study used an analytic observational design with a cross sectional approach. Sample selection used total sampling technique. There were 52 respondents as the samples. Data collection tools using laboratory examinations, digital tensimeters, digital thermometers, stopwatches, pulse oxymetry and the Functional Assessment Chronic Illness Therapy (FACIT) questionnaire Fatigue scale. Univariate data analysis with frequency distribution and bivariate analysis with the Spearman test. **Results**: The results of this study showed that there was no significant relation between dialysis time and URR ($p = 0.291$), there was a significant relation between dialysis time and respiratory frequency ($p = 0.020$), and there was a significant relation between dialysis time and fatigue ($p < 0.001$). **Conclusion**: The longer dialysis time, the more it can affect the decrease in hemodynamic value, especially the breath frequency, and it can relieve fatigue.

Keywords: Fatigue, Hemodialysis, Hemodynamics, URR

Determinant Factors of Stroke Prevention Behavior Among Hypertension Patient in Indonesia

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Abstract

Background: Stroke is the leading cause of death in the World and in Indonesia. Hypertension is a major risk of stroke. Modified stroke risk factors are behavioral factors. **Purpose**: The purpose of this study is to identify the factors that influence stroke prevention behavior in hypertensive patients. **Methods**: The research method uses cross sectional. Total participants were 461 hypertensive patients who came to Community Health Center. Sampling technique used concecutive sampling. The questionnaire used contains demographics, knowledge, self efficacy, awareness of stroke risk and stroke prevention behaviors which include diet, exercise, smoking and drinking alcohol. Data analysis used chi-square and logistic regression. **Result**: The results showed that 65.7% of respondents showed poor stroke prevention behavior. Factors related to stroke prevention behavior include self-efficacy (p = 0.043; 95%CI = 1.01-2.22; OR = 1.5), perception (p = 0.038; 95%CI = 0.45-0.98; OR = 0.663), and awareness of stroke risk (p = <0.001; 95%CI = 2.255-6.333; OR = 3.779). **Conclusion**: The dominant factor influencing stroke prevention behavior in hypertensive patients is awareness of stroke risk.

Keywords: Behavior, stroke prevention, hypertension, self awareness

The Correlation Between Modifiable Risk Factors To Hypertension Level In The Middle-Aged and Elderly

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Abstract

Background : Hypertension is a common health problem in the middle-age and elderly. This is closely related to modifiable risk factors such as physical activity, diet, body mass index (BMI) and waist circumference (WC). **Purpose**: To determine correlation modifiable risk factors to hypertension level in the middle-age and elderly. **Methods**: Used a correlational quantitative methodology with accidental sampling. Respondents of this study were 145 people consisting of 79 middle-age (45-59 years old) and 66 elderly (60-74 years old) in nine Posbindu (Integrated Development Post for Elderly) under a Community Health Centre in Binong, Tangerang, Indonesia. This study passed its ethical clearance. A kappa test was conducted with results was 0.7-0.8. The questionnaire was valid and reliable. Blood pressure was measured two times. Other two factors including smoking behavior and stress will be published in other research publications. **Results**: The study found half of the respondents had pre-hypertension in both systole and diastole phases (42.8-53.1%) and most of respondents had moderate physical activity (94.5%), unhealthy diet (63.4%), pre obesity BMI (39.3%) and abnormal WC (78.6%). Multivariate analysis with linear regression showed the modifiable risk factors that had significant correlation to hypertension level were BMI (p value 0.04, r 0.17) and WC (p value 0.04, r 0.17). **Conclusion**: Controlling over BMI and WC is one of the important promotive and preventive effort to manage hypertension. Campaign regarding ideal body weight can further be socialized at community.

Keywords: Body Mass Index (BMI), Diet, Elderly, Hypertension, Physical activity, Waist Circumference (WC)

Managing a Chronic Disease Management Program (Prolanis): the Nurses Experience

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Abstract

Background: Managing chronic diseases requires good management in order to prevent further complications for patients. In Indonesia, there are programs that integrate health facilities, patients, and health insurance by government (BPJS), that is Prolanis. However, limited study reveals nurses experience in managing Prolanis. **Purpose**: To explore the experience of nurses in managing Prolanis. **Methods**: A Phenomenology study was used to explore the experience of nurses in managing Prolanis. Eight participants from rural and urban health centers were interviewed and then transcribed and analyzed using the Colaizzis method.
Results: The study found three main themes and six categories. The first theme, nurses must be creative so that patients were interested, included three categories: education, gymnastics, and delivered medicine to satellite unit. The second theme, nurses feel happy and satisfied when the patient is healthy. The third theme, nurses was exhausted with BPJS administrative, covered two categories: the complexity of BPJS report and nurses have to wait approval from BPJS for new patient status. **Conclusion**: These themes and categories revealed nurses experiences in managing Prolanis in Indonesia.

Keywords: managing, nurses experience, prolanis

Risk Factor of Impaired Lung Function of Welders in Binong, Tangerang

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Abstract

Background: Welding is an activity to combine two metal parts by using a heat source from the fuel to permanent bond. The risks faced by welders in the work environment are dust, steam, gas and others, which can interfere with work productivity and health. An exposure to welding fume may associated with lung function disorders and can resulted in breathing problems such as respiratory distress or pulmonary dysfunction. **Purpose**: The study aimed to analyze the risk factors of impaired lung function in welding workers in Binong, Tangerang. **Methods**: This research was a quantitative with cross sectional design. The study was conducted among welders (30 workers). Lung function status was measured by spirometry with the parameters of vital capacity (VC), forced vital capacity (FCV), forced expiratory volume in one second (FEV1) and ratio of FEV1/FVC. The data was analyzed used chi square. **Result**: The analysis showed that 20 respondents (67%) had impaired lung function and 10 respondents (33%) had normal lung function. From 20 respondents with impaired lung function there was 5 respondents (25%) had restriction and 15 respondents (75%) had combined restriction and obstruction. Another factor affecting impaired lung function in welding workers is nutritional status, which respondents with abnormal nutritional status are 2.15 times higher risk of impaired lung function compared to respondents who have normal nutritional status. Respondents who did not exercise regularly 1.22 times higher risk of impaired lung function compared to respondents who exercise regularly. **Conclusion**: Therefore, it is necessary to collaborate with Community Health Center and provide health education to improve healthy lifestyles for welding workers and educate the use of personal equipment when working.

Keywords: Impaired Lung Function, Welder, Welding Workers

Stress and Smoking associated with Hypertension in Middle-Aged and Elderly in Binong Tangerang

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Universitas Pelita Harapan

Abstract

Backgrounds: Hypertension as one of many non-communicable diseases contributes to mortality rate worldwide and detecting its risk factors is crucial for its prevention programs especially in community settings. Stress and smoking cant be eliminated in communities life. **Purpose**: This study examined the correlation between stress and smoking of middle-aged and elderly with hypertension. **Methods**: This study is part of the main research related to hypertension and modifiable risk factors. Four other factors (body mass index/BMI, waist circumference/WC, physical activities, and consumption pattern) were reported in other study report. A quantitative study was applied using accidental sampling to recruit the respondents. The recruitments were located in Posbindu(Integrated Development Post for elderly) under a Community Health Centre in Tangerang Indonesia. **Results**: The 145 respondents comprised 79 (54.5%) middle age and 66 (45.5%) elderly. Most of the respondents (82.8%) were female, half of them were Sundanese (50.3%) and two-thirds of them had low income (69.7%). From Blood Pressure examination, half of the respondents were categorized as prehypertension (42.8-53.1%). Most respondents had non- smoking behavior (82%) and half of them in severe stress level (57.2%). Moreover, there was a significant correlation between respondents level of stress and their level of hypertension (systole: p-value 0.047; r 0.167 & diastole: p-value 0.033; r 0.18). However, there was no significant correlation between smoking and hypertension (p-value >0.05). **Conclusion**: There is a correlation between stress and hypertension but there is no correlation between smoking and hypertension, preventive efforts needed to control the disease

Keywords: stress; smoking; hypertension; middle age;elderly

Description of Attitude and Knowledge of Nurses in doing HPV Vaccines in One of West Indonesian Hospitals

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Abstract

Background: According to World Health Organization in 2012, 528,000 new cases of cervical cancer were found with a mortality rate reaching 266,000 women in the world. In Indonesia, it is found that the incidence of women dying continues to increase every year around 9,498 people. HPV vaccination is an early detection in the prevention of cervical cancer. Based on a short interview of twenty nurses, there were eighteen of them who stated they had not done the HPV vaccine yet. **Purpose**: to find out the description of nurses attitudes and knowledge in carrying out the HPV vaccine. **Methods**: Quantitative descriptive, with univariate analysis to determine the frequency distribution of each variable, purposive sampling technique, using questionnaire with 25 questions to assess attitudes and 25 questions to assess the level of knowledge with a total sample of 172 nurses. **Results**: The description of nurses attitudes in carrying out the HPV vaccine showed a 50% positive attitude and a 50% negative attitude. Description of knowledge of nurses includes good knowledge 47.7%, sufficient knowledge 24.4% and less knowledge 27.9%. Nurses who did the HPV vaccine were 4.7% and who did not do were 95.3%. **Conclusion**: Attitudes and knowledge of nurses in conducting HPV vaccines in one of the West Indonesian Hospitals shows that female nurses have the same values for positive and negative attitudes and have good knowledge but do not influence female nurses to carry out HPV vaccines.

Keywords: Attitudes, HPV Vaccines, Knowledge, Nurses

Literature Review: The Effect Of Family Support To Compliance With Running Hemodialysis In Chronic Kidney Disese (CKD) Patient

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Abstract

Background: Chronic kidney Disease (CKD) is a disorder of kidney function where the body fails to maintain metabolism, fluid and electrolyte balance. Hemodialysis is an effective treatment for kidney failure. Noncompliance with therapy can reduce kidney function there by increasing pain and mortality. Family support is very important in increasing the compliance of patients with chronic renal failure in undergoing hemodialysis. **Method**: The article search was conducted electronically using a database in the form of PubMed and Google Scholar. Search for articles used in the last 5 years. Keywords in search articles are family support or family support, chronic kidney failure or chronic kidney disease and hemodialysis or hemodialysis. So we get 6 reviewed research articles. **Results**: Family support in patients with chronic kidney disease with hemodialysis was considered to be able to improve patient compliance with therapy. Families who always provide support and motivation are able to make patients routinely carry out therapy according to schedule. **Conclusion**: Family support in patients with chronic kidney disease is very influential on adherence to hemodialysis.

Keywords: Family Support, Chronic Kidney Disease, Hemodialysis.

Association of Body Mass Index with Mortality among Stroke Hemorrhagic Patients in the Stroke Unit, RSUD Banyumas

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Abstract

Background: Obesity has become a major health concern around the world. The prevalence of overweight and obesity among adults aged 18 years and over in 2014 was approximately 39% and 13% worldwide. Overweight and obese stroke patients have a more favourable clinical prognosis than normal weight patients. **Objective**: To analyze the association of Body Mass Index (BMI) with mortality among hemorrhagic stroke patients in the Unit Stroke, RSUD Banyumas. **Methods**: Non-experimental study with retrospective approach. Total sample in this study was 111 respondents with non-probability total sampling technique from medical record from November 1, 2018 until November 30, 2019. Bivariate analysis was performed using chi-square. **Result**: In total of 111 patients, obtained hemorrhagic stroke patients who died within &#8804-48 hours were 55 respondents (49,5%) and those who died within > 48 hours were 56 respondents (50,5%). Abnormal BMI l (&#8805-25 kg/m2) were 46 patients (41,4%) and normal BMI (<25 kg/m2) were 65 respondents (58,6%). The chi square result obtained p value= 0,045 with OR 2,2189. Which means that there was a relationship between BMI and mortality among hemoragic stroke. **Conclusion**: There was a relationship between BMI and mortality among hemorrhagic stroke patients

Keywords: Hemorrhagic Stroke, Mortality, Body Mass Index

The Relationship Between Quality Of Sleep And Blood Pressure In Faculty Of Nursing In X University

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Abstract

Background: Sleep is a basic need that must be fulfilled by people to be able to maintain health status at an optimal level. Sleep Quality is very important for health. When a person has a lack of sleep, the body warns it as a stressor, then the sympathetic nerves activated. The Renin-Angiotensin Aldosterone system is stimulated and the synthesis of central catecholamines is increased so the blood vessels constrict and cause an increase in blood pressure. **Objective**: The study aimed to analyze the relationship between sleep quality and blood pressure in nursing students at the Faculty of Nursing at the University X. **Method**: The research method was a quantitative with cross sectional designed. This study was conducted by 66 students with simple random sampling. Blood pressure was measured by a sphygmomanometer. The data was analyzed used chi square. **Results**: The analysis showed there was no relationship between the quality of sleep and blood pressure in students at the Faculty of Nursing in University X. (p value .01) and respondents who have a sleep deprivation were 1.2 times have a higher risk of abnormal blood pressure compared to respondents who have quality sleep. **Conclusion**: There was no relationship between the quality of sleep and blood pressure in students nursing at the faculty of nursing at University X. Even so, still needs to do a modification of students behavior to improve their sleep quality.

Keywords: Blood Pressure; Nursing Students; Quality of Sleep

Students Knowledge and Attitude with the Intention towards Earthquake at One of University Buildings in West Indonesia

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Abstract

Background: Earthquakes experienced by building occupants at one of university buildings in west Indonesia on January 23, 2018 and August 2, 2019 could harm the building occupants. Based on the preliminary study we conducted in the form of interviews with 20 students who were in the building when those earthquakes occurred, it was found that 19 students did not understand about the earthquake and self-protection techniques. **Purpose**: This study was aimed at determining the relationship between the knowledge and attitudes of students with the intention towards earthquake at one university building in west Indonesia. **Methods**: We used a quantitative descriptive correlational design with a cross-sectional approach. The population of the study was all the students who have classes in the university building. The study involved 314 respondents taken using simple random sampling techniques. The instrument of this study was a questionnaire about knowledge from Dewita in 2011 and a questionnaire about attitude and earthquake intention from Lubis in 2017. **Results**: Chi-square analysis showed a significant relationship between students knowledge with intention towards earthquake events (p= 0,011) and there was a relationship between the attitude of students with the intention towards earthquakes (p= 0,028). **Conclusion**: Residents of the building need to be given information about how to save themselves during an earthquake. Furthermore, the collaboration between the educational institution and building management is needed to enhance self awareness in earthquake disaster mitigation. Further study can analyze the factors that affect low knowledge and negative attitudes towards earthquakes.

Keywords: Attitude; Earthquake; Intention; Knowledge

A Literature Review: Health Education for Earthquake Disaster Preparedness

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Abstract

Background: Indonesia is a country that has a high level of seismicity in the world. Lack of knowledge about disasters and lack of community preparedness in anticipating disasters are the main factors causing many victims due to the earthquake disaster. An education of disaster provides an overview and reference in the disaster preparedness learning process. **Objective**: To identify research articles in several literatures that describe the results of counseling or health education on earthquake preparedness to the community. **Method**: This systematic review used the PICO model. Database explorations in the literature review were carried out comprehensively in June 2020. Databases used Google Scholar, Science Direct and Sage Journal. **Results**: Based on the review of 6 articles, health education was used as a medium to increase preparedness in facing earthquake disasters in the community by various methods. **Conclusion**: Health education can be carried out as an action to increase preparedness in facing an earthquake disaster. The existence of health education will make people able to think and respond when facing an earthquake.

Keywords: Health education- Preparedness- Earthquake

A Literature Review Of The Effectiveness Of Simulation Method In Improving Community Knowledge About Basic Life Support (BLS) On Accident Victims

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Abstract

Background: Basic life support is an effort made to sustain life when a patient or victim experiences a life threatening condition. Many people still lack an understanding of how to help accident victims they found. Therefore, people need to know about basic life support, especially for common people. Demonstrating a simulation or playing a role can improve ones understanding and knowledge. **Objective:** The purpose of this literature review was to review whether simulation learning methods on basic life support was effective to improve community understanding in helping accident victims. **Methods:** A Literature review was carried out using the PICO method which was selected based on issues, methodology, similarities and research proposals. Out of the six articles used, four articles used a pre experiment with one group pretest posttest design and two of them used a quasi experiment with one group pretest posttest design. The population was common people who have never gotten information about basic life support. **Results:** Based on the six studies obtained, the simulation method was very effective to be carried out in the community for learning basic life support knowledge and skills. Society, especially common people, will be more confident in helping victims because they already know about the concept. **Conclusion:** Emergency conditions for accident people would come at unexpected times and sometimes it was not the health worker who firstly helped, but the common people who did not yet know the procedures for handling victims correctly. So many victims were irretrievably dying when taken to health services. Therefore, using simulation methods was very effective in improving societys skills in basic life support.

Keywords: Accident Victims, Basic Life Support, Emergency Department, Simulation Methods.

Implementation Of Pursed Lip Breathing And Semi Fowler Position In COPD Patients Which Get Nebulizer In IGD

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Abstract

Background: Chronic obstruction of pulmonary disease (COPD) is a pulmonary disease caused by the blockage of the air flow channel that occurs much in Indonesia due to the high exposure to the risk factors causing COPD such as the habit of smoking and unhealthy environment. The obstruction of the respiratory tract that occurs in COPD patients is usually characterized by shortness of breath. Various ways can be done to overcome shortness of breath is with pharmacological therapy in the form of nebulizer therapy. One of the effective non-pharmacological therapies to reduce shortness of breath with pursed lip breathing therapy and the giving of semi Fowler position. **Objectives**: Identify the research articles that display the results of analysis of the introduction of pursed lip breathing and the provision of semi Fowler in COPD patients who get therapy nebulizer in IGD space. **Method**: The search for articles is done electronically using a Sience Direct, NCBI and Google Scholar databases. The search for the article used is the last 5 years. Keyword in search pursed lip breathing, position semi-Fowler and chronic obstructive pulmonary disease so obtained 5 research articles in review. **Results**: The feeding of pursed lip breathing and the giving of semi Fowler can effectively lower the shortness of breath in COPD patients. Step in the intervention of this combination by encouraging the patient to inhale the breath from the nose and the patient bent forward 30 to 40 degrees with the head lifted 16 to 18 degrees breathed slowly through the lips as much as 7 counts later afterwards the patient positions the Head 45. **Conclusion**: The feeding of pursed lip breathing and the giving of semi Fowler is proven to decrease the shortness of breath in COPD patients.

Keywords: pursed lip breathing, position semi-fowler and chronic obstructive pulmonary disease

Spiritual Well-Being: The Ideals and Realities Experienced by Student Nurses in a Faith-based University in Indonesia

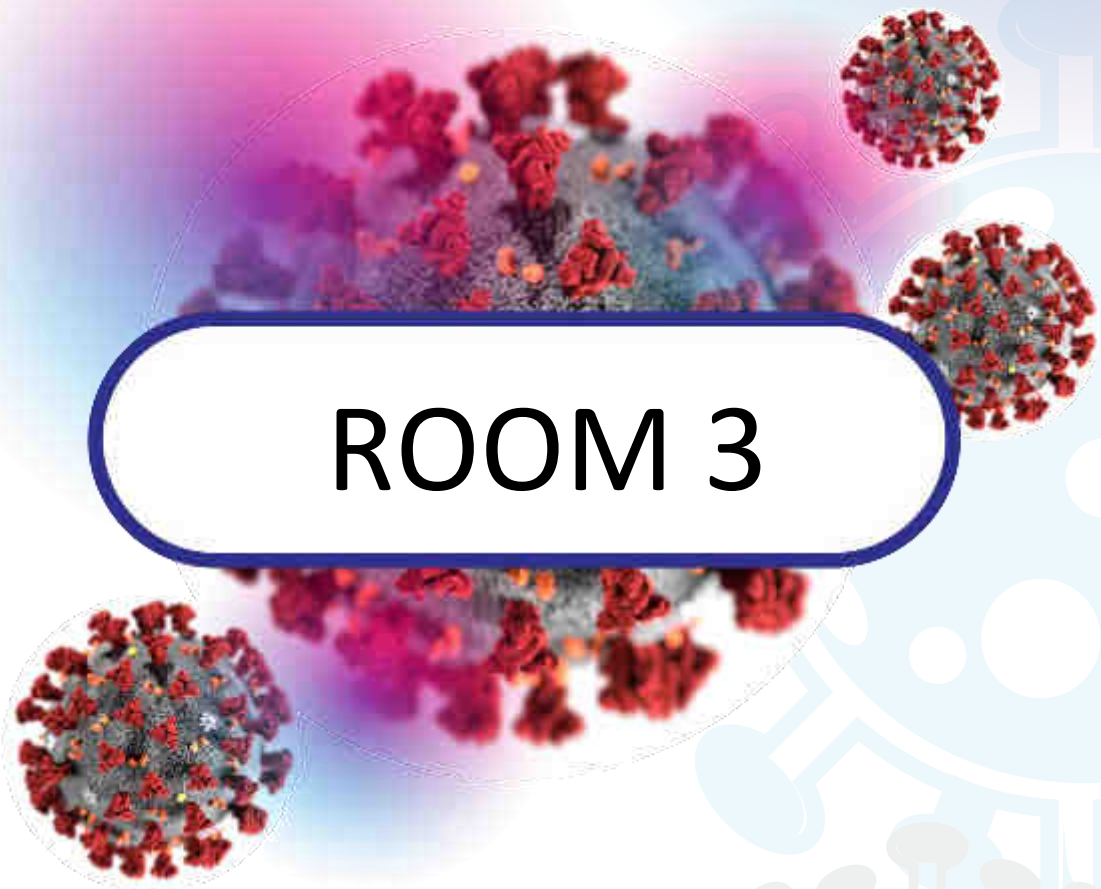
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Abstract

Purpose: This study aimed to investigate the difference between nursing students^ ideals for spiritual well-being, their lived experiences and perceptions of care as they assist patients in enhancing spiritual well-being on four domains of spiritual health. **Methods**: This was a quantitative study conducted in a faith-based nursing school in Indonesia involving 197 students. The Spiritual Health and Life-Orientation Measure (SHALOM) questionnaire was used to assess four domains of spiritual health which consists of personal, communal, environmental, and/or God. The Friedman^s ANOVA was applied in data analysis. **Result**: This study showed that there were significant differences in the three areas of spiritual wellbeing (X2(2) =36.170- p = 0.0001). However, in the follow up analysis, this study showed that there was no significant difference between the experienced spiritual wellbeing and the spiritual care given to the patients (p>0.05). Meanwhile, there was a significant difference between the ideal spiritual well-being and the nursing students lived experiences (p=0.0001). **Conclusion**: Nursing students^ ideals for spiritual well-being that they were not able to live up to, may result in the lower perception on how they help patients^ in the four domains of spiritual well-being. Further studies should be conducted in identifying contributing factors towards nursing students^ spiritual well-being and strategies in enhancing patients^ spiritual well-being as well as meeting their spiritual needs.

Keywords: Spiritual well-being- nursing students



ROOM 3

The Effect of Health Education Using Social Media on the Level of Compliance with Fluid Intake of Hemodialysis Patients in Medan

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Abstract

Objective: Restriction of fluid in patients with end-stage kidney disease requires adherence in undergoing therapy to prevent and minimize the occurrence of complications and improve the quality of life of patients. **Method:** The pretest and posttest with the control group aim to determine the effect of health education using WhatsApp Group on the level of fluid intake compliance for hemodialysis patients. Samples were selected using purposive sampling in 78 patients who underwent hemodialysis for less than 1 year. **Result:** Research data obtained that there is an effect of health education using the WhatsApp group in increasing compliance with the patient's fluid intake (pv: 0,000). Changes in blood pressure before the action and after the action that is normal blood pressure 4 people (10.3%) to 6 people (15.4%), Prehypertension 9 people (23.1%) to 18 people (46.2%), Stage 1 hypertension: 21 people (53.8%) to 13 people (33.3%), Stage 2 hypertension: 5 people (12.8%) to 2 people (5.1%). **Conclusion:** Fluid restriction for hemodialysis patients can be done well if they have the support of family and health workers.

Keywords: Health Education, Quality of life, Kidney Failure, Blood Pressure, fluid intake

Can mobile phone-based messages decrease HbA1c and glycemic control on type-2 diabetes? An evidence reviews

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Abstract.

Objective: To examine the effectiveness of the use of mobile phone-based health messages to improve the health status of people with type-2 diabetes. **Methods**: We conducted a comprehensive review of articles on providing mobile-based health information to patients with type-2 diabetes in journals published in the last years (2012-2019). The database used is Google Scholar, NCBI, and DOAJ. The quality of each article is analyzed and compared. **Result**: From a total of 10 articles that meet the criteria, as many as 7 articles show that statistically, mobile-based messaging can improve knowledge, improve clinical outcomes, reduced hemoglobin A1c (HbA1c) and improve patient glycemic control. Self-monitoring by modifying lifestyles by involving health professionals is very important for controlling blood glucose levels in patients with type-2 diabetes. **Conclusion**: The results of this study provide new evidence about the importance of using information technology to control blood glucose level in patients with type-2 diabetes.

Keywords: mobile phone message, health intervention, HbA1c, glycemic control

Lean Hospital Management Implementation: A Case Study Of The 5R Method Utilization At Rural Mother And Child Hospital In Indonesia

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Abstract

Background: Lean hospital is a well recognized management approach to improve the quality of hospital services by empowering employees through the 5R method consisting of ringkas, rapi, resik, rawat and rajin. However, research on the impact of this method on employee wellbeing, cost effectiveness and work environment in a middle income country such as Indonesia, remains unclear. **Objective** To evaluate the implementation of lean hospital management with the 5R method in terms of working environment conditions, cost effectiveness, perceptions, responses, and expectations of employees at Rural Mother and Child (MC) Hospital. **Method** A qualitative study with a single case study design. The data were analyzed using thematic analysis. **Results** Employees did not understand the concept of Rawat and Rajin from 5R although most employees perceptions were in the same degree in regards to the lean hospital concept. Aside from that, employees were able to identify problems and encourage a positive attitude and behavior changes in the work environment. Moreover, the implementation of this method also reduced hospital operational costs. **Conclusion**: Despite the non optimal implementation of lean hospital management, the 5R method utilization promoted changes in the work environment, employees roles, positive attitude, and behavior responses. This method also showed an indication of cost effectiveness at Rural MC Hospital in Indonesia

Keywords: lean hospital, 5R, hospital management, cost-effectiveness

Relationship Of Organization Culture with Nurse Behavior In Implementing Patient Safety in One Private Hospital in West Indonesia

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Abstract

Background: Patients safety is a measure from the quality of health services. The interview result obtained at least one until two patient safety incidents in a month as patient falls and giving the drug to the wrong patient. The behavior of the nurse in carrying out patient safety is influenced by the organizational culture, vision, mission, goals, and leadership style. The culture of the organization that are inherent in a nurses affect the quality of hospital services and nurses can reflect itself as a professional nurse with the perform culture of the organization. **Purpose**: The purpose of this study was determine the relationship between organizational culture with the behavior of the nurse in carrying out patient safety. **Methods**: This study uses research methods korelational quantitative methods cross-sectional. The sample amounted to 55 nurses were taken using total sampling. Instruments in the form of questionnaires of organizational culture and the behavior of the nurse in carrying out patient safety that is propagated online through google forms and questionnaires directly to nurses. The questionnaire has been conducted to test the validity and reliability of the 31 nurses. The test results of the questionnaire of organizational culture with the count r 0,475-0,811 and the value of Cronbach alpha 0,962 while the questionnaire of nurse behavior with the count r 0,444-0,911 and value Cronhbach alpha 0,982. Analysis of data using test of Spearman. The research started from 29 March-June 2020. **Result**: The result of this study is 58.2% the nurse perceives the organizational culture that is less, and 54,5% of nurses have poor behavior in implementing patient safety. The results of the test of Spearman showed an association (p=0.002) the culture of the organization with the behavior of the nurse in carrying out patient safety. **Conclusion**: Recommendation for future is hospital can do coaching by the head nurse or team leader in the form of socialization, training, mentoring and supervision.

Keywords: organizational culture, nurse behavior, patient safety

Relationship Of Working Shift And Work Motivation With Mental Weaknesses In Nursing In Surgeratic State Hospital Of RSUD R. Dr. Goeteng Taroenadibrata Purbalingga

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Abstract

Background: The nurses profession in exercising muscle and mind energy has the risk of experiencing physical and mental fatigue. This research focuses on mental fatigue. Mental fatigue is caused by psychological factors, namely the existence of unresolved psychiatric problems and psychological stress. **Purpose**: This study aims to determine the relationship between work shift factors and work motivation with mental fatigue in nurses in inpatients of surgical diseases. **Method**: This research is a quantitative study with a cross-sectional approach. The study population was inpatient nurses in surgical disease in RSUD dr. R. Goeteng Taroenadibrata Purbalingga. The research sample was taken with a total sampling technique which amounted to 42 nurses. Data collection instruments using a questionnaire and data collection was done by interview. Data analysis was performed univariately and bivariately. Statistical tests using Chi-Square used a 95% degree of confidence. **Results**: The results showed that the variable work shift and work motivation were related to mental fatigue of inpatient nurses in the surgical ward of RSUD dr. R. Goeteng Taroenadibrata is a work shift (p = 0.023) and work motivation (p = 0.030). **Conclusion**: Nurses after running the night shift are advised to use the rest time well. Nurses must be wise in managing work motivation properly in order to remain enthusiastic in undergoing daily activities.

Keywords: Nurse, work shift, work motivation, mental fatigue

Burnout Syndrome among by Nurses in Semarang : Fenomenology Study

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Abstract

Background: Burnout syndrome experienced by nurses can influence their performance in hospitals. Burnout syndrome can be caused by the degradation of Nurse quality of life. The quality nurses of life is affected by the fatigue of physical syndrome are fatigue, mental fatigue, and emotions caused by work-related stress. Previous research showed that Nurse quality of work life has a positive and significant impact on its performance. **Purpose**: This research aims to discover nurses experience related to burnout syndrome. **Methods**: Qualitative method of research is used in this research with descriptive phenomenology design. The population of this research is nurses who are actively participated for care service in Public Hospital of dr. Adhyatma, MPH Tugurejo Semarang, consisting 15 executive nurse, 15 head of ward, and 15 management and leader. Purposive sampling technique is used to get the sample of research. The data collected from an interview using FGD (Focus Group Discussion) technique and analyzed by Colaizzi technique. **Results**: The research discovers three themes, which are: unsatisfied complaint, unpleasant working environment, and excessive responsibility. **Conclusion**: Unsatisfied complain feeling, unpleasant working environment, and excessive responsibility are the cause of burnout syndrome. The consequences that can arise from burnout syndrome are very substantial and give a great impact to the quality of patient care services in hospitals.

Keywords: Burnout Syndrome. Nurses

The Relationship Of Burnout Syndrome With The Completeness Of Nursing Care Documentation In Medika Utama Hospital Blitar City, Indonesia

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Abstract

Background: Burnout syndrome has a negative impact on nurses including high rates of turnover and absenteeism, a tendency to withdraw from patients, long breaks, and cause nurses to neglect nursing care. **Purpose**: This study was to determine the relationship between Burnout Syndrome and the complete nursing care documentation of Medika Utama Hospital.
Methods: This study uses a qualitative descriptive design with a Cross-Sectional approach. Samples were 21 respondents using purposive sampling. Data collection uses questionnaire sheets (MBI) and Observation Checklist for Medical Record sheets. Statistical analysis using the spearmans test with $p < 0.05$. **Results**: The results of the statistical test show $p = 0.002$ with correlation coefficient = 0.638. There was a relationship between Burnout Syndrome and the completeness of the documentation in Medika Utama Hospital with direction of a positive relationship. **Conclusion**: If the burnout experienced by nurses is low then the increase in the procedure for completing nursing care documentation will lead to good performance. To avoid the significant effects of Burnout Syndrome, nurses are wiser in managing their time and activities to prepare their energy and mind to carry out their duties as professional nurses at Medika Utama Hospital. Take advantage of vacation time for rest and refresing.

Keywords: burnout syndrome, exhaustion, nursing care documentation.

The Differences of Sleep Quality between Nurses with Two-Shifts of Work and Nurses with Three-Shifts of Work

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Abstract

Background: Humans generally have two times, which are daytime for activity and night for rest (circadian rhythm). Shift system of working can cause a lack of sleep or disruption of a persons sleep cycle, especially those who have a night shift. Nurses are health workers who have a shift system of working. Shifts that occur continuously can cause poor sleep quality of the nurses. **Purpose**: To find out the differences in sleep quality between nurses with two-shifts of work and nurses with three-shifts of work. **Methods**: This study conducted on June-July 2019 with a quantitative method and a cross-sectional approach. The sample of this study was 90 nurses (two-shifts: n=35; three-shifts: n= 55) in one private hospital in the west region of Indonesia. Pittsburgh Sleep Quality Index was used as the instrument that has passed for Validity and Reliability (Chronbach alpha=0.820). Univariate and Mann-Withney U were used to analyze the data. **Results**: This study found that most of the respondents were women (83,3%), range of ages 26-65 (51,11%), and nurses with two-shifts that have poor sleep quality as 15.56%, nurses with three-shifts that have poor sleep quality as 46.67%. There are differences in sleep quality between nurses with two-shift and nurses with three-shifts (p value= 0.002). **Conclusion**: Shift system of working can cause poor sleep quality of the nurses, especially for nurses with three-shifts.

Keywords: Nurses; Shifts of work; Sleep quality

Beautiful Mind Bring Change to Mind: A Video Approach to Reducing Stigma

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Abstract

Background: Negative stigma still against to people with mental disorders in our society and on college campuses, including nursing students. Nursing students are required to be able to provide nursing care to them, with the stigma can reduce the quality of nursing care. To overcome this stigma, an innovation was made in the form of a video titled Beautiful Mind: Bring Change to Mind which contains the outpouring of hearts from mental patients. Purpose: This paper has purpose to examine the impact video Beautiful Mind: Bring Change to Mind on the stigma score in nursing student. **Methods**: This paper used quasy experiment approach, A total of 166 nursing students were in the study with 83 watcing the video and 83 being part of control group. This study used Mental Health Stigma Scale (MHSS) questionaire to examine the stigma scor in nursing student. Each nursing student sees a video that lasts 20 minutes, after that asked them to discuss the video content. Data was analyzed by using t-independent test. **Results**: the results showed that there are a significantly decreasing score at nursing student who had stigma to people with mental health disorder (p=0,001) **Conclusion**: the conclusion of the study there is video Beautiful Mind Bring Change to Mind can be designed to be an educational media to reduce negative stigma in nursing student.

Keywords: Video, stigma, video education

Nursing Students Coping Strategy on Academic Stress: A Literature Riview

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Abstract

Background: Nursing students academic stress is caused by various pressures, such as academic competition and lecture assignments. Mental disorder affecting approximately 20 percent adults every year and the most common causes is academic stress. In Jakarta, more than 50% of nursing students experienced academic stress due to excessive academic burden. Therefore, nursing students need to find appropriate coping strategies to deal with academic stress. **Aim**: To describe nursing students coping strategies on academic stress from various article sources. **Methods**: We used Google Scholar, ScienceDirect, and PubMed database to search for articles. Then, the articles were selected using PRISMA flow diagram and criticized with JBI Critical Appraisal Checklist. **Results**: Based on the five articles that have been analyzed, it can be concluded that nursing students who experienced academic stress used emotion-focused coping and problem-focused coping in which of each has various strategies, ways of using, advantages, and disadvantages. Both coping strategies are effective in dealing with stress experienced by nursing students and there is nothing superior between both strategies. Therefore, students can choose the right coping strategy according to the individual character and the type of problem. **Conclusion**: Emotion-focused coping and problem-focused coping strategies are effective for dealing with academic stress in nursing students

Keywords: Academic stress, Coping strategy, Nursing students

Relationship Between Nurse Characteristics And Nursing Stress Coping In One Private Hospital In Central Indonesia

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Abstract

Background: Lack of nurse capacity will cause nurses to experience fatigue in work. This is because the needs of patients are much more than the ability of the standardized nurses workload creating stress for nurses at work. Stress experienced by nurses will have an impact on nursing care services. Therefore nurses should have a strategy that someone uses to deal with the problems they face called coping mechanism. **Purpose**: To determine the relationship between nurse characteristics and nurses^ stress coping in a private hospital in central Indonesia. **Methods**: This study uses quantitative correlational with cross sectional approach, and Chi square test. A sample of 98 respondents with total sampling was used. This study used a Brief Cope questionnaire consisting of 18 questions that had been tested for the validity of reliability on 20 respondents with r counted between 0.871 and Cronbach^s alpha 0.832. **Result**: The results of this study indicated that there was no relationship between the nurses^ last education with stress coping (p value 0.32), there was no relationship between nurses^ marital status and stress coping (p value 0.641), there was a relationship between nurses work duration and coping stress (p value 0.021), there was no relationship between age of nurses with stress coping (p value 0.852). **Conclusion**: Future researchers should examine sex factor with x stress coping

Keywords: Characteristics of nurses, Coping mechanisms, Stress

Life Meaning Therapy on Anxiety Experience by Female Prisoners in Correctional Institution

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Abstract

Background: Female prisoners with all the lack of social support coupled with the stigma of society by giving a negative label to them has a psychological impact that is felt, one of which is anxiety. Life meaningful therapy aims to reduce anxiety by the process of finding meaning in life. **Purpose**: This study aims to determine the effect of therapeutic meaning of life with the anxiety of female prisoners in Blitar Correctional Institution Class IIB. **Methods**: This type of research is a Quasi-Experimental study with the One Group Pretest Posttest Design approach. The sample used by 15 respondents was taken by purposive sampling technique. This life giving therapy is given as many as 4 sessions for 2 weeks. For anxiety assessed using the Hamilton Rating Scale-Anxiety (HRS-A) questionnaire. Data were analyzed using Paired T-Test. **Result**: The analysis results obtained p value of 0,000 where p <0.05 which means there is a therapeutic effect of interpreting life with anxiety of female prisoners in Correctional Institution Class IIB Blitar. **Conclusion**: The need for therapy to interpret life in the mental training program of Prisoners in Blitar Corrections Institutions.

Keywords: Anxiety, Female Prisoners, Life Meaning Therapy

Mothers Grief With NAPZA Abusing Adolescent A Qualitative Study

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Abstract

Background : NAPZA abuse has become a global problem. Each year it expanded to the market of young people (adolescent) and become a very worrying problem. The impact of NAPZA abuse covers a very wide range of aspects: medical, criminal, psychosocial, educational, and economic. The role of parents, especially mothers, is very important in treating NAPZA abusing adolescent. Mother is the closest person to the child so that the role of caring for adolescents with NAPZA problems is very attached to her and its impact is the feeling of grief for mother. **Purpose**: The feeling of grief has not been explored in depth, so this study aims to explore the feelings of grief felt by the mother in taking care of NAPZA abusing adolescent. **Method** : The research design was qualitative with a phenomenology approach involving eight participants. Data were collected by indepth interview and analyzed using Colaizzi method. The results obtained three themes that refer to the feelings of grief felt by the mother with NAPZA abusing adolescent. **Results** : The result of this research are six themes. Three themes of which refers to the feelings of mothers grief felt during the care of adolescent NAPZA users. The other three refer to support for mothers and maternal efforts in finding adolescent cures. **Conclusion** : this study recommend that the mother as the closest person as the main focus of intervention due to NAPZA abuse by adolescents.

Keywords: NAPZA, mothers, adolescents, grief

Factors Influencing Depression in Nursing Student: A Systematic Literature Review

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ABSTRACT

Background: Depression is a mental health problem that can cause a decrease in one's productivity, cognitive and psychomotor capability, initiative ability, as well as may lead to suicidal thoughts or attempts. The World Federation for Mental Health (WFMH) in 2012 reported about one in 20 people who had episodes of depression began at an early age. A fact in Indonesia in year 2017 reported that 27.3% of nursing students had moderate to severe depression. Several studies showed that the incidence rate of depression in nursing students was higher compared to the other students. **Purpose**: This study aimed to identify factors contributing to the incidence of depression in nursing students from empirical literatures. **Methods**: This study applied a systematic literature review, using four databases including PubMed, Science Direct, Google Scholar and EBSCO Some keywords were used such as "influence factors", "depression", "nursing students", "depression factors and nursing students". The retrieved articles were appraised using the Critical Appraisal Tools from Joanna Briggs Institute (JBI). A PRISMA flow diagram was used to display the selection process of the literatures and the data was analyzed using a simplified thematic approach. **Results**: This study revealed six themes and 20 sub themes related to factors contributing depression in nursing students. The factors included personal, biological, psychological, family, social and academic factors. **Conclusion**: Understanding contributing factors of depression might lead students to be aware of their own conditions in which could further empower students to decide a positive stress coping such as by asking for help in the professional counselling session. It is expected that educational institutions should provide sufficient attention to the emotional health of the students, by implementing a counseling or mentoring for students who are needed.

Keywords: Depression; Influence; Nursing Students

Kangaroo Father Care for Premature Baby in Indonesia; Right-Obligation

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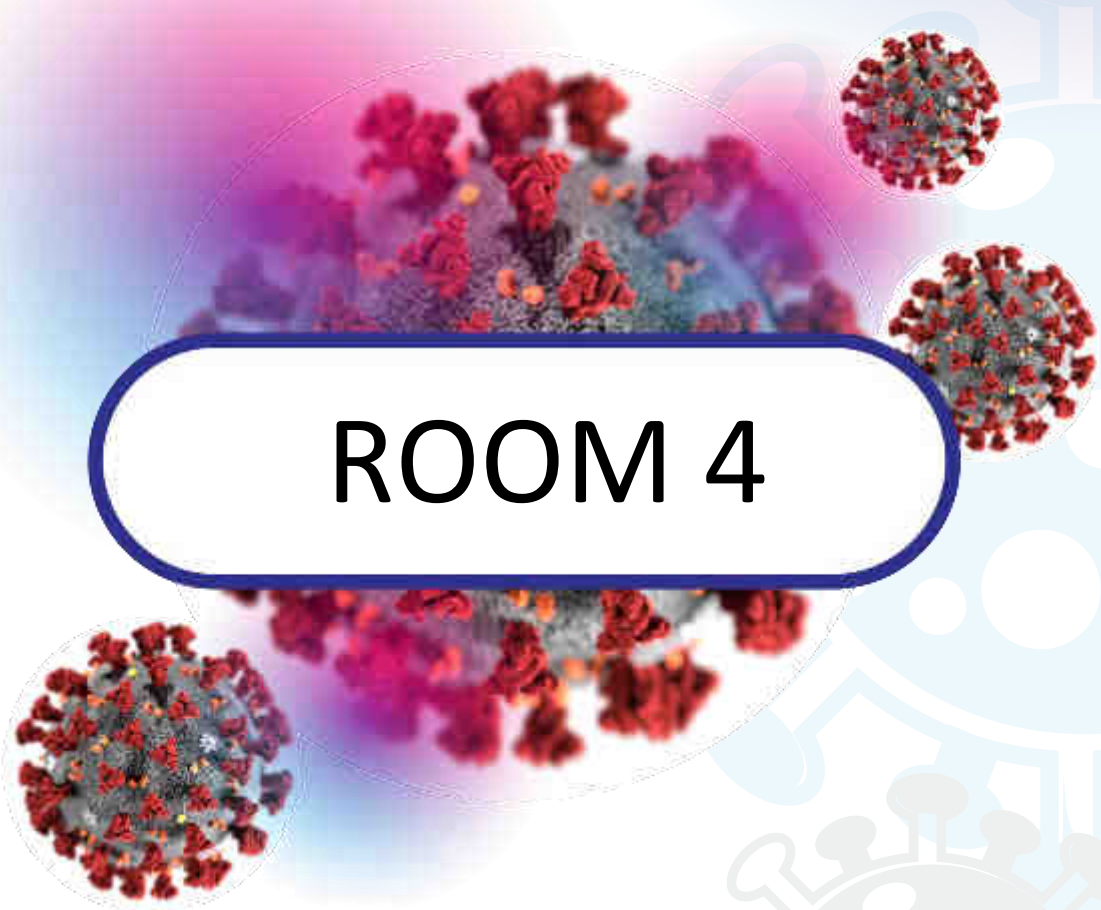
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Abstract

During the transition parents of the premature birth infant experienced stressful period when the baby is taken care separately with the mother due to the needs of more sophisticated medical equipment and treatment. In the transition of parenthood, father and mother were equally experience a challenging role and responsibility changes. Even though sharing different role, mother and father experienced similar reduce in their health-related quality of life. However limited attention was given to father, and father often felt being left alone with the feeling of surprise, fear & anxious when the baby is in NICU. Kangaroo father care can be one of intervention to improve fathers involvement in premature infants care. The existing research proofed extensive positive outcomes on father and infants. Kangaroo care benefited father in gaining and better understand their paternal role. Fathers participation in their infant care from kangaroo father care gained them to feel in control when handling unexpected situation during their preterm infants hospitalization.

The core of relational ethic emphasizes community of relationship, and directs us to attend to the multiple relationships and interactions that affect certain situation. In this regard, nurses should provide the holistic care to the whole family and supporting all the family member equally Relational ethic put the relationship between nurses and the patient in a position in the needs of attention giving and moral space. The relationship created in NICU between nurses, infants, mothers and fathers demand moral good to treated and accept father equally to mother.

Keywords: Kangaroo care, Father, Relational Ethics



ROOM 4

The Experience of Adolescent Girls In Carrying Out Early Marriage: A Phenomenological Study

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Abstract

The incomplete growth of adolescent female reproductive organs and unstable emotional development will lead to diverse experiences for adolescent girls when playing the role of a wife and becoming a mother. Although the Indonesian government has set an age limit for marriage, the practice of underage marriage is still prevalent in Indonesia. This research aims to determine the experience of adolescent girls in their marriage. A qualitative design was applied using a descriptive phenomenology approach. Total participants involved in this study were ten people who lived in West Kalimantan. Data were collected through in-depth interviews. Data analysis was performed with thematic content analysis using the Moustakas (1994) approach. This study found three themes, namely, the causes of adolescent girls having early marriages due to unwed pregnancy and dropping out of school. The second theme, they decide to get married of their own free will. The third theme, young women experience unpleasant treatment in undergoing early marriage.

Keywords: early marriage, teenage girls, married by accident

The Effect of Coaching Self Hypnosis on Early Breastfeeding Initiation among Post Partum Mothers on Solok City

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Abstract

Background: the early post partum period is a critical time to set the foundation for successful breastfeeding. However, limited study covers effect of coaching self hypnosis on early breastfeeding initiation in this area. **Purpose**: To determine the effect of coaching self hypnosis on Early Breastfeeding Initiation among post partum mothers. **Methods**: A quasi-experimental pre and post test with control group was used in this sudy. The study was conducted from March to October 2019. A total of 44 respondents assigned as intervention and control group (22, 22, respectively). Intervention group was provided with coaching self hypnosis, and control group was offered with prenatal class. Bivariat analysis using t-dependen for Cognitive and attitude of mother during pregnant. Implementation of early breastfeeding practice were measured after delivery process. **Result**: The results of this study found that there was a significant differences in the level of knowledge about early breastfeeding initiation between prenatal class and coaching self hypnosis (p = 0.03), there was no differences in the attitudes about early breastfeeding initiation between prenatal class and coaching self hypnosis (p= 0.14)1 and there was no significant differences the implementation of early breastfeeding initiation between prenatal class and coaching self hypnosis in (p value= 0.05). **Conclusion**: Coaching self hypnosis may benefit to increased mother knowledge about early breastfeeding initiation rather than prenatal class.

Keywords: Coaching Self Hypnosis, early breastfeeding initiation, post partum mothers.

Exploring Early Supplemental Food Practice in Indonesia

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Abstract

Background: Nutrition during first 1000 days of infants life becoming the most important stunting influencing factor. Providing exclusive breastfeeding is highly recommended, however the supplemental food is common provided for the infants before six months of infants age in Indonesia. **Purpose**: To explore the early supplemental food introduction among Indonesian mothers. **Methods**: This was an ethnographic study and involved 26 participants. Data were collected using focus group discussion, indepth interviews, observations, and field notes. Data were analyzed using a thematic analysis method. **Results**: Analysis revealed five main themes: early supplemental food is common; early supplemental food is good for infant, the sooner the better, the supplemental food types, and grandmother know best. **Conclusion**: A culturally sensitive health education is needed to prevent early supplemental food introduction in order to increase the exclusive breastfeeding practice among the Javanese community and involve grandmother as the key person in the early supplemental food introduction.

Keywords: Early supplemental food, Culture, Infant, Indonesia,

Pregnancy Increases The Expression of Prostaglandin-2 in The Sacroiliac Joint (Study in-vivo Rattus Norvegicus Strain Wistar)

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Abstract

Background: Increased uterus weight during pregnancy moves down of gravity forward, increasing lumbar lordosis, excessive mechanical emphasis on pelvic, which is frequently causing pain. 1 in 5 pregnant women (20-30%) felt pain around the sacroiliac joint (SIJ), affecting the gait, and even being severe disability 8%. Mechanical emphasis on SIJ triggered local injury and PGE-2 are thought to be produced. PGE-2 enriched in injured tissue directly sensitizes nociceptors to cause central and peripheral sensitization, it also potentiates sensitizing effects of other pain mediators. **Purpose**: This study aims to prove an increasing expression of PGE-2 in SIJ on pregnancy. **Methods**: The research used a post-test only with a control group design. Animal experiments were 12 rats strain-wistar. The first stage of this study was the impregnating process through synchronization of the estrous phase. The next step was taking SIJ cartilage on day 19 of gestational age for the pregnant rat^s group and homogeneous age for the non-pregnant group. Analyze of data used independent t-test. **Results**: the study found there was significant difference in the expression of PGE-2 on SIJ between pregnant and nonpregnant rats p-value 0,018 (< 0,05). Mean Indeks Remmele Score pregnants rats 6,16 0,833 (mean standard error of mean) were higher than nonpregnant rats 3,16 1,602 (CI 95% 0,640-5,360). Trauma to fibrous tissue and cartilage triggers the activation of silent nociceptors in the joints, and pro-inflammatory cytokines. Each of these can stimulate increased prostaglandins in SIJ. **Conclusion**: pregnancy can increases PGE-2 expression in the fibrous tissue and cartilage of the sacroiliac joints

Keywords: PGE-2, pregnancy, rats, SIJ

Consumption of Fe-folic acid supplements on hemoglobin levels in pregnant women and infant birth weight

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Abstract

Background: Anemia is a medical condition that indicates the number of red blood cells is less than normal. Efforts to control anemia in pregnant women are done through supplementation of the Fe-folic acid and calcium program. Compliance pregnant women take supplements of Fe-folic acid and calcium to help improve the babys birth weight. **Purpose**: The purpose of this study was to analyze the effect of compliance supplementation of Fe-folic acid and calcium to the levels of hemoglobin in third-trimester pregnant women and infant birth weight. **Method**: The subjects are the third-trimester pregnant women as much as 65 and then checked levels of hemoglobin and given supplements of Fe-folic acid and calcium for three months, in 2 weeks before the estimated birthday, hemoglobin levels were checked again then weighing the babys birth weight. Data were analyzed by the test for normality using the Fisher Test, bivariate analyzed then using Chi-Square and Fisher Test and linear regression for analyzed multivariate. **Results**: Compliance with consumption of Fe-folic acid supplements affected the level of maternal hemoglobin with an R2 of 0.60, which means that the effect of consumption of Folic acid on maternal hemoglobin levels was 6% while influenced by other variables. **Conclusion**: Compliance with consumption of Fe-folic acid and calcium supplements Aff hemoglobin levels of third-trimester pregnant women. However, the consumption of Fe-folic acid and calcium supplements did not have a significant effect on determining the birth weight of a baby.

Keywords: Compliance; Fe-folic acid supplements; calcium; hemoglobin levels; birth weight

What Factors Influence The Perception Of Breastfeeding Support In Postpartum Mothers?

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Abstract

Background: Support from various parties is very much needed for breastfeeding mothers, but some mothers do not consider this support. Lack of motivation as a result of negative perceptions about breastfeeding support will cause the failure of postpartum mothers to provide exclusive breastfeeding. Mothers perception of breastfeeding support can be influenced by many factors. **Objectives**: This study aims to determine the factors that influence postpartum mothers perceptions of breastfeeding support. **Methods**: This study used a survey method through a questionnaire, with multivariate analysis. The sample in this study were 197 respondents with consecutive sampling technique. **Results**: The results of the multivariate analysis test on occupational factors with p value = 0.867, marital status with p value = 0.487, education with p value = 0.686, type of delivery with p value = 0.152, income with p value = 0.793, history of attending pregnant class with p value = 0.878, age with p value = 0.377, parity with p value = 0.648, number of children with p value = 0.120. **Conclusion**: Factors such as occupation, marital status, education, type of labor, income, history of attending maternal classes, age, number of children did not affect postpartum mothers perceptions of breastfeeding support.

Keywords: breastfeeding support, postpartum mothers, perception

The Effect Of Pranayama And Restorative Yoga Postures On Reducing Morning Sickness In Pregnancy

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Abstract

Background: Nausea and vomiting in pregnancy can be a stressor for the mother if not well treated. There are several interventions to deal with morning sickness. Yoga is believed to relieve symptoms of nausea. **Purpose**: The aim of this study was to prove whether pranayama techniques and yoga restorative postures can reduce the frequency of nausea and vomiting in pregnant women. **Method**: This research is an experimental study in which a total of 57 respondents were randomly divided into intervention groups (29 respondents) and the control group (28 respondents). The intervention group was given 30 minutes of pranayama techniques and selected restorative postures for 7 consecutive days. The control group is given routine management of nausea and vomiting. Measurement of vomiting nausea before and after intervention using Pregnancy-Unique Quantification of Emesis (PUQE) -24. Data analysis using Wilcoxon and Mann Whitney test. **Result** : There was no difference in the PUQE-24 score between the intervention and control groups before treatment. The Wilcoxon test results showed changes in PUQE-24 scores in the intervention group ($p = 0.001$) while there was no change in the control group ($p = 0.694$). The Mann Whitney test results showed no difference in scores between the intervention and control groups ($p = 0.147$), but the average decrease in PUQE-24 scores in the intervention group was greater (1.14) or 71.43% of respondents compared to the control group (0.34) or 51.7% of respondents. **Conclusion** : There are influences of pranayama and selected restorative yoga postures in overcoming morning sickness in pregnancy.

Keywords: Pranayama yoga; Pregnancy; PUQE-24; Nausea-Vomiting

Relationship Between Knowledge And Mothers Attitudes Toward Long-Term Contraceptive Method

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Abstract

This research was reffered to the increasing of population matters and government program in applying long-term contraception method as the solution. For dealing with that matters we need to have a good knowledge about family planning and contraception tools used by acceptor in selecting contraception tools. Since the knowledge has been domain in shaping one^s behavior, and the acceptors could used long-term method. This study aimed to establish the relationship between knowledge and mothers^ attitudes toward long term contraception in village population. This study employed descriptive correlational research design and involved 100 mothers by simple random sampling in Bojong Village, Cianjur District, Indonesia on June 2008. Data were analysed using chi square. The results showed that there is not significant correlation between the two variables (p=0,64). We cannot say that there is a relationship between knowledge they had and score participants presenting on the scale of attitudes.

Keywords: Mothers attitudes- Knowledge-Long term contraception

Reserve Pressure Softening Versus Cabbage Leaves On Breast Engorgement Among Post Partum Mothers

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Abstract

Aim: to find out the effect of reserve pressure softening versus cabbage leaves on breast engogerment among post partum mothers. Design: the quasy experimental study using two group pre-posttest design. **Methods**: post partum mothers divided into two groups of treatment. The first group was given the RPS treatment and the second group was given the cabbage leaves treatment. The breast engogerment scale with scale 1-6 according to Hill and Humenick 94 was used to measure breast engorgement on post-partum mothers. The samples were collected using consecutive sampling technique. Mann Whitney test was used for statistical analysis. **Result**: before the intervention, the majority of post partum mothers breast engogerment on a scale of 3 and after the intervention a decrease of scale 2. Both of these interventions are effective in reducing breast engogerment. **Conclusions**: Post partum mothers with breast engogerment are advised to reserve pressure softening or cabbage leaves so that breast engogerment decreases and mothers can breastfeed comfortably.

Keywords: breastfeedings, breast engorgement, cabbage leaves, reserve pressure softening

Health Education Enhances The Understanding Of Pregnant Women Towards The Prevention Of Early Complementary Feeding

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Abstract

Background: Starting to provide complementary foods at the right time is very beneficial for meeting nutritional needs and for baby's growth and development. The provision of complementary foods depends on the mother's knowledge and attitude. Health education is a way to increase understanding and readiness of mothers in efforts to prevent early introduction of complementary feeding to babies. **Purpose**: The research objective was to analyze the effect of health education with leaflets on early complementary feeding attitudes in third trimester pregnant women. **Methods**: The research design was a quasi-experimental study with two group pre-post test design, with a sample of 66 third trimester pregnant women who were taken by consecutive sampling. **Result**: The results showed that there were significant differences in maternal attitudes before and after the provision of health education related to early complementary feeding attitudes (p value <0.001; α = 0.05). **Conclusion**: This study recommends the implementation of health education about complementary foods for mothers during exclusive breastfeeding as a preventive strategy for early introduction of complementary feeding and to increase the readiness of mothers before the complementary feeding period.

Keywords: complementary feeding, baby, pregnant women, mother's attitude

Correlation Of Weight Gain Pregnancy And Breast Milk Production In Early Postpartum At RSUP Sardjito

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Abstract

Backgound: Exclusive breastfeeding rate in Indonesia is still low. One of the factors that influence breastmilk production is obesity. The increased of excessive maternal weight during pregnancy will be cause obesity. **Purpose**: The objective of the study to determine the correlation between maternal weight gain during pregnancy and breast milk production. **Methods**: This study is a form of correlation analytic observational study. The study involved 69 respondents with woman aterm pregnancy on the first day of giving birth. Breastmilk production is measured by second and third day after giving birth. Respondents were mothers who did not care and join their babies directly. The instrument of this study used quesionnaires and syringe. Correlation test used Chi Square. **Result**: Univariat test results showed that the characteristics of respondent were mostly mothers with age reproductive, high school education, working mothers, type of labor is SC, have enough income, have a normal BMI and birth the baby with normal weight. Bivariate test beetwen weight gain during pregnancy and breastmilk production showed a significance relationship is 0,006 with an OR is 3,75.
Conclusion: There is relationship between weight gain during pregnancy and breastmilk production in early postpartum mothers.

Keywords: Breastmilk production; Weight gain; Obesity

Mother Puerperal Care in Aceh Culture

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Abstract

Background: The puerperium is a period of 6 to 8 weeks after delivery. The process begins after the completion of labor and ends after the reproductive organs return to their pre-pregnancy state. The variation in women's behavior in postpartum care is influenced by culture
Purpose :This study aim to explore the habits of Aceh culture in care during the puerperium.
Methods: The design of this research uses descriptive exploratory. The purpose of using this design is to describe aspects of Acehnese culture in carrying out postpartum care. The number of respondents was twelve people. The process of collecting data through respondents' demographic data sheets, interview guides using a recording device, and observation sheets for postpartum maternal health examination. Data collection took place from April 2018 to June 2018..**Results**: Types of cultural practices undertaken by respondents during the puerperium included early mobilization and rest, nutrition, micturition, defecation, self-care, breastfeeding and breast care. **Conclusion**: Aceh culture is very committed in providing puerperal care for

Keywords: Puerperal care, mother, Aceh Culture.

Effectiveness Yoga to Improve the Quality of Sleep in Pregnant Women with Nausea and Vomiting

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Abstract

Background: More than half of pregnant women that feel discomfort because of nausea and vomiting pregnancy (NVP) report have been disturbed sleep during pregnancy. Insufficient sleep duration and poor sleep quality during pregnancy may increase the risk of adverse pregnancy outcomes, including growth restriction of the fetus, and postpartum depression. Yoga is commonly used for relaxation and is proven effective to reduce stress and anxiety in pregnant women so that it is possible to improve the quality of sleep for pregnant women. One form of yoga practice in pregnant women is pranayama and restorative yoga postures. **Purpose**: So this study aims to find out whether pranayama and restorative yoga postures effective to improve the quality of sleep in pregnant women. **Mathod**: This quasy experimental study with a control group was conducted on 58 pregnant women with nausea and vomiting obtained by purposive sampling method. Respondents were divided into two groups, 29 respondents in each group. The pranayama and restorative yoga postures were given in the intervention group in 30 minutes for 7 days continuously. The quality of sleep was measured by the Pittsburgh Sleep Quality Index (PSQI). **Result:** The results of data analysis using the Chi-Square test showed that there were no differences in sleep quality scores of pregnant women before and after being given pranayama and restorative yoga postures ($p>0.05$). **Conclusion:** Pregnant women with second and third trimester who experience nausea and vomiting in this study do not seem to be at increased sleep quality after doing pranayama and restorative yoga postures. Frequency and regularity in doing yoga become important points that need to be considered for better results.

Keywords: pregnant women, sleep quality, NVP, yoga

Perception of Insufficient Milk Supply and Breastfeeding Self-Efficacy as Influencing Factors for Exclusive Breastfeeding Cessation in Working Mother

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Abstract

Background: Exclusive breastfeeding is essential to provide the best baby nutrition. Working mothers have many obstacles during the exclusive breastfeeding period. Many factors are affecting working mothers to decide whether they give exclusive breastfeeding or not. **Purpose**: This study aimed to analyze the most significant factors that affect working mothers, whether they stop exclusive breastfeeding or not. **Methods**: This study used a cross-sectional design with purposive sampling technique. The Respondents were working mothers: who work outside of the home, live in Malang on Arjowinangun Public Health coverage area, breastfeed their baby, have a healthy baby age 6-12 months. The factors researched in this study were personal information, breastfeeding history, breastfeeding self-efficacy (BSE), and Perception of Insufficient Milk Supply (PIMS). The data collection used questionnaires: personal information, PIMS, BSES-SF, and Breastfeeding decision. The data analyzed by the chi-square test, followed by logistic regression. **Results**: 82 respondents participated in this study. The result shows that mothers who had exclusive breastfeeding cessation (81.7%) were under 35 years old (75.6%), low BSE (45.1%), and high PIMS (48.8%). A chi-square test indicates that BSE and PIMS were significant factors in their decision to exclusive breastfeeding (p-value 0.003 and 0.001, respectively). Subsequently, the binary logistic regression shows mothers who had low BSE (OR 5.6;95%CI 1.10-28.18) and high PIMS (OR 7.0;95%CI 1.4-35.14) were more at risk of exclusive breastfeeding cessation. **Conclusion**: This study showed that exclusive breastfeeding cessation in working mothers is affected by BSE and PIMS.

Keywords: exclusive breastfeeding, working mothers, breastfeeding self-efficacy, perception of insufficient milk supply

Activity Level and Exclusive Breastfeeding in Working Mother: a Cross-Sectional Study

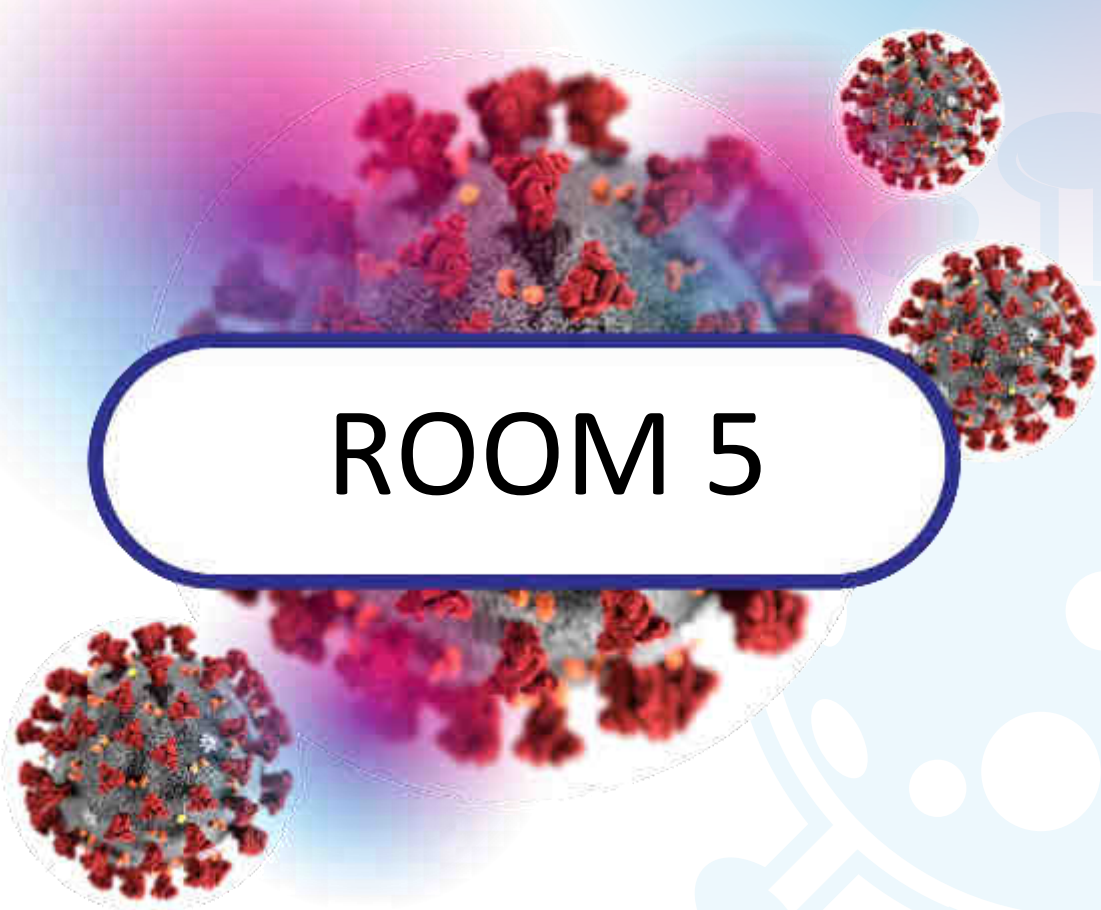
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Abstract

Background: Exclusive breastfeeding provides benefits for babies and mothers. One of the causes of the low coverage of exclusive breastfeeding is because of working mothers. Working mothers stop breastfeeding related to their experience as mothers who have insufficient time to breastfeed and interact with their babies. **Purpose**: This study aims to analyze the correlation between the level of activity of working mothers and exclusive breastfeeding. **Methods**: This study was a cross-sectional study. A total of 72 working mothers were selected using a purposive sampling procedure in the area of Arjowinangun Community Health, Malang. Data collection used to questionnaires. **Results**: The results obtained were 36 mothers (50%) had a moderate level of activity, and 45 mothers (62.5%) did not give exclusive breastfeeding. There is a significant relationship between the level of activity and the success of exclusive breastfeeding (p-value 0,000). The Spearman correlation coefficient shows that there is a very strong relationship between the level of activity and the success of exclusive breastfeeding among working mothers (r -0.663). **Conclusion**: The results showed that the higher the level of activity of working mothers would reduce the success of exclusive breastfeeding. It is expected that working mothers will be gained more knowledge of lactation management so that exclusive breastfeeding can given to their babies.

Keywords: Keywords: Activity, Exclusive Breastfeeding, Working Mothers



ROOM 5

Government Policy in the Development of Sports Achievement at the Student Sports Education and Training Center

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Abstract

Purpose: This study explains how Government Policy in the Development of Sports Achievement at the Student Sports Education and Training Center and the extent to which government policies in fostering this achievement can be carried out by existing sports so that they can obtain good achievements since the independence period. **Methods**: This study used a Mixed Method and aimed to reveal how the Government Policy in Fostering Achievement at the Student Sports Education and Training Center. The data collected then documented as historical data on the development of Achievement Sports Coaching specifically about the Student Sports Training and Education Center. **Result**: The result of the study then will be based on interviews with coaches, trainers and athletes in terms of the achievement of development seen from the perspective of Context, Input, Process, and Products that have undergone a fairly dynamic change.

Keywords: Policy- Achievement Coaching- Student Education and Training Center

Profile of Maximum Oxygen Uptake of Male Youth Athletes

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Abstract

Background: The Cardiovascular endurance (CE) is one of the main bio-motor components that must be possessed by athletes to be able to support physical performance. In addition to being able to engage in physical activity for long periods of time, the cardiovascular endurance is also needed to help and speed up the reversibility process of physical fatigue after exercising. The profile related to the athletes endurance is very necessary to be held, which can be used for the process of monitoring and evaluating the effectiveness of the training program that has been given. **Purpose**: This study aims was to determine the profile of cardiovascular endurance for male junior athletes of Track and Field (TF), Taekwondo (TK), Karate (KT) and Sepak Takraw (ST). **Methods**: The method of study was a quantitative descriptive with cross sectional approach. A total sampling method was implemented to 60 athletes including of 14 athletes in ages of 14-17 years old for TF, 20 samples of TK, 15 athletes of KT and 11 athletes of ST who were prepare for National School Games. The test instrument for cardiovascular endurance used was a multistage fitness test (MFT), with quantitative descriptive data analysis in percentages. **Results**: The results showed that athletes of track and field (TF) had an average value of VO2Max ranging from 35.0-38.3 ml/kg/minute, meanwhile for Karate (KT) had an average value of 33.2 - 36.5 ml/kg/minute. On the other side, athletes of Taekwondo (TK) have an average cardiovascular endurance values ranging from 34.1-37.7ml/kg/minute and athletes of Sepak Takraw (ST) have an average endurance values ranging from 29.7-31.3 ml/kg/minute. **Conclusions**: The cardiovascular endurance profiles for Track and Field generally have good level categories, and so does for Taekwondo where in general also have in good categories. Meanwhile, the profile of cardiovascular endurance for Karate state in an average category, on the other side Sepak Takraw as generally has in a less category.

Keywords: VO2Max, multi fitness test, karate, taekwondo, sepaktakraw

Physical Conditions as an Instrument for Monitoring and Evaluating the Effectiveness of Training Programs in Youth Male Athletes

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Abstract

Background: Physical condition is an important parameter used to assess the physical readiness of athletes to face the competition. Aspects of endurance, speed, strength, coordination and flexibility are some of the physical components that determine the quality of an athletes physical condition. Having a good level of physical condition provides a positive contribution both to the quality of technical movements and mental strength while participating in competitions. On the other hand, profile data related to the athletes physical condition is also very necessary in the training process which can be used for the process of monitoring and evaluating the effectiveness of the training program that has been given. **Purpose**: This study aims to carry out test and measurement tests as well as data collection related to the physical condition profile of athletes in PPLP Banten, where the mentioned profile has not been held to date. **Methods:** This study was a quantitative descriptive method with a cross sectional approach. Total sampling methods was implemented to 54 athletes, who were prepared to compete in POPNAS 2019. The instrument test of physical condition was prepared by the Sport Science team of the Ministry of Youth and Sports. **Result:** The measurement show that the physical condition of PPLP Banten as a general shows that 28% are in the Excellent criteria, 31% are in the Good criteria, while 17% are in the Medium criteria, 24% are in the Less criteria, and 0% are in the Very Less criteria. **Conclusion:** The conclusion of the study state the Physical Condition of Athletes of PPLP Banten is in the Good Category with a percentage of 31%.

Keywords: Physical, VO2Max, Junior, Athletes, PPLP

The Comparison Of Weight Training And Endurance Exercise Towards The Level Damage Of Muscle Cells (fsTnI)

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Abstract

Background: Muscle damage is the failure of each level to maintain a balance between stress exposure and the response to stress. fsTnI found in serum is a special marker for muscle injury due to exercise or exercise induced muscle damage. **Purpose**: This study examines the extent of muscle cell damage caused by stressors of strenuous physical exercise with endurance training on levels of fast skeletal muscle Troponin-I (fsTnI). **Methods**: The method used in this study was experimental laboratories which were divided into two groups of weight training and endurance exercise in experimental animals of male wistar rats. **Result**: The results of this study indicate that the t-test showed a significant difference of $p < 0.05$ in the two groups. The mean analysis of Troponin-I fast skeletal muscle (fsTnI) levels compared the two groups, weight training showed higher than endurance exercise, which means that heavy exercise showed more damage in Troponin-I fast skeletal muscle (fsTnI). **Conclusion**: Weight training can cause interference with sarcomere. The structure of the sarcomere becomes unstable, the fibril protein breaks down and the structure of the sarcomere is damaged resulting in impaired function of muscle contraction. Severe physical exercise causes disruption of the sarcomere in elements of the cytoskeletal involved in channeling ATP, damage to cell membranes, loss of homeostasis from calcium ions and loss of function to produce ATP in muscles. It was concluded that weight training increases the risk of fsTnI muscle cell damage more than endurance exercise.

Keywords: weight training, endurance, muscle cells, fsTnI.

The Interval Training Reduces The Risk Of Coronary Heart Disease

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Abstract

Aerobic exercise has been widely used for decades to increase functional capacity and cardiovascular risk factors in healthy adults and people with cardiovascular disease. Coronary heart disease is a health problem whose prevalence is quite common in health problems in Indonesia. There are several risk factors that can cause heart problems. One way to improve cardiorespiratory fitness is to do physical activity or exercise regularly and correctly. One method of physical activity that can improve cardiorespiratory fitness is interval training. Interval training is a system of exercises interspersed with intervals in the form of periods of rest. Interval training creates a high level of efficiency in the circulatory system and respiration in carrying oxygen to the working muscles and heart. This exercise requires oxygen for energy formation which is done continuously, rhythmically at the intensity of exercise 50-60% of the Maximal Heart Rate (MHR) and 50-85% of the maximum use of oxygen for 20-50 minutes with a frequency of exercise three times a week. The increased ability of the heart muscle to contract is associated with ATPase activity in the heart muscle and the increased extracellular calcium available which causes an increase in cardiac output (stroke volume). This exercise is believed to reduce the risk of coronary heart disease.

Keywords: interval training, reduces, risk, coronary heart disease.

Elastic Band Strengthening Exercise In Improving Functional Capabilities Of Knee Osteoarthritis Patients In Condong Catur Hospital Sleman

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Abstract

Background: Osteoarthritis is a degenerative disease caused by joint cartilage damage. The main symptoms of Osteoarthritis are pain and movement disorders that can affect the functional disorders. The prevalence of knee Osteoarthritis in Indonesia is quite high, reaching 15.5% in men and 12.7% in women. It is estimated that 1 to 2 million elderly people in Indonesia suffer from disabilities due to Osteoarthritis. Osteoarthritis treatment is intended to reduce pain, improve functional ability and also prevent deformity. Elastic Band Strengthening exercise is one exercise that can be used to reduce pain, increase muscle strength and functional ability. **Objective**: this study aims to determine the effect of elastic band strengthening exercise in improving functional capabilities of knee osteoarthritis. **Method**: The method used in this study was quasi-experimental with pre and post test with control group design. The number of respondents of this study were 20 respondents who were diagnosed with knee osteoarthritis in Condong Catur Hospital Sleman. Respondents were randomly divided into two groups, namely the treatment group who received elastic band strengthening exercise treatment and the control group who received standard treatment given at the hospital. The treatment is given twice a week for 4 weeks. Measurement of functional ability is done by WOMEC. **Results**: There was a decrease in pain level in the treatment group, while in the control group the pain level was still the same as before the study. In the functional ability there was an increase in the treatment group. The statistical test showed that there was an influence between the treatment group and the control group. **Conclusion**: Elastic Band Strengthening exercise is effective to improve functional capabilities in Knee Osteoarthritis in Condong Catur Hospital Sleman.

Keywords: elastic band strengthening exercise, functional capabilities, knee osteoarthritis

The Physiology and Psychological Condition of Indonesia's Elite Pencak Silat Athletes

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Abstract

Pencak silat is a martial arts sport and is one of the national cultures of Indonesia. This research refers to the Pencak silat sports^ success at the 2019 Asian Games by obtaining 14 gold medals and one bronze medal and placing Indonesia in fourth place. This achievement is a new history for Indonesia and especially for the martial arts sport. Martial arts, in particular, Pencak silat is identical to physical contact, so the researchers concluded that athletes are required to have the right physical conditions, to avoid injury. This injury factor can put pressure on the athlete^s psychological condition. Based on these interrelationships, these two factors complement each other to support the athlete^s best performance. Psychological factors are critical in improving the performance of athletes. This study provides an overview of the relationship between athletes^ physical and psychological conditions on the achievements of athletes. The method used in this study is descriptive analysis. In contrast, the data is the test results of the athlete^s physical conditions and psychological conditions. The sample used was all Pencak silat national athletes consisting of 13 male athletes and nine female athletes (9 match category athletes and 12 artistic category athletes). The study results concluded that physical conditions are not the main factor, but the presence of psychological factors that play an essential role in helping athletes top their best performance. This study provides the conclusion that low physical conditions tend to weaken the athlete^s psychological condition.

Keywords: Sport Excercise, Sport Psychology, Pencak Silat, Asian Games

Combination Of Autogenic Relaxation And Progressive Muscle Relaxation Reducing Blood Pressure Among Elderly With Hypertension In A Nursing Homes

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Abstract

Background: Hypertension is a non-communicable disease that is still become a major health problem in developing countries. The trend of increasing cases occurs every year. Hypertension was caused by lack of physical activity and unhealthy nutrition. One of the high-risk age groups is elderly. Hypertension in the elderly can cause complications such as stroke, cardiovascular disease, and kidney failure. One of the complementary therapies that can reduce blood pressure in the elderly was a combination of autogenic and progressive muscle relaxation. **Purpose**: This study aims to identify the effectiveness of autogenic and progressive muscle relaxation combinations in reducing blood pressure in the elderly. **Method**: The research design used was a quasi-experimental pre-test and post-test type with control group. There are 23 elderly for each intervention and control group selected by purposive sampling based on inclusion and exclusion criteria. The instrument used was a aneroid sphygmomanometer and a stethoscope. The intervention was given 2 times a week for 3 weeks with a duration of 15-20 minutes per session. Data analysis uses paired t-test and independent t-test. This study has passed ethical tests from the Medical / Health Research Bioethics Commission Sultan Agung Islamic University No. 055 / I / 2020 / Bioethics Commission. **Results**: The results showed that there was a significant effect of a combination of autogenic and progressive muscle relaxation on reducing blood pressure in the elderly significantly with p value = 0.037 ($p < 0.05$) in systolic blood pressure and p value = 0.033 ($p < 0.05$) in diastolic blood pressure. **Conclusion**: There is a decrease in systolic and diastolic blood pressure in the elderly after taking therapy. These intervention can be integrated in non-communicable disease control programs in primary health care facilities.

Keywords: Hypertension, elderly, autogenic relaxation, progressive muscle relaxation

An Analysis Rubric of Water Polo Shooting Technique Through Biomechanics Approach

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Abstract

Purpose: The purpose of this study is to produce an analysis rubric of the basic technique of shooting water polo. Water polo trainers in Indonesia teach or practice basic shooting techniques in water polo based only on experience without using theoretical references. **Methods**: This research method uses Focus Group Discussion (FGD) by gathering 5 experts in the field of water polo (trainers, national athletes and former national athletes) and 1 biomechanics expert. This analysis rubric is divided into three stages: (1) Initial preparation, (2) Implementation, and (3) Follow through. Assessment rubric analysis will involve all members of the body such as the head, shoulders, arms, palms, fingers, trunk, pelvis and legs. **Result**: The results of discussions by experts and practitioners produced an analysis rubric that made it easy for trainers or trainers to analyze / assess basic water polo shooting techniques through the biomechanical approach. More than that, athletes can also do techniques that are effective and efficient so as to minimize injury. This analysis rubric is expected to be a reference for trainers or trainers in training basic shooting techniques. The analysis rubric shows in detail the stages of the body parts when the athlete is shooting water polo. Starting from the movement (1) the initial preparation which includes body parts such as the head, arms, palms, shoulders, trunk, pelvis and legs, (2) The implementation which includes body parts such as arms, shoulders, trunk, hips, legs and abdominal muscles , and (3) Follow through which includes parts of the body such as palms and weight transfer. The criteria for evaluating the movements of athletes using points 1-4 are that if a bad move is 1, not good is 2, good enough is 3 and good is 4.

Keywords: Basic shooting techniques; biomechanical analysis; water polo.

Identification of Non-Locomotor Basic Motion in Primary school students

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Abstract

Purpose: The purpose of this study is to know how the motion of dexterity, aiming and blister, balance, and non-locomotor motion as a whole. **Methods**: This type of research is descriptive. A sampling of the research is purposive random sampling meaning that the sample withdrawal according to the requirement is as many as 32 male students. The instrument used is MABC-2 i.e., placing pegs, creaking lace, traces of images, capturing with two hands, throwing bead pads, one balance board, walking with fingertip steps touching the heel, jumping step on the mat. The data analysis technique used in this study is a descriptive-analytical technique. **Results:** section of Dexterity Test on average (74.3%) By medium category, while in the test section of the shoot and throwing is obtained average (52.4%) Medium category, as well as in the Balance Test section at the average gain (47.7%) Medium category, while the results of non-locomotor motion overall can be average (62.0%) Medium category. **Conclusion**: Thus it can be interpreted that it is necessary to increase again for the basic mobility ability of non-locomotor students of state Elementary School 12 fire-fire District Bayang.

Keywords: Basic motion, non lokomotor

The Effect Of Healthy Heart Gymnastics On The Physical Freshness Of Athletes Weightlifters Padang City

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Abstract

Background: Judging by the phenomenon and the weightlifting exercise program reported by coaches, weightlifters are more to perform exercises for increased muscle strength in the form of weight training exercises. Exercises in the form of physical conditions or fitness exercises for invisible athletes are implemented in the training program. As a result, the weight lifting athlete has a physical freshness in a less good category (less good S/d enough). **Purpose**: The goal of the study was to see the positive impact of healthy heart gymnastics on physical fitness athletes of the city of Padang. **Methods**: Types of quasi research exsperiment. The population will be immediately sampled in this study, namely the weightlifters of Padang city which amounted to 18 people. Instruments using TKJI test before and after given healthy heart gymnastics treatment. Data was analyzed using parametric statistics through test ״t״ formula at a significance of 0.05 &#945. **Results**: there is a significant increase in physical fitness, Mean defference (difference in calculate average) = 4.78, Thitung = 13,719 > this = 2,120. **Conclusion**: Meaning healthy Heart Gymnastics provides meaningful influence on the improvement of the physical fitness of the Padang city weightlifters.

Keywords: healthy heart gymnastics, physical fitness

The Effect Of Emotional Intelligence, Training Discipline, Knowledge Management And Work Motivation On Trainer Performance

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Abstract

Purpose: This study aimed at determining the causal relationship between coach performance (Y) as an endogenous variable, Work Motivation ((X4) as an intervening variable and Emotional Intelligence (X1), Training Discipline (X2), Knowledge Management (X3) as exogenous variables. **Methods**: The method used was survey method with path analysis techniques.The population in this study was 119 trainers registered on KONI West Sumatra Province. The samples were 85 trainers who participated in PON XIX in West Java. The data was collected through questionnaire which used Likert scale and was then analyzed through Path analysis. **Result**: 1) There is direct influence between emotional intelligence on the performance of the trainer, 2) There is direct influence between disciplines on the performance of the trainer, 3) There is a direct influence between knowledge management on the performance of the trainer, 4) There is an influence of the direct influence between work motivation on the performance of the trainer, 5) There is a direct influence between emotional intelligence of the trainer on work motivation, 6) There is direct influence between discipline training on work motivation, 7) There is a direct influence between coach knowledge management on work motivation.

Keywords: : Coach Performance, Emotional Intelligence, Training Discipline, Knowledge Management and Work Motivation.

The Application of Problem-Based Learning in Physical Educations to Improve Learning Outcomes a Game of Volley Ball Class X SMA N 1 Sleman

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Abstract

Purpose: This study aims to: 1) determine the activeness of students after applying the Problem Based Learning method in volleyball games and 2) knowing the improvement of learning outcomes of students after applying the Problem Based Learning method in volleyball games. **Methods**: This study uses Classroom Action Research (PTK). The subjects of the study were students of class X MIPA 3 SMA N 1 Sleman 2015/2016, as many as 28 students were 18 women and 10 men with heterogeneous ability. Data collection used documentation method, observation, questionnaire, and test. Validity testing was done by Expert Judgment and ITEMAN. Testing Reliability used Cronbachs Alpha. Data analysis techniques used ITEMAN and descriptive statistics. **Result**: The results showed that: (1) the activity of learners has increased by 8.57%, ie in cycle 1 of 74.29% and cycle 2 of 82.86%. (2) The cognitive competence of learners has increased by 14.29% in cycle 1 of 75% and cycle 2 of 89.29%. (3) The effective competence of learners has increased by 40% in cycle 1 by 53% and cycle 2 by 93%. (4) The psychomotor competence of students has increased by 21.5% in cycle 1 of 78.5% and cycle 2 of 100%.

Keywords: Problem Based Learning, Learning Outcomes, Volleyball Game

The Development of Traditional Sports As a Tourist Village Attraction

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Abstract

Purpose: The purpose of this research is to develop traditional sports as a tourism village attractions. **Methods**: This research uses a method of field survey approach with focus group discussions, limited trials, and cultural stage. Analisis based on strength, weakness, opportunity, threats (SWOT). The research is conducted in Tambaknegara Village, Rawalo sub-district, Banyumas Regency. The location is selected based on consideration that those village is a guided tourism village developed by Tourism, Cultural, and Sports Office of Banyumas Regency. **Result**: The results are in the forms of traditional sports including Dul-Dulan, Eteng Gablogan, and Gerit Ingo-Ingo are greatly potentials utilized as alternative tourism attractions. **Conclusion**: The recommended alternative strategies should be made are massing development, community participation increase, tourism marketing improvement, guiding enhancement, packaging quality attention of traditional tourism sports.

Keywords: traditional, sport, tourism

Increasing Professionalism of PE Teachers in Bali Province by Using a Lesson Study Model based on Balinese Local Wisdom

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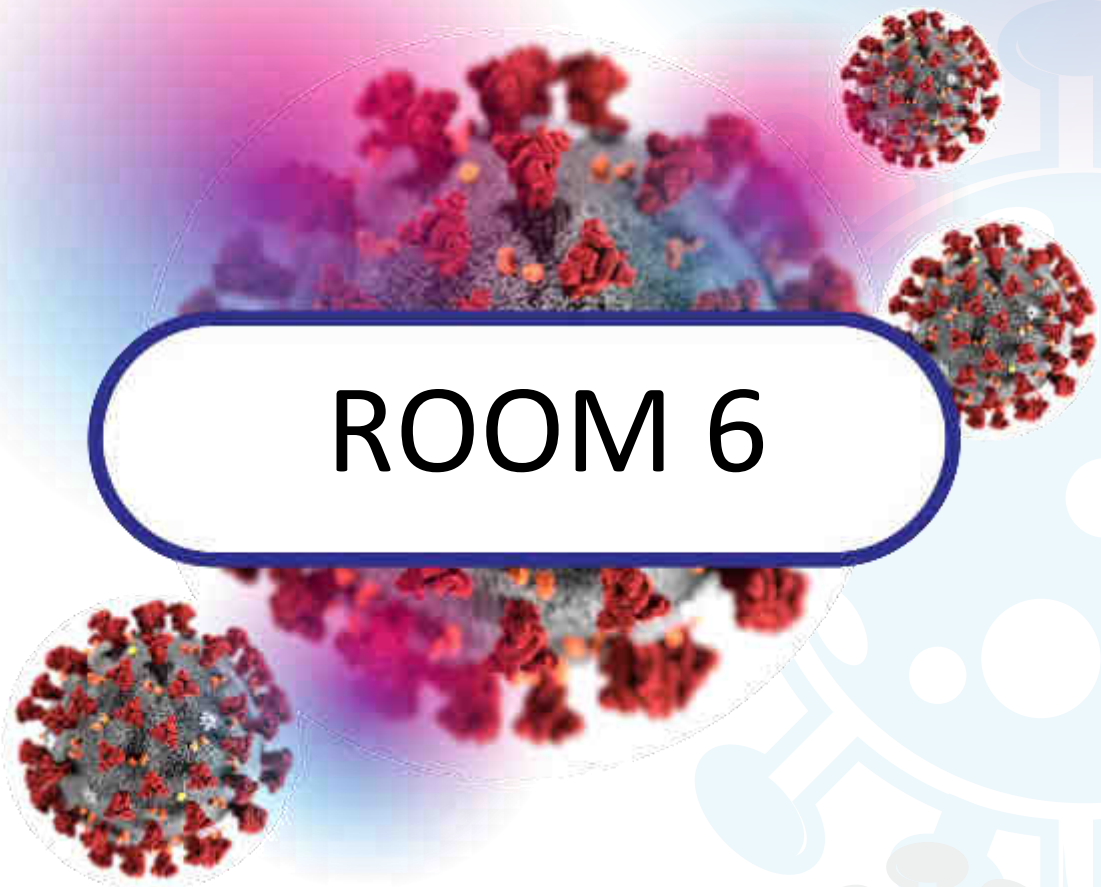
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Abstract

Background: Balinese Local Wisdom which includes Tri Hita Karana (a harmonious relationship between God - Humans - Environment), Tri Kaya Parisudha (thinking, saying and doing good), and traditional Balinese sports games. **Purpose**: This study aims to develop a lesson study model based on Balinese local wisdom for increasing the professionalism of Physical Education (PE) teachers in basic education in Bali Province. **Methods**: This development research employs the Fenrich development model which includes 6 phases: 1) analysis; 2) planning; 3) design; 4) development; 5) implementation; and 6) evaluation and revision. This article focuses on the implementation phase. The study was conducted 4 elementary and junior high schools in the regencies of Badung, Buleleng, Jembrana, Karangasem, and Klungkung. Data collection techniques used were: PE class observation sheet, formative class evaluation (FCE) questionnaire, and analysis of the focus of learning. Data were analyzed descriptively. **Result**: The results showed:1) the PE teachers activities in providing motion task, feedback and evaluation were carried out as much as 55.71% in the core learning activities, 2) the active time allotment provided by the PE teacher was in the average of 73 minutes from 120 minutes learning time 3) the number of students direct engagement was 85.0%, and 4) the average FCE score was 2.82 from a maximum score of 3.00. **Conclusion**: Based on the data analysis and discussion it was concluded that a lesson study model based on Balinese local wisdom was very well implemented and was able to improve the professionalism of PE teachers in basic education in Bali Province.

Keywords: Lesson Study, Balinese Local Wisdom, PE Teacher



ROOM 6

Factors Related to Intentions Among Community Health Cadres to Participate in Flood Disaster Risk Reduction in Semarang, Indonesia

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Abstract

Introduction: Health cadres hold enormous potential for flood disaster risk reduction (DRR) such as in reducing public health risks and building community resilience. However, they must risk their own lives to save others in disaster situations. Involving them, focusing on primary health care in the context of flood DRR, should be considered in this scheme. This research aims to explore the factors related to intentions among health cadres to participate in flood DRR in Semarang, Indonesia. **Methods**: A qualitative study was conducted from February to May 2019 in Semarang. Focus group interviews were conducted with 22 participants (health cadres, supervisors of health cadres, the head of Puskesmas, and municipal health officers). Content analysis was used to analyze qualitative data. **Results**: Four themes of factors related to intentions among health cadres to participate in flood DRR emerged from the interview data, namely: tugas (a set of expectations to be carried out from encumbering the position of health cadres), existing supports, perceived insufficiency of supports, and existing obstacles. It was revealed that their intentions to participate in flood DRR was related to tugas, existing support, and perceived insufficiency of support. **Conclusion**: Tugas, existing support, and perceived insufficiency of support are factors related to intentions among health cadres to participate in flood DRR in Semarang. The findings of this study may contribute as a strategy for the governments and stakeholders to optimize sustainable community healthcare for flood DRR performed by health cadres in Indonesia.

Keywords: Intentions- Community- Health cadres- Flood disaster- Indonesia

Cultural Response to Food Consumption Pattern in High Caries Dentis Cases in The Central Mountainous Region of Papua

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Abstract

The high case of Dentis and Pulpitis caries in Bokondini District is a unique case, Caries dentist and Pulpitis in the top 10 most diseases in Puskesmas. The absence of dentists and the service of dental Treatment Hall (BPG) in Puskesmas Bokondini caused the absence of special services to handle complaints due to health disorders in the tooth. The aim of the study was to analyse the cultural and behavioral situation of the community in dental and oral hygiene care.
The aim of the study was to analyse the cultural and behavioral situation of the community in dental and oral hygiene care. Sinergize with the transportation and development of the central government of Tolikara District, Lani community began to recognize various snacks, food additives and various beverages. They start to know sugar and coffee, cooking oil, softdrink drink, various biscuits, assorted sweets or candies, instant noodles, sardines and various other spices. The shifts in consumption patterns are not accompanied by changes in their behaviour to maintain personal hygiene related to dental hygiene. They does not know the culture of brushing teeth. Complaints on teeth may be caused by dietary consumption changes in ethnic Lani. The pattern of consumption of old Lani ethnicity in ancient times today. The culture of tooth washing is not regularly scheduled as an attempt to clean the teeth in daily life of Lani. Usually, the piece of sugar cane served in the dish is a food that hosts the guests visiting the house. Efforts to lower Cariest dentis and pulpitis morbidity should be carried out with promotional and preventive activities to maintain dental and oral health. Good cultural responses should be able to push to changes in tooth brushing behavior. This should be done by involving all sectors in the region.

Keywords: Papua, Culture, Health Behaviour, Caries Dentis

An Implementation of Public Health Center Accreditation Policy towards the Management of Public Health Effort in Kembaran District

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Abstract

Background: Public Health Center in Kembaran District has renewed its accreditation status from basic into primary in 2019. However, the achievement of some Public Health Effort indicators is still below 50%. Researchers are interested in seeing the implementation of Public Health Center accreditation towards the management of Public Health Effort in Kembaran District. **Purpose** : To find out the implementation of the Public Health Center accreditation policy towards the management of Public Health Efforts in Kembaran District. **Methods** : This study is qualitative case study design. The researcher determines the informants using purposive sampling which used 10 informants. This study used content analysis and triangulation of source, method, and technique. **Results**: Coordination was carried out by health worker and cross-sector. The implementation of Public Health Effort constrained by Covid-19 pandemic. The main tasks and health worker functions are implemented by all Public Health Effort implementers with available competencies and budgets. The indicator achievement are increased but the implementation is not on schedule. **Conclusion**: The implementation of Public Health Center accreditation policy towards the management of Public Health Effort is experiencing obstacles and challenges during the Covid-19 pandemic.

Keywords: accreditation, public health center, public health management

Survival Analysis Of Infecsius Vector DENV-2 Through Artificial Inoculation

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Abstract

Introduction: Aedes aegypti and Aedes albopictus is the main vector of dengue fever, both of which have an important role in dengue transmission because they can simultaneously transmit the dengue virus vertically or horizontally. The survival vector causes the spread of the dengue virus to become endemic in an area. This study aims to determine the survival analysis, gonotropic cycle and metamorphosis of the dengue virus infectious vector DENV-2 through artificial inoculation. **Materials and Methods**: The research method used a quasi-experimental design with the intervention of injecting the DENV-2 virus intrathoracally. The study population was Ae. aegypti and Ae. albopictus laboratory colony females. The sample in the study was the 115th progeny in Ae. aegypti and the 45th progeny in Ae.albopictus. **Results**: Survival rate of Ae. aegypti with median survival 139.8 hours (day 5) and Ae. albopictus with median survival 87.7 hours (day 3): log rank p = 0.0001. The average gonotropic cycle of Ae. albopictus: 4 days and Ae aegypti 5 days, while the mean of metamorphosis in Ae. aegypti is 8 days and Ae. albopictus is 11 days. **Conclusion**: Ae. aegypti survive more than Ae. albopictus. Gonotropic cycle Ae. albopictus faster than Ae. aegypti while the metamorphosis time of Ae. aegypti was faster than that of Ae. albopictus. It is necessary to increase vector control through mosquito nest eradication activities, simultaneously for a maximum of 5 days, based on considerations of the survival rate and gonotropic cycle of infectious vectors.

Keywords: Survival Analysis, Ae. aegypti, Ae. albopictus, DENV-2, Intratoracal

Choking Occurrence in Babies Using Baby-led Weaning and Traditional Weaning

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Abstract

Background: The development of feeding methods for babies grows over time, with new ones is baby-led weaning. The concern for this method that is felt by mothers and health workers is the risk of choking when the baby is self-feeding. Studies to address this problem are still lacking, therefore further research must be conducted. **Purpose:** To identify differences in choking events in babies using baby-led weaning and traditional weaning. **Method:** This study used a comparative descriptive method, with a sample of babies aged 6-12 months. The sampling technique is convenience sampling which was taken in one month. Inclusion criteria included infants living in Indonesia, those without congenital or chronic disease and completed the self-report questionnaire. A total of 286 respondents were eligible for this study. **Results:** There was a significant difference of choking events between the baby-led and traditional weaning groups (p value = 0.014). It was also found that baby-led weaning babies were 1.98 times more prone to choking than traditional weaning babies. **Conclusion:** This study adds references to the field of baby-led weaning in terms of safety concerns. Therefore, mothers who decide to use this method for their babies should take precautions about observing the baby during feeding time.

Keywords: baby-led weaning, choking, feeding method, traditional weaning

Health Risk Associated With Nitrate Exposure In Groundwater Among Residents Of Gong Manak Village In Pasir Puteh District, Kelantan State, Malaysia

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Abstract

Introduction: The agriculture sector in Malaysia is growing faster every year, resulting in increased usage of fertilizer which brings about the increase in the contamination of water sources such as groundwater. Groundwater is commonly used in rural areas where nitrate levels were found and may cause birth defects and cancers. In order to determine the health status of the population, health risk analysis can be done to determine the level of exposure. **Objective**: To determine the association between health risk and nitrate exposure in groundwater among residents of Gong Manak village in Pasir Puteh district, Kelantan state, Malaysia.
Methodology: Water samples from pre-determined wells were collected and then analyzed using a multimeter with an attached nitrate electrode. Questionnaires were used to collect information such as age and depth of wells. Distance between wells and source of nitrate was calculated using coordinates obtained from global positioning system (GPS). **Results**: A total of 60 respondents were recruited and the same number of wells chosen for this study after fulfilling all inclusive and exclusive criteria. Mean nitrate level was 3.68 +- SD 2.60 mg/L, with a range of 0.32 to 8.99 mg/L. Both variables (age and depth) had no significant association with nitrate levels ($p>0.05$). However, there was a significant association between distance from nitrate source and nitrate levels ($p<0.05$) with a correlation coefficient, $r = -0.487$. The Hazard Quotient (HQ) was calculated to be less than 1 ($HQ<1$) for all respondents. This is an indication that there is no risk from nitrate exposure to the respondents. **Conclusion**: Respondents were exposed to low levels of nitrate in groundwater, and the health risk was negligible.

Keywords: Nitrate, Groundwater, Health risk, Kelantan, association

Climate and Malaria on Menoreh Hill in Indonesia

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Abstract

Some regions in Indonesia still have a problem of malaria particularly in the eastern Indonesia. Notwithstanding, Java island has some regencies that have not reached a target of elimination like in a Menoreh Hill. A factor of climate influences a transmission of malaria vector. A suitable climate ease the vector to breed and is potential for transmitting disease. Information of climate and malaria endemicity is very beneficial to arrange a policy of malaria control to reach the target of malaria elimination in 2030 in Indonesia. This study aimed at describing climate and malaria endemicity on Menoreh Hill during 2005 to 2015. This was a descriptive spatial analysis. The unit of analysis was all 43 endemic villages located on Menoreh Hill. Monthly malaria data were collected during the period of 11 years and obtained from health centres. Data of population number per village per year were obtained from Central Bureau of Statistics. Meanwhile, data of climate were collected from four stations available at the research site. Furthermore, descriptive and spatial analyses were performed using a software of ArcGis. Data of climate were analysed using an interpolation method of IDW and then were overlayed with malaria cases. The results of this research showed that API on Menoreh Hill tended to increase until year of 2015. In addition, number of villages with categories of MCI and HCI also rose significantly especially in Purworejo Regency. The results of interpolation for temperature and rainfall data demonstrated that an area with temperature ranging from 25.0oC to 26.5oC and rainfall ranging from 5.6 mm/month to 6.5 mm/month was the most malaria cases.

Keywords: climate, endemicity, malaria

How They React? A Study of Children Left Behind Dealing With Parents Leaving in Indonesian Migrant Worker Families

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Abstract

Background: Family separation experienced by left behind adolescent of Indonesian migrant workers may lead them to be more likely engaged in risk behaviors. It is important to understand how adolescent of boys and girls react differently as their expression to their parents leaving. **Purpose**. This study aims to describe the difference of boys to girls behavior as their expression of their parents leaving. **Methods**. This observational survey conducted in cross sectional design measured eight behaviors namely diet, physical activities, smoking, drugs abuse, dating, sexual activities, delinquencies and crimes, and risk to injuries. Sample were eighty one adolescent recruited by purposive sampling. Study site is Gumelar sub district of Banyumas District. Data was collected in July 2019 through a self administered questionnaire. Data was analysed in univariate to describe the adolescent behavior. **Results**. Boys are more likely to be engaged in poor diet, smoking, drug abuse, deliquencies and crimes, and risky behavior tend to injuries. Group of girl is doing less of risk behavior namely poor physical activities, dating, and sexual activities. **Conclusion**: Considering the variation of behavior, boys health has higher risky than the girls. It might be develop from the culture of their neighborhood that stigmatized boys to be more rebellious than girls. Rather than put one group have more risky than another, it is important to support adolescent with adequate information and education of healthy behavior.

Keywords: adolescent, children left behind, risk behavior

The Effect of Cognitive and Affective Aspects on Waiting Time Satisfaction of BPJS Outpatients in Hospital

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Abstract

Background: Waiting time is one dimensions of the health services quality and its a potential component of patients dissatisfaction in their perception of health services. It was known that waiting times to services tend to be longer than their expected, especially in outpatient services, and level of their satisfaction was still not optimal. The aim of study was analysing the effect of cognitive and affective aspects on the satisfaction of BPJS outpatient services in hospitals.
Method: A quantitative research with cross sectional design. The population is outpatient BPJS patients at William-Booth Hospital Semarang, with a sample of 95 people using simple random sampling. Data be analyzed with univariate, bivariate and mutivariate. **Result**: The level of BPJS patient satisfaction in waiting time dimension was 74.7%. Cognitive and affective aspects by statistically were proven to affect satisfaction both partially and simultaneously ($p < 0.05$). The influence of cognitive aspects was greater than affective aspects (OR = 19,980 and OR = 18,231). **Conclusion**: The cognitive and affective aspects strongly influence the satisfaction of outpatients in the hospital. The waiting time adjustment mechanism through improved queuing system and the clarity of information provided.

Keywords: waiting time of services- patient satisfaction- hospital

Implementation of Youth Family Development in Indonesia

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Abstract

Background: Youth Family Development (BKR) is a government effort through a family approach to respond to adolescent problems that threaten their future life planning. BKR has been formed and spread throughout Indonesia. However, there are still problems in its implementation both in terms of input, process, or output. **Purpose**: This literature review aimed to examine the implementation of BKR in Indonesia and find factors that contribute to the success of BKR activities. **Methods**: The method used is a systematic review using the PRISMA protocol. Literature search was conducted from 1-7 July 2020 through electronic databases. Initial screening was done by reading titles and abstracts, then relevant articles were selected based on inclusion and exclusion criteria. **Results**: BKR activities have been running but with a limited frequency and have not been routinely carried out. The implementation of BKR has been proven to contribute to increasing members knowledge about adolescent health, the role of parents in adolescent growth and development, and improving healthy behavior in adolescents as well as the age of marriage. Factors related to the implementation of BKR activities include adolescent participation, positive community response, support from government and local community leaders, adequate funding sources and infrastructure facilities, human resources, trained cadres, internal motivation, enthusiasm, and cooperation among members, cadres and management, support from Family Planning Field Officers (PLKB), integration with other programs, and collaboration with other parties. **Conclusion**: Commitment and support from all parties are needed to improve the successful implementation of BKR activities and achieve desired goals.

Keywords: family planning, implementation, participation, reproductive heatlh, youth family development

Real Cost Analysis of Breast Cancer Chemotherapy with INA CBGS Tariff Rates Among Inpatient of National Health Insurance at RSUD Prof. dr. Margono Soekarjo 2019

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Abstract

Background: The costs of cancer are relative expensive, including the cost of chemotherapy. One of the government's efforts in order to improve cost efficiency and service quality is through the INA CBGs tariff rates, however there is still problem of differences or gaps between the real cost of healthcare and INA CBGs tariff rates. RSUD Prof. Dr. Margono Soekarjo is one of the hospitals that provides oncology services, including chemotherapy. The implementation of INA CBGs tariff rates in this hospital can occur positive gaps or negative gaps. **Purpose:** To find out differences between the real cost of healthcare and INA CBGs tariff rates among hostpitalized of BPJS patients. **Methods:** This research used quantitative descriptive method, with secondary data retrospectively. This sampling used proportional stratified random sampling with the number sample is 71. Data analysis that used are cost analysis using Activity Based Costing and univariate analysis using Ms. Excel. **Results:** The average cost of breast cancer chemotherapy among inpatient of National Healthcare Insurance based on the Activity Based Costing method is Rp. 2,727,432, while based on hospital rates is Rp. 2,876,809. There are positive differences or surplus based on hospital tariffs and ABC calculation in a row of Rp. 29,561,031,- and 40,166,808,-. **Conclusion:** The comparison between the cost of breast cancer among inpatient of National Healthcare Insurance is smaller than the INA CBGs tariff rates that means there is a surplus for hospitals. The hospital needs to optimizing service quality by optimizing the budget allocated from the health insurance.

Keywords: Real Cost, Breast Cancer Chemotherapy, INA CBGs

Factors Related to Hypertension in Rural and Urban Banyumas Regency (Analysis of Riskesdas 2018)

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Abstract

Background: The prevalence of hypertension in Indonesia on 2018 is higher in urban areas (34.43%) than rural areas (33.72%). People who live in rural areas have higher physical activity and consumption of healthy foods, while urban people tend to have a sedentary lifestyle with light activity and have unhealthy eating patterns which lead to high rates of obesity in urban areas. Therefore, this study aims to determine the factors associated with hypertension in rural and urban communities in Banyumas Regency (data analysis of Riskesdas 2018). **Methods**: a cross-sectional study in Banyumas, Indonesia. Data from a large-scale national health survey called RISKESDAS were used to analyze factors associated. The number of samples from this study was 2083 peoples aged ≥18 years, consisted of 821 respondents from rural areas, and 1262 respondents from urban areas. **Results**: Factors related to hypertension in rural areas were age, sex, education and obesity, while factors related to hypertension in urban areas were age, sex, education, occupation, obesity, and smoking habits. **Conclusion**: The factors that related to hypertension are not much different between rural and urban areas. Risk factors of hypertension need to be managed in order to decrease the prevalence of hypertension in rural and urban areas.

Keywords: Hypertension

Analysis Health Belief Model in Diabetes Mellitus Patients Related to Compliance of Blood Glucose Check in PROLANIS

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Abstract

Puskesmas Wangon is one of the Primary Health Care in Banyumas Regency which frequently has high cases of Dabetes Mellitus (top 5). In 2015 and 2016 the number of cases at Puskesmas Wangon was 166 cases, increasing in 2017 to 496 cases. Diabetics sufferer have their own knowledge and health believe about their diabetes. This study aimed to analyze the Health Belief Model factors among diabetics and the compliance check up. Data analysed using chi square. Total respondents were 78 people. The results showed no significant relationship between perceived of susceptibility, perceived of severity, perceived of benefits, and perceived of barriers with compliance in routine blood glucose checks. However, respondents who have good compliance are shown by respondents who have a positive perceived in all four domains. This study concludes, the four domains in HBM can be used as a framework for planning intervention programs in an effort to improve behavior in controlling diabetes. and emphasized the role of check up in managing participants with chronic diseases, especially diabetics in the Puskesmas Wangon.

Keywords: ype-2 Diabetes Mellitus, Health Belief Model, PROLANIS (Chronic Disease Management Program), Rural people.

Culture of Breast Feeding and Infant Food in The Central Mountainous Region of Papua : Ethnographic Studies of The Lanis People

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Abstract

Background: The high number of infant and Baliita mortality in the Tolikara district is influenced by many factors, such as the social culture factor of society. The cultural expanse of archipelago affects human habits and behaviors in society and maintains the health of their bodies. The sharpening, foster and compassionate pattern of the society in the socioanthropological approach of culture has an effect on the feeding culture of breast milk and escort foods in infants. **Aim**:. Describing the cultural phenomenon of BREAST-feeding and escort food in the Lani ethnic community and its effect on child health **Method**: The research method in this research is a qualitative approach with ethnography. Researchers mingle with the Lani ethnic community in the mountainous Papua region within 40 days. **Result**: Research finds some poor habits in the provision of breast MILK and accompaniment of breastfeeding in the Lani ethnicity. The cultural disposal of colostrum, unique food processing and the wrong peoples assumption on the identification of food needs in infants has become several findings that can affect the degree of health of infants and toddlers in the mountainous region of central Papua. **Conclusion**: Need education with a socio-cultural approach to develop good habits in the pattern of training, and foster in the community of young people in the central mountainous region of Papua. **Recommendations**: Counseling and culture-based intervention with increasing participation of local food sources need to be developed to support the efforts to increase the health of children in Papua

Keywords: Breastfeeding, Papua, Health anthropology

The Effect Of Emotional Freedom Technique (EFT) Therapy On Postpartum Blues In Working Area Of South Purwokerto Puskesmas Banyumas Regency

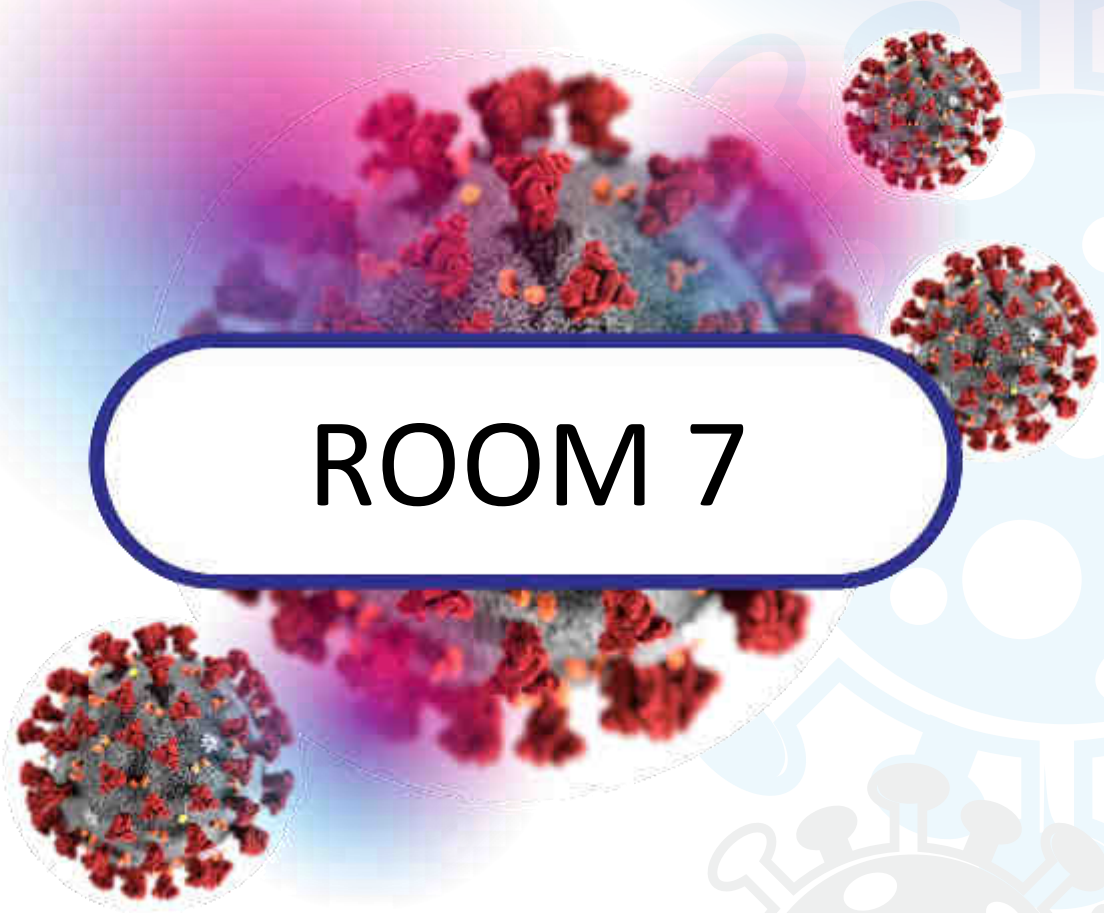
Diyah Purnamasari, Mekar Dwi Anggraeni, Koernia Nanda Pratama

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Abstract

Background: Postpartum blues is an emotional disorder experienced on days 3-14 after the mother gives birth. Postpartum blues have an impact on the mother in taking care for the baby so that therapy is needed to overcome it. **Purpose**: Determining the effect of EFT therapy on postpartum blues in theWorking Area of South Purwokerto Puskesmas Banyumas Regency. **Research Method:** This research uses Quasy-experimental non randomized pre-test-posttest with control group design with consecutive sampling technique. Each group consisted of 16 respondents with a total of 32 respondents. The intervention group was given EFT therapy for 15 minutes. The instrument used was the Edinburgh Postpartum Depression Scale. Data analysis used paired t test and unpaired t test. **Result**: There were significant differences in postpartum blues scores before and after treatment in the intervention group with p = 0,000. In the control group, the result was p = 0.07, which means there was no difference in postpartum blues scores. Posttest scores obtained p = 0.024 which means that there are differences in postpartum blues scores between the intervention group with the control group after treatment. **Conclusion**: EFT therapy has positive effect on mothers who have postpartum blues in the Working Area of South Purwokerto Puskesmas.

Keywords: EFT, EPDS, Postpartum blues



ROOM 7

Experience Of Overcome Nausea And Vomiting In Dengue Fever: A Phenomenology Study

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Abstract

Background: A tropical country like Indonesia is known for two seasons namely the rainy season and the dry season, but between the two seasons, there is also a transition period that is referred to as the transition season. In the rainy season, due to a large amount of standing water, the mosquito *Aides* easily breeds to lay its eggs. The amount will continue to increase in the transition season because it is supported by sunlight causing the air and puddles to become warm. **Method**: This research uses a phenomenological qualitative research design. Participants were determined by *purposive sampling technique,* totaling 7 participants. Analysis of data using *qualitative content analysis* with the Collaizi approach. **Result**: An interesting finding in this study is that the experience of nausea felt when experiencing dengue is sudden and feels like catching a cold. Handling is done to overcome nausea by drinking warm water. Feelings of weakness during dengue forced respondents to keep eating intensely with a small proportion to keep having energy. **Conclusion**: The experience of nausea and vomiting is not the most important thing felt by respondents as uncomfortable, and drinking warm water to relieve nausea must be considered of its safety and unknown side effects.

Keywords: Phenomenology; dengue fever; nausea; vomiting

Description of Knowledge of Public Safety Center (PSC) Nurses Banyumas District about Cardiopulmonary Resusitation in Adults

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Abstract

Backround: Cardiac arrest is one of the emergencies that can occur suddenly, so it must get a fast and appropriate treatment. Appropriate help in handling emergency cases in this case is the action of Pulmonary Resuscitation (RJP). Pulmonary Resuscitation (CPR) is a collection of interventions aimed at restoring and maintaining vital organ function in victims of cardiac arrest and respiratory arrest. This intervention consisted of giving chest compression and breathing assistance. **Objective** : To find out the Public Safety Center (PSC) Nurse Knowledge Description about Cardiopulmonary Resuscitation in adults. **Research Methodology**: This study uses a quantitative descriptive method through a cross-sectional approach. The sampling technique uses total sampling with a sample size of 35 respondents who fit the inclusion and exclusion criteria. **Results** : The results showed that the majority of respondents aged 31-40 years were (48.5%). Most of the sexes are female as many as 24 people (68.5%), the most recent education is the Nursing Diploma as many as 25 people (71.4%). The level of knowledge of nurses about Cardiopulmonary Resuscitation as many as 10 people (28.5%) is lacking, 22 people (62.8%) are sufficient, 3 people (8.5%) are good. **Conclusion** : The level of knowledge of public safety center nurses is mostly in the moderate category.

Keywords: Knowledge,Nurse, Cardiac Arrest, Cardiopulmonary Resusitation

Nursing Hypnotherapy To Increase Motivation of Patients with Hypertension

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Abstract

Background: Increased motivation affects the health conditions of hypertensive patients. The impact of this problem if left untreated can cause enormous problems. Complications due to hypertension cause several problems such as stroke, kidney failure, myocardial infarction, or even death. Nursing hypnotherapy is a blend of caring, comfort, and hypnosis theories to provide nursing intervention and complementary therapy, which is a combination of health education and hypnosis. Nursing hypnotherapy functions in the subconscious client so that it can influence attitudes and even behavior. This study aimed to determine the effect of nursing hypnotherapy on increasing motivation and self-care in patients with hypertension. **Material and Method:** The study design used an experimental design approach for the pre and post control groups with the control group design. The number of samples in this study was 70 patients with hypertension in the village of Rempoah Purwokerto Utara divided into 2 groups: 35 patients with hypertension into the intervention group and 35 patients with hypertension as the control group. The intervention group received nursing hypnotherapy once a week for 4 weeks. Improved motivation and self-care were measured before and after treatment with a questionnaire. The sampling technique is simple random sampling. Data were analyzed using paired t-test and independent t-test. **Results**: The results revealed themes in this study related to the digital nursing hypnotherapy and motivation of hypertensive patients. The findings show that in the intervention group there was a significant increase in the self-motivation value of hypertension sufferers although not all of them. However, the control group tends to stay with the value of self-motivation even decreasing. **Conclusion**: The study concluded that self-motivation of hypertension sufferers needs to be increased to support treatment. This study recommends nurses to use digital nursing hypnotherapy to

Keywords: Hypnocaring, Motivation, Hypertension

Relationship of Family Support with Self-Acceptance of Hemodialysis Patients Who Are Undergoing Hemodialysis Therapy in Medan.

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Abstract

Objective: Family as a stimulus for patients to stay motivated, committed, and increase self-confidence while undergoing treatment. **Methods:** This study aims to analyze the relationship between family support and self-acceptance of patients undergoing hemodialysis therapy in Medan. Samples were selected using a purposive sampling technique with 71 patients undergoing hemodialysis for more than one year. Data were collected in March 2020 using questionnaires and analyzed using Pearson correlation. **Result:** The study obtained data that 62 people (87.3%) had good family support, good self-acceptance was 66 people (93.0%). There is a significant relationship between family support and patient self-acceptance r = 0.722; p <0.00 The better the family support, the better the patient's self-acceptance **Conclusion:** the family is the closest person who knows the conditions and needs of the patient so that support can help patients increase motivation to maintain health.

Keywords: Self-concept, Self-acceptance, Motivation, Counseling, Hemodialysis

Antibacterial activity of combination extract *Carica papaya* L. and *Piper betle* L. against *Escherichia coli*

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Abstract

Background: Antibiotics are chemical compounds generated by microorganisms (bacteria/fungi) that kill or slow down the growth of microorganisms. Diseases caused by microbial pathogens is usually treated with antibiotics. Traditionally people use papaya and betel leaves as antibacterial. This study aims to know the activity of papaya leaves extract and betel leaves combination and the secondary metabolites contained in both extract. **Methods**: laboratory experimental research with post-test only control group design by using diffusion disc. The data analysis using *kruskal-wallis* test followed by *Mann-Whitney post-hoc* test.**Results**: Papaya leaves and betel leaves contain flavonoids, saponins, and tannins. The zone of inhibition diameter in ethanol extract of papaya leaf against E. Coli bacteria is 11 mm, while the ethanol extract of betel leaf is 12,6 mm. The combination ratio of papaya leaf extract 1:1, 1:3, 3:1 respectively has a zone of inhibition diameter of 12.6 mm, 13.3 mm, 11 mm, respectively. **Conclusions**: The combination of ethanol extract of papaya leaf and betel leaf with a ratio of 1:3 has the highest zone of inhibition compared to other ratios as well as without the combination. The combination of extracts of ethanol leaves of papaya and leaf betel with a ratio of 1: 3 has a zone of inhibition which is the highest compared to the comparison the other or without the combination.

Literatur Review: Hubungan Asupan Vitamin C Pada Diabetes Mellitus Tipe 2

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Abstract

High blood glucose levels in diabetic patients can cause oxidation reactions to the body and increase the formation of harmful substances called free radicals. To neutralize free radicals are necessary intake of both endogenous and exogenous antioxidants. Vitamin C is a powerful antioxidant that can prevent oxidation processes in the body. The purpose of this review literature is to know the relationship between vitamin C intake and type 2 diabetes mellitus disease. Database searches used include Elsavier, Scopus, Google Scholar and other journal sources. The word lck used in article search is type 2 Diabetes mellitus, Vitamin C, antioxidant, and oxidative stress. There is a result that proves that there is a meaningful relationship between intake of vitamin C to decrease blood glucose levels in the disease type 2 Diabetes mellitus.

Keywords: Diabetes mellitus type 2, Vitamin C, antioxidant, and oxidative stress

The Effectiveness Of Acupuncture Therapy To Reduce Shortness Of Breath In Paliative Patients: A Literature Review

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Universitas Pelita Harapan

Abstract

In palliative care nursing, symptoms management is one of the approaches used in order to reduce pain. Shortness of breath is one of the symptoms that patients often complain about especially patients with cancer and Chronic Obstructive Pulmonary Disease (COPD). One of the non-pharmacological therapies that can be used to treat this symptom is acupuncture therapy. Acupuncture is relatively safe and does not cause harmful side effects. The aim of this study was to find the effectiveness of acupuncture therapy in releasing shortness of breath for palliative patients based on nursing literatures. This review was a systematic literature review with a simplified thematic approach as the results analyses. Databases used to search the articles through Research Gate, Pubmed and Google Scholar. The review included all reports that describe the effectiveness of acupuncture towards dyspnea to cancer patients. All the articles used PRISMA flow diagrams for the article selection process and Joanna Briggs Institute (JBI) Critical Appraisal tools for eligibility test. Five articles were retrieved and eligible for this study. Eligibility criteria was determined by inclusion criteria including articles published between 2010-2020, articles in English and Indonesian language, full text, while the exclusion criteria were literature review article. The result showed that the effectiveness of acupuncture therapy in reducing shortness of breath were based on the acupuncture techniques, the duration of acupuncture therapy and evaluation method. Acupuncture therapy had been proven effective in reducing shortness of breath in palliative patients.

Keywords: Acupuncture, Dyspnea, Palliative Care

Family Support for Covid-19 Patients which are Preventing Treatment: A Literature Review

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Abstract

Background: The world is facing a COVID-19 pandemic. The spread of COVID-19 is very fast, Indonesia is one of the countries affected by COVID-19 transmission with confirmed cases up to June 24, 2020 totaling 49,009 positive cases, 19,658 cases recovered and 2,573 cases died. The increase in positive COVID-19 patients requires the support of all parties such as health workers, government, communities and families. **Purpose**: This paper aims to review some of the literature on family support for COVID-19 patients who are undergoing treatment. **Method**: This systematic review was carried out in June 2020, by searching databases including PubMed obtained as many (n: 64) articles, Science Direct (n: 54) articles, and Proquest (n: 2) articles, so the total number of search articles obtained which is 118 articles. From 118 articles, there were 7 research articles which were included in the writer's inclusion criteria in the last 2 years to be reviewed. **Results**: the existence of family support in patients with COVID-19 is considered able to improve the spirit of recovery in patients and can help the treatment process being undertaken Discussion: In the case of patients with COVID-19 get positive assessment support from family and those closest to them have an important role. The role of the family in the healing process between sick family members is an aspect that must be done by the family, this is a reference for health services in involving family members when taking care is one step to improve the progress of the condition of COVID-19 patients. **Conclusion**: the innovative approach provided by health services by involving family members in patient care during the COVID-19 pandemic can lead to the progress of the care process.

Keywords: Covid-19; Family support; literature review

Nurses' Spiritual Distress During End Of Life Decision Making: A Phenomenological Study

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Abstract

Objectives: This study describes the meaning of Muslim nurses' lived experience during their involvement in End of Life (EOL) decision making in Intensive Care Unit (ICU). **Methods**: This study was conducted in an ICU of a government hospital in Central Java, Indonesia. Fourteen nurses were recruited as participants after they met the inclusion criteria: Muslims, working at least three years in the ICU, and willing to share their experience. Data were collected using in-depth interviews. Van Manen's hermeneutic phenomenological approach was used to analyse the data transcription. **Results**: Experiences of nurses' involvement in EOL decision making revealed four thematic categories. Feeling spiritual distress, understanding family's feelings as a killer, respecting privacy, and continuing time of caring. These themes reflecting van Manen's four lived world of body, time, relation, and space. **Conclusion**: This study described the meaning of Muslim nurses' EOL decision making in ICU and influence nursing policies regarding education in EOL decision making in ICU settings.

Keywords: hermeneutics, terminal care, decision making, Islam

Effects of Light Massage on Blood Presure and SpO_2 in Patients with Heart Failure in RSUD Prof. dr. Margono Soekardjo Purwokerto

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Abstract

Introduction: Heart disease is the number one cause of death in the world. The problem that often arises in patients with heart failure is hemodynamics instability. Early detection and recognition of characteristics quickly can help prevent deterioration and maximize the healing process. One of the measures to recognize these characteristics is monitoring blood pressure and SpO_2. Rapid blood presure and SpO_2 changes are caused by mobilization and stimulation of the patient's body and require periodic blood presure and SpO2 monitoring. The purpose of this study was to determine the effect of light massage to blood presure and SpO_2 in patients with heart failure. **Methods**: This study used quasy-experiment pretest posttest with control group design, in 5 hospital wards Prof. Dr. Margono Soekarjo. Samples were recruited using proportional random sampling technique, consisting of 30 respondents taken according to inclusion criteria, research variables were: giving light massage given 2 times daily for 5 days during treatment. data were collected using structured questionnaires and observations, and they were analyzed with Pairet T-Test and MANOVA. **Results and Analysis:** The results showed that between the treatment and control group on the blood presure and SpO2 variables is light massage p <0.05, MANOVA hypothesis test result obtained p <0,05. **Discussion and Conclusion:** Light massage have positive effect on blood presure and SpO2 in patients with heart failure in RSUD Prof.Dr. Margono Soekardjo Purwokerto.

Keywords: heart failure, light massage, blood presure and SpO2

Non-Medical Male Students Knowledge Of The Risks Of Male Infertility

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Abstract

Background: Male reproductive health is rarely a concern compared to women^s reproductive health. This unconsciously makes men unaware of their reproductive health, including about fertility. The reported prevalence of infertility in Indonesia was 21.3% and 40% factor of this prevalence comes from the male. As we conducted an interview, two in five students at a private university in Western Indonesia said they do not know the risk of infertility. **Objective**: This study aimed to investigate the knowledge of non medical male students about the risk of infertility. **Material and methods**: The research method used was quantitative descriptive. Study was conducted at private University in Western Indonesia in May-June 2020. The samples of this study were 63 persons of male non medical students selected with the convenience sampling technique. The instrument in this study was questionnaires that based on literature and have been tested for validity and reliability. **Results**: Research showed that 54% non medical students have a good knowledge, 36.5% non medical students have enough knowledge and 9.5% non medical students have less knowledge. The higher percentage were the respondents at age 19 years old and amounting 78% of respondents obtain the source of infertility information from the internet. **Conclusions**: Based on the knowledge of all non-medical male students as well as the resources used, students may need health information from experts. Further studies should be conducted in identifying the effect of providing reproductive health information by experts on the level of knowledge of non-health students.

Keywords: knowledge- male infertility- male students- the risk of infertility

Effect of Therapeutic Communication Intervention Towards Anxiety and Depression Symptoms among Cardiovascular Disease Patients

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Abstract

Background: Patients with cardiovascular disease often suffer from anxiety symptoms and depression, which can further affect their heart disease. Therapeutic communication is considered very imperative to lessen the complications of anxiety and depression on the patients. Therapeutic communication is an approach in providing nursing care. **Objectives**: to determine the effect of therapeutic communication to reduce anxiety and depression symptoms in patients with cardiovascular disease in the Intensive Coronary Care Unit (ICCU). **Methods**: This study was a quasi experiment with pre and post test without control group, 40 respondents were recruited using consecutive sampling. Therapeutic communication intervention were given to patients by 15 nurses when they were treated in the ICCU standards. The nurses were blindly assessed by two observers to ensure the implementation of appropriate therapeutic communication. Anxiety and depression were measured using the Hospital and Depression Scale for anxiety (HADS) questionnaire. The data were analyzed using paired t-test. **Results**: The results showed that there was a significant decrease mean (SD) score of anxiety symptoms on participants from 11.88 (3,539) to 7.95 (3.809).Moreover, depression mean (SD) score among patients with cardiovascular disease also significantly decreased from 11.45 (3.609) to 8.72 (3.412), with p-value < 0.001. **Conclusions**: The application of therapeutic communication interventions is effective in reducing symptoms of anxiety and depression in patients in the ICCU room. Screening for symptoms of anxiety and depression should be done when the patient enters the ICCU room and before the patient goes home.

Keywords: therapeutic communication, nurse, ICCU, anxiety, depression

Literature Review: Management of Cardiopulmonary Resuscitation (CPR) in Cardiac Arrest Covid-19 Patients

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Abstract

Background: Cardio Pulmonary Resuscitation (CPR) which is done well and correctly will increase the chance of life three times. However, there is concern that medical workers will contract acute coronavirus 2 (SARS-CoV-2) or Covid-19 respiratory syndrome when performing CPR. **The Aim**: purpose of writing an article is to provide information based on clinical evidence related to the CPR strategy recommended during the Covid-19 pandemic in order to minimize transmission of infection from patients to health care workers. This systematic review was carried out in June 2020. **Design**: observasional study, Single-centred, and cohort retrospective. Data Sources: By searching databases including Google Scholar, PubMed, Science Direct, and Proquest. Keywords used: "CPR", "Covid-19", "Cardiac Arrest", "Management", "Safety" and "Nurse". **Result**: The results showed that the Covid-19 virus transmission occurred in nurses who performed CPR using a complete PPE, through droplets or aerosols from patients who were in the air and entered through gaps that were formed accidentally by health workers when correcting positions, starting positions, wiping sweat or occurring when opening protective clothing. Changes in CPR sequence by ignoring airway assessments provide opportunities to minimize transmission. Chest compressions using assistive devices are highly recommended until the patient arrives at the hospital or can be given breathing aids. **Conclusion**: CPR during the Covid-19 pandemic is recommended to be carried out in pronated positions and by using the CAB method and to reduce the duration of CPR administration.

Keywords: cardio pulmonary resuscitation, covid-19, literature review

Anxiety Management For Patients Of Myocardial Infarction In Emergency Installation: Literature Review

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Abstract

Background: Acute myocardial infarction is one of the most common types of coronary artery disease causing morbidity and mortality in patient with heart problems. Anxiety will increase mortality and hospitalization in patient with myocardial infarction. There must be a strategy to determine the management of anxiety in patient with acute myocardial infarction. **Objective**: This study was conducted to assess the effectiveness of anxiety management in patient with acute myocardial infarction. **Method**: Literature study was conducted through online searching from Pubmed, Mendelay, and Google scholar. **Result**: This study shows an analysis of various methods of managing anxiety in patient with acute myocardial infarction. **Conclusion**: It is important to standardization anxiety management interventions in patient with acute myocardial infarction.

Keywords: Acute myocardial infarction, anxiety, health education, massage

POSTER

Effect of Use Wool Fabric to Maintain Temperature 39 Celcius Degree Crystalloid Ringer Lactic at Room Temperature 18 Celcius Degree

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Abstract

Warm fluid resuscitation is one of the main therapies for hypovolemic (hemorrhagic) shock patients to prevent complications. In this time we already have tools to keep the fluid warm, but this tools still have a lack function in some conditions, like in a disaster condition. To determine the effectiveness of woolen cloth used against RL 39 celcius degree crystalloid fluid temperature at cooling the room temperature exposure 18 celcius degree. This study uses a pre experiment, with a static group comparison approach, with a sample of fluid RL 4 pieces divided into 2 groups, groups using wool fabric and which does not use wool fabrics. Data was collected through observation sheet. Data were analyzed using Mann Whitney test. The result obtained obtained p value smaller than 0,05. Conclusion from these values there were significant differences between the use of wool cloth and without use wool fabrics. Wool fabric so effective to slow the decline in crystalloid fluid temperature 39 celcius degree RL on exposure to air conditioning temperature 18 celcius degree. Differences RL crystalloid fluid temperature change is influenced by several things including humidity, ambient temperature, as well as additional materials that are used.

Keywords: RL crystalloid fluid 39 celcius degree- woolen cloth- drop in temperature

Capability of Thermos to Maintain The Temperature of Ringer Lactate and Normal Saline 0.9% at 18C: An Alternative to Maintain The Temperature of The Resuscitation Fluid

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Abstract

Background: Fluid resuscitation is needed to treat hemorrhagic shock patient, but cold fluid resuscitation can cause hypothermia, so that efforts are needed to provide 39C fluids. One of the media to maintain temperature is a thermos. **Purpose**: The purpose of this research is to determine the capability of using the flasks in maintaining the temperature of 39C crystalloid fluids (Ringer Lactate and normal saline 0.9%) at 18C. **Method**: The method was pre-experimental research design with One Shoot Case Study type. 12 bottle crystalloid liquid was warmed to 39C, then put into 2 rice flasks, and temperature changes were measured for 6 hours at AC temperature 18C. The study was conducted on 30 November 2019. **Result**: The results there was a decrease temperature in 6 bottles of RL liquid by 6.8 - 7.4C and decrease temperature in 6 bottles of NS 0,9% liquid by 5.3C - 6.4C. Thermos has the ability to maintain a temperature of 39C for about 1 hour, and is able to prevent hypothermia from reaching 36C for about 3 hours. Statistical results using the Mann-Whitney p-value is 0,000, it was concluded that there was a significant difference between changes in temperature of lactate Ringers fluid and normal saline 0,9%. **Conclusion**: This flasks is able in maintaining the temperature of 39C crystalloid fluids and certainly can be applied to patients with hemorrhagic shock who come to the emergency room to facilitate mobilization and do not need to use electric.

Keywords: Crystalloid fluids, flask, hemorrhagic shock, temperature.

Implementation of the Literacy Program at Special School During the Period of Pandemic Covid-19 in Yogyakarta

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Abstract

Background: School literacy program has been launched by the government since 2015 and has also been massively applied to all types and education levels in Indonesia. This rule is not only applied in public schools, but also in special schools (SLB). Literacy seems to be an important challenge during the pandemic. The covid-19 pandemic forces all education units to be dependent to communication and information technology as a tool of learning from home. Distance learning, or studying online from home becomes a more serious problem for special needs students. The accessibility of distance learning application becomes dilemmatic to special needs students with physical, sensory, mental or intellectual limitations. **Purpose**: To find out how literacy program is applied at special schools during covid-19 pandemic. **Methods**: The study used descriptive study. In addition, convenience sampling was used as the media of taking samples. The subjects of the study were special school teachers of SLB N Pembina. Questionnaires and interviews were used as tools to collect data. **Results**: Most of the teachers stated that distance learning could be applied in a conducive way to 79,3% of their students- 77,6% of the students joined whatsapp group as media of distance learning- the interaction of students and teachers could reach 56,9%- reading activity to support literacy program was conducted 94,8% by the teachers and 36,8% of reading resources were mostly general knowledge books. **Conclusion**: Literacy program during distance learning could still be conducted in the covid-19 pandemic sub optimally. Teachers should be very creative in developing literacy learning design to increase reading interest rate and special needs students^ language skill. Additionally, parents^ support was crucial to the successful school literacy program during covid-19 pandemic.

Keywords: School literacy program, Special School, Pandemic Covid-19

Thermos Ability in Maintaining Crystaloid Liquid Temperature (Ringer^S Lactate and Normal Saline 0,9%): An Alternative to Keep Resusitation Fluid Temperature

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Abstract

Management of hemorrhagic shock, which is performing fluid therapy with a temperature of 39C, is highly recommended to prevent hypothermia. Required methods for maintaining intravenous fluids, including the use of rice flasks. This study aims to determine the effect of using a flask to maintain the temperature of 39C crystalloid fluids (ringer^s lactate and normal saline 0,9%) at room temperature 25C. This research method is quantitative experimental (pre-experimental) with the type of one-shot case study design. 6 bottles of ringer^s laktate liquid and 6 bottles of normal saline 0,9% were warmed to 39C, then stored in a rice flask in a room temperature of 25C and temperature changes were measured for 6 hours. Measurements were made using a digital thermometer, data were analyzed with the Mann Whitney test. The study was conducted on December 1, 2019, the results of the study decreased the average temperature of ringer^s lactate fluid 4,6C and normal saline 0,9% 4,3C. Test data with Mann Withney p-value of 0,000, there is a significant difference in temperature changes in ringer^s laktate fluid and nomal saline 0,9%. The results of the study were rice flasks were able to maintain the temperature of ringer lactate liquid 39C 96 minutes and normal saline 0,9% 78 minutes, while to prevent hypothermia (36C) ringer laktate fluid for 4 hours 59 minutes and normal saline 0,9% during 4 hours 55 minutes.

Keywords: Hemorrhagic shock, ringer^s laktate, normal saline 0,9%, thermos, temperature.

Family Experience Caring for People with Post-Pasung Mental Disorders in the Covid-19 Pandemic Period

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Abstract

Background: the family has its own experience when caring for people with post-pasung mental disorders during the covid-19 pandemic. **Purpose**: explore family experiences in caring for post-pasung patients during the covid-19 pandemic. **Method**: qualitative research with interpretive phenomenological approach. Data obtained by in-depth interviews using semi-structured interview guidelines. Research site in Trenggalek Regency, the data reached saturation in the twelve participants. **Results**: data analysis using IPA (Interpretative Phenomenological Analysis), obtained six themes. The themes are: feeling frustrated with the patients condition, feeling annoyed because of the patients disobedience, feeling helpless to do something, anxious because of the patients condition and behavior, bored because there is no meaningful development in the patient, feel responsible for caring for patients. **Conclusion**: the family as a caregiver still has the responsibility to care even in the covid-19 pandemic.

Keywords: "Family, Caregiver, Responsibility, Caring, People with Post-Pasung Mental Disorders"

The Availability of Energy and Nutrients in Food Service Provided in ASIFA (Aji Santoso International Football Academy)

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Abstract

Background: Football in Indonesia is one of the most popular sports. It is under the guidance of the Indonesian Football Organization (PSSI). Unfortunately, when competing at the international level, the Indonesian football team has not achieved the expected achievements due to players height and posture that are not comparable to opponents. This low performance might be closely related to the common phenomenon in soccer schools where students exercise with high intensity but are not supported by proper intake. Objective: This study aimed to assess the availability of energy and food nutrients served in the food service at ASIFA. Design: It was an observational study using a cross-sectional design conducted in December 2019 at ASIFA. The population was all ASIFAs students aged 11-20 years, and the sampling technique used was a total sample with the sample size 105 people. Results: Energy and nutriens availability was assessed by calculating the nutritional content of food served during eleven days of research in the form of the average value of energy and nutrients to be compared to the average needs of students based on age group so that it obtained the percentage of energy and nutrients availability of students of age group 10 - 12 years (Energy 101.9%, Protein 106.1%, Fat 105.3%, Carbohydrates 96.7%), age group 13-15 years (Energy 92.7%, Protein 96.5%, Fat 95.9%, Carbohydrates 91.1%), age group 16-18 years (Energy 97.1%, Protein 101.1%, Fat 100.4%, Carbohydrates 92.2%), and age group 19-29 years (Energy 98.6%, Protein 102.6%, Fat 101.9%, Carbohydrates 93.6%). Conclusions: The availability of energy, protein, and fat in students aged 10-12 years was already following the needs, while carbohydrates were still lacking. For students aged 13-15 years, the availability of energy and all nutrients was still lacking, which wasin the range of 70- <100%. While in students aged 16-18 and 19-29 years, the availability of energy and carbohydrates again did not meet the needs. Therefore, it is necessary to increase the availability of energy and nutrients by around 10% to meet the nutritional needs of ASIFA students in all age groups.

Keywords: The availability of nutrients and energy, energy and nutrients needs, food service, football school

Analysis the Role of ARHGAP35 in Breast Cancer by the Bioinformatics Approach

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Abstract

Breast cancer is the second most common cause of cancer-related deaths worldwide after lung cancer. Rho GTP-ase activating protein 35 (ARHGAP35) is known to be implicated in breast cancer growth and migration. This study aims to analyze the role of ARHGAP35 in breast cancer by the bioinformatics approach. Oncomine was used to analyze gene expression, GEPIA was used to analyze overall survival, STRING and WEBGESTALT were used to analyze protein-protein interaction, gene ontology and KEGG were used to analyze the biological pathway. The expression of ARHGAP35 in several types of breast cancer showed higher expressions than in normal cells. The patients with high expression of ARHGAP in invasive breast carcinoma have lower overall survival. We found that ARHGAP35 interacted with RHOA, RHOB, RHOC, RHOD, RAC1, RND1, RASA1, FYN, SRC, and CDC42. Furthermore, ten protein was analyzed and they involved in some biological process such as maintenance of cytoskeleton polarity, regulation of cell shape, actin fillament process, and regulation of cell morphogenesis via adherens junctions, axon guidances, platelet activation, focal adhesion, regulation of actin cytoskeleton, tight junction, and sphingolipid signaling pathway. Taken together, ARHGAP35 has many roles in growth and migration of breast cancer with several pathways.

Keywords: ARHGAP35, breast cancer, overall survival, gene ontology, KEGG pathway

Nurse scheduling management with nurse job satisfaction several Hospital in Jakarta

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Abstract

Nurse satisfaction becomes a benchmark in the quality of service. Low nurse satisfaction is still a problem in hospitals. Several factors influence the low level of job satisfaction. This study aims to analyze the relationship between nurse service scheduling management to nurse job satisfaction in several hospitals in Jakarta. The study design used a cross-sectional study (n = 264 nurses). Samples were selected by random sampling. Inclusion criteria are nurse nurses who work for at least one year, are willing to become respondents. The research instrument used a satisfaction questionnaire from the Ministry of Health and a nursing scheduling management questionnaire made by researchers. Data were analyzed using a t-test, ANOVA test, and correlation test. This studys results obtained a mean value of nurse satisfaction of 64.57 (64.57%) and the average management scheduling service of 92.16 (78.1%). The mean of organizing function shows the highest value of all functions, with a mean value of 7.71 (92.6%). While the mean of directing function has the smallest value of all functions at 17.37 (72.3%). There was a relationship between nurse scheduling management and nurse satisfaction with moderate strength (p = 0.001; r = 0.414). The study concludes that there is a significant relationship between the scheduling of nurse service to nurse satisfaction. The head of the room, which is the lower line manager, is required to manage the scheduling of services optimally so that nurse job satisfaction can be increased.

Keywords: Management; Nurse job satisfaction; Nurse scheduling; Nurses

Development of Guidance and Counseling Methods in Improving Self-Management of Epilepsy

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Health Science Institute of Patria Husada Blitar

Abstract

Epilepsy is the oldest neurological disease, found at all ages, can cause disability and mortality. Epilepsy has a higher risk of death due to seizures. Knowing the trigger seizures and taking steps to manage the disease greatly helps reduce the occurrence of death. The purpose of this study was to investigate the effect of the health education Guidance and Counseling Method on increasing self-management in epilepsy patients in the Neurology Clinic in Kanjuruhan Kepanjen Hospital. This research is a pre-experimental design with a one-group pre-post test village approach. The population was 44 respondents, 40 respondents samples, purposive sampling technique, data collection using a questionnaire, and data analysis using statistical test Wilcoxon Signed Rank test. Wilcoxon Signed-Rank Test results obtained 0.000 (&#945- &#8804- 0,05) resulted in the influence of health education guidance and counseling method to the increase of self-management in epilepsy patients at Kanjuruhan Kepanjen Neurology Clinic. Based on the results of this study it was important for health workers to improve knowledge and skills in health education, especially guidance and counseling methods to support the recovery of epilepsy patients by increasing self-management of epilepsy patients.

Keywords: health education, guidance, and counseling, self-management, epilepsy

Psychosocial Response Based On Length of Hospitalization in Toddler Age During The Early New Normal Covid-19 Period

Dwiyanti Purbasari, Khabib Maruf, Dewi Erna Marisa, Ani Nurhaeni

Sekolah Tinggi Ilmu Kesehatan Mahardika Cirebon

Abstract

Background. Psychosocial related to feelings or emotions as well as children^s behavior. During the Covid 19 pandemic, hospital services for patients implemented physical distancing, lockdown, separation from parents, friends and other family as well as restrictions on movement and monitoring strategies. It^s affect the psychosocial condition of the children. The direct impact of Covid-19 infection on children is lighter than for other ages. **Purpose**: This study aim to identify differences in psychosocial responses based on the length of hospitalization in toddler-age during the early new normal Covid-19 period. **Methods**. The research used a comparative descriptive on toddler-age who where hospitalized in the general hospital of Cirebon. The samples were taken using accidental sampling for one month. Respondents were observed for four (4) consecutive days. The observation sheet had been used as instrument. Data analysis use Wilcoxon test with a significance value alpha = 0.05. **Result**: The results showed that 90% of respondents had a maladaptive psychosocial response on the first day, a maladaptive psychosocial response in 63.3% of the respondents on the second day, but 80% of respondents experienced an adaptive psychosocial response on the third day, and nd 96.7% of respondents experienced an adaptive psychosocial response on the fourth day during hospitalization on the early new period normal covid-19. Hypothesis test results with a significance value of 0.05 found difference in psychosocial responses on the first and second day (p-value = 0.005), the first and third day (p-value = 0.000), the first and fourth days (p-value = 0,000), the second and third days (p-value = 0.002), the second and fourth days (p-value = 0,000), but difference in psychosocial responses on the third and fourth days (p-value = 0.025) hospitalization in toddler age during the early new normal covid-19 period. **Conclusion**. Psychosocial responses experience differences based on the length

Keywords: psychosocial response, length of hospitalization, toddler age, new normal covid-19 period





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