



PROCEEDINGS BOOK OF

The 4th International Conference on Nursing (ICON)

Innovation and Future
Direction in Chronic Care
Nursing : Utilization of Research and
Technology in Clinical Practice

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**Innovation and Future Direction in
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Conference Team

The 4th International Conference on Nursing (ICON)

Innovation and Future Direction in Chronic Care Nursing : Utilization of Research and Technology in Clinical Practice

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Foreword from Rector of Universitas Brawijaya

Dear ladies and gentlemen,

First of all, I would welcome you to the Universitas Brawijaya. As one of the leading universities in Indonesia, Universitas Brawijaya is committed to become actively involved in international scientific forums and events. Our commitment towards scientific developments is visible through what we have achieved in scientific competitions, the high number of research and publications, and the number of scientific events that we convene periodically. Our university has been accredited as an A class university by the national accreditation board. This brings us higher motivation to improve ourselves and to provide higher education quality as well as research and public services.

I would like to extend my gratitude to all the keynote speakers, whose knowledge and expertise I believe will enrich our knowledge and improve our perspective towards a high-quality health service. To the ICON 2019 committee, I cannot find an appropriate word to say how proud I am for your dedication and hardworking, which has brought this event this year. I have a high expectation to the committee to bring this event as an annual-international agenda. I would also like to welcome all the participants to the cool and comfortable Malang city, the city that hosts friendly people, beautiful scenery, and memorable places.

Universitas Brawijaya is strongly support nursing science development, as last year the official statement has been signed to initiate the development of the faculty of nursing. By doing so we expect that the school of nursing will significantly improve and create higher impact towards global nursing science development.

Finally, I would like to congratulate to all of the oral and poster presenters for being accepted as the part of this great event. I wish you all have great times here.

Thank you

Prof. Dr. Ir. Nuhfil Hanani A.R., M.S

Foreword from Dean of Medical Faculty, Universitas Brawijaya

Assalamualaikum warohmatullahi wabarokatuh

Alhamdulillahirobbilalamin lets praise the lord for His blessings that we can gather here in this amazing event. First of all, I would like to say thank you to the rector of Universitas Brawijaya, Prof. Nuhfil Hanani. We proudly welcome all distinctive participants and the experts to Malang City, City of education and tourism. This year's ICON has been very well organized and is a truly icon of the School of Nursing event.

To all the distinguished speakers:

1. Assoc. Prof. Julian Grant, RN, PhD, MACN from Flinders University, Australia
2. Representative of Prof. Dr. dr. Fachmi Idris, M.Kes from BPJS Indonesia National Health Insurance, Indonesia
3. Dr. Jennifer Joy Olivar from St. Paul University, Philippines
4. Ns. Suryanto, M.Nurs, PhD from Universitas Brawijaya, Indonesia
5. Assoc. Prof. Waraporn Kongsuwan from Prince of Songkla University, Thailand
6. Assoc. Prof. Dr. Soh Kim Lam from Universiti Putra Malaysia, Malaysia

And, the extraordinary participants, fellow nurses from across Indonesia and neighbouring countries.

On behalf of the academic society in faculty of medicine we highly appreciate your participation to learn from each other, to share knowledge, experience, and motivation to make nursing better. I also congratulate the committee for their success in organizing this event.

Nowadays, continuous education and improvement is an integral part of nursing profession and is a manifestation of its commitment towards community service and community health improvement. Change is constant in global healthcare and is happen in all aspect of healthcare, not only limited to health problems and its management, also on technology, basic science, and clinical settings. These changes are inevitable and should be responded positively to improve the quality of care.

Our university's commitment towards improving nursing education has a historic milestone where the faculty of nursing's blueprint has been officially signed. This change is expected to bring the School of nursing

forward and foremost among other nursing education institutions.

Regarding the ICON's theme, recent statistics demonstrated an increasing trend of chronic disease incidence and prevalence, either in developing or developed countries. A report by World Health Organization (WHO) predicted that by 2020 non-communicable diseases such as heart diseases, cancer, and metabolic diseases will contribute to 70% of mortalities. Therefore, it is essential for healthcare professions to strengthen their science and quality of practice. Through this conference I hope that we can enrich each other's knowledge, build international networks, and gain confidence to the global environment.

So please enjoy the conference, may all of us become the agent of improvement for our professions.

Thank you

Wassalamualaikum warohmatullahi wabarokatuh

Dr. dr. Sri Andarini, M.Kes

Foreword from Head School of Nursing, Faculty of Medicine, Universitas Brawijaya

Greetings for all conference attendees and welcome to the 4th Annual International Conference on Nursing 2018. We hope you all have a wonderful, inspiring conference and can take great ideas back to your workplaces.

Chronic conditions have become an important concern in healthcare service within the last decade, to be specific in South East Asia region. The advances in healthcare sciences and technology has increased the life expectancy for people with chronic conditions. This situation urges nurses to improve their competency. For developing countries, this issue has triggered the nursing society to develop certain strategies to strengthen their practice. Consequently, advancements should be made in many aspects of nursing practice, starting from nursing education, research, and the clinical competencies.

Moreover, the urge to improve is not only possessed by healthcare professionals. It is also government's duty to establish a strategic regulation towards chronic care improvements. Synergy among academics, clinicians. And government is highly influential in shaping the chronic care system as well as anticipating the dynamics of healthcare challenges in the future.

Therefore, this year's ICON carries the theme "Innovation and Future Direction in Chronic Care Nursing: Utilization of Research and Technology in Clinical Practice". Accordingly, this conference would give a better understanding of how to improve the competencies of nurses especially in developing countries to face chronic conditions. Therefore, by gathering and interacting each of attendees here can tighten our bond as academia, researcher and healthcare professionals to increase the spirit of research and study.

Finally, we would like to welcome you all to become more involved in this conference. Your unique talents, expertise and ideas are welcomed and appreciated. Please enjoy the conference and hopefully we can get a new knowledge and friends through this outstanding conference.

Thank you,

Dr. Ahsan, S.Kp., M.Kes

Preface from Chairperson

Greetings, conference participants!

On behalf of conference committee, we are delighted to welcome you at beautiful city of Malang for the 4th International Conference on Nursing 2018. This annual event never be success to be held without great support, tremendous spirit, immense effort and solid teamwork. We are extremely indebted to many people who have played a role in making this conference a reality. We also couldn't be happier to have the keynote speakers to deliver chronic care theme in the scope of research, clinical practices, policy, technology utilization and ethical issues.

This year, we accept approximately 120 papers for oral and poster presentation. It's the biggest number during the ICON history so far depicting positive response has been raised to contribute to the conference. The accepted abstracts will be issued in a reputable International proceeding and for selected full paper will be facilitated to be published in a reputable indexed International Journal what documents a growing interest in this conference. For all the participants, we wish this occasion to be a memorable meeting for broadening knowledge, improving skills and strengthening professional collaboration. The opportunity to present the results of your scientific works to other participant of peers is foundational in the propagation of meaningful knowledge. Sharing and discussing best practices take important and valuable part to begin and build professional networking. This event, furthermore, draws individuals together who might not otherwise have a chance to interact with the experts extensively.

Finally, we thank all of you for choosing to attend this conference and truly make it the experience we're hoping it will be.

Best wishes for your every success!

Organizing Committee Chairperson

Ns. Septi Dewi Rachmawati, SKep, MNg

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DUANGPORN PIYAKONG¹, NAPHAKLACHA PHOLANUN², and WANLAYA PAKPOOM³

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Time	Saturday 08-Sep-18			Sunday 09-Sep-18								
	07.30-07.45	REGISTRATION			REGISTRATION							
07.45-08.00												
	OPENING CEREMONY											
08.00-08.15	Video Profile											
08.15-08.30	Welcoming Dance and ICON opening vid			Opening by MC								
				PLENARY LECTURE 2 Moderator (by Alfrina Hany, SKp, MN)								
08.30-08.45	Welcome Remarks			<i>Presentation on Chronic care in clinical nursing practice (By Dr. Jennifer Joy Olivar)</i>								
08.45-09.00	Opening Address											
09.00-09.15	Coffee Break			Coffee Break								
09.15-09.30												
	PLENARY LECTURE 1 Moderator (By Ns. Retno Lestari, MN)											
09.30-09.45	<i>Presentation on Mixed-methods approach in advanced nursing research (By Assoc. Prof. Julian Grant, RN)</i>			<i>Presentation on Chronic care nursing in prehospital settings (By Ns. Suryanto, M.Nurs, PhD)</i>								
09.45-10.00												
10.00-10.15	<i>Presentation on Advanced technology for chronic care (By Assoc. Prof. Waraporn Kongsuwan)</i>			<i>Presentation on Ethical issues in chronic care delivery (By Assoc. Prof. Dr. Soh Kim lam)</i>								
10.15-10.30												
10.30-10.45	<i>Presentation on Government Health care financing system for patient with chronic disease (By BPJS)</i>			Discussion								
10.45-11.00												
11.00-11.15	Discussion			Lunch and POSTER SESSION								
11.15-11.30												
11.30-11.45												
11.45-12.00	Lunch and POSTER SESSION			Lunch and POSTER SESSION								
12.00-12.15												
12.15-12.30												
12.30-12.45	Lunch and POSTER SESSION			Lunch and POSTER SESSION								
12.45-13.00												
13.00-13.15							<table border="1"> <tr> <td>ORAL PRESENTATION 1</td> <td>ORAL PRESENTATION 2</td> <td>ORAL PRESENTATION 3</td> </tr> </table>			ORAL PRESENTATION 1	ORAL PRESENTATION 2	ORAL PRESENTATION 3
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ORAL PRESENTATION 4	ORAL PRESENTATION 5	ORAL PRESENTATION 6										
13.15-13.30												
13.30-13.45												
13.45-14.00												
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14.30-14.45												
14.45-15.00												
15.00-15.15												
15.15-15.30												
15.30-15.45				CLOSING CEREMONY								
15.45-16.00				Free Paper, Poster Award and Closing Remarks								

ORAL PRESENTATIONS SCHEDULE

Day 1 (08 September, 2018), 13.00 - 16.00 PM

Room 1

Chairperson : Ns. Fransiska Imavike, S.Kep., Mnurs

Jury : Ns. Kumboyono, S.Kep., M.Kep., Sp.Kom

No	Presenter	Title
01	Heri Kristianto, Fatika Maulidyah Yuwanto, Rifqa Ghina Mufida	Effectivity of Temulawak (Curcuma xanthorrhiza roxb.) Extract based Nanotechnology PLGA (Poly-Lactic-Co-Glycolic-Acid) on Diabetic Wound: A Literature Review
02	Dian Susmarini, Made Sumarwati, Atyanti Isworo, Lutfatul Latifah	Comparison of Anxiety Levels Among Mothers Following Baby-Led Weaning and Traditional Weaning: A Study in Indonesia
03	Siti Zuhaidah Shahadan, Azlina Daud, Muhammad Lokman Md. Isa, Muhammad Ibrahim, Samsul Deraman	Motivational Approach to Lifestyle Modification Intervention on Cardiometabolic Risk Profiles among Obese Adults: A Randomized Controlled Trial
04	Azlina Daud, Anis Fasehah Jamal, Siti Zuhaidah Shahadan	Association between Sitting Time and High-sensitivity C-Reactive Protein Level among Obese Women
05	Hamidah Othman, Salizar Mohamed Ludin	Exploration The Needs of Family Caregivers: Preliminary Finding
06	Ni Putu Wulan Purnama Sari, Jintana Artsanthia	Demographic Variable, Social Determinant, Physical Parameter, and Stress Level in Correlation to Quality Of Life in Chronically Ill Elderly Living in Big Cities of Bangkok and Surabaya
07	Anggun Setyarini	Addressing Spiritual Needs in Heart Failure Patients: Bridging the Gap Between Patients' Desire for Spiritual Care and Nursing Practices
08	Nurona Azizah	The Role of Wet Cupping Therapy To Manage Asthma Disease : A Literature Review
09	Zamzaliza Abdul Mulud, Edawati Hamsah, Norfidah Mohamad	Effectiveness of A Nurse-led Education Program on Women with Pregnancy-Induced Hypertension in Rural Malaysia
10	Septi Dewi Rachmawati, Rinik Eko Kapti, Lailatul Fitria, Yulia Rochmawati	Application of Paper and Computerized Based Child Growth and Development Early Detection Tool Toward Stress and Motivation of Indonesian Health Cadres: A Mixed Method Approachs
11	Ahmad Hasyim Wibisono, Ayu Nanda Lestari	Model of Interprofessional Collaboration of Chronic Wound Management in Private Setting

Room 2

Chairperson : Ns. Tony Suharsono, S.Kep., M.Kep

Jury : Ns. Laily Yuliatun, S.Kep., M.Kep

No	Presenter	Title
01	Ninda Ayu Prabasari	Compliance of Elderly Hypertension in Oral Therapy Management and Hypertension Diet: Phenomenology Study
02	Natar Fitri Napitupulu	Progressive Relaxation Technique's Effect on Elderly People Insomnia in Blunyah Gede Village Sinduadi Subdistrict Mlati District Sleman Regency
03	Eka Nurwahyuni	The Impact of No Mobile Phone Phobia (Nomophobia) on Mental Health: A Systematic Review
04	Fatimah	Autogenic Relaxation Effect on the Decrease of Blood Pressure of Patients with Hypertension
05	Ali Rahmanto	Spinal Cord Injury Therapy in Emergency Room (ER): A Systematic Review
06	Apriyani	Relationship of Oral Rehydration Treatment by Mother to the Occurrence of Diarrhea within Public Health Center of 4 Ulu Palembang
07	Badrul Munif, Minka Aulia Humairo	The Effect of Bibliotherapy on Anxiety Level of School-Age Children at Pediatric Ward, Blambangan General Hospital, Banyuwangi
08	Eman Sulaiman, Syam Nurcahya	The Role of Nurses in Reducing the Anxiety Level of Pre-Appendectomy Patients at Bahteramas General Hospital, Southeast Sulawesi Province
09	Retno Tri Astuti Ramadhana, M. Saifur Rohman , Tony Suharsono	The Effect of Education Low-Salt Diet on Increased of Knowledge among Hypertensive Patients in Cardiac Clinic in Saiful Anwar Hospital Malang
10	Yunus Adi Wijaya, Tita Hariyanti	Coping Mechanism to Overcome Job Stress of Police Officers in Regional Traffic Management Center (RTMC) Direktorat Lalu Lintas Kepolisian Daerah Jawa Timur
11	Zulkifli B Pomalango	The Relationship of Knowledge and Nurses' Motivation with the Implementation of Patient Safety Identification in Emergency Unit at Aloei Saboe Hospital
12	Nadia Oktiffany Putri, Dina Dewi Sartika Lestari Ismail, Heri Kristianto	The effect of Celery Ethanol Extract (Apium graveolans) to Decrease Ulcer Index in Wistar Rats (<i>Rattus norvegicus</i>) with Gastric Ulcer Model
13	Riyan Dwi Prasetyawan, Nur Hidayati	The Correlation Between Intensity of Physical Activity and Uric Acid Level in Gout Arthritis Patients in The Sobo Public Health Care Banyuwangi

14	Akhiyan Hadi Susanto	SNP G-152A of Angiotensinogen Gene was not Aligned with Serum Angiotensinogen Levels in Patients with Essential Hypertension
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Room 3

Chairperson : Ns. Mukhamad Fathoni, S.Kep., MNS

Jury : Dr. Yulian Wiji Utami, S.Kp., M.Kes

No	Presenter	Title
01	Shila Wisnasari	Inhibitory Potency of Lisinopril and Captopril on Hypertensive Patients with ACE I/D Polymorphism: An in Silico Binding Affinity Study
02	Wiwit Dwi Nurbadriyah, Tri Nurhudi Sasono	The Effectiveness of CFIM on Anemia Prevention in Preschool Aged Childre
03	Kurnia Laksana, Ainur Rofieq, Sri Widowati	The Correlation between Nurses' Knowledge, Nurses' Motivation, and Nurse Work Load with the Nursing Care Plan Documentation at Radjiman Wediodiningrat Mental Health Hospital
04	Fepyani Thresna Feoh, Maria Isabela Abi, Sebastianus Kurniadi Tahu	The Effect of the Therapeutic Wax Play on Anxiety Levels of Preschool Children (3-6 years old) Underwent Hospitalization in Garuda Ward at S. K. Lerik Hospital, Kupang City.
05	Nurul Evi, Yati Afyanti and Tri Budiati	Improving Women's Health regarding Lactation Management through Volunteer Health Worker Training
06	Rita Rahmawati, Siti Nur Qomariah	Homebased Exercise Training (Knee Exercise) to Increase Physical Performance of Elderly with Osteoarthritis di Kota Gresik
07	Luqman Susanto Bachriansyah	Eligibility of Geriatric Depression Scale (GDS) as Valid and Reliable Instrument for Screening and Diagnosing Depression Elderly: A Systematic Review
08	Maryati A. Barimbing, Florentianus Tat, Desliyane R. Lek	Parents' Role in Speech Therapy and The Speech Ability of Children with Autism in St. Maria Assumpta Catholic Elementary School and Naimata Autism Center Kupang
09	Nurdin	Systematic Review: Effectiveness of GAP (Glasgow Coma Scale, Age and Systolic Blood Pressure) and MGAP (Mechanism, Glasgow Coma Scale, Age, and Arterial Pressure) as an Outcome Predictor of Trauma Patient In Emergency Department
10	Nurul Fahmi Rizka Laily, Hidayatus Sya'diyah	Correlation between Emotional Quotient and Interpersonal Relationship among First Level Students in Stikes Hang Tuah Surabaya

11	Siti Roslinda Rohman	Factors Affecting Non-adherence of Therapeutic Regimen in Mental Disorder Patients: A Systematic Review
12	Tengku Isnı Yuli Lestari Putri	Factors Affecting Response Time at Hospital Emergency Unit: A Systematic Review
13	Fidiana Kurniawati, Erlin Kurnia, Akde Triyoga	Physical Disability Related to Self-Concept of Leprosy Patients in Kediri Leprosy Hospital
14	Sunardi, Anna Dewi Hastuti, Nurlailatul Masruroh	The Comparison of White Rice Glucose Levels between Rice Cooker and Traditional Equipment

Day 2 (09 September, 2018), 12.30 - 15.30 PM

Room 1

Chairperson : Ns. Fransiska Imavike, S.Kep., Mnurs

Jury : Ns. Kumboyono, S.Kep., M.Kep., Sp.Kom

No	Presenter	Title
01	Norfidah Mohamad, Maznah Ibrahim, NurFarzana Damanhuri, Puteri NurFarah Hanan Razak, Zamzaliza Abdul Mulud	Self-Efficacy and Health-Promoting Behaviour among Older Adults with Chronic Illness in Malaysia
02	Maria Manungkalit, Ni Putu Wulan Purnama Sari	Comparison of the Effect of Aerobic and Cultivation Exercise in Lowering Blood Pressure in Hypertensive Elderly
03	Karina Megasari Winahyu, Revi Anggita, Giri Widakdo	Factors Predicting Quality of Life among Patients with Type 2 Diabetes Mellitus in Primary Health Center in Tangerang, Indonesia
04	Linda Juwita	Correlation between Body Mass Index (BMI), Waist Circumference and Waist-Hip Ratio with Fasting Blood Glucose in Postmenopausal Women
05	Renny Nova, Budi Anna Keliat, Mustikasari	Application of Therapeutic Group Therapy on the Development of School Age Industry with Empowerment Of People, Teachers, And Soul Health Care
06	Norshamatul Aidah Osran, Norhaini Majid	The Level of Comfort among Patients Treated with Helmet Non-Invasive Ventilation (NIV) Therapy
07	MT. Arie Lilyana; Kristina Pae	Perspective of Diabetes Mellitus Patients with Pedis Ulcer regarding Nurses' Roles in Assisting Patients
08	Musthika Wida Mashitah	The Efficacy of Quran Recitation Therapy for Chronic Disease Patients: A Systematic Review

09	Rinik Eko Kapti, Nindia Setyaningrum, Nurona Azizah	The Effects of Pet Therapy Using Ornamental Fish on Regression Behavior of Hospitalized Pre-Schoolers
10	Elvira Sari Dewi	Dry Eyes, Cataracts, Retinopathies, and Grieving Nursing Care in Systemic Lupus Erythematosus: A Case Study
11	Ike Nesdia Rahmawati	Effectiveness of SBAR Communication Methods to Improve The Quality of Nursing Handover
12	Duangporn Piyakong, Naphaklacha Pholanun, Wanlaya Pakpoom	Perception of Caring in Nursing through technological competency among Thai ICU nurses with different ages and length of work experience

Room 2

Chairperson : Ns. Tony Suharsono, S.Kep., M.Kep

Jury : Ns. Laily Yuliatun, S.Kep., M.Kep

No	Presenter	Title
01	Wiwiek Widiatie, Siti Muniroh, Kurniawat	Overview of Depression Incident among Elderly who Aged 60-74 Years Old in Ngumpul Village, Jogoroto Sub District Jombang City
02	Maulidah, Puspa Wardhani, Nurbani	The Effectiveness of ABA (Applied Behavior Therapy Analysis) Method for Improving Functional Skill in Children With Autism in Singkawang
03	Awaliyah Muslimah Suwetty	Self Help Group Effect and Spiritual Emotional Freedom Technique as a Method in Decreasing Smoking Behavior among Adolescent: Systematic Review
04	Baiq Fitrihan Rukmana, Muslim Tasim, Donny Prasanto	The Effect of Chest Physiotherapy on Mucus Clearance in Patient with Asma at Tunjung Room of Praya Public Hospital
05	Didik Mulyono	Effectiveness of Sensory Stimulation to The Level of Consciousness in Head Trauma Patients: A Systematic Review
06	Fitriyanti N Idrus	The Validity and Reliability of the Canadian Triage Acuity Scale (CTAS) in Emergency Department: A Systematic Review
07	Jatim Sugiyanto	Systematic Review of the Application of Trauma Score (KTS) as an Alternative Trauma Scoring in EDs
08	Luluk Nur Aini	Factor Analysis regarding Chain of Survival Affecting Survival Patient Pre Hospital Cardiac Arrest in the Emergency Room

09	Luh Titi Handayani; Mohammad Ali Hamid; Hendra Kurniawan	Health Cadre Empowerment in Early Detection of Breast Cancer in Jember East Jawa
10	Ni Luh Putu Suardini Yudhawati, Shofi Khaqul Ilmy	Self Acceptance and Stress in Patient with Chronic Kidney Disease Undergoing Hemodialysis in dr. Soepraoen Army Hospital Malang
11	Nabilah Siregar	Effectiveness of Web -Based Self-Management Program in Patient with Type 2 Diabetes Mellitus
12	Debby Hatmalyakin	Mindfulness Therapy for Anxiety and Depression: Systematic Review
13	Eky Madyaning Nastiti, Laily Ifqi	The Effect of Music Therapy on Reducing Blood Pressure among Elderly With Hypertension
14	Ni Luh Sri Wahyuni, Ika Widi Astuti, Indah Mei Rahajeng	The Effect of Health Education Using Booklet on the Level of Anxiety in Breast Cancer Patients at RSUD Buleleng
15	Ulul Azmi Iswahyudi	The Effectiveness of Mindfulness Therapy on Anxiety Level Decrease in Patients with Chronic Disease

Room 3

Chairperson : Ns. Mukhamad Fathoni, S.Kep., MNS

Jury : Dr. Yulian Wiji Utami, S.Kp., M.Kes

No	Presenter	Title
01	Hartatik	Factors Related to Coping Mechanisms in HIV/AIDS Patients
02	Imelda Feneranda Seravia Tambi	Predictor Parameters of Acute Coronary Syndrome In Emergency Departments: Systematic Review
03	Indari	Cognitive Behavior Therapy (CBT) Intervention in Chronic Illness: A Systematic Review
04	Lanawati	Description of Behavior in Seeking Assistance Health at Lalap Village, Patangkep Tutui District, East Barito
05	Laily Yuliatun, Pudji Rahayu, Sri Puranto, Ahsan	Mechanism of Acupuncture Balances Blood Sugar in Insulin Resistance in Breast Cancer Patients with Cachexia
06	Mukhoirotin, Kurniawati, Diah Ayu Fatmawati	The Effectivity of Cold Compress and Warm Compress to Intensity Level of Menstrual Pain (Dysmenorrhea)

07	Rizqiana Dita Ekasari	Related Factors of Family Acceptance and Health Status of LGBT Teenagers: A Literature Review
08	Siti Roslinda Rohman	Systematic Review: Modified Early Warning Score (MEWS) and National Early Warning Score (NEWS) as Predictors of Cardiac Arrest in Hospital
09	Widya Lita Fitriyanur	Anxiety and Depression in Multidrug Resistant Tuberculosis Patients (MDR-TB) Undergoing Treatment Process: A Systematic Review
10	Zulkifli	Comparison of Triage Early Warning Score and the Modified Rapid Emergency Medicine Score in Predicting Outcome of Trauma Patients in the ER: A Systematic Review
11	Manggar Purwacaraka	Factors Affecting Waiting Time And Patient Satisfaction In the Emergency Department Triage: A Systematic Review
12	Lilik Supriati, Linda Wieke Noviyanti, Putri Setyawati	The Relationship between Family Support and Low-Salt Diet Compliance among Hypertension Patients in Kendalsari Primary Health Care Malang
13	Tony Suharsono, Esthi Dwi Yuliawati, Lilik Supriati	The Relationship between Family Support and Low-Salt Diet Compliance among Hypertension Patients in Kendalsari Primary Health Care Malang
14	Ahsan	Assessment of Patient-Care Knowledge and Practice to Prevent Nosocomial Infection Post-Caesarean Section in District Hospitals
15	Emilio A. Antang Jr., RN, MAN	Cardiovascular Disease Risk Level and Health-Related Quality of Life of Patients with Pulmonary Tuberculosis in Bicol Medical Center

POSTER SESSION SCHEDULE

8 September 2018 (12.00-01.00 pm) and 9 September 2019 (11.30 am - 00.30 pm)

No	Presenter	Title
01	Asmuji Asmuji, Usman Ali	Screening for Soil Transmitted Helminths (STHs) Eggs and Hemoglobin (Hb) Levels on Aggregat Community of Garbage Collectors
02	Trio Gustin Rahayu	Syzygium Polyanthum (Ina. Daun Salam) Effects on Blood Pressure Decrease of Patients with Post Stroke
03	Anggia Astuti, Primasari Rahmawati, Musviro Musviro	Murottal Al-Quran Intervention and Outcomes for Chronic Care Patients
04	Isnaini Rahmawati, Happy Indri Hapsari	The Effect of Horticultural Therapy on Self Esteem of Elderly in Nursing Home of Dharma Bhakti Kasih Surakarta
05	Mulia Hakam, Erti I Dewi, Mufreda Yuliana Indriani	The Correlation between Stress Levels and Incidence of Hypertension Among Tobacco Farmers Who Experienced Crop Failure in Subdistrict of Pakusari, Jember Regency
06	Dini Kurniawati, Murtaqib, Farida Nur Qomariah	The Relationship between Parenting Pattern and Adolescent Sexual Motivation in Senior High School, Jember Regency
07	Jon Hafan Sutawardana, Kushariyadi, Shofiyatul A. Fuadi	The Relationship Between Diabetes Self-Management and The Ability of Early Hypoglycemia Detection among Patients with Diabetes Mellitus Type 2 in Public Health Center area in Summersari Jember
08	Murtaqib, Kushariyadi, Khafid Fanani	Hemoglobin Levels and Activity Daily Living of Chronic Kidney Disease Patients undergoing Regular Hemodialysis
09	Siswoyo, Kushariyadi, Wasi' Putri Magfiroh	Resilience and Psychological Well Being among Head of Families with Cataract
10	Niko Kristianingrum, Wiwin Wiarsih, Astuti Nursasi	The Experience of Elderly With Diabetes Mellitus in Herbal Medicine
11	Rizqinda Lailatul Lestari, Tina Handayani Nasution, Ahmad Hasyim Wibisono	Relationship of Self Acceptance Level with Drug Adherence Level in Lupus Patients
12	Sunardi, Anna Dewi Hastuti, Nurlailatul Masruroh	Correlation between Peer Group Attachment and Bullying Behavior among Adolescent in Senior High School Malang

13	Lilik Supriati, Linda Wieke Noviyanti, Putri Setyawati	The Effect of Calories Counseling on Increasing Knowledge, Attitude, and Behavior Dietary in Diabetes Melitus Patients
14	Nia Novita Sari, Ermalynda Sukmawati	The Influence of Brand Image and Quality of Service on Patient's Satisfaction of Chronic Disease Management Program (Prolanis)
15	Annisa Wuri Kartika, Risma Hertanti, Mukhammad Fathoni	Booklet Education in Promoting Antihypertensive Medication Adherence in Elderly
16	Nindi Novianti, Asti Melani Astari, Muladefi Choiriyah	Prenatal Care Visits are not Influenced by Knowledge and Attitude Regarding High-Risk Pregnancy In Malang, Indonesia
17	Ermalynda Sukmawati, Nia Novita Sari, Agustina Chriswinda Bura Mare	Relationship between Knowledge and Wound Care Using Modern Dressing among Patients with Diabetes Mellitus in Home Wound Care Surabaya, Sidoarjo
18	Ridhoyanti Hidayah, Nuril Laili Fajriatussholiha, Retno Lestari	Factors Analysis related to Bullying Behavior of Adolescents living in Islamic Boarding School

Sponsors and Contributors

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Conference Program at a Glance

Continuous education and improvement is an integral part of nursing profession and is a manifestation of its commitment towards community service and community health improvement. Change is constant in global healthcare and is happen in all aspect of healthcare, not only limited to health problems and its management, also on technology, basic science, and clinical settings. These changes are inevitable and should be responded positively to improve the quality of care.

Recent statistics demonstrated an increasing trend of chronic disease incidence and prevalence, either in developing or developed countries. A report by World Health Organization (WHO) predicted that by 2020 non-communicable diseases such as heart diseases, cancer, and metabolic diseases will contribute to 70% of mortalities. Therefore, it is essential for healthcare professions to strengthen their science and quality of practice.

This conference aims for providing recent updates on chronic care in nursing related to the utilization of research and technology in clinical practice.

Plenary Sessions & Keynote Speakers

01 **Assoc. Prof. Julian Grant, RN,
PhD, MACN**

Flinders University, Australia

Topic: Mixed-methods approach in advanced nursing research

02 **dr. Elsa Novelia, MKM**

**BPJS Indonesian National Health Insurance,
Indonesia***

Topic: Government Health care financing system for patient with chronic disease

03 **Dr. Jennifer Joy Olivar**

St. Paul University, Philippine

Topic: Chronic care in clinical nursing practice

04 **Ns. Suryanto, M.Nurs, PhD**

Universitas Brawijaya, Indonesia

Topic: Chronic care nursing in pre hospital settings

05 **Assoc. Prof. Waraporn
Kongsuwan**

Prince of Songkla University, Thailand

Topic: Advanced technology for chronic care

06 **Assoc. Prof. Dr. Soh Kim Lam**

Universiti Putra Malaysia, Malaysia

Topic: Ethical issues in chronic care delivery

Speaker's Profile



Associate Professor Julian Grant, RN, BN, Honours (1st Class), PhD
College of Nursing and Health Sciences
Flinders University, Australia

Biography

Dr. Julian Grant is a registered nurse with post graduate qualifications in paediatric and child and family health nursing. Having worked in clinical settings for over 25 years Julian's experience covers the scope of rural, remote and metropolitan nursing in a range of acute and community environments. She is passionate about equity in health care and the roles that nurses and midwives take to ensure high quality care and advocacy for societies most vulnerable individuals and groups.

As an academic, Julian now researches with vulnerable children and families to improve their health outcomes, in addition to working nationally to improve the capacity of the inter-professional health workforce. As President of MCaFHNA, Julian contributed to a number of national health reviews in collaboration with CoNNO colleagues. Julian coordinates all post graduate nursing programs at Flinders University. As such she is across a broad spectrum of nursing specialisations from Nurse Practitioner to acute and primary health care. Julian contributes to strengthening workforce development and shaping policy to enable nurses and midwives to take their places at leadership tables across Australia.

Research expertise

Paediatric and Child, Maternal Health, Nursing, Family health

Professional Memberships

Maternal Child and Family Health Nurses Australia (Vice President)
South Australian Child and Family Health Nurses Association (Executive member)
Coalition of National Nursing and Midwifery Organisations (Executive member)
National Primary Health Care Partnership (Active member)
National Community Child Health Council (Active member)
School of Nursing & Midwifery Postgraduation Subcommittee (Chair)
Australian College of Nursing (Group member)
Royal College of Nursing Australia, South Australian Chapter (Group member)
Australian Research Alliance for Children and Youth (Group member)

Reviewer of Journals

- Nursing Inquiry
- Contemporary Nurse
- Journal of Child Health Care
- Neonatal Paediatric and Child Health Nursing
- Health Sociology Review
- Canadian Journal of Nursing Research



Jennifer Joy Olivar, MAN, PhD
St. Paul University, Philippine

Biography

Dr Olivar is currently the Dean, College of Nursing and Allied Health Sciences St. Paul University Manila (SPUM), in which she has more than 14 Years of her professional career. Previously she has contributed to SPUM in different positions such as Chairperson, Graduate Program, College of Nursing and Allied Health Sciences; Director, Strategic Turn-Around Program (STAR); Chairperson MAN Program; Asst. Professor 5, SPUM; and Consultant for Staff Training & Development. Her expertise has led her as a prominent lecture in the following topics: Critical Care Nursing, Nursing management, Clinical Instruction and Assessment Educational Leadership and Management; Advanced Human Resources Management.

Completing her master degree in advanced nursing on 2008, she furthered her study and conquered the PhD degree from SPUM on 2015 with the focus on nursing education. As an academic she is also involved in numerous social activities in different organizations such as: First Aid Seminar (Paco Parish), Chairman Awards and Scholarship Committee (PNA), Guest Panelist (Manila Medical Center), Developing Transcultural Nurses Program Faculty Coordinator (SPU Manila LDC IRO), Co-Chairman Awards and Scholarship Committee (PNA), Member, Industry Advisory Council (IAC) of the University's College of Nursing and Allied Health Sciences (Batangas State University), PEER Reviewer (European Journal of Oncology Nursing), and University Champion for Research (SPU Manila).

As an expert she has shared her vast experience in many seminars and conferences including:

- Research Updates in Nursing “Evidence Based Practice” (East Avenue Medical Center Nursing Training Office)
- 58th Annual Convention and General Assembly “Collaboration of Nursing Education, Research and Practice Towards Quality Health Care” (ADPCN)
- Clinical Oncology Nursing Update (Philippine General Hospital Nursing Service PONA)
- National Public Hearing/Consultation on the Proposed Guidelines on Accreditation of Health Facilities utilized by Nursing Interns (CHED – Office of Programs and Standards Development Technical Panel for health Professions Education)
- ADPCN National Summer Conference 2017 “Towards Quality Nursing Education: Transition, Translation, Transformation” (ADPCN)
- Internationalization: Moving Higher Education Institutions to the World and Back (SMEC De La Salle-College of Saint Benilde)
- Master Trainer Program: Entrepreneurship Education (Wadhvani Foundation)



Ns. Suryanto, S.Kep., M.Nurs., PhD.
School of Nursing, Faculty of Medicine
Universitas Brawijaya, Indonesia

Biography

Dr Suryanto is a lecturer at School of Nursing, Universitas Brawijaya, Malang, Indonesia. He had been worked as a clinical nurse for three years, prior his career in academia in 2006. His nursing education started at Vocational School of Nursing, Lawang then he continued his study at Surabaya Health Polytechnic for his Diploma in Nursing degree, Universitas Brawijaya for his Bachelor of Nursing degree, and Monash University, Australia for his Master of Nursing and PhD. His postgraduate study was supported by AusAID with Australia Development Scholarship and Australia Awards Scholarship.

He is passionate about emergency nursing, especially prehospital care. Several publications with the topic of emergency and healthcare have been submitted in peer reviewed journals. Currently he is teaching emergency nursing subjects for both nursing undergraduate and postgraduate students at Universitas Brawijaya. As part of his roles as a lecturer, he also supervises students who are undertaking clinical attachment at networking hospitals of Universitas Brawijaya, student research supervision, undertaking research and community services with the topic of emergency nursing. His research expertise including emergency nursing and prehospital care.

Dr Suryanto and team has been granted for three grants for project related to prehospital care, two from Australia Indonesia Institute of Department of Foreign Affair and Trade (DFAT) of Australia government and currently his team is working on Pan-Asian Resuscitation Outcomes Study (PAROS) project for the initiation of education for ambulance nurses in Indonesia.

Research expertise

Emergency Nursing

Professional Memberships

Indonesian National Nurses Association (INNA)

Reviewer of Journals

- Jurnal Ilmu Keperawatan Universitas Brawijaya
- Indonesian Contemporary Nursing Jurnal (ICON Journal)



Dr. Elsa Novelia, MKM
BPJS Indonesian National Health Insurance

Biography

Dr. Elsa Novelia is a senior manager and in charge as Deputy Director of Referral Health Care Financing in BPJS Indonesia National Health Insurance, Jakarta, Indonesia. She is passionate about public service especially helping communities to access BPJS health insurance.



Associate Professor Waraporn Kongsuwan, MSc, PhD

Associate Dean for Research
Prince of Songkla University, Thailand

Associate Professor Waraporn Kongsuwan, MSc, PhD is the Associate Dean for Research, Graduate Studies, and International Affairs in Faculty of Nursing Prince of Songkla University (PSU) Thailand. Being involved in the university since 2000, She has been involved in different positions including Assistant Dean for Research and Graduate Studies, Director of Master in Nursing Science Program (International Program), and Assistant Professor. Dr Waraporn completed her PhD in nursing at Christine E. Lynn College of Nursing, Florida Atlantic University in 2009. Previously she obtained her Master of Science (Microbiology) at Faculty of Science Prince of Songkla University in 1999.

In the university, Dr Waraporn teaches in undergraduate and post graduate level (master and doctoral). The topics she has been involved including

- Philosophy and Nursing Science Positivism, Empiricism, Historicism
- Phenomenology and Hermeneutic
- Nursing Knowledge Development
- Evaluation of Mid-Range Theory
- Concept Development
- Advanced Qualitative Research in Nursing
- Phenomenology as method
- Action Research
- Writing a qualitative research
- Nursing Research and Knowledge Management
- Qualitative research design

Dr Waraporn is also a well known researcher as she has been successfully earned a number of research grants as follows:

- Understanding Caring in Nursing Education Through Aesthetic Expression Among Undergraduate Students in Thailand and Japan (5000 USD) Principal investigator
- Grief Experiences of Thai Buddhist Husbands of Dead Patients from Critical Illness (Faculty of Nursing, PSU Grant ฿40,000) Principal investigator
- Nurses' Experience of Caring for Dying in Emergency Department (Faculty of Nursing, PSU Grant ฿40,260) Principal investigator
- Research Scholar in aboard for collaborative research in USA and Japan during September 19, 2012 to November 2, 2012 (Faculty of Nursing, PSU Grant ฿฿250,000)
- Enhancing End-of-Life Home Care System by Using Community Network's Participation (Prince of Songkla University Grant ฿฿200,000) Co-investigator
- Experiences of Prayer among Cancer Patients (Faculty of Nursing, PSU Grant ฿40,000) Coinvestigator
- And many more

Accordingly, she has earned numerous awards including:

- Distinguished Professor of Research for Human and Social Science, Prince of Songkla University, Year 2017
- Distinguished Professor of Research, Faculty of Nursing, Prince of Songkla University, Year 2017
- Distinguished Researcher, Nurses Association of Southern, Thailand, Year 2013
- Distinguished Professor of Research, Faculty of Nursing, Prince of Songkla University, Year 2012



Soh Kim Lam, MHSC, PhD
Universiti Putra Malaysia, Malaysia

Dr Soh Kim Lam is a senior lecturer as well as prominent clinician in the area of critical care nursing. Currently She an associate professor and in the same time holding the position as head of department in the Department of Nursing and Rehabilitation Faculty of Medicine and Health Sciences, Universiti Putra Malaysia (UPM). She earned her master degree in critical care nursing from the Auckland University of Technology, New Zealand in 2004, and further obtained PhD degree from Curtin University, Australia in 2012.

Her strong involvement in the critical care specialization is marked by extensive (more than 35) publications in international journals, also her involvement as a reviewer as well as editorial board in a number of journals. Some of the journal that she is involved in are:

- Reviewer for Journal of Clinical Nursing since 2009
- Reviewer for International Journal of Nursing Studies since 2010
- Reviewer for Nurse Education Today since 2011
- Reviewer for Nursing Research and Practice since 2011
- Reviewer for Indian Journal of Critical Care Medicine 2012
- Reviewer for Contemporary Nurse since 2014
- Reviewer for American Journal of Critical Care Nursing since 2015
- Reviewer for Rehabilitation Nursing since 2015
- Reviewer for Malaysian Journal of Nutrition since 2016
- And many more

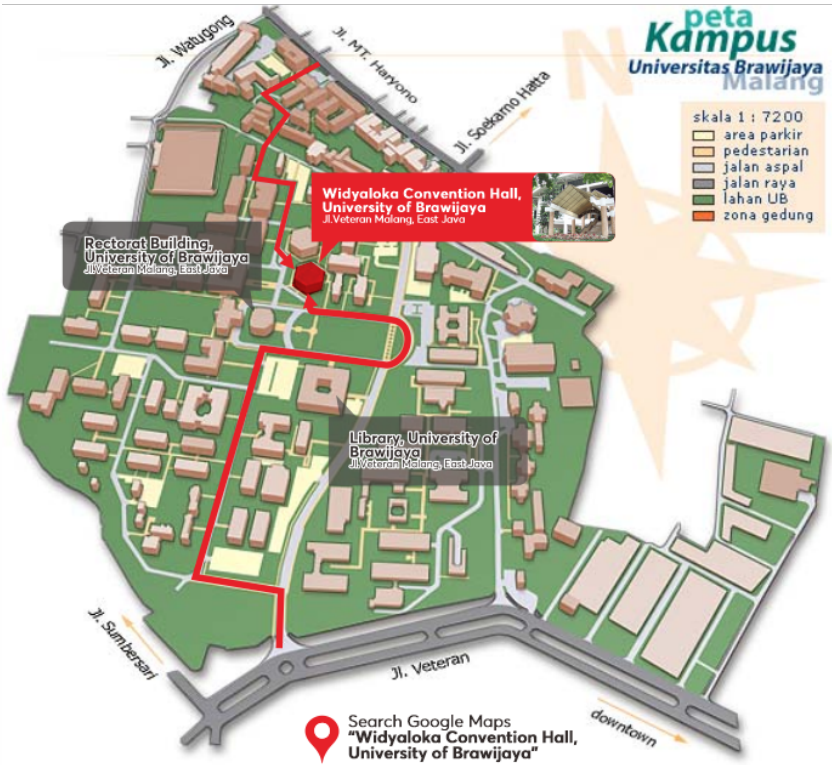
Along with her essential contribution in nursing education, practice, and research she has also committed to several strategic positions such as Visiting Scholar in Australian, Thailand, and Japan Universities, Malaysian Quality Assurance Agency, and invited speaker in numerous international conferences and seminars.

Dr Kim's achievements has led her into the prominent nursing scholar in Malaysia, as proven by a number of awards She has earned:

- Publication in the Highest Impact Factor Journal
- ThinkSwiss award, Switzerland
- Malaysia Nursing Foundation Scholarship Award
- Silver Medallist (Social Sciences and Humanities category)
- Best Free Paper Presentation International Nursing Conference

Conference Venue Map

Widyaloka Convention Hall, University of Brawijaya
Jl. Veteran Malang, East Java



Conference Parking Sites



Accessibility and Hotel Information

A. How to get to Widyaloka Convention Hall/Malang

By Plane

Juanda Airport Surabaya:

Take Damri Bus from the airport to Bungurasih Terminal. From there, take bus to Arjosari Terminal, Malang. University of Brawijaya is 7,4 km from there, so it is better to hire taxi/cab from Arjosari Terminal.

Abdurrachman Saleh Malang:

Malang has its own airport, Abdurrachman Saleh Airport, The only public transportation available is taxi, with fixed price Rp. 75.000, or Rp. 100.000,.

By Train

Malang Kota Station

The most convenient transportation to get to Brawijaya University from Malang Kota Station is by taxi that takes about 20 minutes, or you can use public transportation (AL, ADL) with fixed price Rp. 4000

By Bus

The main bus terminal in Malang is Arjosari Terminal. University of Brawijaya is 7,4 km from there, so it is better to hire taxi/cab from Arjosari Terminal.

B. Accommodation

If you would like to go anywhere in Malang by using a taxi in a short distance, you will be charged the minimum rates at IDR 30,000. This is taxi phone number in Malang :

- Citra : +62 341 404040
- Mandala : +62 341 474747
- Bima : +62 341 717171
- Argo : +62 341 488888

If you would like to go anywhere in Malang by public transportation (Ajosari : AL, ADL; Gadang : GL, LG), you will be charged a flat rate of IDR 4,000. When we arrived, we must get off at the Soekarno Hatta Gate of UB or Veteran Gate of UB.

If you would like to go anywhere by using "Go-jek" or "Grab", you can call by using application in your smartphone.

This is a list of hotel or guest house information nearby Brawijaya University

HOTEL

Everyday Smart Hotel ()**

Address : Jl. Soekarno Hatta no 2. Malang

Phone : +62 341 406688

Distance : 600 m

How to get there : Walking or Driver Online

Link : <http://everydaysmarthotels.com/malang/>

Swiss-Belinn Hotel (*)**

Address : Jl. Veteran no 8A. Malang

Phone : +62 341 550368

Distance : 1,3 km

How to get there : Walking, or Driver Online

Link : <http://www.swiss-belhotel.com/en-gb/swiss-belinn-malang>

Sahid Montana Dua Hotel (*)**

Address : Jl. Candi Panggung no 2. Malang

Phone : +62 341 495885 or +62 341 408118

Distance : 2,2 km

How to get there : Walking, Taxi or Driver Online

Link : <http://www.sahidmontana.com/dua/home.html>

Ubud Hotel (*)**

Address : Jl. Bendungan Sigura-gura no 6. Malang

Phone : +62 341 571313

Distance : 1,8 km

How to get there : Taxi or Driver Online

Link : <https://www.hotelubud-malang.com/>

Aria Gajayana Hotel (**)**

Address : Mall Olympic Garden Complex Jl. Kawi no 24. Malang

Phone : +62 341 336262, +62 823 66336262 +62 856 833 6262

Distance : 4,3 km

How to get there : Taxi or Driver Online or public transportation (GL, LG)

Link : <http://ariahtl.com/gajayana/>

Ibis Style Hotel (*)**

Address : Jl. Letjend S Parman no 45. Malang

Phone : +62 341 409900 or +62 341 407300

Distance : 4,2 km

How to get there : Taxi or Driver Online or Public transportation (ADL)

Link : <http://www.ibis.com/id/hotel-8875-ibis-styles-malang/index.shtml>

Santika Premiere Hotel (**)**

Address : Jl. Letjend Sutoyo no 79. Malang

Phone : +62 341 405405

Distance : 4,4 km

How to get there : Taxi or Driver Online or Public transportation (ADL)

Link : <http://www.santika.com/id/indonesia/malang/hotel-santika-premiere-malang/>

Ijen Suites Resort & Convention (***)**

Address : Jl. Ijen Nirwana Raya Blok A No. 16, Barend, Klojen, Malang

Phone : +62 341 3301000

Distance : 4,5 km

How to get there : Taxi or Driver Online

Link : <http://www.ijensuitesmalang.com/>

This is a list of hotel or guest house information nearby Brawijaya University

GUEST HOUSE**UB Guest House**

Address : Jl. MT. Haryono no 169, Malang

Phone : +62 341 558585 or +62 81 252112225

Distance : 400 m from Widyaloka

How to get there : Walking or Driver Online

Link : <http://guesthouse.ub.ac.id/>

"Omahkoe" Guest House

Address : Jl. Jalan Bendungan Sigura - Gura 4 No.01. Malang

Phone : +62 341 556224

Distance : 1,5 km

How to get there : Walking or Driver Online

Gladiola Guest House

Address : Jl. Bendungan Palasari no 1. Malang

Phone : +62 341 570421

Distance : 1,6 km

How to get there : Taxi or Driver Online or walking

Bandoeng Guest House

Address : Jl. Bandung No 20. Malang

Phone : +62 341 551824

Distance : 2,6 km

How to get there : Taxi or Driver Online

Link : <http://www.bandoengguesthouse.net/>

Kertanegara Premium Guest House

Address : Jl. Semeru No 59. Malang

Phone : +62 341 368992

Distance : 3,6 km

How to get there : Taxi or Driver Online

Link : <http://kertanegaraguesthouse.com/>

Jero Sading Guest House

Address : Jl. Serang No.4, Penanggungan, Klojen, Kota Malang

Phone : +62 341 570189

Distance : 2,6 km

How to get there : Taxi or Driver Online

Abstract Presentation

Abstract #1

Inhibitory Potency of Lisinopril and Captopril on Hypertensive Patients with ACE I/D Polymorphism: An *in Silico* Binding Affinity Study

Shila Wisnasari

School of Nursing, Universitas Brawijaya, Malang, Indonesia

Introduction

ACE gene polymorphism is thought responsible to the different response to ACE inhibitor therapy in hypertensive patients. Angiotensin I-converting enzyme (ACE) has two homologous catalytic domains, the N- and C-domains. Alu insertion (I allele) in the intron 16 of ACE resulted in premature codon termination so the I variant has only one active site in the N-domain while the Alu deletion (D variant) still has two active sites of ACE. The inhibitory potency of ACE inhibitors such as lisinopril and captopril on Hypertensive Patients with ACE I/D Polymorphism, mainly determined by differences in the binding affinity, is still not widely known. This study was conducted to investigate the inhibitory potency of lisinopril and captopril by analyzing the binding affinity of ACE protein (I and D variant) to lisinopril and captopril *in silico*.

Methods

Binding affinity of lisinopril and captopril with ACE protein (I and D variant) was obtained from molecular docking using AutodockVina.

Results

Docking calculation showed lisinopril has the higher binding affinity to the C-domain (-8.8 kcal/mol) than N-domain ACE (-7.3 kcal/mol), means that lisinopril was found to be more effective to inhibit D variant of ACE protein activity. Captopril showed the same binding affinity of captopril in both N- and C-domain (-6.1 kcal/mol). This result implied that captopril showed the same inhibitory activity towards I and D variant of ACE.

Conclusion

Lisinopril and captopril apparently showed different inhibitory potency between I and D variant of ACE, as proven by calculated binding affinity.

Keywords

ACE; Binding Affinity; Lisinopril; Captopril

Abstrak

Potensi penghambatan Lisinopril dan Captopril pada Pasien Hipertensi dengan Polimorfisme I/D Gen ACE: Studi In Silico

Latar Belakang

Polimorfisme gen ACE diperkirakan berpengaruh terhadap perbedaan respon terapi penghambatan ACE pada pasien hipertensi. Angiotensin I-converting enzyme (ACE) memiliki dua katalitik domain yang homolog, yaitu N dan C domain. Insersi Alu (varian I) pada intron 16 ACE menyebabkan adanya terminasi codon premature sehingga varian I hanya memiliki satu sisi aktif pada N domain, sedangkan delesi Alu (varian D) masih memiliki dua sisi aktif. Potensi penghambatan ACE inhibitor, seperti lisinopril dan captopril pada pasien hipertensi dengan polimorfisme I/D ACE, yang utamanya ditentukan oleh perbedaan afinitas ikatan, masih belum diketahui dengan pasti. Tujuan dari penelitian ini yaitu untuk mengetahui potensi penghambatan lisinopril dan captopril dengan cara menganalisis afinitas ikatan protein ACE (varian I dan D) dengan lisinopril dan captopril.

Metode

Afinitas ikatan lisinopril dan captopril dengan ACE (varian I dan D) didapatkan dari molecular docking menggunakan AutodockVina, software PyRx.

Hasil

Hasil docking menunjukkan lisinopril membentuk afinitas ikatan yang lebih besar dengan C domain dibandingkan N domain ACE, hal ini menunjukkan lisinopril lebih efektif untuk menghambat aktivitas protein ACE varian D. Sedangkan captopril menunjukkan afinitas yang sama ketika berikatan dengan N an C domain ACE (-6.1 kcal/mol). Hasil ini menunjukkan bahwa captopril memiliki kemampuan yang sama dalam menghambat aktivitas ACE varian I dan D.

Kesimpulan

Lisinopril dan captopril menunjukkan potensi penghambatan yang berbeda pada protein ACE varian I dan D yang ditunjukkan dengan afinitas ikatan yang dibentuk.

Kata kunci:

ACE; Afinitas ikatan; Lisinopril; Captopril

Abstract #2

Comparison of Anxiety Levels Among Mothers Following Baby-Led Weaning and Traditional Weaning: A Study in Indonesia

Dian Susmarini, Made Sumarwati, Atyanti Isworo, Lutfatul Latifah

Jenderal Soedirman University, Indonesia

Introduction

Mothers need to be creative when preparing and introducing complimentary foods to their babies at the age of six months. A new feeding method that has become popular in many countries is baby-led weaning. Given the fact that baby-led and traditional weaning are different ways of feeding babies, the challenges of applying these methods may result in mothers feeling anxious in different ways. This study aims to compare anxiety levels in mothers following these methods.

Method

This study used a quantitative design with a cross-sectional approach. Three hundred and sixteen mothers were recruited through an online survey using consecutive sampling within one month. Anxiety levels were measured with a 10-part questionnaire and the data was then analyzed with a chi square test.

Results

The results showed there was no difference in anxiety levels among mothers following baby-led and traditional weaning ($p=0.302$). The majority of respondents in both groups had moderate levels of anxiety, that is, 66.7% in the baby-led weaning group and 72% in the traditional weaning group. The other respondents experienced mild anxiety levels. Other factors which have been supposed to cause no difference in anxiety levels in weaning mothers were investigated, including mothers weaning the first child in the family and those receiving support from significant others.

Conclusion

The findings suggest that the experience of feeding babies using baby-led and traditional weaning techniques have similar effects on mothers' anxiety levels. Each method has its own challenges and advantages.

Keywords

Anxiety Level; Baby-Led Weaning; Traditional Weaning

Abstrak

Tingkat Kecemasan pada Ibu yang Menerapkan Baby-Led Weaning dan Traditional Weaning: Studi di Indonesia

Latar Belakang

Seorang ibu harus kreatif dalam menyiapkan dan memberi makan MPASI pada anak saat anak menginjak usia 6 bulan. Saat ini terdapat metode baru yang mulai populer di beberapa negara, yaitu baby-led weaning. Dikarenakan kedua metode mempunyai perbedaan dalam memberi makan pada bayinya, tantangan dalam menerapkan kedua metode akan menyebabkan kecemasan yang berbeda pula. Studi ini bertujuan untuk membandingkan tingkat kecemasan ibu yang mengikuti kedua metode tersebut.

Metode

Study ini menggunakan desain kuantitatif dengan pendekatan cross-sectional. Sebanyak 316 responden mengikuti studi melalui survey online. Sample dipilih dengan consecutive sampling selama satu bulan. Tingkat kecemasan diukur dengan 10 item pertanyaan kecemasan dan data dianalisa dengan chi-square.

Hasil

Hasil menunjukkan tidak terdapat perbedaan kecemasan antara ibu yang menerapkan baby-led dan traditional weaning ($p=0.302$). sebagian besar responden pada kedua kelompok mengalami kecemasan tingkat sedang, yaitu 66,7% pada kelompok baby-led dan 72% responden pada kelompok traditional weaning. Responden yang lain mengalami kecemasan ringan. Faktor lain yang diperkirakan menyebabkan tidak terdapat perbedaan pada tingkat kecemasan juga diidentifikasi, yaitu bayi yang sedang menerapkan metode ini adalah anak pertama, dan dukungan yang diberikan oleh keluarga.

Kesimpulan

Studi ini menambah literature tentang baby-led weaning yaitu bahwa pengalaman memberi makan baik menggunakan metode baby-led atau traditional weaning memberikan efek yang sama pada tingkat kecemasan. Tiap metode mempunyai kesulitan dan kemudahannya masing-masing.

Kata kunci:

Baby-Led Weaning; Tingkat Kecemasan; Traditional Weaning

Abstract #3

Effectivity of Temulawak (*Curcuma xanthorrhiza roxb.*) Extract based Nanotechnology PLGA (Poly-Lactic-Co-Glycolic-Acid) on Diabetic Wound: A Literature Review

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¹Medical Surgical Nursing Department, School of Nursing, Universitas Brawijaya, Malang, Indonesia

²Undergraduate Student, School of Nursing, Universitas Brawijaya, Malang, Indonesia

Introduction

Impaired wound healing process is one of diabetes mellitus complications. Impaired wound healing process caused by prolonged inflammation, disrupted angiogenesis process and reduced fibroblast proliferation process. Temulawak (*Curcuma xanthorrhiza roxb.*) extract contains curcumin that serves as an anti-inflammatory and antioxidant ends the inflammatory phase and accelerates the proliferation phase. PLGA (Poly-Lactic-co-Glycolic-Acid) nanoparticle technology is one of innovations to improve the curcumin therapeutic effect by controlling the sustained release, reducing curcumin degradation and increasing bioavailability. This literature review aims to understand the effectivity of Temulawak (*Curcuma xanthorrhiza roxb.*) extract based Nanotechnology PLGA on Diabetic Wound.

Methods

The review literature and researches was conducted by using several database : 102 article from Science Direct, 15 article from Google Scholar, 5 article from ProQuest, 2 article from PubChem, in 2008-2018

Results

PLGA (Poly-Lactic-co-Glycolic-Acid) nanoparticle combined with curcumin (PLGA CC NP) shows great outcome in wound healing. Biphasic pattern of PLGA CC NP drug delivery process controls sustain and gradual release within 8 days without showing any significant cytotoxic effect. Curcumin in PLGA works by inhibiting neutrophil infiltration marked by decrease of Myeloperoxidase enzyme and decreased NFκB expression in inflammatory cytokines such as TNFα, IL-1, IL-6, IL-8. Endogenous lactic acid provision with PLGA becomes a potential strategy of sustained supply for accelerating angiogenesis and wound healing process. Lactic Acid in PLGA stimulates collagen synthesis in fibroblast and Vascular Endothelial Growth Factor (VEGF) transcription in endothelial cell.

Conclusion

Temulawak (*Curcuma xanthorrhiza roxb.*) extract based Nanotechnology PLGA effective for diabetic wound therapeutic agent.

Keywords:

Curcuma; Nanotechnology PLGA; Diabetic Wound

Abstrak

Efektifitas Temulawak (*Curcuma xanthorrhiza roxb.*) Ekstrak berbasis Nanoteknologi PLGA (Poly-Lactic-Co-Glycolic-Acid) pada Luka Diabetes Mellitus : Literature Review

Latar Belakang

Salah satu komplikasi Diabetes Mellitus adalah terganggunya proses penyembuhan luka. Kondisi ini disebabkan karena proses inflamasi memanjang, terganggunya proses angiogenesis dan proses proliferasi fibroblast yang berkurang. Ekstrak Temulawak (*Curcuma xanthorrhiza roxb.*) mengandung kurkumin yang berfungsi sebagai anti-inflamasi dan antioksidan yang mampu mengakhiri proses inflamasi dan mempercepat fase proliferasi. Teknologi nanopartikel PLGA (Poly-Lactic-co-Glycolic-Acid) dapat dijadikan salah satu inovasi untuk meningkatkan efek terapeutik kurkumin dengan cara mengontrol pelepasan kandungan secara berkelanjutan, mengurangi degradasi kurkumin dan meningkatkan bioavailability. Tujuan Literature Review untuk mengetahui Efektivitas Ekstrak Temulawak (*Curcuma xanthorrhiza roxb.*) yang dimuat nanopartikel PLGA terhadap luka Diabetes Mellitus

Metode

Literature review ini menggunakan beberapa database kepustakaan yaitu: 102 artikel dari Science Direct, 15 artikel Google Scholar, 5 artikel dari ProQuest, 2 artikel dari PubChem, in 2013-2018.

Hasil

Nanopartikel PLGA (Poly-Lactic-co-Glycolic-Acid) yang dikombinasikan kurkumin (PLGA CC NP) menunjukkan hasil yang baik dalam proses penyembuhan luka. Biphasic pattern pada mekanisme penghantaran obat PLGA CC NP mampu mengontrol pelepasan secara berkelanjutan dan bertahap selama 8 hari tanpa menunjukkan efek sitotoksik yang signifikan. Kurkumin pada PLGA bekerja dengan cara menghambat infiltrasi neutrofil ditandai dengan penurunan enzim myeloperoksidase dan menurunkan ekspresi NF κ B pada sitokin inflamasi seperti TNF α , IL-1, IL-6, IL-8. Pemberian Asam Laktat secara eksogen mampu menyalurkan laktat secara berkelanjutan. Keadaan tersebut mampu mempercepat

proses angiogenesis dan penyembuhan luka. Asam Laktat pada PLGA menstimulasi sintesis kolagen di fibroblas dan transkripsi Vascular Endothelial Growth Factor (VEGF) di sel endotelial

Kesimpulan

Temulawak (*Curcuma xanthorrhiza roxb.*) yang dimuat nanopartikel PLGA efektif digunakan sebagai agen terapi luka Diabetes Mellitus

Kata kunci

Temulawak; Nanotechnology PLGA; Luka Diabetic

Abstract #4

Motivational Approach to Lifestyle Modification Intervention on Cardiometabolic Risk Profiles among Obese Adults: A Randomized Controlled Trial

Siti Zuhaidah Shahadan¹, Azlina Daud¹, Muhammad Lokman Md. Isa², Muhammad Ibrahim³, Samsul Deraman⁴

¹Department of Medical Surgical Nursing, Kulliyah of Nursing, IIUM, Kuantan, Malaysia

²Department of Basic Medical Sciences for Nursing, Kulliyah of Nursing, IIUM, Kuantan, Malaysia

³Department of Nutrition, Kulliyah of Allied Health Sciences, IIUM, Kuantan, Malaysia

⁴Department of Family Medicine, Kulliyah of Medicine, IIUM, Kuantan, Malaysia

Introduction

Lifestyle modification intervention (LMI) is effective in promoting cardiometabolic risk (CMR) reduction. However, the current standard LMI for obese adults in Malaysia has only a periodic review. Hence, this study aims to determine the effect of LMI with a motivational approach on CMR profiles among obese adults.

Methods

This is a randomized controlled trial with two groups; intervention group who received a 6-month LMI with a motivational approach, and a control group who received a 6-month standard LMI. The T-test (independent and paired) are used to determine the significant differences in the CMR profile within and between the intervention and control group after six months.

Results

The findings showed that the obese adults in the intervention group (n=40) had a significant reduction in the body mass index (p=0.002) and a significant rise in high-density lipoprotein level (p=0.021) after six months. Additionally, the intervention group also achieved a reduction in the low-density lipoprotein and high-sensitivity C-reactive protein level after six months. Contrariwise, the control group (n=39) had an unexpected rise in fasting blood glucose level (p=0.012), low-density lipoprotein and the high-sensitivity C-reactive protein after six months. Both the intervention and control group also had a significant reduction in the waist circumference measurement after six months (p<0.05).

Conclusions

The LMI with the motivational approach is clinically more effective than the standard treatment to improve the CMR profile of obese adults after six months. Consequently, larger trials with specific sub-groups of obese adults, such as those with pre-diabetes or pre-hypertension, are warranted.

Keywords

Lifestyle Modification Intervention; Cardio Metabolic Risk Profile; Obese

Abstrak

Kesan intervensi LMI dengan elemen motivasi terhadap profil kardiometabolik di kalangan orang dewasa yang obes

Latar Belakang

Intervensi pengubahsuaian gaya hidup (LMI) dilihat berkesan untuk mengurangkan risiko kardiometabolik. Walau bagaimanapun, intervensi LMI biasa yang diamalkan untuk orang dewasa yang obes di Malaysia mempunyai semakan berkala. Oleh itu, kajian ini bertujuan untuk menentukan kesan intervensi LMI dengan elemen motivasi terhadap profil kardiometabolik di kalangan orang dewasa yang obes.

Kaedah

Kajian eksperimental ini melibatkan pegagihan subjek secara rawak kepada dua kumpulan; kumpulan intervensi yang menerima intervensi LMI dengan elemen motivasi, dan kumpulan kawalan yang menerima intervensi LMI biasa dalam tempoh enam bulan. Ujian T (bebas dan berpasangan) digunakan untuk menentukan perbezaan pada profil kardiometabolik di dalam dan di antara kumpulan intervensi dan kumpulan kawalan selepas enam bulan.

Hasil

Hasil kajian menunjukkan bahawa subjek di dalam kumpulan intervensi ($n = 40$) melalui pengurangan yang signifikan pada indeks jisim badan ($p = 0.002$) dan kenaikan yang signifikan pada tahap lipoprotein yang berkepadatan tinggi (LDL) ($p = 0.021$) selepas enam bulan. Selain itu, subjek di dalam kumpulan intervensi juga mencapai pengurangan pada tahap lipoprotein yang berkepadatan rendah (HDL) dan tahap protein C-reaktif berkesensitifan tinggi (hs-CRP) selepas enam bulan. Sebaliknya, subjek di dalam kumpulan kawalan ($n = 39$) mencapai kenaikan pada tahap glukosa dalam darah ($p = 0.012$), tahap LDL dan hs-CRP selepas enam bulan. Subjek di dalam kedua-dua kumpulan juga mempunyai pengurangan yang signifikan pada ukuran lilitan pinggang selepas enam bulan ($p < 0.05$).

Kesimpulan

Intervensi LMI dengan elemen motivasi lebih berkesan secara klinikal untuk meningkatkan profil kardiometabolik di kalangan orang dewasa yang obes selepas enam bulan, berbanding intervensi

LMI biasa. Oleh itu, kajian lanjutan yang lebih besar dan menyasarkan secara khusus kumpulan orang dewasa yang obes dengan pra-diabetes atau pra-hipertensi sangat digalakkan.

Kata kunci

Intervensi Perubahan Gaya Hidup; Risiko Kardiometabolik; Obes

Abstract #5

Association between Sitting Time and High-sensitivity C-Reactive Protein Level among Obese Women

Azlina Daud, Anis Fasehah Jamal, Siti Zuhaidah Shahadan

Department of Medical Surgical Nursing, Kulliyyah of Nursing, IIUM, Kuantan, Malaysia

Introduction

Obesity is one of the biggest contributors to cardiovascular disease, and the risk of contracting a cardiovascular disease can be predicted by increasing high-sensitivity C-reactive protein (hs-CRP) level. Moreover, the prevalence of obesity in women is higher than in men in adult age groups. A high level of sitting time is also a risk factor for obesity among women. The objective of this study was to determine the association between sitting time per day and hs-CRP level among obese women.

Methods

A descriptive cross-sectional study was conducted of 68 obese women from Kuantan, Pahang. The data were collected using a set of questionnaires adapted from the National Health and Morbidity Survey (NHMS), blood samples were obtained to determine hs-CRP level, and the Kruskal-Wallis test was used to determine the association between the variables.

Results

There was no significant association between hs-CRP level and the time spent sitting per day [$H(2) = 1.878$, $p = 0.391$], with a mean rank of 37.67 mg/L for sitting for less than 1 hour, 40.92 mg/L for sitting 1-3 hours and 32.71 mg/L for sitting more than 4 hours.

Conclusions

This study concludes that hs-CRP level was not influenced by the sitting time per day of the obese women. This study can provide baseline data for healthcare professionals, and an awareness platform for maintaining normal body mass index among women.

Keywords

Obese Women; Hs-CRP; Sitting Time; Cardiovascular Disease

Abstrak

Hubungan antara Tempoh Masa Duduk dalam Sehari dan Tahap Protein C-Reaktif Berkesensitifan Tinggi dalam Kalangan Wanita Obes

Pengenalan

Obesiti merupakan salah satu penyumbang terbesar kepada penyakit kardiovaskular, dan risiko terkena penyakit kardiovaskular boleh diramal dengan peningkatan tahap protein C-reaktif berkesensitifan tinggi. Selain itu, prevalens obesiti dalam kalangan wanita adalah lebih tinggi berbanding lelaki bagi kumpulan umur dewasa. Tempoh masa duduk yang lama merupakan faktor risiko obesiti dalam kalangan wanita. Kajian ini bertujuan untuk menentukan hubungan antara tempoh masa duduk dalam sehari dan tahap protein C-reaktif berkesensitifan tinggi dalam kalangan wanita obes.

Kaedah

Kajian keratan rentas deskriptif dijalankan terhadap 68 wanita obes dari Kuantan, Pahang. Kajian ini menggunakan satu set soal selidik yang diambil daripada Kajian Kesihatan dan Morbiditi Nasional, sampel darah diperolehi untuk menentukan tahap protein C-reaktif berkesensitifan tinggi, dan ujian Kruskal-Wallis digunakan untuk menentukan hubungan antara pemboleh ubah.

Hasil kajian

Analisis data kajian ini menunjukkan tiada perkaitan yang signifikan antara tahap protein C-reaktif berkesensitifan tinggi dan tempoh masa duduk dalam sehari [$H(2) = 1.878, p = 0.391$], dengan kedudukan purata 37.67 mg / L untuk duduk kurang dari 1 jam, 40.92 mg / L untuk duduk 1 hingga 3 jam dan 32.71 mg / L untuk duduk lebih dari 4 jam.

Kesimpulan

Hasil kajian ini menunjukkan bahawa tahap protein C-reaktif berkesensitifan tinggi tidak dipengaruhi tempoh masa duduk dalam sehari oleh wanita obes. Hasil kajian ini juga boleh dijadikan data asas bagi golongan profesional penjagaan kesihatan, dan platform kesedaran untuk mengekalkan indeks jisim badan yang normal dalam kalangan wanita.

Kata kunci

Wanita Obes; Protein C-Reaktif Berkesensitifan Tinggi; Masa Duduk; Penyakit Kardiovaskular

Abstract #6

Exploration The Needs of Family Caregivers: Preliminary Finding

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Introduction

Family caregivers play an important role at home during the rehabilitation phase of severe traumatic brain injury survivor. Understand the survivor's needs was the most crucial thing to focus on. The purpose of this study is to explore the needs of family caregivers towards the care of severe traumatic brain injury survivor at home. The qualitative design was used in this study.

Methods

A grounded theory, research design by Strauss and Corbin (1990, 1998) were used in this study. The study was done at a family caregiver home. A purposive sampling of ten Malaysian family caregivers from the adult intensive care unit was selected. Data were collected using a semi-structured interview guide which has helped the participants in providing their responses. An open, axial and selective coding was conducted to analyse the data. All the qualitative data were analysed by using NVIVO analysis software.

Results

Two significant themes emerged from the analysis: (a) Support needed by family caregivers, and (b) the information needed. Data shows that family caregivers certainly need support from the various parties and the participants are lack of information on specific care for the severe traumatic brain injury (sTBI) survivors.

Conclusion

Family caregivers definitely require full support and seek for more useful information to provide a good care to their loved one. Being aware of the family caregiver's needs will enable them to be better prepared and able to provide an improved customized care.

Keywords

Traumatic Brain Injury; Family Needs; Rehabilitation; Family Care; Home-Based Care

Abstrak

Meneroka Keperluan Penjaga Keluarga: Dapatan Awal

Pengenalan

Penjaga keluarga memainkan peranan penting di rumah semasa fasa pemulihan kecederaan otak traumatik pesakit yang masih hidup. Memahami keperluan pesakit yang masih hidup adalah perkara yang paling penting untuk diberi tumpuan. Tujuan kajian ini adalah untuk meneroka keperluan penjaga keluarga ke arah penjagaan pesakit kecederaan otak traumatik yang teruk di rumah. Reka bentuk kualitatif digunakan dalam kajian ini.

Kaedah Kajian

Teori Grounded, reka bentuk penyelidikan oleh Strauss dan Corbin (1990, 1998) telah digunakan dalam kajian ini. Kajian dilakukan di rumah pengasuh keluarga. Pensampelan bertujuan ke atas sepuluh orang penjaga keluarga warganegara Malaysia dari unit penjagaan rapi dewasa telah dipilih. Data dikumpulkan menggunakan panduan temubual semi-berstruktur yang telah membantu para peserta dalam memberikan jawapan mereka. Pengekodan terbuka, axial dan kod terpilih dilakukan untuk menganalisis data. Semua data kualitatif dianalisis dengan menggunakan perisian analisis NVIVO.

Keputusan

Dua tema berkaitan didapati dari analisis: (a) Sokongan yang diperlukan oleh penjaga keluarga, dan (b) keperluan maklumat. Data menunjukkan penjaga keluarga sangat memerlukan sokongan daripada pelbagai pihak dan kurang maklumat mengenai penjagaan khusus untuk menjaga mangsa kecederaan otak teruk.

Kesimpulan

Penjaga keluarga sangat memerlukan sokongan sepenuhnya dan mencari maklumat yang lebih berguna untuk memberikan penjagaan yang baik kepada orang yang mereka sayangi. Menyedari keperluan penjaga keluarga akan membolehkan mereka menjadi lebih baik dan dapat menyediakan penjagaan yang lebih baik.

Kata kunci:

Kecederaan Otak Teruk; Keperluan Keluarga; Pemulihan; Penjagaan Keluarga; Penjagaan Berasaskan Rumah

Abstract #7

Self-Efficacy and Health-Promoting Behaviour among Older Adults with Chronic Illness in Malaysia

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Introduction

Self-efficacy plays an important role in increasing health-promoting behaviour among older adults with chronic illness. Management of chronic illness required high self-efficacy for the older adult to willingly follow management for their illness. This study is to identify the relationship between self-efficacy and health-promoting behaviour among older adults with chronic illness in Universiti Teknologi MARA (UiTM) Medical Specialist Centre.

Methods

A cross-sectional study was conducted using a sample of the older adult with chronic illness in UiTM Medical Specialist Centre. The Generalized Self-Efficacy Scale (GSES) and Health Promotion Lifestyle Profile II (HPLP-II) scale were given to 218 older adults as a self-administered questionnaire. Data were analysed by using descriptive and Spearman's coefficient of correlation.

Results

Result from this study found a high level of self-efficacy (mean=30.6) and a moderate level of health-promoting behaviour (mean=149.07). There was a relationship between self-efficacy and health-promoting behaviour at ($\rho = 0.28$, $p = 0.001$). This research proved that majority of the older adult with chronic illness in UiTM Medical Specialist Centre had a high level of self-efficacy and a moderate level of health-promoting behaviour.

Conclusion

This study revealed that self-efficacy strongly related to health-promoting behaviour among older adults hence recommended to the health practitioner to make interventions that can increase the level of self-efficacy which they can improve their quality of life.

Keywords

Self-Efficacy; Health-Promoting Behaviour; Older Adult; Chronic Illness

Abstrak

Kelebihan Diri dan Tingkah Laku yang Menggalakkan Kesihatan di Kalangan Orang Tua dengan Penyakit Kronik di Malaysia

Pengenalan

Kelebihan diri memainkan peranan penting dalam meningkatkan tingkah laku mempromosikan kesihatan di kalangan orang tua dengan penyakit kronik. Pengurusan penyakit kronik memerlukan keberkesanan diri yang tinggi bagi penyakit mereka. Kajian ini adalah untuk mengenal pasti hubungan antara keberkesanan diri dan tingkah laku yang menggalakkan kesihatan di kalangan orang tua dengan penyakit kronik di Pusat Pakar Perubatan Universiti Teknologi MARA (UiTM).

Kaedah

Kajian rentas keratan telah dijalankan menggunakan sampel orang tua dengan penyakit kronik di Pusat Pakar Perubatan UiTM. Skala Penilaian Kecerdasan Sendiri (GSES) dan Skala Gaya Hidup Promosi Kesihatan II (HPLP-II) diberikan kepada 218 orang tua sebagai soal selidik. Data dianalisis dengan menggunakan koefisien korelasi deskriptif dan Spearman.

Penemuan

Hasil daripada kajian ini mendapati tahap keberkesanan diri (mean = 30.6) dan tingkah laku yang menggalakkan kesihatan sederhana (min = 149.07). Terdapat hubungan antara keberkesanan diri dan tingkah laku mempromosikan kesihatan, ($\rho = 0.28$, $p = 0.001$). Penyelidikan ini membuktikan bahawa majoriti orang tua dengan penyakit kronik di Pusat Pakar Perubatan UiTM mempunyai tahap keberkesanan diri dan tahap tingkah laku yang menggalakkan kesihatan.

Kesimpulan

Kajian ini mendedahkan bahawa keberkesanan diri sangat berkaitan dengan tingkah laku yang menggalakkan kesihatan di kalangan orang tua dan seterusnya disyorkan kepada penyelidik untuk membuat intervensi bagi meningkatkan kualiti hidup mereka.

Kata kunci

Keberkesanan Diri; Tingkah Laku Yang Menggalakkan Kesihatan; Orang Tua; Penyakit Kronik.

Abstract #8

Screening for Soil Transmitted Helminths (STHs) Eggs and Hemoglobin (Hb) Levels on Aggregat Community of Garbage Collectors

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Introduction

Soil-Transmitted Helminths (STHs) infection becomes a problem world widely especially in the area with inadequate hygiene and sanitation. One of the prone population is garbage collectors. Contamination of a disease (egg worms) on part of body allows the occurrence of oral- fecal transmission that causes STHs infection. The presence of STHs worm in the intestine suck the host's blood thus it causes the decreasing of hemoglobin (Hb) level which may cause severe anemia and death.

Methods

This research was an analytical observational through laboratory approach. Sample in this research was 35 respondents taken by simple random method. Laboratory analysis is used to determine the presence of STHs worm eggs and Hb levels. Spearman's rank correlation test with $\alpha = 0.05$ was used to know if there was a correlation between the existence of STHs worm eggs in fingernails sample and hemoglobin levels.

Results

The presence of STHs worm eggs in nails sample categorized has strong correlation with Hb levels on garbage collector community (p value= 0.000; $\alpha = 0.05$; $r = -0.930$). It was discovered that nine respondents with egg STHs worms in their fingernails sample had Hb level less than 13 g/dl.

Conclusions

Personal hygiene including maintenance of nail hygiene is one way to prevent the transmission of fecal- oral STHs worm infections.

Keywords

Screening; Soil-Transmitted Helminths Eggs; Hemoglobin; Garbage Collectors

Abstrak

Screening Telur Cacing Soil Transmitted Helminth (STHs) dan Kadar Hemoglobin (Hb) pada Agregat Kelompok Tukang Sampah

Latar Belakang

Infeksi cacing Soil transmitted helminthiasis (STHs) merupakan masalah dunia yang banyak terjadi pada komunitas rentan dengan hygiene dan sanitasi yang buruk, salah satunya adalah tukang sampah. Kontaminasi bibit penyakit (telur cacing) pada anggota tubuh memungkinkan terjadinya transmisi fecal-oral yang menyebabkan tumbuh dan berkembangnya cacing STHs. Keberadaan cacing STHs dalam usus akan melakukan penghisapan darah hospesnya, sehingga dapat menyebabkan menurunnya konsentrasi hemoglobin (Hb) yang berdampak pada kejadian anemia berat sampai dengan menimbulkan kematian.

Metodologi

Jenis penelitian ini adalah analitik observasional dengan pendekatan laboratorium. Sampel sebanyak 35 responden yang diambil secara acak sederhana. Analisis laboratorium untuk menentukan keberadaan telur cacing STHs dan kadar Hb. Untuk mengetahui adanya hubungan antara keberadaan telur cacing STHs pada sampel kuku dengan kadar Hb dilakukan uji statistik spearman's rho dengan $\alpha = 0,05$.

Hasil

Keberadaan telur cacing STHs pada sampel kuku berhubungan dalam katagori yang sangat kuat dengan kadar Hb pada kelompok tukang sampah (pvalue= 0,000; $\alpha = 0,05$; $r = -0,930$). Jika dibandingkan dengan standar kadar Hb normal (13 - 18 g/dl), dari 9 responden yang ditemukan telur cacing STHs pada sampel kukunya mempunyai kadar Hb kurang dari 13 g/dl.

Kesimpulan

Kebersihan diri termasuk menjaga kebersihan kuku merupakan salah satu cara untuk mencegah timbulnya transmisi penyakit fecal-oral infeksi cacing STHs.

Kata kunci

Screening; Telur Cacing STHs; Hemoglobin; Tukang Sampah

Abstract #9

Comparison of the Effect of Aerobic and Cultivation Exercise in Lowering Blood Pressure in Hypertensive Elderly

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Introduction

The elderly are prone to hypertension (HT) because of a decrease in the elasticity of blood vessels, fat deposits in the vessel walls, stress, alcohol and salty food consumption, low consumption of fruit and vegetables, smoking, obesity, and lack of exercise. This study aimed to analyze the effectiveness differences between aerobic and cultivation exercise in lowering blood pressure (BP) in elderly with HT.

Methods

This comparative study utilized pretest post-test design. There were 31 elderly with HT obtained by mean of purposive sampling. They took part as respondents and were divided into two groups. Physical gymnastic fitness (PGF) and Falun Dafa exercise (FDE) were compared as a mean of aerobic and cultivation exercise respectively, both were being independent variable. Systolic and diastolic BP were measured after three times of 30 minutes PGF and 30 minutes FDE in both groups. The instruments used were sphygmomanometer and observation sheet. Data were then analyzed by using descriptive statistic and Independent Sample T Test ($\alpha < .05$). Ethical clearance was issued.

Results

There was a significant difference found in the post-test results of systolic and diastolic pressure between groups with $p = .002$ and $p = .005$ respectively, but there was no significant difference found between the effectiveness of PGF and FDE in lowering systolic and diastolic pressure with $p = .403$ and $p = .809$ respectively.

Conclusion

PGF and FDE have similar effectiveness in lowering BP in hypertensive elderly. Energetic PGF and relaxing FDE may be one of exercise choice for elderly with HT by relatively the same effectiveness in lowering BP.

Keywords:

Aerobic Exercise; Cultivation Exercise; Diastole; Elderly; Falun Dafa Exercise; Physical Gymnastic Fitness; Systole

Abstrak

Perbandingan Efektivitas Latihan Aerobik dan Kultivasi dalam Menurunkan Tekanan Darah pada Lansia Hipertensi

Latar Belakang

Lansia rentan terhadap hipertensi (HT) karena penurunan elastisitas pembuluh darah, timbunan lemak di dinding pembuluh darah, stres, alkohol dan konsumsi makanan asin, kurang konsumsi buah dan sayuran, merokok, kegemukan, dan kurang olahraga. Penelitian ini bertujuan untuk menganalisis perbedaan efektivitas antara latihan aerobik dan kultivasi dalam menurunkan tekanan darah (TD) pada lansia dengan HT.

Metode

Penelitian komparatif ini menggunakan desain pretest post-test. Ada 31 lansia dengan HT yang diperoleh dengan cara purposive sampling. Responden dibagi menjadi dua kelompok. Senam kebugaran jasmani (SKJ) dan latihan kultivasi Falun Dafa (LKFD) dibandingkan sebagai wakil dari latihan aerobik dan kultivasi. Keduanya merupakan variabel independen. TD sistolik dan diastolik diukur setelah tiga kali melakukan senam /latihan, durasi masing-masing 30 menit. Instrumen yang digunakan adalah sphygmo-manometer digital dan lembar observasi. Data kemudian dianalisis menggunakan statistika deskriptif dan Independent Sample T Test ($\alpha < .05$). Protokol dinyatakan laik etik.

Hasil

Ada perbedaan signifikan yang ditemukan pada hasil post-test TD sistolik dan diastolik antar kelompok ($p=0,002$ dan $p=0,005$ untuk masing-masing), tetapi tidak ada perbedaan signifikan yang ditemukan antara efektivitas SKJ dan LKFD dalam menurunkan TD sistolik dan diastolik ($p=0,403$ dan $p=0,809$ untuk masing-masing).

Kesimpulan

SKJ dan LKFD memiliki efektivitas yang sama dalam menurunkan TD pada lansia dengan HT. SKJ yang enerjik dan LKFD yang lembut merupakan salah satu pilihan olahraga untuk lansia HT dengan efektivitas yang relatif sama dalam menurunkan TD.

Kata kunci

Diastole; Falun Dafa; Lansia; Latihan Aerobik; Latihan Kultivasi; Senam Kebugaran Jasmani; Sistole; Tekanan Darah

Abstract #10

Demographic Variable, Social Determinant, Physical Parameter, and Stress Level in Correlation to Quality Of Life in Chronically Ill Elderly Living in Big Cities of Bangkok and Surabaya

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Introduction

Age, sex, education level, occupation, and income are often correlated with individual's quality of life (QOL). Adjustment to the new role and physical changes, chronic illnesses, financial insecurity related to retirement, and increased dependence to others are potential causes of increased stress level and decreased QOL in elderly. This study aimed to analyze the correlation between demographic variable (age and sex), social determinant (education level, occupation, and monthly income), physical parameter (blood pressure/ BP and blood sugar/ BS level), and stress level with QOL in chronically ill elderly.

Methods

This cross-sectional study involved 100 and 96 elderly with hypertension (HT) and/or diabetes mellitus (DM) in communities of Bangkok and Surabaya respectively (n=196). There were 60 DM, 68 HT, and 68 DM&HT cases compiled from both sites. Instruments used were demography questionnaire, SPST-20, and WHOQOL-BREF. Rank Spearman correlation test was used for data analysis ($\alpha=.05$).

Results

Study sites was not correlated with QOL ($p=.210$). There was no significant correlation between age, sex, occupation, income, BP, BS level, and stress level with QOL ($p>\alpha$); while there was a weak significant correlation between education level and QOL ($\rho=.218$; $p=.002$).

Conclusion

Age, sex, occupation, income, BP, BS level, and stress level are not correlated with QOL. Education level is weakly correlated with QOL in chronically ill elderly.

Keywords

Age; Blood Pressure; Blood Glucose; Chronic Illness; Demography; Diabetes Mellitus; Education Level; Elderly; Gender; Hypertension; Income; Occupation; Quality Of Life; Sex; Stress.

Abstrak

Variabel Demografi, Determinan Sosial, Parameter Fisik dan Tingkat Stres dalam Hubungannya dengan Kualitas Hidup pada Lansia Penderita Penyakit Kronis yang Tinggal di Kota Bangkok dan Surabaya

Latar Belakang

Usia, jenis kelamin, tingkat pendidikan, pekerjaan, dan penghasilan sering dikaitkan dengan kualitas hidup individu. Penyesuaian terhadap peran baru, perubahan fisik, penyakit kronis, masalah keuangan terkait masa pensiun dan peningkatan ketergantungan pada orang lain berpotensi menyebabkan peningkatan stres dan penurunan kualitas hidup pada lansia. Penelitian ini bertujuan untuk menganalisis hubungan antara variabel demografi (umur dan jenis kelamin), determinan sosial (tingkat pendidikan, pekerjaan, dan penghasilan), parameter fisik (tekanan darah/TD dan kadar gula darah/BS), dan tingkat stres dengan kualitas hidup pada lansia yang sakit kronis.

Metode

Penelitian cross-sectional ini melibatkan 100 dan 96 lansia dengan hipertensi (HT) dan/atau diabetes mellitus (DM) di komunitas sekitar kota Bangkok dan Surabaya ($n = 196$). Ada 60 kasus DM, 68 HT, dan 68 DM&HT yang dikompilasi dari kedua lokasi penelitian. Instrumen yang digunakan adalah kuesioner demografi, SPST-20, dan WHOQOL-BREF. Uji korelasi Rank Spearman digunakan dalam analisis data ($\alpha = .05$).

Hasil

Lokasi penelitian tidak berhubungan dengan kualitas hidup ($p=0,210$). Tidak ada korelasi yang signifikan antara usia, jenis kelamin, pekerjaan, penghasilan, TD, BS, dan tingkat stres dengan kualitas hidup ($p>\alpha$); sedangkan ada korelasi signifikan yang lemah antara tingkat pendidikan dan kualitas hidup ($\rho=0,218$; $p=0,002$).

Kesimpulan

Usia, jenis kelamin, pekerjaan, pendapatan, TD, BS, dan tingkat stres tidak berhubungan dengan kualitas hidup. Tingkat pendidikan berkorelasi lemah dengan kualitas hidup pada lansia yang sakit kronis.

Kata kunci:

Demografi; Diabetes Mellitus; Hipertensi; Jenis Kelamin; Kadar Gula Darah; Kualitas Hidup; Lansia; Pekerjaan; Penghasilan; Penyakit Kronis; Tekanan Darah; Tingkat Pendidikan; Stress; Usia

Abstract #11

Syzygium Polyanthum (Ina. Daun Salam) Effects on Blood Pressure Decrease of Patients with Post Stroke

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Background

Proportion of stroke patients who experienced hypertension is much as 97.7% greater when than no sufferers of hypertension. Hypertension can be treated with non-pharmacologic therapy using *Syzygium Polyanthum*. It contains flavonoids that work as natural antioxidants that have a function to prevent the occurrence of hypertension in the body.

Methods

The research uses pre-experimental one group pre-posttest design on hypertension patients in Community Health Centers of Panimbang Pandeglang, Banten with 30 samples. The research samples got blood pressure check before and after being given intervention. The intervention given in the form of decoction of *Syzygium Polyanthum* as much as one glass of 250cc and drinking 2 times a day (morning and afternoon) each half a glass for 10 days. The data were analyzed and tested by using dependent t-test statistical test.

Results

The result of this research showed that after giving intervention of *Syzygium Polyanthum*, the diastolic blood pressure p value is 0,004 and systolic blood pressure p value is 0,001. There is the influence of systolic and diastolic pressure before and after intervention. The content of flavonoids in the *Syzygium Polyanthum* as a natural antioxidant has a function to prevent the occurrence of oxidation in the body cells. The higher the oxidation, riskier the degenerative diseases

Conclusions

Syzygium Polyanthum can lower blood pressure in stroke patients. For further research of *Syzygium Polyanthum*, the researchers should look for proper references of dosage that fit in making decoction of *Syzygium Polyanthum* as herbal medicine to overcome hypertension.

Keywords

Hypertension; Stroke; *Syzygium Polyanthum*

Abstrak

Syzygium Polyanthum (Daun Salam) Pengaruhnya terhadap Penurunan Tekanan Darah pada Pasien Post Stroke

Latar Belakang

Angka kejadian pasien yang mengalami stroke akibat hipertensi sebesar 97,7% lebih besar dibandingkan tidak hipertensi. Hipertensi dapat diobati dengan terapi non farmakologis yaitu menggunakan Syzygium Polyanthum, dimana terdapat kandungan flavonoid yang berfungsi sebagai antioksidan alami yang memiliki fungsi mencegah terjadinya hipertensi.

Metode

Penelitian ini menggunakan pre-experimental one group pre-posttest design pada pasien hipertensi di wilayah Puskesmas Panimbang Pandeglang, Banten dengan 30 sampel. Sampel penelitian dilakukan pemeriksaan tekanan darah sebelum dan sesudah diberikan intervensi. Intervensi diberikan dalam bentuk rebusan Syzygium Polyanthum sebanyak satu gelas 250cc dan diminum 2 kali sehari (pagi dan sore) masing-masing setengah gelas selama 10 hari. Data dianalisis dan diuji dengan menggunakan uji statistik t-test dependen.

Hasil

Hasil penelitian menunjukkan bahwa setelah pemberian intervensi Syzygium Polyanthum, nilai tekanan darah diastolik ($p=0,004$) dan nilai tekanan darah sistolik ($p=0,001$). Ada pengaruh terhadap penurunan tekanan darah sistolik dan diastolik sebelum dan sesudah intervensi. Kandungan flavonoid dalam Syzygium Polyanthum sebagai antioksidan alami memiliki fungsi mencegah terjadinya oksidasi dalam sel tubuh karena semakin tinggi oksidasi semakin beresiko terkena penyakit degeneratif

Kesimpulan

Syzygium Polyanthum dapat menurunkan tekanan darah pada pasien stroke. Untuk penelitian lebih lanjut, para peneliti sebaiknya mencari referensi yang tepat tentang dosis yang tepat dalam membuat rebusan Syzygium Polyanthum sebagai obat herbal untuk menurunkan hipertensi.

Kata kunci

Hipertensi; Stroke; Syzygium Polyanthum

Abstract #12

Overview of Depression Incident among Elderly who Aged 60-74 Years Old in Ngumpul Village, Jogoroto Sub District Jombang City

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Introduction

Generally, the physiological decline among elderly both physically and mentally will give an effect such as less sensitive to various stimuli both internal and external so elderly are vulnerable to mental disorders such as depression. The aim of this study to assess the over view of depression among elderly who aged 60-74 years old in Ngumpul Village, Jogoroto Sub District, Jombang City.

Methods

The research design in this study used description approach. The population was all elderly people who aged 60-74 years old with the number of population is 526 people. The sample size was 55 respondents by using simple random sampling method. The data were collected by using questionnaire Geriatric Depression Scale questionnaire to assess depression level of elderly. The results of this study found that almost all (87.3%) of respondents did not have depression experience.

Results

At the interview time found that the respondent who has depression was because of bed an event or unconditional environment (often left by their families), anxiety, negative thoughts (bored living in this world). A small percentage of family members who have experienced depression.

Conclusion

The conclusion in this research was not have depression experience incidence of depression among Elderly who aged 60-74 years old in Ngumpul Village Jogoroto Sub-district, Jombang city.

Keywords

Depression Incidence; Elderly

Abstrak

Gambaran Kejadian Depresi pada Lansia Usia 60-74 Tahun di Desa Ngumpul Kecamatan Jogoroto Kabupaten Jombang

Latar belakang

Secara umum kemunduran fisiologis yang terjadi pada lansia baik secara fisik maupun mental menyebabkan lansia kurang peka terhadap berbagai rangsangan baik internal maupun eksternal sehingga seorang usia tua rentan mengalami gangguan mental seperti depresi. Penelitian ini bertujuan mengetahui gambaran kejadian depresi pada Lansia usia 60-74 tahun di Desa Ngumpul Kecamatan Jogoroto Kabupaten Jombang.

Metode

Desain penelitian yang digunakan dalam penelitian ini adalah penelitian dengan pendekatan diskriptif. Populasi dalam penelitian ini adalah Semua lansia yang berusia 60-74 tahun sejumlah 526 orang. Besar sampel yang di gunakan sebanyak 55 responden. Teknik sampling yang di gunakan adalah simple random sampling. Variabel penelitian ini yaitu kejadian depresi pada Lansia usia 60-74 tahun dengan menggunakan kuesioner Geriatric Depression Scale.

Hasil

Hasil penelitian ini menunjukkan bahwa hampir seluruhnya (87,3%) responden kejadian depresi adalah tidak depresi sejumlah 48 orang. Depresi yang terjadi pada Lansia dalam kategori dimana tingkat depresi tidak begitu mengganggu atau menghambat dalam kehidupan sehari-hari, sehingga masih dapat menjalani kegiatan harian secara rutin dan tepat waktu, para lansia juga tetap semangat untuk menjalani aktifitas sehari-hari. Menurut peneliti pada waktu wawancara responden yang mengalami depresi dikarenakan peristiwa atau lingkungan yang tidak mendukung (sering ditinggal pergi keluarganya) , kecemasan, adanya pikiran negatif (bosan hidup di dunia ini) dan sebagian kecil ada anggota keluarga yang pernah mengalami depresi.

Kesimpulan

Kesimpulan dalam penelitian ini adalah tidak banyak kejadian depresi pada Lansia usia 60-74 tahun di Desa Ngumpul Kecamatan Jogoroto Kabupaten Jombang.

Kata Kunci

Kejadian Depresi; Lansia

Abstract #13

The Effectiveness of CFIM on Anemia Prevention in Preschool Aged Children

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Introduction

Iron deficiency is the most common cause of nutritional anemia in children. Anemia in children can inhibit the growth and development of intelligence and make children susceptible to disease due to decreased endurance. The highest incidence of anemia is found at the end of infancy and preschool. In the majority of families, mothers play an important role in the diet of children and the fulfillment of nutritional needs. One effort to improve the behavior prevention of anemia in children is called the Calgary Family Intervention Model (CFIM). Purposed of this research was to find the effectiveness of CFIM on anemia prevention in Preschool children.

Methods

This research was used pre-experiment one group only with pre posttest design. Respondents are mothers who has preschool children in TK Muslimat Curungrejo Kepanjen Malang. The sampling technique is purposive sampling. The instruments used are Calgary/CFAM assessment to assest knowledge, attitude, mother practice in prevention of anemia. Data analysis using Wilcoxon Sign Rank Test with α 0.05.

Result

Statistical test result showed increased knowledge and attitude of family with p-value=0.01, while mother practice did not change after intervention ($p= 1$). CFAM, in functional components, is an assestment on family function such as their daily activities that is assest the mother practice. This is explaining why the behavior of some respondents did not change even after intervention.

Conclusion

CFIM can improve maternal behavior (knowledge and attitude) in term of prevention of anemia.

Keywords

CFIM; Prevention of Anemia; Preschool

Abstrak

Efektifitas Calgary Family Intervention Model (CFIM) untuk Pencegahan Anemia pada Anak Usia Prasekolah

Latar belakang

Kekurangan zat besi adalah penyebab yang paling umum terjadinya anemia gizi. Zat besi merupakan unsur yang sangat penting untuk membentuk hemoglobin. Dampak negatif yang diakibatkan oleh anemia pada anak dapat menghambat pertumbuhan dan perkembangan kecerdasan serta mudah terserang penyakit karena penurunan daya tahan tubuh. Kejadian anemia tertinggi ditemukan pada akhir masa bayi dan prasekolah. Pada mayoritas keluarga, ibu berperan penting dalam pengaturan makan anak dan pemenuhan kebutuhan gizi. Salah satu upaya untuk meningkatkan perilaku pencegahan anemia pada anak adalah dengan Calgary Family Intervention Model (CFIM).

Metode

Penelitian ini menggunakan rancangan pre eksperiment one group pre post test design. Responden adalah ibu dengan anak prasekolah yang bersekolah di TK Muslimat Curungrejo Kepanjen Malang. Teknik sampling purposive pada responden yang memenuhi kriteria inklusi. Instrumen yang digunakan yaitu pengkajian Calgary/CFAM, pengetahuan, sikap, praktik ibu dalam pencegahan anemia. Analisa data menggunakan Wilcoxon Sign Rank Test dengan α 0.05.

Hasil

Hasil uji statistik menunjukkan peningkatan pengetahuan dan sikap keluarga dengan p value=0.00, sedangkan praktik ibu tidak mengalami perubahan setelah dilakukan intervensi ($p=1$). CFAM pada komponen fungsional merupakan pengkajian fungsi keluarga yang merujuk pada aktivitas sehari-hari. Hal ini berperan dalam perilaku responden yang tidak mengalami perubahan setelah dilakukan intervensi.

Kesimpulan

CFIM dapat meningkatkan perilaku ibu (pengetahuan dan sikap) dalam pencegahan anemia anak.

Kata kunci

CFIM; Pencegahan Anemia; Prasekolah

Abstract #14

Compliance of Elderly Hypertension in Oral Therapy Management and Hypertension Diet: Phenomenology Study

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Introduction

The developmental process of hypertension is generally slow, but the potential for disease is very dangerous. This is influenced by several factors, including oral therapy and hypertension diet to control blood pressure and prevent complications. Hypertension management was long-term and lifetime, it will cause hypertensive patients do not obey the drug therapy and diet are given.

Method

This research used qualitative method with phenomenology approach. The objective of the study is to obtain data by exploring the experience of elderly adherence in the management of oral therapy and hypertensive diet. The population of this study used elderly with hypertension at Sekar Arum Surabaya Elderly Posyandu, with sample 8 participants obtained by purposive sampling technique. Data collection was done by indepth interviews analyzed by Colaizzi method.

Result

The results of the study were 9 themes: 1) understanding of hypertension, 2) adherence to hypertensive medication, 3) hypertension diet compliance, 4) adherence to control, 5) obstacles to hypertension medication, 6) obstacles to adherence to hypertension diet, 7) Supporting factors, 8) Treatment of other hypertension, 9) Expectation of hypertension disease suffered.

Conclusion: Adherence for Oral therapy and diet hypertension is depend on symptom and sign of the disease. Non Adherence treatment influenced because patient didn't feel enjoyable about the treatment. Increased awareness and adherence of elderly to always follow therapy program and hypertension diet can be done by involving family and health care services to give support, motivation and correct understanding in reaching better quality of life.

Keywords

Compliance; Elderly Hypertension; Oral Therapy; Hypertension Diet

Abstrak

Kepatuhan Lansia Hipertensi dalam Penatalaksanaan Terapi Oral dan Diet Hipertensi (Studi Fenomenologi)

Latar belakang

Proses perkembangan penyakit hipertensi umumnya berjalan lambat, tetapi potensial penyakit sangat berbahaya. Hal ini dipengaruhi beberapa faktor, diantaranya terapi oral dan diet hipertensi yang dilakukan untuk mengendalikan tekanan darah dan mencegah komplikasi. Penatalaksanaan hipertensi bersifat jangka panjang dan seumur hidup menyebabkan pasien hipertensi tidak mematuhi akan terapi obat dan diet yang diberikan.

Metode

Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi. Tujuan penelitian untuk mendapatkan data dengan mengeksplorasi pengalaman terhadap kepatuhan lansia dalam penatalaksanaan terapi oral dan diet hipertensi. Populasi yang digunakan lansia dengan hipertensi di posyandu lansia Sekar Arum Surabaya, dengan sampel 8 partisipan yang diperoleh melalui teknik pengambilan sampel purposive sampling. Pengumpulan data dilakukan dengan interview dianalisis menggunakan metode Colaizzi.

Hasil

Hasil penelitian didapatkan 9 tema yaitu 1) pemahaman tentang hipertensi, 2) kepatuhan minum obat hipertensi, 3) kepatuhan diet hipertensi, 4) kepatuhan untuk kontrol, 5) hambatan untuk patuh minum obat hipertensi, 6) hambatan untuk patuh diet hipertensi, 7) faktor pendukung, 8) tata laksana pengobatan hipertensi yang lain, 9) harapan terhadap penyakit hipertensi yang diderita.

Kesimpulan

Kepatuhan terapi Oral dan diet hipertensi tergantung pada gejala dan tanda penyakit. ketidakpatuhan perawatan dipengaruhi karena pasien merasa tidak nyaman dengan perawatannya. Peningkatan kesadaran dan kepatuhan lansia untuk selalu mengikuti program terapi dan diet hipertensi dapat dilakukan dengan melibatkan keluarga dan petugas kesehatan untuk memberikan dukungan, motivasi dan pemahaman yang benar dalam mencapai kualitas hidup yang lebih baik.

Kata kunci:

Kepatuhan; Lansia Hipertensi; Terapi Oral; Diet Hipertensi

Abstract #15

Murottal Al-Quran Intervention and Outcomes for Chronic Care Patients

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Introduction

Murottal Al-Qur'an therapy is an important spiritual intervention given to patients with chronic disease in addressed spiritual needs to connect them to their creator as part of holistic care that cannot be ignored. This literature review aims to review studies that have investigated intervention and outcomes of murottal Al-Qur'an therapy in patients with chronic disease.

Method

Articles were collected through electronic database from Science Direct, Pubmed, Springer, Taylor & Francis, and Google Search used keywords murottal, listening the holy Qur'an, chronic diseases, intervention and outcomes that were published since 2011-2017 both Indonesian and English found 8 articles. 316 patients were conducted to this research.

Results

This literature review showed that murottal Al-Quran intervention had effect on reduced blood pressure in hypertensive patients, reduced anxiety in patients with CRF, improved quality of life in HIV AIDS patients, decreased blood sugar in DM patients, reduced cytokine InterLeukin-6 in pulmonary tuberculosis. The work mechanism of the murottal Al-Quran intervention decreased stress hormones, activated natural endorphine, increased relaxation, decreased pain, anxiety and tension, improved body chemistry and hemodynamics, lowered blood pressure, slowed respiration, heart rate, pulse, and brain wave activity.

Conclusion

The murottal Al-Qur'an intervention was proven effective in caring patients with chronic disease and given positive results. The murottal Al-Qur'an intervention should be applied as an appropriate intervention to provide comfort, reduce anxiety, and improve the quality of life in patients with chronic diseases.

Keywords:

Murottal; Listening the Holy Qur'an; Chronic Disease; Intervention and Outcome

Abstrak**Intervensi dan Hasil Murottal Al-Quran untuk Pasien Perawatan Kronis****Latar belakang**

Terapi murottal Al-Qur'an merupakan intervensi spiritual yang penting diberikan pada pasien penyakit kronik dalam memenuhi kebutuhan spiritual pasien untuk menghubungkan dengan pencipta mereka sebagai bagian dari perawatan holistik yang tidak bisa diabaikan. Telaah literatur ini bertujuan untuk mengetahui efek intervensi dan hasil dari pemberian terapi murottal Al-Qur'an pada perawatan penyakit kronik.

Metode

Artikel dikumpulkan melalui pencarian elektronik dari Science Direct, Pubmed, Springer, Taylor & Francis, dan Google Search dengan menggunakan kata kunci murottal, mendengarkan Al-Qur'an, penyakit kronik, intervensi dan hasil yang dipublikasikan tahun 2011-2017 baik bahasa Indonesia dan Bahasa Inggris dan didapatkan 8 artikel. Sebanyak 316 pasien terhubung dalam penelitian ini.

Hasil

Telaah literatur ini menunjukkan bahwa intervensi Murottal Al-Quran berpengaruh terhadap penurunan tekanan darah pada pasien hipertensi, menurunkan kecemasan pada pasien gagal ginjal kronik, meningkatkan kualitas hidup pada pasien HIV AIDS, menurunkan kadar gula darah pasien DM, menurunkan kadar sitokin Inter Leukin-6 pada TBC paru. Mekanisme kerja dari intervensi terapi Murottal Al-Quran menurunkan hormon stress, mengaktifkan hormon endorfin alami, meningkatkan perasaan rileks, mengalihkan rasa takut, menurunkan nyeri, cemas dan ketegangan, memperbaiki sistem kimia dan hemodinamik tubuh sehingga menurunkan tekanan darah, memperlambat pernafasan, detak jantung, nadi, dan aktivitas gelombang otak.

Kesimpulan

Intervensi murottal Al-Qur'an terbukti efektif diberikan pada perawatan pasien dengan penyakit kronik dan memberikan hasil positif. Intervensi murottal Al-Qur'an seharusnya diterapkan sebagai intervensi yang tepat untuk memberikan kenyamanan, menurunkan kecemasan, dan meningkatkan kualitas hidup pasien dengan penyakit kronik.

Kata Kunci

Murottal; Mendengarkan Al-Qur'an; Penyakit Kronik; Intervensi dan Hasil

Abstract #16

The Effect of Horticultural Therapy on Self Esteem of Elderly in Nursing Home of Dharma Bhakti Kasih Surakarta

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Introduction

Elderly people have deterioration of functions and changes in physiological, cognitive and psychosocial. The elderly who fail to accept and adapt the changes will get depressive symptoms and also the self esteem. Self esteem declined in old age. It is caused by the declined of health, cognitive abilities, and socio-economic status. Horticultural therapy is one of the therapies used to increase physical and psychic conditions.

Methods

Horticultural therapy is every connected activity with the cultivation and care of plants that somehow helps persons. This study was a quantitative research with the quasi experiment with pre-post test without control design. It was conducted in Nursing Home of Dharma Bhakti Kasih Surakarta for 14 days, 15 minutes each day. The sampling technique used in this study was saturated sampling with 25 respondents. Self esteem measurements used Rosenberg self esteem scale. The statistical analysis used paired t-test.

Results

The result of research shows that p-value is 0.000 (p value < 0.05) which means that there is an effect of horticultural therapy on self esteem of elderly in Nursing Home of Dharma Bhakti Kasih Surakarta.

Conclusion

Horticultural therapy has been proved as the effective and efficient ways to increase elderly's self esteem. This results can be applied in every clinical area, such as in hospital, community, and nursing home.

Keywords

Horticultural Therapy; Self Esteem; Elderly; Nursing Home

Abstrak

Pengaruh Terapi Hortikultura terhadap Harga Diri Lansia di Panti Wreda Dharma Bhakti Kasih Surakarta

Latar Belakang

Individu yang memasuki usia lanjut akan mengalami penurunan fungsi dan perubahan secara fisiologis, kognitif dan psikososial. Lansia yang gagal menerima dan beradaptasi dengan perubahan-perubahan tersebut akan mengalami gejala depresi dan harga diri. Harga diri menurun pada usia tua. Hal ini disebabkan oleh penurunan kesehatan, kemampuan kognitif dan status sosio-ekonomi. Terapi hortikultura adalah salah satu terapi yang digunakan untuk meningkatkan kondisi fisik dan psikis.

Metode

Terapi hortikultura adalah semua aktifitas yang berhubungan dengan menanam dan merawat tanaman yang dapat membantu seseorang. Penelitian ini merupakan penelitian kuantitatif dengan desain quasi experiment dengan rancangan pre and post test without control. Penelitian ini dilakukan di panti wreda Dharma Bhakti Kasih Surakarta selama 14 hari, dengan waktu 15 menit setiap hari. Teknik pengambilan sampel yang digunakan adalah sampling jenuh dengan 25 responden. Pengukuran harga diri menggunakan Rosenberg self esteem scale. Uji statistik yang digunakan adalah t-test.

Hasil

Hasil dari penelitian ini menunjukkan nilai p adalah 0,000 (nilai $p < 0,05$) yang artinya terdapat pengaruh terapi hortikultura terhadap harga diri lansia di panti wreda Dharma Bhakti Kasih Surakarta.

Kesimpulan

Terapi hortikultura terbukti sebagai cara yang efektif dan efisien untuk meningkatkan harga diri lansia. Hasil ini dapat diaplikasikan di semua area klinis, seperti di rumah sakit, komunitas dan panti wreda.

Kata kunci

Terapi Hortikultura; Harga Diri; Lansia; Panti Wreda

Abstract #17

Factors Predicting Quality of Life among Patients with Type 2 Diabetes Mellitus in Primary Health Center in Tangerang, Indonesia

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Introduction

Diabetes mellitus is a global concern since its chronicity impairing and devastating for the life of people living with the disease. The impact of type 2 diabetes mellitus on the quality of life of diabetics is very important to be assessed by health personnel as an indicator of the success related to disease management and health services. The study aimed to determine factors predicting quality of life among patients with type 2 diabetes mellitus in primary health center in Tangerang, Indonesia.

Methods

A cross-sectional study enlisted 105 patients with type 2 diabetes in a primary health center in Tangerang, Indonesia. Diabetes Management Self Efficacy Scale of United Kingdom, Medication Adherence Questionnaire, Multidimensional Scale of Perceived Social Support, and Asian Diabetes Quality of Life were provided based upon validity and reliability test. A multiple linear regression was used to determine factors predicting quality of life.

Results

The study showed that self-efficacy and perceived social support were positively predicted quality of life among patients with type 2 diabetes while medication adherence was not significant factors. Moreover, the model of regression showed in this study explained 29.1 % of the variance in the quality of life among patients with type 2 diabetes.

Conclusion

The study suggests that the quality of life can be improved by designing intervention programs focused on self-efficacy and social support development for the patients with type 2 diabetes.

Keywords

Predicting Factors; Type 2 Diabetes Mellitus; Quality Of Life

Abstrak

Faktor Prediktor Kualitas Hidup Pasien dengan Diabetes Mellitus Tipe 2 di Puskesmas di Tangerang, Indonesia

Latar belakang

Diabetes melitus merupakan masalah global karena kronisitasnya yang merusak dan menghancurkan kehidupan pasien dengan diabetes. Dampak diabetes melitus tipe 2 terhadap kualitas hidup pada diabetesi sangat penting untuk dikaji oleh tenaga kesehatan sebagai indikator keberhasilan terkait dengan manajemen penyakit dan pelayanan kesehatan. Penelitian ini bertujuan untuk menentukan faktor-faktor yang mempengaruhi kualitas hidup pada pasien dengan diabetes melitus tipe 2 di puskesmas di Tangerang, Indonesia.

Metode

Studi ini menggunakan pendekatan cross-sectional dan melibatkan 105 pasien dengan diabetes tipe 2 di puskesmas di Tangerang, Indonesia. Skala Efikasi Diri Manajemen Diabetes Kerajaan Inggris, Kuesioner Kepatuhan Pengobatan, Skala Multidimensi Dukungan Sosial yang Dirasakan, dan Kualitas Hidup Diabetes Asia digunakan berdasarkan uji validitas dan reliabilitas. Analisis regresi linier berganda digunakan untuk menentukan faktor-faktor yang mempengaruhi kualitas hidup.

Hasil

Penelitian menunjukkan bahwa efikasi diri dan dukungan sosial yang dirasakan secara positif memprediksi kualitas hidup pada pasien dengan diabetes tipe 2, sementara kepatuhan minum obat bukanlah faktor yang signifikan. Selain itu, model regresi menunjukkan bahwa variabel pada model memiliki pengaruh kontribusi sebesar 29,1% terhadap kualitas hidup pada pasien dengan diabetes tipe 2.

Kesimpulan

Penelitian ini menunjukkan bahwa kualitas hidup dapat ditingkatkan dengan merancang program intervensi yang berfokus pada peningkatan efikasi diri dan pengembangan dukungan sosial untuk pasien dengan diabetes tipe 2.

Kata kunci

Faktor Predictor; Diabetes Mellitus Tipe 2; Kualitas Hidup

Abstract #18

Correlation between Body Mass Index (BMI), Waist Circumference and Waist-Hip Ratio with Fasting Blood Glucose in Postmenopausal Women

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Introduction

The reduction of estrogen hormone receptors in menopausal women has an impact on blood glucose homeostasis because in the pancreatic β cells it is the cause of insulin release. The aim of this study was to analyze the correlation of body mass index (BMI), waist circumference, and waist-to-hip ratio to fasting blood sugar (FBS) in menopausal women.

Method

This was an analytical observational study with cross-sectional design. There were 55 respondents enrolled by mean of purposive sampling from 2 elderly's community clinic. Sample criteria: 8 hours fasting, and willing to be a respondent. Instruments included stepping weight scales, height meters, measuring tape, and glucometer. Data were analyzed by Spearman correlation test ($\alpha < .05$).

Results

The majority was aged 56-65 years old (47.3%), housewife (74.5%), secondary school graduates (40%), menarche aged 13 years old (38.2%), menopausal aged 46-55 years old (72.73%), and has a history of diabetes mellitus (14.5%). The majority of BMI were normal (38.2%), waist circumference were at risk category (89.1%), waist-to-hip ratio were high (83.6%), and normal FBS level (63.6%). BMI, waist circumference, and waist-to-hip ratio were not correlated with FBS levels ($p = .103$, $p = .087$, and $p = .251$ respectively).

Conclusion

There was no relationship between BMI, waist circumference, and waist-to-hip ratio with FBS level in menopausal women.

Keywords

Body Mass Index (BMI); Waist Circumference; Waist-to-Hip Ratio; Fasting Blood Glucose; Menopausal

Abstrak

Hubungan Indeks Massa Tubuh (IMT), Lingkar Pinggang, dan Rasio Lingkar Pinggang-Panggul terhadap Kadar Gula Darah Puasa pada Wanita Fase Menopause

Latar Belakang

Penurunan reseptor hormon estrogen pada wanita menopause berdampak pada homeostasis glukosa dalam darah karena reseptor hormon estrogen pada sel β pancreas adalah penyebab pelepasan insulin. Tujuan penelitian untuk menganalisis hubungan indeks massa tubuh (IMT), lingkar pinggang, rasio lingkar pinggang-panggul terhadap kadar gula darah puasa (GDP) pada wanita menopause.

Metode

Jenis penelitian observasional analitik dengan rancangan cross-sectional. Metode 55 orang responden diperoleh dengan purposive sampling dari 2 posyandu lansia. Kriteria sampel: puasa minimal 8 jam dan bersedia menjadi responden. Instrumen meliputi timbangan injak, meteran tinggi badan, pita pengukur dan glukometer. Data dianalisis dengan uji korelasi Spearman ($\alpha < 0,05$).

Hasil

Mayoritas responden berusia 56-65 tahun (47,3%), tidak bekerja (74,5%), lulusan SMP (40%), menarch usia 13 tahun (38,2%), menopause usia 46-55 tahun (72,73%), dan memiliki riwayat diabetes mellitus (14,5%). Mayoritas IMT responden normal (38,2%), ukuran lingkar pinggang kategori berisiko (89,1%), rasio lingkar pinggang-panggul risiko tinggi (83,6%), dan kadar GDP normal (63,6%). IMT, lingkar pinggang, dan rasio lingkar pinggang-panggul tidak berhubungan dengan kadar GDP ($p = 0,103$, $p = 0,087$, $p = 0,251$ untuk masing-masing).

Kesimpulan

Tidak ada hubungan antara IMT, lingkar pinggang, dan rasio lingkar pinggang-panggul dengan kadar GDP pada wanita menopause.

Kata kunci

Indeks Massa Tubuh; Kadar Gula Darah Puasa; Lingkar Pinggang; Menopause; Rasio Lingkar Pinggang-Panggul

Abstract #19

Progressive Relaxation Technique's Effect on Elderly People Insomnia in Blunyah Gede Village Sinduadi Subdistrict Mlati District Sleman Regency

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Background

Insomnia is a disorder which usually suffered by the elderly people. One third of the population older than sixty five have insomnia disorder, they have difficulties to start sleeping or to keep their soundness sleep. Insomnia prevalence on the elderly is 36 percents on male and 54 percents on female. One of the efforts to cope insomnia is the progressive relaxation technique to lessen the tense muscle.

Method

This research was a quasi experimental design research with pretest posttest control group design plan. The instruments for those two treatments are questionnaire and relaxation technique. The research samples are 32 respondents consists of 17 respondents on treatment group and 15 respondents on control group in Blunyah Gede village Sinduadi subdistrict Mlati district Sleman regency Yogyakarta. The data analysis in use is the Wiloxcon signed rank test.

Result

The pretest mean value of insomnia on respondent of treatment group is 12.88; and the posttest is 6.53 while the result of the Wiloxcon test is significant or $p = 0.000$, then $p < 0.05$. Therefore on control group the mean is 11.27 the result of the Wiloxcon test is significant or $p = 1.000$, then $p > 0.05$. It means there is a difference or effect of the progressive relaxation technique on elderly people insomnia in Blunyah Gede village Sinduadi subdistrict Mlati district Sleman regency.

Conclusion: The Progressive relaxation technique reduce insomnia on elderly in Blunyah Gede village Sinduadi subdistrict Mlati district Sleman regency

Keywords

Insomnia; Progressive Relaxation Technique; Elderly People

Abstrak

Teknik Relaksasi Progresif terhadap Insomnia pada Lanjut Usia di Dusun Blunyah Gede Kelurahan Sinduadi Kecamatan Mlati Kabupaten Sleman

Latar belakang

Insomnia adalah gangguan yang sering diderita oleh lansia, sepertiga populasi yang lebih tua dari 65 tahun diketahui mengidap Insomnia, dilaporkan mengalami kesulitan memulai tidur atau mempertahankan kenyamanan tidurnya. Prevalensi insomnia pada usia lanjut adalah 36% untuk laki-laki dan 54% untuk wanita. Salah satu upaya untuk mengatasi insomnia adalah dengan teknik relaksasi progresif, yaitu untuk mengurangi ketegangan otot.

Metode

Penelitian ini merupakan penelitian *quasi experimental design* dengan rancangan *pretest posttest control group design*, yang dilaksanakan pada dua kelompok dimana kelompok pertama diberi perlakuan dan kelompok kedua tidak diberi perlakuan. Instrumen yang digunakan terdiri dari dua bagian, yaitu: kuesioner dan teknik relaksasi Sampel penelitian berjumlah 32 responden dimana 17 responden kelompok perlakuan dan 15 responden kelompok kontrol di Dusun Blunyah Gede Kelurahan Sinduadi Kecamatan Mlati Kabupaten Sleman Yogyakarta. Analisis data menggunakan uji *Wilcoxon signed rank test*.

Hasil

Insomnia pada responden kelompok perlakuan diperoleh nilai rerata (*mean*) (pre-test) sebesar =12,88; dan (post-test) sebesar =6,53 hasil uji *wilcoxon* diperoleh hasil: signifikansi atau $p=0,000$, maka $p<0,05$, sedangkan pada kelompok kontrol rerata (*mean*) sebesar =11,27 hasil uji *wilcoxon* diperoleh hasil: signifikansi atau $p=1,000$, maka $p>0,05$, berarti terdapat perbedaan atau pengaruh teknik relaksasi progresif terhadap insomnia pada lansia di Blunyah Gede Kelurahan Sinduadi Kecamatan Mlati Kabupaten Sleman.

Kesimpulan: Ada pengaruh teknik relaksasi progresif terhadap insomnia pada lansia di Dusun Blunyah Gede Kelurahan Sinduadi Kecamatan Mlati Kabupaten Sleman.

Keywords

Insomnia; Progressive Relaxation Technique; Lansia

Abstract #20

The Impact of No Mobile Phone Phobia (Nomophobia) on Mental Health: A Systematic Review

Eka Nurwahyuni

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Introduction

The development of telecommunications is increasing rapidly, almost everyone uses mobile phones, especially smartphones. This happens because mobile phones can make it easier for someone to communicate quickly, easily and practically. But excessive use of mobile phones can make a person become addicted and even excessive anxiety if not together with mobile phone. This situation is called nomophobia. Initially nomophobia describes the use of mobile phones and computers. But recent research has focused on nomophobia on the use of mobile phones only.

Methods

This systematic review is prepared by searching and analyzing various results of research on nomophobia. Especially for studies that examine the negative effects of nomophobia on mental health.

Results

There are 8 research results identified, the study was conducted from 2014-2018. These studies examine the use of excessive mobile phones. The results show there are several mental health problems that can be caused by nomophobia. The result of identification in these journals show nomophobia causes mental health problem such as anxiety, depression, social isolation, decreased self-control and empathy, interpersonal relationship disorders, and low self-esteem.

Conclusion

Nomophobia causes mental disorder. However more advanced studies are needed to prove the side effects of using smart phones against mental health.

Keywords

Nomophobia; Mobile Phone; Mental Health

Abstrak

Pengaruh Nomophobia terhadap Kesehatan Jiwa: Sistematis Review

Pendahuluan

Perkembangan telekomunikasi semakin pesat, hampir semua orang menggunakan telepon genggam khususnya *smartphone*. Hal terjadi karena telepon genggam dapat mempermudah seseorang untuk berkomunikasi dengan cepat, mudah dan praktis. Namun pemakaian telepon genggam yang berlebihan dapat membuat seseorang menjadi kecanduan dan bahkan kecemasan yang berlebihan jika tidak bersama dengan telepon genggamnya. Keadaan tersebut disebut dengan nomophobia. Awalnya nomophobia menggambarkan penggunaan mobile phone dan computer. Namun penelitian terakhir memfokuskan nomophobia pada penggunaan mobile phone saja.

Metode

Systematic review ini disusun dengan mencari dan menganalisis berbagai hasil penelitian tentang nomophobia. Terkhusus pada penelitian yang meneliti tentang efek negative nomophobia terhadap kesehatan mental.

Hasil

Terdapat 8 hasil penelitian yang diidentifikasi, penelitian tersebut dilakukan dari tahun 2014-2018. Penelitian-penelitian tersebut meneliti tentang penggunaan telepon genggam yang berlebihan. Hasilnya menunjukkan terdapat beberapa masalah kesehatan mental yang dapat ditimbulkan oleh nomophobia. Hasil identifikasi jurnal menunjukkan nomophobia dapat menyebabkan terjadinya kecemasan, depresi, isolasi sosial, penurunan kontrol diri dan empati, gangguan hubungan interpersonal dan harga diri rendah.

Kesimpulan

Nomophobia dapat menyebabkan terjadinya gangguan kesehatan mental. Namun studi lebih lanjut diperlukan untuk membuktikan efek samping penggunaan telepon genggam terhadap kesehatan mental.

Kata kunci

Nomophobia; Telepon Genggam; Kesehatan Mental

Abstract #21

The Correlation between Nurses' Knowledge, Nurses' Motivation, and Nurse Work Load with the Nursing Care Plan Documentation at Radjiman Wediodiningrat Mental Health Hospital

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Background

The nursing care documentation is one of the tasks undertaken by mental health nurses because the problems associated with the process of documenting nursing care to associate with people in nursing knowledge level, nurses motivation and nurse's work load, all the third thing that underlies the process of documenting nursing mental can take with good place.

Methods

This was a descriptive analytic study, the correlational research approach. The sample in this study amounted to 25 respondents drawn from 380 nurses working in the mental hospital Dr. Radjiman Wediodiningrat Lawang with simple random sampling method. This study consisted of four variables, independent variables (level of nursing knowledge, nurses motivation, and nursing workload) and dependent variable (The process of documenting nursing mental) are collected using questionnaire measuring instrument. Analysis of the data used there are two ways, namely descriptive analysis and analysis of multiple linear correlation test.

Result

The R^2 80,5% shows a very strong relationship, which means significant correlation coefficient.

Conclusion

There is a positive and significant relationship between the level of nursing knowledge nurses motivation, and nurses workload with the process of documenting nursing mental, with the probability value of less than 0,05 then H_0 reject and H_1 acceptable.

Keywords

Nurses Knowledge Level; Nurse Motivation; Nurses Work Load; Process of Documenting Nursing Mental.

Abstrak

Hubungan Tingkat Pengetahuan Perawat, Motivasi Perawat, dan Beban Kerja Perawat dengan Pelaksanaan Proses Pendokumentasian Asuhan Keperawatan Jiwa di RSJ Dr. Radjiman Wideodiningrat Lawang

Latar Belakang

Proses pendokumentasian asuhan keperawatan jiwa merupakan salah satu tugas yang dilakukan oleh perawat jiwa karena itu masalah-masalah yang terkait dengan proses pendokumentasian asuhan keperawatan jiwa di kaitkan dengan tingkat pengetahuan perawat, motivasi perawat dan beban kerja perawat, ketiga hal tersebut yang mendasari proses pendokumentasian asuhan keperawatan jiwa dapat berlangsung dengan baik.

Metode

Penelitian ini merupakan penelitian deskriptif analitik, dengan pendekatan penelitian korelasional. Sampel dalam penelitian ini berjumlah 25 responden yang diambil dari 380 perawat yang bekerja di RSJ. Dr. Radjiman Wideodiningrat Lawang dengan metode *simple random sampling*. Penelitian ini terdiri dari empat variabel yaitu variabel independen (tingkat pengetahuan perawat, motivasi perawat, dan beban kerja perawat) dan variabel dependen (proses pendokumentasian asuhan keperawatan jiwa) yang dikumpulkan dengan menggunakan alat ukur berupa kuesioner. Analisa data yang digunakan ada 2 cara, yaitu analisis deskriptif, dan analisis uji korelasi linier ganda.

Hasil

Nilai R^2 80,5% menunjukkan hubungan sangat kuat yang berarti koefisien korelasi gandannya signifikan dengan kombinasi antara tingkat pengetahuan perawat, motivasi perawat, dan beban kerja perawat berhubungan secara signifikan dengan pelaksanaan proses pendokumentasian asuhan keperawatan jiwa.

Kesimpulan

Terdapat hubungan yang positif dan signifikan antara tingkat pengetahuan perawat, motivasi perawat, dan beban kerja perawat dengan proses pendokumentasian asuhan keperawatan jiwa. Dengan artian semakin tinggi tingkat pengetahuan perawat, motivasi perawat, dan beban kerja perawat maka semakin tinggi pula proses pendokumentasian asuhan keperawatan jiwa. Karena nilai probabilitas kurang dari 0,05 maka H_0 di tolak dan H_1 diterima.

Kata Kunci:

Tingkat Pengetahuan Perawat; Motivasi Perawat; Beban Kerja Perawat; Proses Pendokumentasian Asuhan Keperawatan Jiwa.

Abstract #22

The Effectiveness of ABA (Applied Behavior Therapy Analysis) Method for Improving Functional Skill in Children With Autism in Singkawang

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Background

Autism is a developmental disorder of brain function and the initial symptoms are unable to communicate normally, difficult in learning new things. Autism handling pattern can be integrated and intensive, the symptoms of autism can be reduced and even eliminated, so it is expected to blend and live independently in normal society with therapy one of them is ABA therapy (Applied Behaviour Analysis). ABA method for improving the ability and independence of basic skills of autistic children.

Methods

This was an experimental study involving 30 samples of 15 autistic children who received intervention and 15 controls. The study was conducted for 2 months and was given 2-3 times a week for the intervention group. The instruments used are the ABII (Autism Behavior Index Instrument) and Caregiver Burden Scale (CBS).

Results

There was a significant difference after treatment of the ABA method ($p = 0,009$). While the value of CBS is no significant difference where the p -value = 0.288. The results of the two groups' research for the intervention group ABA and CBS methods a $p > 0,05$ of 0,000 for CBS and $p = 0.764$. Control group with ABII results obtained p -value = 0.334 and CBS with p -value = 0.452.

Conclusions

ABA method therapy more rapidly shows progress compared to those not treated in children with autism because ABA therapy can improve the autism child's behavior in basic skill independence.

Keywords

Autism; Applied Behavior Analysis Method (ABA); Caregiver Burden Scale (CBS)

Abstrak

Efektifitas Pemberdayaan Orang Tua dalam Terapi *Applied Behavior Analysis* terhadap Perilaku Anak Autisme Di Wilayah Kota Singkawang

Latar Belakang

Autisme merupakan gangguan perkembangan fungsi otak dimana gejala awalnya ialah tidak dapat berkomunikasi secara normal, sulit dalam mempelajari hal baru. Pola penanganan penderita autisme bisa secara terpadu dan intensif, gejala-gejala autisme dapat dikurangi bahkan dihilangkan, sehingga diharapkan bisa berbaaur dan hidup mandiri dalam masyarakat normal dengan terapi salah satunya yaitu terapi ABA (*Aplied Behabiour Analysis*). Metode ABA dalam meningkatkan kemampuan dan kemandirian basic skillanak autisme.

Metode

Penelitian ini merupakan penelitian eksperimental dengan melibatkan 30 orang sampel yang terdiri dari 15 orang tua anak autisme yang mendapat intervensi dan 15 kelompok kontrol. Penelitian dilakukan selama 2 bulan dan diberikan terapi 2-3 kali seminggu untuk kelompok intervensi. Instrumen yang digunakan adalah ABII (*Autism Behaviour Indeks Instrument*) dan *Caregiver Burden Scale* (CBS).

Hasil

Ada perbedaan yang bermakna setelah diberikan perlakuan terapi Metode ABA ($p = 0,009$). Sedangkan nilai CBS menunjukkan tidak ada perbedaan yang bermakna dimana nilai $p = 0,288$. Hasil penelitian antar kelompok untuk kelompok intervensi Metode ABA dan kelompok CBS menunjukkan nilai $p > 0,05$ yaitu 0,000 untuk CBS dan $p = 0,764$. Sedangkan kelompok Kontrol menunjukkan hasil ABII didapatkan nilai $p = 0,334$ dan CBS dengan nilai $p = 0,452$.

Kesimpulan

Terapi metode ABA lebih cepat menunjukkan kemajuan dibandingkan dengan tidak diberikan terapi pada anak autisme, karena pemberian terapi ABA dapat meningkatkan perilaku anak autisme dalam kemandirian *basic skill*.

Keywords

Autisme; Caregiver Burden Scale (CBS); Metode Applied Behavior Analysis (ABA)

Abstract #23

Application of Therapeutic Group Therapy on the Development of School Age Industry with Empowerment Of People, Teachers, And Soul Health Care

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Background

School-age children are in the 6-12 year age range who enter industrial development where children begin to develop their productivity. Failure to achieve developmental task abilities causes mental health problems in children. To achieve optimal development, one needs stimulation with Therapeutic Group Therapy. The family, school and community environment has a big influence on children's development. The purpose of this final scientific work is to find out the results of the application of therapeutic group therapy to industrial development.

Methods

Case Series method was used in this study. Thirty school-age children involved in this study were divided into 3 groups. Children get 2 therapies, namely 6 therapeutic group therapy in elementary school accompanied by family, teacher, mental health cadre and therapeutic group therapy in the neighborhood as many as 3 meetings accompanied by family and mental health cadre.

Results

The results show the development of the children's industry by 98.46% and the ability of mothers by 93.33% in stimulating the development of school-age children. The results of previous studies indicate the development of the children's industry by 80.33% after therapeutic group therapy for school-age children involving parents and teachers.

Conclusion

The conclusion of study is that therapeutic group therapy enhances the development of the school-age child industry and enhances the ability of mothers to stimulate the development response of school-age children. The recommendation of this study is that efforts should be made to improve mental health of school-age children in the community by involving children, families, teachers and mental health cadres for ongoing nursing care.

Keywords

Therapeutic Group Therapy; School-Age Children; Industrial Development; Empowerment Of Caregivers; Teachers; Mental Health Cadres

Abstrak

Penerapan Terapi Kelompok Terapeutik terhadap Perkembangan Industri Anak Usia Sekolah dengan Pemberdayaan Pelaku Rawat, Guru dan Kader Kesehatan Jiwa

Latar Belakang

Anak usia sekolah berada pada rentang usia 6-12 tahun yang memasuki perkembangan industri dimana anak mulai mengembangkan produktifitasnya. Kegagalan dalam mencapai kemampuan tugas perkembangan menyebabkan masalah kesehatan jiwa pada anak. Untuk mencapai perkembangan optimal perlu stimulasi salah satunya dengan Terapi Kelompok Terapeutik. Lingkungan keluarga, sekolah dan komunitas memberi pengaruh besar bagi perkembangan anak. Tujuan karya ilmiah akhir ini adalah mengetahui hasil penerapan terapi kelompok terapeutik terhadap perkembangan industri

Metode

Desain karya ilmiah akhir ini menggunakan *Case Series*. 30 anak usia sekolah yang dibagi dalam 3 kelompok. Anak mendapatkan 2 kali terapi yaitu terapi kelompok terapeutik di Sekolah Dasar sebanyak 6 pertemuan yang didampingi keluarga, guru, kader kesehatan jiwa dan terapi kelompok terapeutik di lingkungan tempat tinggal sebanyak 3 pertemuan yang didampingi keluarga dan kader kesehatan jiwa..

Hasil

Hasil menunjukkan perkembangan industri anak sebesar 98,46% serta kemampuan Ibu sebesar 93,33% dalam menstimulasi perkembangan anak usia sekolah. Hasil penelitian sebelumnya menunjukkan perkembangan industri anak sebesar 80,33% setelah dilakukan terapi kelompok terapeutik anak usia sekolah dengan melibatkan orang tua dan guru.

Kesimpulan

Kesimpulan karya ilmiah akhir ini yaitu terapi kelompok terapeutik meningkatkan perkembangan industri anak usia sekolah dan meningkatkan kemampuan ibu dalam menstimulasi respons perkembangan anak usia sekolah. Rekomendasi karya ilmiah akhir ini adalah perlu dilakukan upaya kesehatan jiwa anak usia sekolah di masyarakat dengan melibatkan anak, keluarga, guru dan kader kesehatan jiwa untuk asuhan keperawatan yang berkelanjutan.

Kata Kunci

Terapi Kelompok Terapeutik; Anak Usia Sekolah; Perkembangan Industri; Pemberdayaan Pelaku Rawat; Guru; Kader Kesehatan Jiwa

Abstract #24

Autogenic Relaxation Effect on the Decrease of Blood Pressure of Patients with Hypertension

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Background

Autogenic relaxation is one of non-pharmacologist therapy for hypertension patients, because it can make the brain and body be relaxing so it can decrease the sympathetic of neutral activity. The purpose of this research is to know autogenic relaxation effect to Decrease of Blood Pressure to Hypertension Patients.

Method

This research uses pre-experimental design in pretest posttest control group design undertaken at health centre of Katobu in Muna regency, Southeast Sulawesi, Indonesia. Thirty respondents involved in this study using sampling purposive technique. The respondents with II grade hypertension is given autogenic relaxation therapy during 30 minutes in four days continued which is passed with blood pressure measurement pre-test and post-test for ten minutes before and after intervention.

Results

The mean value of systole pressure in the first until fourth day in the intervention group is 10.400 mmHg, 12.267mmHg, 12.267 mmHg and 11.333 with the systole P value 0.000 ($P = < 0,05$). The *Mean* of diastole pressure in the first until fourth day is 5.333 mmHg, 5.867 mmHg, 6.133 mmHg and 6.000 mmHg with the diastole of P value 0.000 ($P = < 0,005$). The independent analysis shows the difference of meaningful blood pressure between a given treatment and not given treatment by $p = 0.000$ ($P = < 0.05$). The result of this research shows that the autogenic relaxation is proved decrease the blood pressure.

Conclusions

Autogenetic relaxation can decrease blood pressure to hypertension patients, therefore this therapy can be used as one of treatment to hypertension patients. The further research can be committed in care unit with committing control which continues to lifestyle clients that can influence blood pressure.

Key words

Autogenic Relaxation; Hypertensions; Blood Pressure Decrease

Abstrak

Pengaruh Relaksasi Autogenik terhadap Penurunan Tekanan Darah pada Penderita Hipertensi

Latar Belakang

Relaksasi Autogenik merupakan salah satu terapi non-farmakologis bagi penderita hipertensi karena dapat membuat pikiran dan tubuh menjadi relaks sehingga dapat menurunkan aktivitas syaraf simpatis. Tujuan dari penelitian ini adalah mengetahui pengaruh relaksasi Autogenik terhadap penurunan tekanan darah pada penderita hipertensi.

Metode

Penelitian ini menggunakan *Pre-Experimental design*, dalam bentuk *pretest posttest control group design* yang dilaksanakan di Pusat Kesehatan Katobu Kabupaten Muna, Sulawesi Tenggara, Indonesia. Penelitian ini melibatkan 30 responden dengan menggunakan teknik purposive sampling. Responden dengan hipertensi grade II diberikan terapi relaksasi autogenik selama 30 menit dalam 4 hari berturut-turut, yang didahului dengan pengukuran tekanan darah *pre-test* dan *post test* 10 menit sebelum dan sesudah perlakuan.

Hasil

Pada kelompok intervensi diperoleh nilai *mean* tekanan sistol hari pertama hingga hari keempat yaitu 10.400 mmHg, 12.267 mmHg, 12.267 mmHg, dan 11.333 dengan *P value* sistol yakni 0.000 ($P = < 0,05$). *Mean* tekanan diastol hari pertama hingga hari keempat yakni 5.333 mmHg, 5.867 mmHg, 6.133 mmHg, dan 6.000 mmHg dengan *P value* diastol yakni 0.000 ($P = < 0,05$). Analisa uji *t independent* menunjukkan perbedaan rerata tekanan darah yang bermakna antara kelompok yang diberi perlakuan dan tidak di beri perlakuan yaitu nilai $p=0.000$ ($p < 0.05$). Hasil penelitian ini menunjukkan bahwa relaksasi autogenik terbukti menurunkan tekanan darah.

Kesimpulan

Relaksasi Autogenik dapat menurunkan tekanan darah pada penderita hipertensi, oleh karena itu terapi ini dapat dipakai sebagai salah satu pengobatan terhadap penderita hipertensi. Penelitian selanjutnya dapat dilakukan di unit perawatan dengan melakukan pengawasan yang berkesinambungan pada pola hidup klien yang mempengaruhi tekanan darah.

Keywords

Relaksasi Autogenik; Hipertensi; Penurunan Tekanan Darah

Abstract #25

Spinal Cord Injury Therapy in Emergency Room (ER): A Systematic Review

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Introduction

Spinal Cord Injury (SCI) attacks 1.3 million North Americans, with more than half the incidence occurring after trauma. In Brazil, very few studies have evaluated the epidemiology of SCI with an estimated incidence of 16 to 26 million per year. The cost is very expensive because it requires a very comprehensive treatment of the patient, and the consequences for patients and their families can be very burdensome in the process until the recall.

Methods

This research uses a literature review of literature that suits the topic of research. PubMed Search for articles published until September 2016 is done using the terms "Spinal Cord Injury" Mesh and (traumatic) [Title / Abstract]), which returns 4,346 articles. In addition, a list of the latest guide guidelines for spinal injury management is examined. The results are reviewed critically so as to find out what treatments can be used in Emergency Room.

Results

Of the 6 eligible journal articles and best suited to the research topics that discuss about the therapy used in the emergency room. From some of these journals stated that there are several kinds of therapy that can be used in dealing with patients with spinal cord injury.

Conclusion

Therapy of spinal injuries has changed substantially over the past few years. Significant early primary interventions are recognized, as well as the need to better study these patients. Neuroprotective and neuroregenerative may be more effective when done together, and they are a broad field of current and future research. The results of delayed trials can have a significant effect on the standard of care, given that any small improvement in motor or sensory repair can have a profound effect on the patient's life.

Keywords

Spinal Cord Injury; Therapy in Emergency Room

Abstrak

Terapi Cidera Tulang Belakang in Emergency Room (ER): Systematic Review

Latar Belakang

Cedera tulang belakang (SCI) menyerang 1,3 juta orang Amerika Utara, dengan lebih dari setengah kejadian terjadi setelah trauma. Di Brasil, hanya sedikit penelitian telah mengevaluasi epidemiologi SCI dengan perkiraan kejadian 16 sampai 26 juta per tahun. Biaya yang sangat mahal karena membutuhkan penanganan yang sangat komperhensif dari pasien tersebut, dan konsekuensi untuk pasien dan keluarga mereka bisa sangat memberatkan dalam prosesnya hingga penyembuhannya.

Metode

Penelitian ini menggunakan sistematic review literatur yang sesuai dengan topik penelitian. Pencarian PubMed untuk artikel yang dipublikasikan sampai September 2016 dilakukan dengan menggunakan istilah "Spinal Cord Injury" [Mesh] dan (traumatis) [Judul / Abstrak], yang mengembalikan 4.346 artikel. Selain itu, daftar referensi panduan terbaru manajemen cedera tulang belakang diperiksa. Hasil di tinjau secara kritis sehingga menemukan terapi apa sajakah yang bisa di gunakan di ED.

Hasil

Dari 6 artikel jurnal yang memenuhi syarat dan paling sesuai dengan topik penelitian yang membahas tentang terapi yang di gunakan di emergency room. Dari beberapa jurnal ini menyatakan bahwa ada beberapa macam terapi yang bisa digunakan dalam menangani pasien dengan spinal cord injury.

Kesimpulan

Manajemen cedera tulang belakang telah berubah secara substansial selama beberapa tahun terakhir. Intervensi awal yang utama semakin meningkat diakui, serta kebutuhan untuk belajar lebih baik pasien ini. Neuroprotektif dan neuroregeneratif mungkin lebih efektif bila dilakukan bersama, dan mereka adalah bidang yang luas saat ini dan masa depan penelitian. Hasil percobaan yang tertunda bisa berpengaruh signifikan berdampak pada standar perawatan, mengingat itu pun kecil pada perbaikan motorik atau sensorik dapat memiliki efek mendalam pada kehidupan pasien.

Kata Kunci

Cidera Tulang Belakang; Terapi di Emergency Room

Abstract #26

Addressing Spiritual Needs in Heart Failure Patients: Bridging the Gap Between Patients' Desire for Spiritual Care and Nursing Practices

Anggun Setyarini

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Introduction

Heart failure (HF) is a chronic disease that occurred globally. The number is also rising fast in low income countries. Patients' will suffer several symptoms and burdens of life. In this condition spirituality is often prominent for HF patients. But providing spiritual care has received little attention within HF management. So, the aims of this study were identifying the needs of spiritual care in HF patients, the correlation between spirituality to the patients' outcomes and identifying spiritual care that can be provided.

Methods

This study was conducted by systematic review. Seventy five literatures were identified from three electronic databases: ProQuest, ScienceDirect and PubMed. Then it selected by PRISMA flow-diagram. Eligible articles were original studies, published in 2007-2018, reported on the spiritual needs of HF patients, reported the correlation between spirituality with patients' outcomes and reported kinds of spiritual care.

Results

Eleven articles were selected. HF patients reported a moderately strong desire to have their doctors or nurse to be present, discuss and address their spiritual needs. Spiritual well-being significantly correlate to increase adherence, and reduce depression. To meet these needs nurse can provide spiritual counseling, and facilitate spiritual practices

Conclusion

Higher attention from nurse to assess and address spiritual needs of HF patients is important and beneficial.

Keyword

Spiritual Care; Heart Failure; Nurse

Abstrak

Mengatasi Kebutuhan Spiritual pada Pasien Gagal Jantung: Menjembatani Kesenjangan antara Keinginan Pasien untuk Perawatan Spiritual dan Praktik Keperawatan

Latar Belakang

Gagal jantung (HF) adalah penyakit kronis yang banyak terjadi di dunia. Jumlahnya juga meningkat cepat di negara-negara berpenghasilan rendah. Pasien HF akan menderita gejala-gejala yang mengganggu dan membebani hidup. Dalam kondisi ini, kebutuhan akan spiritualitas sering dirasakan pasien. Namun, pemberian perawatan spiritual hanya mendapat sedikit perhatian dalam manajemen HF. Penelitian ini bertujuan untuk mengidentifikasi kebutuhan perawatan spiritual pada pasien HF, korelasi antara spiritualitas dengan *outcomes* pasien dan mengidentifikasi perawatan spiritual yang dapat diberikan.

Metode

Studi ini dilakukan dengan *systematic review*. Tujuh puluh lima literatur diidentifikasi dari tiga basis data elektronik: ProQuest, ScienceDirect, dan PubMed. Kemudian dipilih dengan diagram alur PRISMA. Artikel yang memenuhi kriteria yaitu artikel penelitian asli, yang diterbitkan pada 2007-2018, menjelaskan tentang kebutuhan spiritual pasien HF, memaparkan korelasi antara spiritualitas dengan hasil pasien dan menjelaskan jenis perawatan spiritual .

Hasil

Sebelas artikel dipilih untuk dianalisis. Diperoleh hasil bahwa pasien gagal jantung melaporkan keinginan yang cukup kuat untuk meminta dokter atau perawat mereka untuk hadir, berdiskusi dan memenuhi kebutuhan rohani mereka. Kesejahteraan spiritual secara signifikan berkorelasi untuk meningkatkan kepatuhan, dan mengurangi depresi. Untuk memenuhi kebutuhan ini perawat dapat memberikan konseling spiritual, dan memfasilitasi praktik spiritual pasien.

Kesimpulan

Perhatian yang lebih tinggi dari perawat untuk menilai dan menangani kebutuhan rohani pasien HF sangat penting dan bermanfaat.

Kata kunci

Perawatan Spiritual; Gagal Jantung; Perawat

Abstract #27

Relationship of Oral Rehydration Treatment by Mother to the Occurrence of Diarrhea within Public Health Center of 4 Ulu Palembang

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Background

Diarrhea is a liquid that comes out of the rectum without be able to be controlled. CRO treatment is the main of fluid therapeutic in this disease. ORS is given as an attempt to give fluids (rehydration) orally and is given as early as possible since diarrhea has begun. The aim of this study to know the relationship of oral rehydration treatment by mother to the occurrence of diarrhea.

Method

This research is a quantitative research, analytic cross-sectional approach.

Result

The result of this study also found p value $0,001 < \alpha (0,05)$ show that there is a connection between the handling of oral rehydration in infants with diarrhea in 4 Ulu Palembang Health Center in 2010. The analysis result also obtained OR values = 11,500 and 95% CI = 3,326 - 39, 762. It means that the mothers are less oral rehydration treatment efforts have the opportunity as many as 8 times experienced diarrhea in her baby.

Conclusions

If the mother makes efforts to deal with poor oral rehydration, the incidence of diarrhea for children under five can increase, but if the mother makes an effort to properly administer oral rehydration, the child does not experience diarrhea.

Keywords

Oral Rehydration Treatment; Mother; Occurrence of Diarrhea; Public Health Center

Abstrak

Hubungan Upaya Penanganan Rehidrasi Oral oleh Ibu Terhadap Kejadian Diare di Wilayah Kerja Puskesmas 4 Ulu Palembang

Latar Belakang

Diare adalah benda cair yang keluar dari dubur tanpa dapat dikendalikan. Terapi CRO (cairan rehidrasi oral) adalah cairan terapi utama pada penyakit ini. Oralit diberikan sebagai upaya untuk memberikan cairan (rehidrasi) secara oral dan diberikan sedini mungkin sejak diare mulai terjadi. Tujuan penelitian yaitu untuk mengetahui hubungan upaya penanganan rehidrasi oral oleh ibu terhadap kejadian Diare.

Metode

Jenis penelitian ini termasuk penelitian kuantitatif, bersifat analitik dengan pendekatan cross-sectional.

Hasil

Berdasarkan hasil penelitian, ibu yang kurang melakukan upaya penanganan rehidrasi oral dengan balita yang mengalami diare yaitu sebanyak 23 responden (79,3%) dari 29 responden, sedangkan ibu yang melakukan upaya penanganan rehidrasi oral dengan baik dengan balita tidak mengalami diare yaitu sebanyak 21 responden (75%) dari 28 responden. Hasil penelitian ini juga didapat p Value $0,001 < \alpha (0,05)$ menunjukkan bahwa ada hubungan antara upaya penanganan rehidrasi oral dengan kejadian diare pada balita di Puskesmas 4 Ulu Palembang Tahun 2010. Hasil analisis juga diperoleh OR = 11,500, dan 95% CI = 3,326 - 39,762, artinya ibu yang kurang melakukan upaya penanganan rehidrasi oral mempunyai peluang sebanyak 11 kali mengalami kejadian diare pada balitanya.

Kesimpulan

Apabila ibu melakukan upaya penanganan rehidrasi oral yang kurang, maka kejadian diare balita dapat meningkat, tetapi jika ibu melakukan upaya penanganan rehidrasi oral dengan baik maka balita tidak mengalami diare.

Kata kunci

Penanganan Rehidrasi Oral; Ibu; Kejadian Diare; Puskesmas

Abstract #28

Self Help Group Effect and Spiritual Emotional Freedom Technique as a Method in Decreasing Smoking Behavior among Adolescent: Systematic Review

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Background

Smoking behavior has been a common issue in Indonesian, more specifically in adolescence period. It causes some trouble, because in this periode of puberty, the adolescents still involve in growth and both physical and emotional development. Adolscence is described as the period to discover themselves. Their actualization and transformation are commonly based of their groups which they are with. so as the group-oriented therapy can be used to prevent and stop their smoking habits. Unpharmacological therapies which have the effectiveness to cease smoking. Firstly, Spiritual Emotional Freedom Technique that is to raise the confidence and to build motivation. Secondly, Self Help Group in community by the same interest. Both therapies have been known as the way to manage people to stop smoking

Methods

A Systematic Review using electronic database with key words "Self Help Group Therapy", "Spiritual Emotional Technique", "Adolscence".

Result

The results of article browsing in Elseiver found 5 journals, Proquest: 2, Media Publication: 3 and Google Scholer: 12, and then there were 6 journals included in this study. The results show Self Help Group and SEFT are very effective in the effort to stop smoking.

Conclusion

There are 2 ways to reduce or stop the habitual smoking. Firstly, internal factor, the desire to stop smoking (SEFT). Secondly, external factor, social peers (SHG). So the SEFT and SHG are more effective to help an individual in effort to stop smoking.

Keywords

Self Help Group; Spiritual Emotional Freedom Technique; Adolescence; Smoking.

Abstrak

Pengaruh *Self Help Group* (SHG) Dan *Spiritual Emotional Freedom Technique* (SEFT) dalam Upaya Menurunkan Perilaku Merokok pada Remaja: *Systematic Review*

Latar belakang

Merokok merupakan suatu masalah yang lazim terjadi di masyarakat Indonesia khususnya pada remaja. Perilaku merokok pada masa remaja sangat merugikan kesehatan karena pada usia remaja, pertumbuhan dan perkembangan masih terjadi. Remaja dinilai sebagai individu yang mencari jati diri, aktualisasi dan pembentukannya didasari oleh kesamaan dalam kelompok, sehingga terapi dengan melibatkan kelompok dinilai sangat efektif membantu perilaku berhenti merokok pada remaja. Terapi keperawatan non farmakologik yang dapat secara efektif membantu perilaku berhenti merokok pada remaja yaitu terapi *Spiritual Emotional Freedom Technique* untuk membangkitkan nilai, kepercayaan dan motivasi, kemudian diperkuat dengan *Self Help Group* (SGH) membangun kepercayaan bersama kelompok. Kedua terapi ini dianggap sangat efektif dalam membantu perilaku berhenti merokok

Metode

Pencarian menggunakan database elektronik: penelusuran *EBSCO*, *ProQuest*, *PubMed*, *Google search*, Penelusuran full teks, pdf, medeline dengan kata kunci "*Therapi Self Help Group*", "*Spiritual Emotional Thecnique*", dan "*adolescenc*".

Hasil

Hasil pencairan jurnal pada Elseiver ditemukan 5 jurnal, Proquest: 2 journals, Media Publication: 3 journal dan Google Scholer : 12 journals, kemudian terdapat 6 journal yang bisa dilakukan dalam studi ini. Hasil analisis menunjukkan *Self Help Group* dan *SEFT* sangat efektif dalam upaya berhenti merokok.

Kesimpulan

Upaya berhenti merokok dapat dilakukan melalui 2 cara yakni meningkatkan Niat dan keinginan untuk berhenti merokok, Niat muncul dari Internal individu itu sendiri. Kedua faktor eksternal yaitu lingkungan sosial, dalam hal ini adalah teman sebaya/ teman sosial. Maka terapi *Self Help Group* dan *Self Emotion Freedom Technique* dikatakan sangat efektif membantu individu dalam upaya berhenti merokok.

Kata Kunci

Self Help Group; *Spiritual Emotional Freedom Technique*; Remaja; Merokok

Abstract #29

The Effect of Bibliotherapy on Anxiety Level of School-Age Children at Pediatric Ward, Blambangan General Hospital, Banyuwangi

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Introduction

Commonly children have difficulty in understanding why they are sick. Hospitalization can cause anxiety in a child, because of a child experience the separation with closest to it person and an unfamiliar environment. the response that showed by the child covered: protests, despair, fussing, frequent crying and losing control (wriggle), so the need for bibliotherapy. Bibliotherapy is the use of books as a therapeutic medium to minimize stressors, prevent feelings of loss, reduce anxiety, and support adaptive coping for the child. the purpose of this study was to determine the effect of Bibliotherapy against anxiety levels in school-age children (7-12 years old) in the pediatric Room of Blambangan Banyuwangi Hospital.

Methods

Pre-experimental research design using the technique of one group pre-post test design. A sample of 20 children with accidental sampling technique. Data obtained from observations before and after giving bibliotherapy, and then do the scoring, tabulating, and statistical tests using Wilcoxon match pair test.

Results

Manually obtained calculation number $199 > 52 = H_0$ is rejected and H_a is accepted, meaning that there are differences in anxiety levels before and after bibliotherapy which means there is a significant effect of bibliotherapy on child anxiety levels.

Conclusions

Bibliotherapy can be applied as a nursing intervention to reduce anxiety in the child during hospitalization.

Keywords

Bibliotherapy; Anxiety Children; Hospitalization

Abstrak

Pengaruh Terapi *Biblio* terhadap Tingkat Kecemasan pada Anak Usia Sekolah di Ruang Pediatrik RSUD Blambangan Banyuwangi

Latar belakang

Anak mempunyai kesulitan dalam pemahaman mengapa mereka sakit. hospitalisasi dapat menimbulkan kecemasan pada anak, karena anak mengalami perpisahan dengan orang terdekat dan lingkungan yang asing untuk dirinya. Respon yang tunjukkan anak meliputi protes, putus asa, rewel, sering menangis dan kehilangan kontrol (berontak), sehingga perlu adanya terapi *biblio*. Terapi *biblio* adalah pemanfaatan buku sebagai media terapi untuk meminimalkan stressor, mencegah perasaan kehilangan, mengurangi kecemasan, dan mendukung coping adaktif untuk anak. Tujuan penelitian ini adalah untuk mengetahui pengaruh terapi *biblio* terhadap tingkat kecemasan pada anak usia sekolah (7 - 12 tahun) di Ruang Anak RSUD Blambangan Banyuwangi.

Metode

Desain penelitian menggunakan pra eksperimental dengan teknik *one group pra post test design*. Sampel sejumlah 20 anak dengan teknik *accidental sampling*. Data diperoleh dari observasi sebelum dan sesudah pemberian terapi *biblio*, kemudian dilakukan *scoring, tabulating*, dan uji statistik menggunakan *wilcoxon match pair test*.

Hasil

Diperoleh perhitungan secara manual angka $199 > 52 = H_0$ ditolak dan H_a diterima, artinya ada perbedaan tingkat kecemasan sebelum dan sesudah terapi *biblio* yang berarti ada pengaruh bermakna terapi *biblio* terhadap tingkat kecemasan anak.

Kesimpulan

Terapi *biblio* dapat diterapkan sebagai salah satu intervensi keperawatan untuk menurunkan kecemasan pada anak selama hospitalisasi.

Kata Kunci

Bibliotherapy; Kecemasan Anak; Hospitalisasi

Abstract #30

The Effect of Chest Physiotherapy on Mucus Clearance in Patient with Asma at Tunjung Room of Praya Public Hospital

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Background

Asma is a chronic respiratory disease that seriously affects the world public health. Asma may be available at any age, some can be very severe and even to death. This is the attempts to free the airway caused by a buildup of sputum in Astmatic patients using chest physiotherapy.

Method

The study design of was a pre experimental study with one group of pre test-post test.

Results

The result showed the effect of chest physiotherapy against mucus clearance of sputum in patients with Asma in Tunjung Room Of Praya Public Hospital. The number of patients that can expectorate before chest physiotherapy only 0% of patients increase into 80% after chest physiotherapy. The research showed that Paired Sample T-test obtained the significance of (P) 0.000 where the P value is less than 0.05 ($P < 0.05$), so it is inferred that there is affect of chest physiotherapy against mucus clearance in patients with Asma in Tunjung Room Of Praya Public Hospital.

Conclusions

The conclusion of this study in general was that there was an effect of chest physiotherapy on mucus clearance of sputum in Asma patients in the Tunjung Room of Praya Regional General Hospital.

Keywords

Chest physiotherapy; Mucus clearance; Asma

Abstrak

Pengaruh Fisioterapi Dada terhadap Pengeluaran Dahak pada Pasien Asma di Ruang Tunjung Rumah Sakit Umum Daerah Praya

Latar belakang

Asma merupakan suatu penyakit saluran napas kronik yang berdampak serius terhadap kesehatan masyarakat di seluruh dunia. Asma bisa didapat pada semua umur, sebagian dapat sangat berat dan bahkan sampai meninggal. Upaya untuk membebaskan jalan napas yang disebabkan oleh penumpukan dahak pada pasien asma dengan menggunakan fisioterapi dada.

Metode

Rancangan penelitian ini adalah pra eksperimen *one group pre test - post test*. Subjek dari penelitian ini adalah pasien asma yang di rawat di Ruang Tunjung Rumah Sakit Umum Daerah Praya selama bulan februari 2015 sebanyak 30 orang. Metode pengambilan sampel dengan *Accidental Sampling* yaitu sebanyak 25 responden.

Hasil

Hasil penelitian menunjukkan adanya pengaruh fisioterapi dada terhadap pengeluaran dahak pada pasien asma di Ruang Tunjung Rumah Sakit Umum Daerah Praya yaitu dari 0% yang mengeluarkan dahak sebelum fisioterapi dada menjadi 80% setelah fisioterapi dada. Hasil analisa dengan *Paires Sample t-test* didapatkan signifikansi (P) 0.000 dimana nilai P kurang dari 0.05 ($P < 0.05$) sehingga dapat disimpulkan bahwa ada pengaruh fisioterapi dada terhadap pengeluaran dahak pada pasien asma di Ruang Tunjung Rumah Sakit Umum Daerah Praya.

Kesimpulan

Kesimpulan dari penelitian ini secara umum adalah bahwa ada pengaruh fisioterapi dada terhadap pengeluaran dahak pada pasien Asma di Ruang Tunjung Rumah Sakit Umum Daerah Praya

Kata Kunci

Fisioterapi Dada; Pengeluaran Dahak; Asma

Abstract #31

Effectiveness of Sensory Stimulation to The Level of Consciousness in Head Trauma Patients: A Systematic Review

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Introduction

One indicator of the criticalness and prognosis in head trauma is the level of consciousness. several studies have shown that sensory stimulation can increase the level of consciousness in patients with head trauma. This systematic literature review seeks to find out how effective sensory stimulation is to increasing levels of consciousness in head trauma patients.

Methods

Selected search terms were entered into five databases to identify potentially relevant publications. Inclusion and exclusion criteria were applied and articles were categorised as relevant or irrelevant based on a review of title and abstract and when necessary full text review. The inclusion criteria used were studies that used head trauma patient data by comparing two groups, namely the group with sensory stimulation and the control group without sensory stimulation therapy.

Results

Six studies met the inclusion criteria. Six studies showed statistically significant increases in head trauma patients who experienced impaired consciousness. All research results varied in the characteristics of respondents, types of sensory stimulation, the use of additional therapy and the subjects which doing the stimulations.

Conclusion

There is evidence of the effectiveness of sensory stimulation of the level of consciousness in head injury patients. However, further research is needed regarding the duration and type of sensory stimulation that is most effective in head trauma patients.

Keywords

Sensory Stimulation; Head Trauma; Level of consciousness

Abstrak

Efektivitas Stimulasi Sensorik terhadap Tingkat Kesadaran pada Pasien Trauma Kepala: Tinjauan Sistematis

Latar Belakang

Salah satu indikator kegawatan dan prognosis pada trauma kepala adalah tingkat kesadaran. Beberapa penelitian telah menunjukkan bahwa stimulasi sensorik dapat meningkatkan tingkat kesadaran pada pasien dengan trauma kepala. Tinjauan literatur sistematis ini bertujuan untuk mencari tahu seberapa efektif stimulasi sensorik untuk meningkatkan tingkat kesadaran pada pasien trauma kepala.

Metode

Istilah pencarian yang dipilih dimasukkan ke dalam lima database untuk mengidentifikasi publikasi yang berpotensi relevan. Kriteria inklusi dan eksklusi diterapkan dan artikel dikategorikan sebagai relevan atau tidak relevan berdasarkan tinjauan judul dan abstrak dan bila perlu tinjauan teks lengkap. Kriteria inklusi yang digunakan adalah penelitian yang menggunakan data pasien trauma kepala dengan membandingkan dua kelompok, yaitu kelompok dengan stimulasi sensorik dan kelompok kontrol tanpa terapi stimulasi sensorik.

Hasil

Enam studi memenuhi kriteria inklusi. Enam penelitian menunjukkan peningkatan yang signifikan secara statistik pada pasien trauma kepala yang mengalami gangguan kesadaran. Semua hasil penelitian bervariasi dalam karakteristik responden, jenis stimulasi sensorik, penggunaan terapi tambahan dan subjek yang melakukan stimulasi sensori.

Kesimpulan

Ada bukti efektivitas stimulasi sensorik tingkat kesadaran pada pasien cedera kepala. Namun, penelitian lebih lanjut diperlukan mengenai durasi dan jenis stimulasi sensorik yang paling efektif pada pasien trauma kepala.

Kata kunci

Stimulasi Sensorik; Trauma Kepala; Tingkat kesadaran

Abstract #32

The Role of Nurses in Reducing the Anxiety Level of Pre-Appendectomy Patients at Bahteramas General Hospital, Southeast Sulawesi Province

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Background

Pre operation anxiety is as an anticipated response to an experience with could be considered by patients as a serious threat to their roles of life, body integrities, or more over their own life. Nurses have very important roles in helping patients to overcome anxieties, because nurses are as health service of most closeness and most take a long time with patients. Objective of research is to analyze roles of nurses on anxiety level of patients pre appendectomy operation inpatient of General Hospital of Bahteramas Southeast Sulawesi Province.

Methods

The type of research is analytical observation using cross sectional study approach, Data analyzed by using statistical test of Mann-Whitney with a significant level $< 0,05$. Population amount of research are all patients pre appendectomy operation inpatient of General Hospital of Bahteramas in period March-April 2014 in amount 36 people. Sampling was done by total sampling.

Results

Data collected by using questionnaires and observation sheets. For roles as nurses as advocators to anxieties level of patients pre appendectomy obtained value of sig = 0,000, for roles of nurses as consultants value of sig = 0,000, and for roles of nurses as educators value of sig = 0,004 in significant level $< 0,05$. Results of research showed as follow there are significant correlation of nurses roles and anxieties level of patients pre appendectomy.

Conclusions

The better the role of nurses as advocates, consultants, and educators, the lower the level of anxiety of pre-appendectomy.

Keywords

Role of Nurses; Anxiety Level; Pre-Appendectomy

Abstrak

Peran Perawat dalam Mengurangi Tingkat Kecemasan Pasien Pra-Appendektomi di Rumah Sakit Umum Bahteramas, Provinsi Sulawesi Tenggara

Latar belakang

Kecemasan sebelum operasi adalah sebagai respons yang diantisipasi terhadap pengalaman yang dapat dianggap oleh pasien sebagai ancaman serius terhadap peran kehidupan mereka, integritas tubuh, atau bahkan terhadap kehidupan mereka. Perawat memiliki peran yang sangat penting dalam membantu pasien mengatasi kecemasan, karena perawat adalah petugas kesehatan yang paling dekat dan paling lama berinteraksi dengan pasien. Tujuan penelitian adalah untuk menganalisis peran perawat terhadap tingkat kecemasan pasien pra operasi appendektomi di ruang rawat inap Rumah Sakit Umum Bahteramas Provinsi Sulawesi Tenggara.

Metode

Jenis penelitian adalah observasi analitik dengan menggunakan pendekatan studi cross sectional. Data dianalisis dengan menggunakan uji statistik Mann-Whitney dengan taraf signifikan $<0,05$. Jumlah populasi penelitian adalah semua pasien pra operasi appendektomi rawat inap Rumah Sakit Umum Bahteramas periode Maret-April 2014 yang berjumlah 36 orang. Pengambilan sampel dilakukan dengan total sampling.

Hasil

Data dikumpulkan dengan menggunakan kuesioner dan lembar observasi. Untuk peran sebagai perawat sebagai advokat terhadap tingkat kecemasan pasien pra appendektomi diperoleh nilai sig = 0,000, untuk peran perawat sebagai konsultan nilai sig = 0,000, dan untuk peran perawat sebagai pendidik nilai sig = 0,004 pada tingkat signifikan $<0,05$. Hasil tersebut menunjukkan bahwa ada hubungan yang signifikan antara peran perawat dan tingkat kecemasan pasien sebelum operasi usus buntu.

Kesimpulan

Semakin baik peran perawat sebagai advokat, konsultan, dan pendidik, semakin rendah tingkat kecemasan pra-appendektomi

Kata kunci

Peran Perawat; Tingkat Kecemasan; Pra-Appendektomi

Abstract #33

The Effect of the Therapeutic Wax Play on Anxiety Levels of Preschool Children (3-6 years old) Underwent Hospitalization in Garuda Ward at S. K. Lerik Hospital, Kupang City.

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Backgrounds

At the time of preschool, children often get tired and experience a decline in the immune system so they are susceptible to illness. This often caused the child to experience hospitalization. This study aims to find out the effect of the therapeutic wax play toward the decrease of the anxiety in preschool children underwent hospitalization.

Methods

This research method was a pre-experimental quantitative research with One group pre-test-post-test design. The sample of this study amounted to 28 repondents preschool children and had undergone treatment at the hospital less than 3 days. The sampling technique used Accidental Sampling.

Results

The results of Wilcoxon test showed that there was a significant effect of the therapeutic wax play on reducing anxiety levels of preschool children underwent hospitalization as indicated by $p_value = 0,025$ with anxiety levels ($p < 0,05$).

Conclusions

This study proved that the therapeutic wax play can reduced anxiety levels of preschool children underwent hospitalization.

Thus, nurses can use the therapeutic wax play as one type of the therapeutic to overcome anxiety in children who experienced hospitalization.

Key words

The therapeutic wax play; Anxiety; Preschool children

Abstrak

Pengaruh Terapi Bermain Lilin terhadap Tingkat Kecemasan Anak Usia Prasekolah (3-6 tahun) yang Mengalami Hospitalisasi di Ruang Garuda RSUD S. K. Lerik Kota Kupang

Latar belakang

Pada masa usia prasekolah ini aktifitas anak yang meningkat menyebabkan anak sering lelah sehingga menyebabkan rentang terserang penyakit akibat daya tahan tubuh yang lemah pula, hingga anak diharuskan untuk menjalani hospitalisasi. Penelitian ini bertujuan untuk mengetahui pengaruh terapi bermain lilin terhadap penurunan tingkat kecemasan anak usia prasekolah (3-6 tahun) yang mengalami hospitalisasi di ruang garuda RSUD S.K. Lerik Kota Kupang.

Metode

Penelitian ini merupakan penelitian kuantitatif pra-eksperimental dengan rancangan *One group pre-test-post-test* desain. Sampel dalam penelitian ini berjumlah 28 responden anak usia prasekolah dan telah menjalani perawatan di Rumah Sakit selama ≤ 3 hari. Teknik pengambilan sampel menggunakan *Accidental sampling*.

Hasil

Hasil analisa data menggunakan uji wilcoxon menunjukkan bahwa ada pengaruh yang signifikan dari terapi bermain lilin terhadap penurunan tingkat kecemasan anak usia prasekolah yang mengalami hospitalisasi yang ditunjukkan dengan nilai $p_value = 0,025$ dengan tingkat kecemasan ($p < 0,05$).

Kesimpulan

Penelitian ini membuktikan bahwa terapi bermain lilin dapat menurunkan tingkat kecemasan anak usia prasekolah yang mengalami hospitalisasi. Dengan demikian, perawat dapat menggunakan terapi bermain lilin sebagai salah satu terapi bermain untuk mengatasi kecemasan pada anak yang mengalami hospitalisasi.

Kata kunci

Terapi Bermain Lilin; Kecemasan; Anak Usia Prasekolah

Abstract #34

The Validity and Reliability of the Canadian Triage Acuity Scale (CTAS) in Emergency Department: A Systematic Review

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Introduction

CTAS considers five priority levels of triage: CTAS level 1: resuscitation; CTAS level 2: Emergency; CTAS level 3: Urgent; CTAS level 4: Less Urgent; CTAS level 5, No urgent. The aim of this review is to check the level of validity and reliability of the Canadian Triage Acuity Scale.

Method

This systematic review conduct by searching and analyzing all eligible studies from 2007-2017 through electronic database: Science Direct, Proquest, and PubMed. This review consist of quantitative research investigating the reliability and validity of the Canadian Triage Acuity Scale for the broad population of adults and children visiting the emergency department.

Result

Seven studies were included in the review. The studies investigated the inter- and intra-rater reliability using the “kappa” statistic; the validity was tested with many measures: validity in predicting mortality, hospital admission, under- and over triage, used resources, and length of stay in the emergency department, as well as a reference standard rating.

Conclusions

Canadian Triage Acuity Scale shows a wide inter-rater agreement range with a prevalence of good and very good agreement. Its safety was low because of the high rate of under triage and the low sensitivity in predicting higher urgency levels. The quality of the reporting in studies of the reliability and validity of the Canadian Triage Acuity Scale (CTAS) is good.

Keywords

Validity; Reliability; Canadian Triage Acuity Scale (CTAS); Emergency Department

Abstrak

Validitas dan Reliabilitas Skala Ketajaman Triase Kanada (CTAS) di Instalasi Gawat Darurat: Sistematis Review

Latar belakang

CTAS mempertimbangkan lima tingkat prioritas triase: CTAS level 1: resusitasi; CTAS level 2: Darurat; CTAS level 3: Mendesak; CTAS level 4: Kurang Mendesak; CTAS level 5, Tidak mendesak. Tujuannya adalah untuk melakukan tinjauan sistematis untuk memeriksa tingkat validitas dan reliabilitas Skala KetajamanTriage Kanada.

Metode

Tinjauan sistematis ini dilakukan dengan mencari dan menganalisis semua studi yang memenuhi syarat dari 2007-2017 melalui database elektronik: Science Direct, Proquest, dan PubMed. Tinjauan ini terdiri dari penelitian kuantitatif yang menyelidiki reliabilitas dan validitas Skala Ketajaman Triage Kanada untuk populasi orang dewasa dan anak-anak yang datang di Instalasi Gawat Darurat.

Hasil

Tujuh penelitian dimasukkan dalam tinjauan. Studi menyelidiki reliabilitas dan menilai menggunakan statistik 'kappa'; validitas diuji dengan banyak langkah: validitas dalam memprediksi kematian, masuk rumah sakit, *under- and over triage*, sumber daya yang digunakan, dan lama berada di Instalasi Gawat Darurat, serta peringkat standar referensi.

Kesimpulan

Skala Ketajaman Triage Kanada menunjukkan rentang persetujuan antar-penilai yang luas dengan prevalensi kesepakatan yang baik dan sangat baik. Keamanannya rendah karena tingginya tingkat *under triage* dan sensitivitas rendah dalam memprediksi tingkat urgensi yang lebih tinggi. Kualitas pelaporan dalam studi tentang reliabilitas dan validitas Skala Ketajaman Triase Kanada (CTAS) adalah baik.

Kata kunci

Validitas; Reliabilitas; Skala Ketajaman Triase Kanada (CTAS); Instalasi Gawat Darurat

Abstract #35

Factors Related to Coping Mechanisms in HIV/AIDS Patients

Hartatik

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Background

HIV/AIDS is a modern worldwide pandemic disease caused by the HIV virus that has a negative impact on the sufferer caused by individuals living with HIV / AIDS that are not just physical but psychosocial and emotional problems and despair of disappointment, anxiety of fear and depression, thus it is necessary for people with HIV/AIDS to improve the coping mechanism towards the adaptive.

Method

Literature search is done through process *searching* general internet and academic search site through proquest, science direct, academic portal and national health journal, with predetermined criteria.

Results

From the search results, there were 29 journal articles that were suitable, and 8 which synthesized were found that coping mechanisms for HIV / AIDS sufferers were not effective because they exposed to environmental stress, one of them was stigma. The factors related to coping mechanisms for HIV / AIDS sufferers include: focal stimulus, contextual stimulus, and residual stimulus, spiritual factors, family support etc.

Conclusion

Coping mechanism means the method used by individuals in solving problem, overcoming changes that occur, and situations that threaten, both cognitively and behavior. Coping procedures are more directed at what people do to overcome stressful and emotionally arousing demands. This study shows that poor coping mechanisms for HIV / AIDS sufferers have a positive contribution to physical and psychological conditions

Keywords

Coping Mechanism Factors; HIV/AIDS Patients

Abstrak

Faktor-Faktor yang Berhubungan dengan Mekanisme Koping Pada Penderita HIV/AIDS

Latar belakang

HIV/AIDS merupakan penyakit yang menjadi pandemic modern di seluruh dunia yang disebabkan oleh virus HIV yang berdampak negatif pada penderitanya yang ditimbulkan oleh individu yang hidup dengan HIV/AIDS yaitu bukan hanya masalah fisik namun psikososial dan emosional serta putus asa kecewa, cemas takut dan depresi, sehingga penderita HIV/AIDS perlu untuk meningkatkan mekanisme koping kearah adaptif.

Metode

Pencarian literature dilakukan melalui proses *searching* internet secara umum dan situs pencarian akademik melalui proquest, science direct, portal akademik dan jurnal kesehatan Nasional, dengan kriteria yang telah ditentukan.

Hasil

Dari hasil pencarian, didapatkan 29 artikel jurnal yang layak, dan 8 yang disintesis yaitu didapatkan hasil bahwa mekanisme koping pada penderita HIV/AIDS tidak efektif karena terpapar dengan stresor lingkungan salah satunya stigma. Adapun faktor-faktor yang berhubungan dengan mekanisme koping pada penderita HIV/AIDS tersebut meliputi: stimulus fokal, stimulus kontekstual, dan stimulus residual, factor spiritual, dukungan keluarga dll.

Kesimpulan

Mekanisme koping artinya cara yang dipergunakan individu dalam menuntaskan masalah, mengatasi perubahan yang terjadi, dan situasi yang mengancam, baik secara kognitif juga perilaku. Prosedur koping lebih mengarah pada yang orang lakukan buat mengatasi tuntutan-tuntutan yang penuh tekanan dan yang membangkitkan emosi. Penelitian ini menunjukkan bahwa mekanisme koping yang buruk pada penderita HIV/AIDS mempunyai kontribusi positif terhadap kondisi fisik dan psikologis

Kata kunci

Faktor Mekanisme Koping; Penderita HIV/AIDS

Abstract #36**Predictor Parameters of Acute Coronary Syndrome In Emergency Departments: Systematic Review****Imelda Feneranda Seravia Tambi**

Student, Master of Nursing Program, Universitas Brawijaya, Malang, Indonesia

Introduction

Nurses play an important role in detecting patients at risk of acute coronary syndrome (ACS) to facilitating their diagnosis and treatment. This literature review aims to know the parameters that can predict acute coronary syndrome (ACS) patients in the Emergency Departments (EDs).

Methods

Databases in the systematic review were PubMed, Sciencedirect, and Researchgate. The inclusion criteria included the patients in the EDs diagnosed with ACS. Data search, filtering and processing were carried out using a PRISMA flow chart while assessment of the quality of research was implemented by using the JBI.

Results

The obtained results were seven research articles. The research showed that predicted parameters ACS consisted of a sequence of comprehensive examination even though the major examination was ECG assessment of symptoms such as chest pain and other typical complaints that became their particular concern.

Conclusion

Finally, this systematic review showed that parameters that can predict ACS consist of a sequence of comprehensive examination besides main supporting examination is ECG assessment of symptoms such as chest pain and other typical complaints which become a particular concern. The researcher recommends a systematic review to be carried out on the same number of samples by specifying one common parameter as well as by taking into account the gender, age, culture and race of respondents that have not much difference.

Keywords

Predictor Parameters; Acute Coronary Syndrome; Emergency Departments

Abstrak

Parameter Prediktor Sindrom Koroner Akut di Ruang Instalasi Gawat Darurat: Systematic Review

Latar Belakang

Perawat memainkan peran penting dalam mendeteksi pasien berisiko sindrom koroner akut (SKA) untuk memfasilitasi diagnosis dan pengobatan mereka. *Systematic review* ini bertujuan untuk mengetahui parameter yang dapat memprediksi pasien sindrom koroner akut (SKA) di Instalasi Gawat Darurat (IGD)

Metode

Database dalam *systematic review* adalah PubMed, Scencedirect, dan Researchgate. Kriteria inklusi adalah pasien di ED didiagnosis dengan ACS. Pencarian data, penyaringan dan pemrosesan dilakukan menggunakan diagram alur PRISMA sementara penilaian kualitas penelitian dilaksanakan dengan menggunakan JBI.

Hasil

Hasil yang diperoleh adalah tujuh artikel penelitian. Penelitian menunjukkan bahwa parameter prediksi SKA terdiri dari urutan pemeriksaan yang komprehensif meskipun pemeriksaan utama adalah penilaian EKG, akan tetapi gejala seperti nyeri dada dan keluhan khas lainnya harus menjadi perhatian khusus

Kesimpulan

Akhirnya, tinjauan sistematis ini menunjukkan bahwa parameter yang dapat memprediksi SKA terdiri dari serangkaian pemeriksaan komprehensif selain pemeriksaan pendukung utama adalah penilaian EKG, akan tetapi gejala seperti nyeri dada dan keluhan khas lainnya harus menjadi perhatian khusus. Peneliti merekomendasikan *systematic review* dilakukan pada jumlah sampel yang sama dengan menetapkan satu parameter umum serta dengan mempertimbangkan jenis kelamin, usia, budaya dan ras responden yang tidak memiliki banyak perbedaan.

Kata kunci

Parameter Prediktor; Sindrom Koroner Akut; Ruang Instalasi Gawat Darurat

Abstract #37

Cognitive Behavior Therapy (CBT) Intervention in Chronic Illness: A Systematic Review

Indari

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Introduction

A Chronic disease can lead to mental health disorders such as cognitive impairment, instability of feeling, mood disorders, decrease in daily activities and difficulties in connecting with others. Patients who have one chronic disease are at risk of suffering 2.6 times greater emotional mental disorders. Chronic illness can also cause anxiety and depression. Cognitive behavior therapy (CBT) is one of the recommended interventions for mental health problems including anxiety and depression. This systematic review aims to identify the impact of Cognitive Behavior Therapy (CBT) against mental health problems associated with chronic diseases.

Method

This study is a systematic review derived from related literature on mental disorders due to chronic illness with the management of CBT. Relevant studies were identified through EBSCO Host, Proquest and Science Direct from 2010 through 2018 using the keywords CBT and chronic diseases

Result

The study provides a clear picture of how CBT influence on mental health problems associated with chronic diseases. CBT was an effective psychotherapy to reduce depression, anxiety, fatigue and pain felt by clients suffering from chronic diseases. Detection of depression in chronic diseases mostly using BDI II and HADS (Hospital Depression and anxiety scale) and Chalder Fatigue Questionnaire for fatigue assessment.

Conclusions

Individual psychotherapy using CBT Was one of many psychotherapies that can be used in the management of depression, anxiety and comorbidities of chronic disease itself.

Keywords

Cognitive Behavior Therapy (CBT); Chronic Illness

Abstrak

Intervensi Cognitif Behavior Therapy (CBT) pada Penyakit Kronis: Systematic Review

Latar Belakang

Penyakit kronis ini bisa mengakibatkan gangguan kesehatan mental seperti kerusakan berfikir, perasaan, mood, aktivitas sehari-hari dan berhubungan dengan orang lain. Penderita yang memiliki satu penyakit kronis beresiko menderita 2,6 kali lebih besar gangguan mental emosional. Penyakit kronis juga bisa menyebabkan ansietas dan depresi. Cognitif behavior therapy (CBT) merupakan salah satu intervensi yang direkomendasikan untuk masalah kesehatan mental termasuk didalamnya adalah ansietas dan depresi. Systematic review ini bertujuan untuk mengidentifikasi Cognitif Behavior Therapy (CBT) terhadap masalah kesehatan mental yang berhubungan dengan penyakit kronis.

Metode

Studi ini adalah systematic review yang diperoleh dari literature terkait tentang gangguan mental karena penyakit kronis dengan penatalaksanaan CBT. Studi yang relevan diidentifikasi melalui penelusuran EBSCO Host, Proquest dan Science Direct dari tahun 2010 sampai tahun 2018 menggunakan kata kunci CBT dan penyakit kronis.

Hasil

Studi tersebut memberikan gambaran CBT terhadap masalah kesehatan mental berhubungan dengan penyakit kronis. CBT adalah psikoterapi yang efektif dalam menurunkan depresi, ansietas, fatigue dan nyeri pada klien dengan penyakit kronis. Deteksi depresi pada penyakit kronis menggunakan BDI II dan HADS (*Hospital Depression and anxiety scale*) dan *Chalder Fatigue Questionnaire for fatigue assessment*.

Kesimpulan

Psikoterapi individu dengan menggunakan CBT merupakan salah satu psikoterapi yang bisa digunakan untuk management depresi, ansietas yang berhubungan dengan penyakit kronis itu sendiri.

Kata Kunci

Intervensi Cognitif Behavior Therapy (CBT); Penyakit Kronis

Abstract #38

Systematic Review of the Application of Trauma Score (KTS) as an Alternative Trauma Scoring in EDs

Jatim Sugiyanto

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Background

Traumatic scoring is an integrated components of triage prehospital to predict the possibility of serious injuries or deaths. This scoring can help medics to decide appropriate facility treating the patient specifically. There are many scoring systems to find out severity levels of injuries developed both internationally and nationally in Indonesia. The scoring system uses must be adjusted to the needs of hospital in providing quick and accurate results. The purpose of this study is to find out the effective level of the application to provide accurate and quick results.

Method

This systematic review with data taken from literatures gained by surfing the internet online: Science direct, Pro-quest, and Google scholar. Data collection is done by determining appropriate and needed variables for this study from some journals. The Inclusion criteria is original research in 2009-2018, Adul participant ≥ 15 year and other trauma scoring as comparison study

Results

Some trauma scorings: AIS, ISS, AP, NISS, TS, RTS, and TRISS are having high accuracy. However, KTS has significant accuracy and is easy to use in developing regions with limited sources.

Conclusion

KTS is a simpler trauma scoring system with its superiorities, such as quicker and more effective in providing predictive assessment of deaths and traumatic severity.

Keywords

Trauma Scorings; KTS

Abstrak

Tinjauan Sistematis Penerapan Skor Trauma (KTS) sebagai Skor Trauma Alternatif di IGD

Latar Belakang

Trauma scoring merupakan suatu komponen integral dari triage prehospital yang dapat memprediksi kemungkinan cedera serius atau kematian. Trauma scoring dapat membantu tenaga kesehatan khususnya medis dalam memutuskan pada fasilitas trauma yang tepat untuk memberikan perawatan yang lebih khusus. Terdapat banyak sistem scoring untuk menilai keparahan cedera yang telah dikembangkan baik internasional maupun di Indonesia. Penggunaan trauma scoring harus disesuaikan dengan kebutuhan di rumah sakit untuk memberikan hasil yang akurat cepat dan tepat. Penelitian ini bertujuan untuk mengetahui tingkat efektifitas aplikasi penggunaan trauma Scoring sehingga dapat digunakan di rumah sakit dengan keterbatasan sumber daya.

Metode

Penelitian ini merupakan Systematika review dengan sumber data berasal dari literature yang didapatkan dari hasil internet melalui penelusuran perpustakaan online, sciendirect, proquest dan google scholar. Pengumpulan data dilakukan dengan menentukan variable yang sesuai dan diperlukan dalam studi literature dari beberapa jurnal. Kreteria inklusi penelitian 2009-2018 dengan partisipan 15 tahun dan trauma sekoring lain sebagai pembanding.

Hasil

Dari literatur review terdapat beberapa sistem trauma scoring, yaitu AIS, ISS, AP, NISS, TS, RTS, dan TRISS yang semuanya memiliki tingkat keakuratan yang tinggi. Akan tetapi KTS memiliki tingkat keakuratan yang signifikan dan mudah digunakan di daerah yang berkembang dengan keterbatasan sumber daya.

Kesimpulan

KTS merupakan sistem trauma scoring yang lebih sederhana dibandingkan dengan metode skor lain yang memiliki keunggulan lebih cepat dan efektif dalam melakukan penilaian memprediksi kematian dan keparahan pada trauma.

Kata kunci

Trauma skor; KTS

Abstract #39

Description of Behavior in Seeking Assistance Health at Lalap Village, Patangkep Tutui District, East Barito

Lanawati

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Background

In health care seeking behavior, communities or community members who have the the disease and not feel pain (disease but no illness) are certainly not do anything against the disease. But when they were attacked by the disease and also feel the pain. Then there will be various kinds of behavior and efforts. Therefore, researchers interested in studying about description of behavior society seeking assistance in health at the Lalap village, Patangkep Tutui district, East Barito.

Methods

This research is an deskriptif study with quantitative analysis. This research takes the population of people from Lalap villiage, which is taken 138 samples use simple random sampling. This research is take place at Lalap village in July 2012. Variabel in this research is single variabel: People behavior in seeking health assistance to sub variables of knowledge, attitudes, and actions. The instrument use questionnaire with Likert & Guttman scale. It was 15 item statements about knowledge, 6 statements about attitude and 7 item statement of the action. The researcher had validitation and reliability test.

Results

The results of the study found that community knowledge about seeking health assistance categorized well (89,9%), positive attitudes (83,3%) and good behavior (60,1%).

Conclusion

From the study concluded that the description of community behavior in seeking health assistance in the Lalap village, Patangkep Tutui district, East Barito year 2012 in good category.

Keywords

Behavior society; Health assistance

Abstrak

Gambaran Perilaku Masyarakat dalam Mencari Bantuan Kesehatan di Desa Lalap, Kecamatan Patangkep Tutui, Kabupaten Barito Timur

Latar Belakang

Dalam perilaku pencarian pelayanan kesehatan, masyarakat atau anggota masyarakat yang mendapat penyakit, dan tidak merasakan sakit (*disease but no illness*) sudah barang tentu tidak bertindak apa-apa terhadap penyakitnya tersebut. Tetapi bila mereka terserang penyakit dan juga merasakan sakit, maka baru akan timbul berbagai macam perilaku dan usaha. Oleh karena itu, peneliti tertarik untuk meneliti tentang Gambaran Perilaku Masyarakat Dalam Mencari Bantuan Kesehatan di desa Lalap, Kecamatan Patangkep Tutui, Kabupaten Barito Timur Tahun 2012.

Metode

Merupakan penelitian deskriptif dengan metode analisa kuantitatif. Populasi seluruh kepala keluarga di Desa Lalap, dengan sampel 138 kepala keluarga dan menggunakan teknik *simple random sampling*. Tempat penelitian Desa Lalap, waktu penelitian Juli 2012. Variabel tunggal perilaku masyarakat dalam mencari bantuan kesehatan dengan sub variabel pengetahuan, sikap, dan tindakan. Instrument penelitian menggunakan kuesioner dengan skala *Likert* dan *Guttman*. Sebanyak 15 item pernyataan tentang pengetahuan, 6 item pernyataan tentang sikap, dan 7 item pernyataan tentang tindakan, sebelum melakukan penelitian kuesioner terlebih dulu di lakukan uji validitas dan reliabilitas.

Hasil

Pengetahuan masyarakat tentang pencarian bantuan kesehatan termasuk dalam kategori baik yaitu (89,9%), sikap positif (83,3%), dan perilaku baik (60,1%).

Kesimpulan

Gambaran Perilaku Masyarakat dalam Mencari Bantuan Kesehatan di Desa Lalap, Kecamatan Patangkep Tutui, Kabupaten Barito Timur Tahun 2012 masuk dalam kategori baik.

Kata kunci

Perilaku Masyarakat; Bantuan Kesehatan

Abstract #40

Factor Analysis regarding Chain of Survival Affecting Survival Patient Pre Hospital Cardiac Arrest in the Emergency Room

Luluk Nur Aini

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Background

External factors causing the death from cardiac arrest was namely speed and accuracy of handling "Chain of survival" with five series of immediate recognition of cardiac arrest and activation of the emergency response system, early CPR with an emphasis on chest compression, rapid defibrillation, effective advance life support, and integrated post cardiac arrest care.

Methods

A systematic review which collecting literature sources started from 27 November-27 December 2017 with inclusion criteria : publications are limited from 2010-2017, accredited national and international journals.

Results

This research from electronic database search 10 in Pub Med obtained, 10 in Pro Quest, and 1 accredited national journal. Results showed the survival of patients with cardiac arrest influenced by early acces of pre hospital pastients, which stating that timely chain of survival could increase survival rate of cardiac arrest patients, CPR could improve the endothelial tissue of the heart therefore it could repair the microvascular on the cardiovascular muscle tissue of cardiac arrest patients, the third factor affecting the survival pre hospital patient's cardiac arrest was early defibrillator, that the use of AED could soon improve their heart rhythm.

Conclusion

Factors had the most dominant relationship with survival patient pre-hospital cardiac arrest was a rhythm of the heart upon arrival, if the ventricular tachycardia or ventricular fibrillation was likely to reach the ROSC. It needed further research on to seek action of rescuing patient cardiac arrest.

Keywords

Chain of Survival; Survival Patient; Cardiac Arrest

Abstrak

Analisis Faktor-faktor *Chain of Survival* yang Mempengaruhi Keselamatan Pasien *Pre Hospital Cardiac Arrest* di Ruang Instalasi Gawat Darurat

Latar belakang

Faktor eksternal yang menyebabkan kematian *cardiac arrest* adalah kecepatan dan ketepatan penanganan "*Chain of survival*" dengan lima rangkaian yaitu *immediate recognition of cardiac arrest and activation of the emergency response system, early CPR with an emphasis on chest compression, rapid defibrillation if indicated, effective advance life support, dan integrated post cardiac arrest care.*

Metode

Systematic review untuk menganalisis faktor-faktor *chain of survival* yang mempengaruhi keselamatan pasien *pre hospital cardiac arrest* di IGD. Pengambilan sumber literatur dimulai 27 November-27 Desember 2017 dengan kriteria inklusi : publikasi dibatasi dari tahun 2010-2017, jurnal nasional dan jurnal internasional terakreditasi.

Hasil

Menunjukkan keselamatan pasien *cardiac arrest* dipengaruhi oleh *early acces* pasien *pre hospital* yaitu tindakan *chain of survival* tepat waktu dapat meningkatkan angka harapan hidup pasien henti jantung, *early CPR* dapat memperbaiki lapisan endotelial jaringan pada jantung sehingga dapat memperbaiki mikrovaskular pada jaringan otot kardiovaskuler pasien henti jantung, selanjutnya *early defibrilator* tepatnya penggunaan AED segera dapat memperbaiki irama jantung pasien henti jantung

Kesimpulan : faktor yang memiliki hubungan paling dominan dengan keselamatan pasien *pre hospital cardiac arrest* adalah irama jantung saat tiba di IGD, jika iramanya ventrikel takikardia atau fibrilasi ventrikel ada kemungkinan pasien mencapai ROSC. Hal ini perlu diteliti lebih lanjut untuk mengupayakan tindakan penyelamatan pasien henti jantung.

Kata kunci

Chain of Survival; Keselamatan Pasien; Cardiac Arrest.

Abstract #41

Mechanism of Acupuncture Balances Blood Sugar in Insulin Resistance in Breast Cancer Patients with Cachexia

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Introduction

Insulin resistance is one of symptom of cachexia in breast cancer. Proinflammatory cytokines IL-6 and TNF- α have important role in insulin resistance. Acupuncture is a popular complementary therapy in breast cancer patients in Indonesia. This study reviewed the available research regarding the mechanism of acupuncture for balancing blood sugar in insulin resistance in breast cancer patients with cachexia.

Methods

The study was carried out by retrieving related articles published in PubMed and MEDLINE databases over the period of 2001 to 2018. Inclusion criterion included relevant articles related to patients with acupuncture, cachexia and insulin resistance. In this study, there were 25 articles reviewed and synthesized.

Results

Acupuncture causes HPA axis activation, through the release of corticotropin-releasing hormone (CRH) in the hypothalamus, and adrenocorticotrophic hormone (ACTH) in the anterior lobe of the pituitary gland. ACTH in the peripheral circulation, stimulates the adrenal cortex to release glucocorticoids, especially cortisol into the blood. Glucocorticoids inhibit HPA axis activity through negative feedback on CRH and ACTH secretions. Glucocorticoid suppresses the production of proinflammatory cytokines such as TNF- α and IL-6. Acupuncture also acts as an anti-inflammatory through cholinergic anti-inflammatory pathways, by releasing of acetylcholine from the vagus nerve which binds to $\alpha 7$ -nicotinic receptors ($\alpha 7$ -nAChRs) in macrophages and inhibits proinflammatory cytokines. Previous study revealed that low-frequency electroacupuncture increase Sirtuin1 (SIRT1) that in pancreatic β -cells positively regulates insulin secretion. Increasing insulin sensitivity resulting in blood sugar balance in breast cancer patients with cahexia.

Conclusion

Acupuncture could balance blood sugar in insulin resistance in breast cancer patients with cachexia through HPA axis activation, cholinergic anti-inflammatory pathways, and increasing SIRT1.

Keywords

Breast Cancer; Cachexia; Insulin Resistance; Acupuncture

Abstrak

Mekanisme Akupunktur Mengendalikan Kadar Gula Darah pada Kondisi Resistensi Insulin Pasien Kanker Payudara dengan Kaheksia

Latar Belakang

Resistensi insulin adalah salah satu gejala cachexia pada kanker payudara. Sitokin proinflamasi IL-6 dan TNF- α berperan penting dalam resistansi insulin tersebut. Akupunktur adalah terapi komplementer yang populer pada pasien kanker payudara di Indonesia. Artikel ini menjelaskan mekanisme akupunktur menyeimbangkan gula darah pada kondisi resistensi insulin pada pasien kanker payudara dengan kaheksia

Metode

Studi literatur tentang akupunktur, kaheksia dan resistensi insulin di PubMed, MEDLINE dan artikel terkait. Terdapat 25 artikel penelitian yang dikaji, antara 2001 sampai dengan 2018.

Hasil

Akupunktur menyebabkan aktivasi *HPA axis*, melalui pelepasan *corticotropin-releasing hormone* (CRH) di hipotalamus, dan *adrenocorticotrophic hormone* (ACTH) di lobus anterior kelenjar pituitari. ACTH menuju sirkulasi darah dan merangsang korteks adrenal untuk melepaskan glukokortikoid, terutama kortisol. Glukokortikoid menghambat aktivitas *HPA axis* melalui umpan balik negatif pada sekresi CRH dan ACTH. Selain itu glukokortikoid menekan produksi sitokin proinflamasi seperti TNF- α dan IL-6. Akupunktur juga bertindak sebagai anti-inflamasi melalui jalur anti-inflamasi kolinergik, melalui pelepasan asetilkolin dari saraf vagus yang kemudian berikatan dengan reseptor *$\alpha 7$ -nicotinic* ($\alpha 7$ -nAChRs) di makrofag dan menghambat sitokin proinflamasi. Studi sebelumnya memaparkan bahwa elektroakupunktur frekuensi rendah menyebabkan peningkatan *Sirtuin1* (SIRT1) yang dapat menyebabkan pelepasan insulin dari sel β pankreas dan meningkatkan sensitivitas insulin terhadap glukosa. Dengan demikian, akupunktur menyebabkan terjadinya keseimbangan kadar gula darah pada pasien kanker payudara dengan kaheksia.

Kesimpulan

Akupunktur dapat menyeimbangkan gula darah pada kondisi resistensi insulin pasien kanker payudara dengan kaheksia melalui aktivasi *HPA axis*, jalur anti-inflamasi kolinergik, dan peningkatan SIRT1.

Kata kunci

Kanker Payudara; *Cachexia*; Resistensi Insulin; Akupunktur

Abstract #42

The Role of Wet Cupping Therapy To Manage Asthma Disease : A Literature Review

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Introduction

Asthma is a chronic inflammatory disease that most occurred in children and statistically showing an increase in young adult. In term of asthma therapy, patients reported unsatisfied with the side effects, effectiveness and the dependence of the asthma drugs. To this date, the use of Complementary Alternative Medicine (CAM) is increasing as a combination with conventional medicine or as an independent therapy and proved to be effective. One of the well-known CAM that has been proven for relieving and curing many diseases is cupping therapy, especially wet cupping therapy (WCT). Despite WCT has been recommended in managing asthma, however, It's not been applied yet officially in Indonesian health care practices.

Methods

We reviewed experimental studies that investigated the use of WCT in managing asthma disease. The method was a literature review and the sources were derived from scientific articles, systematic review, and book.

Results

A total of 9 studies investigating the role of WCT to manage asthma were identified. Published scientific articles related to WCT effectivity in managing asthma were extremely rare, especially in English language.

Conclusion

WCT has been considered as an effective method in managing asthma and had high-level safety, especially for those with mild asthma. WCT has proved effectively enhance pulmonary functions and improve the cellular and humoral immunity in asthma patients. Researchers and health practitioners are essentially needed to improve research in large scale towards the use of WCT to manage asthma thus the effectivity would be more trustworthy to be officially practiced in healthcare settings.

Keywords

Wet Cupping Therapy; Asthma

Abstrak

Peran Terapi Bekam Basah Dalam Manajemen Penyakit Asma : Sebuah Tinjauan Literatur

Latar Belakang

Asma merupakan penyakit inflamasi kronis yang paling sering terjadi pada anak-anak dan menunjukkan peningkatan pada dewasa muda. Berhubungan dengan terapi asma, pasien pada umumnya tidak puas karena efek samping, ketidakefektifan, dan adanya ketergantungan terhadap pengobatan. Saat ini penggunaan terapi alternatif dan komplementer atau *Complementary Alternative Medicine* (CAM) mengalami peningkatan, baik sebagai terapi kombinasi dengan terapi konvensional maupun sebagai terapi independen dan terbukti efektif. Salah satu terapi CAM yang terkenal menghilangkan atau menyembuhkan banyak penyakit adalah bekam, khususnya bekam basah. Meskipun bekam basah telah direkomendasikan dalam manajemen asma, namun, bekam basah belum dipraktekkan secara resmi di seting pelayanan kesehatan Indonesia.

Metode

Kami meninjau studi berbasis eksperiment terkait penggunaan bekam basah dalam manajemen penyakit asma. Metode ini menggunakan tinjauan literatur dan sumber berasal dari artikel ilmiah, review sistematis, dan buku.

Hasil

Total sembilan studi penelitian yang ditemukan terkait penelitian peran bekam basah dalam manajemen asma. Artikel ilmiah yang dipublikasikan terkait bekam basah dalam manajemen asma masih sangat langka, khususnya yang berbahasa Inggris.

Kesimpulan

Bekam basah merupakan terapi efektif dalam manajemen asma dan memiliki keamanan tinggi, khususnya bagi penderita asma ringan. Bekam basah terbukti memperbaiki fungsi paru-paru dan memperbaiki imunitas seluler maupun humoral pada penderita asma. Peneliti dan pelayanan kesehatan sangat dibutuhkan dalam penelitian skala besar terkait peran bekam basah dalam manajemen asma sehingga nantinya efektifitasnya lebih terpercaya untuk diaplikasikan secara resmi di seting pelayanan kesehatan Indonesia.

Kata kunci

Terapi Bekam Basah; Asma

Abstract #43

Improving Women's Health regarding Lactation Management through Volunteer Health Worker Training

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Introduction

Early breastfeeding has a positive impact on both mother and baby. A consistent approach to assist breastfeeding mothers is very important. The assistance responsibility is not merely belong to health professionals but also volunteer health workers who are close to breastfeeding mothers. The purpose of this study is to improve the welfare of women through the role of volunteer health worker in improving women's health, especially in terms of lactation management in Srengseng sawah village, Jagakarsa sub-district, South Jakarta.

Methods

The research design was a quasi-experimental study with one group pre-test post-test. The sample in this study were 20 volunteer health workers as respondents who were determined by quota sampling method. Data collection was carried out on February 15 - March 30 2016 using a questionnaire. The data was analyzed using wilcoxon signed rank test.

Results

The results showed that there was a significant difference in knowledge of volunteer health workers before and after having a lactation management training ($p=0.003$; $\alpha=0.05$).

Conclusion

It could be concluded that there is an increase in knowledge of volunteer health workers after having a training of lactation management. It is recommended that the volunteer health worker training be carried out continuously.

Keywords

Women's Health; Lactation Management; Health Worker Training

Abstrak

Peningkatan Kesehatan Perempuan Tentang Manajemen Laktasi Melalui Pelatihan Kader

Latar Belakang

Menyusui sejak dini mempunyai dampak yang positif baik bagi ibu maupun bayinya. Pendekatan yang konsisten untuk membantu ibu menyusui amatlah penting. Hal ini tidak hanya dilakukan oleh petugas kesehatan tetapi juga oleh kader kesehatan yang berada dekat dengan ibu menyusui. Tujuan dari penelitian ini adalah untuk meningkatkan kesejahteraan perempuan melalui peran kader dalam peningkatan kesehatan perempuan khususnya terkait manajemen laktasi di kelurahan Srengseng sawah, Kecamatan Jagakarsa, Jakarta Selatan.

Metode

Desain penelitian ini adalah one group pre-test post-test. Sampel pada penelitian ini sebanyak 20 kader kesehatan sebagai responden yang ditetapkan dengan metode quota sampling. Pengumpulan data dilakukan pada 15 Februari – 30 Maret 2016 dengan menggunakan kuesioner. Analisa data dilakukan dengan menggunakan uji statistic wilcoxon signed rank test.

Hasil

Hasil penelitian menunjukkan bahwa ada perbedaan yang signifikan, pengetahuan kader kesehatan sebelum dan sesudah diberikan pelatihan tentang manajemen laktasi ($p=0.003$; $\alpha =0.05$).

Kesimpulan

Kesimpulan dari penelitian ini adalah ada peningkatan pengetahuan kader kesehatan setelah diberikan pelatihan tentang manajemen laktasi. Disarankan agar pelatihan kader tersebut dilakukan secara berkelanjutan.

Kata kunci

Kesehatan Perempuan; Manajemen Laktasi; Pelatihan Kader

Abstract #44**The Level of Comfort among Patients Treated with Helmet Non-Invasive Ventilation (NIV) Therapy****Norshamatul Aidah Osran, Norhaini Majid**

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Introduction

Studies suggested that helmet noninvasive ventilation (NIV) therapy is more tolerated with better clinical outcomes than the other interfaces in treating Acute Respiratory Failure (ARF) patients. However, helmet NIV intolerance and failure are the typical responses reported. Since the helmet NIV is new in Malaysia, therefore this study was proposed to provide an overview of the comfort level of ARF patients who have been treated using helmet NIV. Thus, the aim of this study was to investigate the comfort level of the patient treated with helmet NIV therapy.

Methods

This study was using a quantitative, descriptive design. Sixty-seven (67) ARF patients completed helmet NIV therapy were purposively selected from the Emergency Department in one of the Northern Malaysia public hospitals. After at least 15 minutes post therapy and confirmed hemodynamically stable, patients were asked to score their comfort level on a 0-100 mm visual analog scale (VAS), where 0 is the most comfortable and 100 is the most uncomfortable.

Results

Evaluation by VAS scores were completed by 43 male and 24 female ARF patients, with the mean age of 65.03 (SD 12.43). The general comfort level was moderate, with the mean score of 24.17, SD 20.53.

Conclusion

The study provides an overview and insight on the level of comfort of the patient, who has been treated with helmet NIV. This knowledge can provide a basis for the development of therapy improvement.

Keywords

Acute Respiratory Failure; Comfort Level; Helmet NIV

Abstrak

Tingkat kenyamanan pada pasien dengan Terapi Helmet Non-Invasive Ventilation (NIV)

Latar Belakang

Kajian merekomendasikan bahawa terapi Helmet Non-Invasive Ventilation (NIV) lebih disekat dengan hasil klinikal yang lebih baik daripada terapi lainnya dalam merawat pasien Acute Respiratory Failure (ARF). Akan tetapi, ketidak toleransi dan kegagalan NIV helmet merupakan respons yang dilaporkan. Oleh kerana terapi Helmet NIV adalah baru di Malaysia, maka studi ini dilakukan untuk memberikan gambaran keseluruhan mengenai tingkat kenyamanan pasien ARF yang telah dirawat menggunakan terapi NIV. Tujuan studi ini adalah untuk mengidentifikasi tingkat kenyamanan pasien yang dirawat dengan terapi NIV.

Metode

Studi ini menggunakan reka bentuk deskriptif kuantitatif. Pasien ARF yang berusia enam puluh tujuh (67) telah menjalani terapi Helmet NIV secara dipilih dari Emergency Department di salah sebuah hospital awam di Malaysia. Selepas sekurang-kurangnya 15 minit post-terapi dan disahkan hemodynamically stabil, pasien diminta untuk mendeskripsikan tingkat kenyamanan mereka pada skala analog visual 0-100 mm (VAS), di mana 0 adalah yang paling nyaman dan 100 adalah yang paling tidak nyaman.

Hasil

Penilaian menggunakan skor VAS telah diselesaikan oleh 43 lelaki dan 24 wanita pasien ARF, dengan usia rerata 65.03 (SD 12.43). Tingkat kenyamanan secara umum adalah sedang, dengan rerata 24.17, SD 20.53.

Kesimpulan

Kajian ini memberikan tinjauan dan pandangan tentang tingkat kenyamanan pasien yang telah dirawat dengan terapi Helmet NIV. Pengetahuan ini dapat memberi asas kepada perkembangan terapi.

Kata kunci

Acute Respiratory Failure; Tingkat kenyamanan; Helmet NIV

Abstract #45

Effectiveness of A Nurse-led Education Program on Women with Pregnancy-Induced Hypertension in Rural Malaysia

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Introduction

Pregnancy-induced hypertension (PIH) is among the top four most common causes of maternal death in Malaysia. The purpose of this study was to examine the effect of a nurse-led education program on knowledge, attitude and perceived behavior control of PIH management among antenatal women diagnosed with PIH in rural Malaysia.

Methods

A quasi-experimental study with pre and post design was conducted to measure the effect of a nurse-led education program on study variables guided by the Theory of Planned Behaviour. Sixty-three antenatal mothers with PIH from 6 Maternal and Child Health Clinic in Lahad Datu, Sabah participated in this study and participants were assigned to intervention (n=32) and control group (n=31). Participants in the experimental group attended a nurse-led education program (8 hours' workshop) regarding PIH management and blood pressure control, nutrition and the importance of exercise. Data were collected using a set of questionnaires which measures sociodemographic characteristics of the participants, blood pressure level, knowledge and attitude of PIH management and perceived behaviour control.

Results

Findings showed that there were significant differences in mean score pre and post-test for knowledge ($t = 4.97, p < 0.001$) and attitude of PIH management ($t = 2.76, p < 0.001$) in intervention group. However, there was no significant difference in perceived behavioral control between intervention and control group.

Conclusion

Findings of this study indicated that the nurse-led education program might be utilized as an effective management program for antenatal mother diagnosed with PIH residing in the rural areas.

Keywords

Pregnancy Induced Hypertension; Intervention Program; Nurse-led Intervention; PIH Management

Abstrak

Efektifitas *Nurse-led Education Program* pada Wanita dengan Hipertensi Kehamilan di kawasan pedesaan Malaysia

Latar Belakang

Hipertensi yang disebabkan oleh kehamilan (PIH) adalah antara empat penyebab utama kematian ibu di Malaysia. Tujuan kajian ini adalah untuk mengkaji kesan program pendidikan yang dijalankan oleh jururawat mengenai pengetahuan, sikap dan kawalan tingkah laku kawalan pengurusan PIH di kalangan wanita hamil dengan PIH di luar bandar Malaysia.

Metode

Kajian kuasi eksperimen dengan reka bentuk *pre* dan *post* dijalankan untuk mengukur kesan program pendidikan yang diterajui oleh jururawat mengenai pemboleh ubah kajian yang dipandu oleh *the Theory of Planned Behaviour*. Enam puluh tiga ibu hamil dengan PIH dari 6 Klinik Kesihatan Ibu dan Anak di Lahad Datu, Sabah mengambil bahagian dalam kajian ini dan peserta ditugaskan untuk intervensi ($n = 32$) dan kumpulan kawalan ($n = 31$). Peserta dalam kumpulan eksperimen menghadiri program pendidikan yang dijalankan oleh jururawat (8 jam bengkel) mengenai pengurusan PIH dan kawalan tekanan darah, pemakanan dan kepentingan senaman. Data dikumpulkan dengan menggunakan satu set soal selidik yang mengukur ciri-ciri sosiodemografi peserta, tahap tekanan darah, pengetahuan dan sikap pengurusan PIH dan kawalan kelakuan

Hasil

Hasil kajian menunjukkan terdapat perbezaan yang signifikan dalam skor *pre* dan *post* untuk pengetahuan ($t = 4.97, p < 0.001$) dan sikap pengurusan PIH ($t = 2.76, p < 0.001$) dalam kumpulan intervensi. Walau bagaimanapun, tidak terdapat perbezaan yang signifikan dalam kawalan tingkah laku yang dilihat antara kumpulan intervensi dan kawalan

Kesimpulan

Penemuan kajian ini menunjukkan bahawa program pendidikan yang diterapkan oleh jururawat mungkin digunakan sebagai program pengurusan yang berkesan untuk ibu antenatal yang didiagnosis dengan PIH yang tinggal di kawasan luar bandar.

Kata kunci

Hipertensi yang disebabkan oleh Kehamilan; Program Intervensi; Intervensi yang diketuai oleh jururawat; Pengurusan PIH

Abstract #46

Health Cadre Empowerment in Early Detection of Breast Cancer in Jember East Jawa

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Introduction

Cancer has become one of major etiology of death in worldwide. Breast cancer could occur in women at any age, and it prevalence will increase after menopausal periode. Early detection of breast cancer could be carried out through self-detection and clinical breast examinations. Self-breast examination is considered individually thus this kind of detection program seem not yet effectively and efficiently applied result in high prevalence of late stage breast cancer. The purpose of this study wa to identify health cadre ability to assist self-breast examination among women.

Methods

The method of this study included literature approach and field survey involving thirty women aged 18 – 60 years old. Data was analysed descriptively for variables such as age, marital status, total number of children, hormonal, health behavior and the result of USG examination.

Results

Based on interviews, majority research participants said that health cadres promoted early detection program by performing well self breast examination (90%). Self breast examination performing by health cadres identified two respondents having protruding tumor in their breast. Meanwhile, breast clinical examination program indicated that there was no sign of cancer found among respondent.

Conclusion

Health cadres has promoted sosiety empowerment for maintaining health quality by performing well the breast cancer early detection program. In addition, they have a great role in spreading out health information to the smallest group in society including individual and family in order to improve better health status in community.

Keywords

Health Cadre Empowerment; Early Detection; Breast Cancer

Abstrak

Pemberdayaan Kader dalam Deteksi Dini Kanker Payudara di Kabupaten Jember Propinsi Jawa Timur

Latar Belakang

Penyakit kanker salah satu penyebab kematian utama di seluruh dunia. Kanker payudara dapat menyerang semua tingkat usia dan meningkat setelah menopause. Deteksi dini dapat dilakukan dengan cara pemeriksaan payudara sendiri (sadari) dan pemeriksaan payudara klinis (sadanis). Deteksi dini bersifat individual sehingga program deteksi dini belum efisien dan efektif sehingga pasien kanker payudara stadium lanjut masih cukup tinggi. Tujuan dari kegiatan ini mengidentifikasi kemampuan kader dalam melakukan pendampingan pemeriksaan sadari.

Metode

Metode dalam kajian ini menggunakan metode referensi dan survey lapangan kepada perempuan usia 18 - 60 tahun sejumlah 30 responden. Analisis data dilakukan secara deskriptif terhadap variabel usia, status menikah, jumlah anak, riwayat hormonal, dan pola hidup sehat dan hasil USG.

Hasil

Hasil wawancara dengan responden bahwa kader melakukan deteksi dini dengan pemeriksaan sadari dengan baik (90%). Hasil pemeriksaan sadari oleh kader didapatkan dua responden ada benjolan pada payudara. Hasil pemeriksaan sadanis (USG) 100% tidak didapatkan tanda keganasan terhadap responden.

Kesimpulan

Pemberdayaan masyarakat bidang kesehatan dalam upaya deteksi dini kanker payudara dapat dilakukan dengan baik oleh kader. Peran kader dalam kesehatan sebagai penyambung informasi kesehatan secara langsung pada kelompok masyarakat terkecil yaitu keluarga dan individu dalam upaya meningkatkan status kesehatan masyarakat.

Kata kunci

Pemberdayaan Kader; Deteksi Dini; Kanker Payudara

Abstract #47

Perspective of Diabetes Mellitus Patients with Pedis Ulcer regarding Nurses' Roles in Assisting Patients

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Introduction

Diabetes mellitus (DM) is a metabolic syndrome characterized by high blood glucose levels. Having high and uncontrolled Blood glucose levels could lead to severe complications such as macrovascular and microvascular disorders including pedis ulcers. The focus of this study was assisting role of nurses expected by patients with chronic diseases having complications of pedis ulcers.

Methods

Qualitative design of phenomenology was chosen to obtain individual and in-depth information. Five participants were determined by purposive sampling. In-depth interviews were conducted using recording devices, semi-structured interview guides, and field notes. Colaizzi's Qualitative content analysis approach used for determining the result.

Results

Themes in this study were etiology of foot ulcer, feeling expression about their conditions, DM treatment practice based on their knowledge, the role of nurses in illness condition.

Conclusion

The study provides a description of nurses' role expected by patients with pedis ulcers which include to assist and take care of them in illness condition.

Keywords

Pedis Ulcer; Diabetes Melitus; Nurses' role; Assisting patient

Abstrak

Persepsi Pasien Diabete Mellitus dengan Ulkus Pedis mengenai Peran Perawat dalam Pendampingan Patients

Latar Belakang

Diabetes Melitus (DM) merupakan sindrom metabolik yang ditandai oleh kadar glukosa darah yang tinggi. Kadar glukosa darah yang tinggi dan tidak terkontrol menyebabkan komplikasi penyakit yaitu makrovaskuler dan mikrovaskuler salah satunya adalah ulkus pedis. Fokus penelitian ini adalah peran pendampingan dari seorang perawat yang diharapkan oleh pasien Diabetes Melitus dengan ulkus pedis.

Metode

Desain kualitatif fenomenologi dipilih untuk mendapatkan informasi yang individual dan mendalam. Lima orang partisipan ditentukan dengan purposive sampling. Wawancara mendalam dilakukan dengan menggunakan alat perekam, panduan wawancara semi terstruktur, dan catatan lapangan. Pendekatan Colaizzi's Qualitative content analysis dipergunakan untuk menentukan hasil penelitian.

Hasil

Tema hasil penelitian ini adalah penyebab dari ulkus kaki, ungkapan perasaan dengan kondisi saat ini, praktik pengobatan DM berdasarkan pemahaman yang dimiliki, gambaran peran perawat dengan kondisi sakit.

Kesimpulan:

Penelitian ini menyimpulkan gambaran peran perawat yang diharapkan pasien Diabetes Melitus dengan ulkus pedis adalah mendampingi dan merawat pasien dengan kondisi sakitnya saat ini.

Kata kunci

Ulkus pedis; Diabetes Mellitus; Peran Perawat; Pendampingan pasien

Abstract #48

The Effectivity of Cold Compress and Warm Compress to Intensity Level of Menstrual Pain (Dysmenorrhea)

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Introduction

Dysmenorrhea is defined as a painful episode during or just before getting menstruation, it is the most uterine problem for women in any ages. Nonpharmacological treatments to solve the problem include cold and warm compress methods. However, there has no extensive studies found concerning the effectivity of both methods. The aim of the study was to determine the effectiveness of cold and warm compress on intensity level of menstrual pain (Dismenorea).

Methods

The research design used Quasy Experiment with Pretest-Posttest approach and applied Purposive Sampling technique. Population in the research was students of FIK Unipdu Jombang with sample 40 respondents and selected based on inclusion and exclusion criteria. The Instrument to measure pain intensity was NRS (*Numeric Rating Scale*), data were analyzed using Paired T-Test and Independent Paired T-Test, with significance level $\alpha \leq 0,05$.

Results

The results showed that before applying the treatment, the intensity of menstrual pain in both groups were similar ($p > 0.05$). However, after the treatment implementation, it has been found that Intensity of menstrual pain decreased significantly from 5.95 - 2.75 in cold compress group whereas from 6.80 to 3.55 in warm compress ($p < 0.05$). The statistical test results showed that after the treatment, there was no significant difference between cold and warm compress groups (2.75 ± 1.45 vs 3.55 ± 1.19).

Conclusion:

Cold and warm compress were effective for reducing intensity of menstrual pain and it might an alternative of intervention for reducing menstrual pain.

Keywords

Menstruation Pain; Cold Compress; Warm Compress

Abstrak

Effectifitas Kompres Dingin dan Hangat terhadap Intensitas Nyeri Menstruasi (Dysmenorrhea)

Latar Belakang

Dismenorea adalah nyeri selama atau sesaat sebelum menstruasi, merupakan masalah kandungan yang paling sering pada wanita di segala usia. Upaya nonfarmakologi untuk mengatasi *dismenorea* diantaranya adalah kompres dingin dan kompres hangat. Namun sejauh ini efektifitas dari kedua tindakan tersebut belum banyak dilakukan penelitian. Tujuan penelitian ini adalah untuk mengetahui efektifitas Kompres Dingin dan Kompres Hangat terhadap Penurunan Intensitas Nyeri Haid (*Dismenorea*).

Metode

Desain penelitian yang digunakan adalah *Quasy Experimen* dengan pendekatan *Pretest-Posttest Design*, menggunakan teknik *Purposive Sampling*. Populasi dalam penelitian ini adalah mahasiswi FIK Unipdu Jombang dengan sampel sebanyak 40 responden yang memenuhi kriteria inklusi dan eksklusi. Instrumen untuk mengukur intensitas nyeri menggunakan NRS (*Numerik Rating Scale*), data dianalisis menggunakan *Paired T-Test* dan *Independent Paired T-Test*, dengan tingkat kemaknaan $\alpha \leq 0,05$.

Hasil

Hasil penelitian menunjukkan sebelum diberikan perlakuan, intensitas nyeri haid pada kedua kelompok adalah sebanding ($p > 0,05$). Setelah perlakuan Intensitas nyeri haid menurun secara signifikan dari 5,95 - 2,75 pada kelompok kompres dingin, dan dari 6,80 - 3,55 pada kompres hangat ($p < 0,05$). Setelah perlakuan, intensitas nyeri haid tidak ada perbedaan yang signifikan antara kelompok kompres dingin dan kompres hangat ($2,75 \pm 1,45$ vs $3,55 \pm 1,19$).

Kesimpulan

Kompres dingin dan kompres hangat efektif menurunkan intensitas nyeri haid, dan dapat digunakan sebagai alternatif intervensi menurunkan intensitas nyeri haid.

Kata kunci

Nyeri Haid; Kompres Dingin; Kompres Hangat

Abstract #49

The Correlation between Stress Levels and Incidence of Hypertension Among Tobacco Farmers Who Experienced Crop Failure in Subdistrict of Pakusari, Jember Regency

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Introduction

Uncertain climate could cause crop failure among tobacco farmers lead to long term stress resulting in cardiovascular system disorder including hypertension. The study aimed to analyze the correlation of stress level with hypertension prevalence among tobacco farmers who experienced crop failure.

Methods

The method of the research was a cross sectional study involving 98 Respondents. Tobacco farmers experiencing crop failure in Subdistrict of Pakusari, Jember Regency were determined as sample which was recruited using cluster sampling technique. Data were collected using Depression Anxiety Stress Scale (DASS) questionnaire for identifying the stress level. Measurement of blood pressure was carried out using stethoscope and sphygmomanometer. The data were analyzed using Chi Square test.

Results

The results of the research with Chi Square test showed stress level with systole blood pressure ($\chi^2=0,584$; $p\text{-value} > 0,05$) and diastole ($\chi^2=0,905$; $p\text{-value} > 0,05$).

Conclusion

The research indicated that no correlation between stress level and the incidence of hypertension in the group of tobacco farmers who experienced crop failure. This is because some farmers only plant part of their land so that the crop failure condition has not burdening them. Prehypertension in farmers should always be monitored properly to improve health status.

Keywords

Stress; Hypertension; Farmer; Agriculture

Abstrak

Hubungan Tingkat Stress dan Insiden Hipertensi pada Petani Tembakau yang Mengalami Gagal Panen di Kecamatan Pakusari, Jember

Latar Belakang

Perubahan iklim yang tidak menentu menyebabkan petani tembakau gagal panen. Kegagalan panen yang terjadi dapat membuat stres pada petani tembakau, tekanan stres dalam jangka panjang akan mempengaruhi sistem kardiovaskuler dan menyebabkan hipertensi. Penelitian ini bertujuan untuk menganalisa hubungan tingkat stres dengan kejadian hipertensi pada kelompok petani tembakau yang mengalami gagal panen di Kecamatan Pakusari, Kabupaten Jember.

Metode

Metode penelitian ini adalah *studi cross sectional* dengan 98 responden. Petani tembakau yang mengalami gagal panen menjadi sampel dan Teknik sampling menggunakan teknik *cluster sampling*. Data diperoleh dari kuesioner *Depression Anxiety Stress Scale* (DASS) tentang tingkat stres dan pengukuran tekanan darah dengan *stethoscope* dan *sphygmomanometer*. Data dianalisis dengan menggunakan uji *Chi Square*.

Hasil

Hasil penelitian dengan uji *Chi Square* menunjukkan bahwa stres dengan tekanan darah sistol ($\chi^2= 0,584$; $p\text{-value} > 0,05$) dan diastol ($\chi^2=0,905$; $p\text{-value} 0,05$).

Kesimpulan

Penelitian tersebut menunjukkan bahwa tidak ada hubungan antara tingkat stres dengan kejadian hipertensi pada petani tembakau yang mengalami gagal panen dikarenakan sebagian petani hanya menanam sebagian lahan sehingga beban kerja tidak meningkat. Prehipertensi pada petani harus selalu dimonitor dengan baik untuk meningkatkan status kesehatan.

Kata kunci

Stres; Hipertensi; Petani; Pertanian

Abstract #50

The Efficacy of Quran Recitation Therapy for Chronic Disease Patients: A Systematic Review

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Background

Chronic disease patients require to adapt and should find new coping strategies for maintaining a functional life. Spirituality is considered as a very useful coping for many patients with chronic diseases. One of the spiritual therapies in Islamic medicine that has been scientifically proven to improve mental and physical health is the Quran recitation therapy. The aim of this study was to review the literature regarding the efficacy of Quran recitation therapy for patients with chronic diseases.

Methods

A comprehensive search was conducted in databases through Google scholar, PubMed, and Science direct used search term Quran recitation therapy, spirituality, chronic disease, depression, cancer, and hemodialysis. Inclusion criteria were articles in English and full text over the period of 2008-2018.

Results

By examining the titles and abstracts, 9 articles that focused on chronic diseases were extracted. After reading the full texts, 2 articles were skipped because not completely published anywhere. Finally, 7 relevant articles were chosen for systematic review.

Conclusions

Quran recitation therapy had positive effect on both psychological and physiological aspect among chronic disease patients. Quran recitation therapy could reduce depression symptoms and anxiety, increase the spiritual well-being, lead to more life expentancy, and improve quality of life in cancer and hemodialysis patients. Quran recitation therapy in combination with physical therapy improved physical condition of hemodialysis patients. The larger portion of the Quran memorization were less likely to have one of chronic diseases (hypertension, diabetes, and depression).

Keywords

Efficacy; Quran Recitation Therapy; Chronic Disease Patients

Abstrak

Efektivitas Terapi Bacaan Quran untuk Pasien dengan Penyakit Kronis: Review Sistematis

Latar belakang

Pasien penyakit kronis membutuhkan adaptasi dan harus menemukan strategi koping baru untuk mempertahankan hidup yang fungsional. Spiritualitas merupakan koping yang sangat bermanfaat untuk banyak pasien dengan penyakit kronis. Salah satu terapi spiritual dalam pengobatan Islam yang telah dibuktikan secara ilmiah dapat meningkatkan kesehatan mental dan fisik adalah terapi bacaan Quran. Tujuan dari studi ini adalah untuk mereview literatur tentang efektivitas terapi bacaan Quran untuk pasien dengan penyakit kronis.

Metode

Pencarian komprehensif dilakukan di Google scholar, PubMed, dan Science direct menggunakan kata kunci terapi bacaan Quran, spiritualitas, penyakit kronis, depresi, kanker, dan hemodialisis. Kriteria inklusi yang digunakan yaitu artikel lengkap berbahasa Inggris dari 2008-2018.

Hasil

Dengan memeriksa judul dan abstrak, didapatkan 9 artikel yang berfokus pada penyakit kronis. Dengan membaca artikel lengkapnya, 2 artikel tidak dimasukkan karena tidak terpublikasi lengkap. Tujuh artikel yang relevan dipilih untuk review sistematis.

Kesimpulan

Terapi bacaan Quran memiliki efek positif baik dari segi psikologis maupun fisiologis. Terapi bacaan Quran dapat menurunkan gejala depresi dan kecemasan, meningkatkan kesejahteraan spiritual, harapan hidup, dan kualitas hidup pada pasien dengan kanker dan hemodialisis. Terapi bacaan Quran dikombinasikan dengan terapi fisik meningkatkan status fisik pasien dengan hemodialisis. Semakin banyak jumlah hafalan bacaan Quran, cenderung menurunkan resiko terkena satu penyakit kronis (hipertensi, diabetes, dan depresi).

Kata kunci

Efektivitas; Terapi Bacaan Quran; Pasien Penyakit Kronis

Abstract #51

Homebased Exercise Training (Knee Exercise) to Increase Physical Performance of Elderly with Osteoarthritis di Kota Gresik

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Introduction

Osteoarthritis (OA) is a chronic disease that attacks the cartilage of joints and tissues with symptoms of pain, stiffness and function of the joints. Management of chronic diseases such as OA includes increased physical performance in the elderly. The purpose of this study was to examine the effects of Home Based Exercise Training (HBET) to physical performance.

Methods

This study used quasy experimental with one group pre-post test design approach. Data were collected from elderly with oateathritis in Puskesmas Alun-Alun Gresik. Respondent were recruited by using consequitive sampling technique, consisted of 26 respondents who met inclusion criteria. Respondent who were assigned to HBET group performed 3 weeks of knee exercise. Test Timed Up and Go (TUG) was used to assess physical performance.

Results

Paired t-test showed a significant result with $p < 0.0001$ for physical performance.

Conclusions

Elderly with Osteoarthritis who received HBET showed improvements in physical performance.

Keywords

Homebased Exercise Training; Knee Exercise; Physical Performance; Osteoarthritis

Abstrak

Home Based Exercise Training (Knee Exercise) untuk Meningkatkan Performa Fisik Lansia dengan Osteoarthritis di Kota Gresik

Latar Belakang

Osteoarthritis (OA) adalah penyakit kronis yang menyerang tulang rawan sendi dan jaringan dengan gejala nyeri, kekakuan dan fungsi sendi. Penatalaksanaan penyakit kronis seperti OA adalah peningkatan performa fisik pada lansia. Tujuan dari penelitian ini adalah untuk menguji pengaruh Home Based Exercise Training (HBET) terhadap performa fisik.

Methods

Penelitian ini menggunakan quasi experimental dengan pendekatan one group pre-post test design. Data dikumpulkan dari lansia dengan oateathritis di Puskesmas Alun-Alun Gresik. Responden direkrut dengan menggunakan teknik consecutive sampling, terdiri dari 26 responden yang memenuhi kriteria inklusi. Responden yang ditugaskan untuk kelompok HBET melakukan 3 minggu latihan lutut. Test Timed Up and Go (TUG) digunakan untuk menilai kinerja fisik.

Hasil

Paired t-test menunjukkan hasil yang signifikan dengan $p < 0,0001$ untuk performa fisik.

Kesimpulan

Lansia dengan osteoarthritis yang menerima HBET menunjukkan peningkatan performa fisik.

Kata kunci

Pelatihan Olahraga Berbasis Rumah; Latihan Lutut; Kinerja Fisik; Osteoarthritis

Abstract #52

The Relationship between Parenting Pattern and Adolescent Sexual Motivation in Senior High School, Jember Regency

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Introduction

Adolescence is defined as a transitional stage of development between childhood and adulthood that begins with puberty and ends with early adult period. Development of self-identity and self-concept is one of the main tasks of adolescence. Motivation could affect adolescent behavior so that they can build their own identity and self-concept. Family is one of the external factors that can affect motivation in adolescent.

Methods

The purpose of this study was to analyze the correlation between Parenting Pattern and Adolescent Sexual Motivation in Senior High School Jember. The type of this research was descriptive analytic using cross sectional approach. Sample of this research included 92 adolescents recruited using purposive sampling technique. Chi Square Test was applied for data analysis.

Results

The result of this research showed that most of parents tended to utilize democratic parenting style with about 50 respondents (54,3%), while tendency for applying authoritarian and permissive parenting patterns were 22 respondents (23,9%) and 20 respondents (21,7%) respectively. Dependent variable result showed 40 adolescents (43,5%) have moderate sexual motivation, while 27 adolescents (29,3%) have high sexual motivation and 25 (27,2%) have low sexual motivation. The data analytical by Chi Square Test (CI = 95%) and result showed p value 0,306(p value > α = 0,05). There was no correlation between parenting pattern and adolescent sexual motivation in senior high school Jember

Conclusion

There are several factors affect sexual motivation in adolescent such as hormonal factor, self-efficacy, and social control. Nurses should take essential roles to increase awareness regarding adolescent sexual health by providing appropriate health promotion.

Keywords

Parenting Pattern; Adolescent; Sexual Motivation

Abstrak

Hubungan antara Pola Asuh Orang tua dan Motivasi Seksual Remaja di SMA Negeri Jember

Latar Belakang

Masa remaja merupakan masa perubahan pada awal pubertas dan berakhir pada masa dewasa awal. Salah satu tugas utama remaja adalah pengembangan identitas diri dan konsep diri. Motivasi mempengaruhi perilaku remaja sehingga mereka dapat membangun identitas dan konsep diri sendiri. Salah satu faktor eksternal yang dapat mempengaruhi motivasi pada remaja adalah keluarga.

Metode

Penelitian ini bertujuan untuk menganalisis hubungan Pola Asuh dan Motivasi Seksual Remaja di SMA Negeri Jember. Jenis penelitian ini adalah deskriptif analitik dengan pendekatan cross sectional. Sampel penelitian adalah 92 remaja yang diambil menggunakan teknik purposive sampling. Data dianalisis dengan Chi Square Test.

Hasil

Hasil penelitian menunjukkan bahwa sebagian besar pola asuh adalah 50 (54,3%) kecenderungan pola asuh demokratis, sedangkan kecenderungan pola asuh otoriter adalah 22 (23,9%) dan kecenderungan pola asuh permisif adalah 20 (21,7%). Hasil analisis variabel dependen menunjukkan 40 remaja (43,5%) memiliki motivasi seksual sedang, sedangkan 27 remaja (29,3%) memiliki motivasi seksual tinggi dan 25 (27,2%) memiliki motivasi seksual rendah. Analisis data dengan Chi Square Test (CI = 95%) menunjukkan nilai $p = 0,306$ ($p \text{ value} > \alpha = 0,05$), yang artinya tidak ada hubungan antara pola asuh dengan motivasi seksual remaja di SMA Negeri Jember.

Kesimpulan

Ada beberapa faktor yang mempengaruhi motivasi seksual pada remaja seperti faktor hormonal, self-efficacy, dan kontrol sosial. Perawat mengambil peran untuk meningkatkan kesadaran terhadap kesehatan seksual remaja melalui promosi kesehatan.

Kata kunci

Motivasi Seksual; Pola Asuh; Remaja

Abstract #53

The Relationship Between Diabetes Self-Management and The Ability of Early Hypoglycemia Detection among Patients with Diabetes Mellitus Type 2 in Public Health Center area in Sumbersari Jember

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Introduction

Hypoglycemia is the most common acute complication experienced by patients with diabetes mellitus as an impact of side effects of oral anti-diabetic drugs, delays in consuming food and excessive physical activity. Patients who carry out self-management at home have not been able to detect early signs and symptoms of hypoglycemia and effective ways to deal with the problem. Some patients do not know where to start setting goals for self-management and experience difficulty to achieve the target of independent blood sugar control, thereby reducing motivation and capacity to manage diabetes. The aim of this study was to analyze the relationship between self-management of diabetes and the ability of early detection of hypoglycemia.

Methods

This study used a descriptive analytic design with a cross-sectional approach. The independent variable was the management of independent diabetes and the dependent variable was the ability of early detection of hypoglycemia. A total of 78 respondents were obtained using a simple random sampling with lottery technique. Data collection used Diabetes Self-Management Questionnaire (DSMQ) and

Knowledge, Attitude, Practice Questionnaire (KAPQ) instruments for measuring Diabetes Independent management and the ability of hypoglycemia early detection respectively.

Results

Spearman-rank statistical tests showed a p-value of 0.532 ($p > 0.05$) which means there is no correlation between independent diabetes management and the ability to detect early hypoglycemia in patients with diabetes mellitus.

Conclusion

It is identified that good self-management of diabetes does not guarantee the patient could be able to detect early hypoglycemia attacks so that the results of this study are expected to be an important consideration in providing education among patients with diabetes mellitus.

Keywords

Self-Management; Early Detection; Hypoglycemia; Diabetes Mellitus

Abstrak

Hubungan antara Pengelolaan Diabetes Mandiri dengan Kemampuan Deteksi Dini Hipoglikemia pada Pasien DM Tipe 2 di Wilayah Puskesmas Sumpster, Jember

Latar Belakang

Hipoglikemia merupakan komplikasi akut paling umum yang dialami pasien diabetes melitus sebagai dampak efek samping obat anti diabetes oral, keterlambatan mengkonsumsi makanan serta aktivitas fisik yang berlebihan. Pasien yang melaksanakan pengelolaan mandiri di rumah, belum mampu mendeteksi tanda dan gejala dini hipoglikemia serta cara efektif untuk menangani masalah tersebut. Beberapa pasien tidak tahu harus memulai dari mana menetapkan tujuan pengelolaan mandiri, kesulitan mencapai target kontrol gula darah mandiri sehingga menurunkan motivasi dan kapasitas untuk mengelola diabetes. Penelitian ini bertujuan menganalisis hubungan antara pengelolaan diabetes mandiri dengan kemampuan deteksi dini hipoglikemia pada pasien DM tipe 2.

Metode

Penelitian ini menggunakan desain deskriptif analitik dengan pendekatan cross-sectional. Variabel bebas adalah pengelolaan diabetes mandiri dan variabel terikat adalah kemampuan deteksi dini hipoglikemia. Sebanyak 78 diperoleh dari teknik *simple random sampling* dengan *lottery-technique*. Pengumpulan data menggunakan instrumen *Diabetes self-management Questionnaire* (DSMQ) untuk pengelolaan diabetes mandiri dan *Knowledge, Attitude, Practice Questionnaire* (KAPQ) untuk kemampuan deteksi dini hipoglikemia.

Hasil

Uji statistik *spearman-rank* menunjukkan p-value 0,532 ($p > 0,05$) yang berarti tidak ada korelasi antara pengelolaan diabetes mandiri dengan kemampuan deteksi dini hipoglikemia pasien diabetes melitus.

Kesimpulan

Pengelolaan diabetes mandiri yang baik tidak menjamin pasien mampu mendeteksi dini serangan hipoglikemia sehingga hasil penelitian ini diharapkan menjadi pertimbangan penting dalam memberikan edukasi pasien diabetes melitus.

Kata kunci

Manajemen diri; deteksi dini; hipoglikemia; Diabetes Mellitus

Abstract #54

Hemoglobin Levels and Activity Daily Living of Chronic Kidney Disease Patients undergoing Regular Hemodialysis

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Introduction

Chronic kidney disease (CKD) is a condition of kidney damage for 3 months or more with or without decrease of GFR level that can cause irreversible and progressive degradation of kidney function that needs substitute kidney therapy, in the form of dialysis or kidney transplantation. Hemodialysis is a substitutional therapy for a kidney. The decrease of hemoglobin (Hb) level can cause the disorder of fulfillment of patient's Activity Daily Living (ADL) which is considered as one of the complications of CKD.

Methods

The research design was observational analytic with cross-sectional approach involving 30 respondents as samples recruited using purposive sampling technique. For measuring Hb level and patient's ADL capability, the Hb CELLTAC α measuring and Katz observational index were applied respectively. Data were analyzed using Spearman rank correlation with significance level 0,05.

Results

Means of respondents' Hb level was 6,0 gr/dl and most of respondents had moderate dependence level (40%). Statistic test result showed that there was a relation between Hb level and ADL of CKD patients underwent regular Hemodialysis At Jember Klinik Hospital District Jember with p-value = 0,043 ($p < 0,05$), weak correlation strength (0,373) and positive correlation direction.

Conclusion

It is important to apply modified therapy for increasing Hb level of patient with CKD. In addition, arranging rehabilitation therapy program is essential to be implemented among CKD patient undergoing regular hemodialysis especially when patients experience ADL fulfillment disorder.

Keywords

ADL; Chronic Kidney Disease; Hb Level; Regular Hemodialysis

Abstrak

Kadar Hemoglobin (Hb) dan Activity Daily Living (ADL) pada Pasien Penyakit Ginjal Kronis yang Menjalani Hemodialisis Reguler

Latar Belakang

Penyakit ginjal kronis adalah kondisi kerusakan ginjal selama 3 bulan atau lebih dengan atau tanpa penurunan tingkat GFR yang dapat menyebabkan degradasi fungsi ginjal yang tidak dapat diperbaiki dan progresif yang membutuhkan terapi ginjal pengganti, dalam bentuk dialisis atau transplantasi ginjal. Hemodialisis adalah terapi substitusi untuk ginjal. Penurunan kadar hemoglobin (Hb) dapat menyebabkan gangguan pemenuhan Activity Daily Living (ADL) pasien adalah salah satu komplikasi dari penyakit ginjal kronis.

Metode

Desain penelitian observasional analitik dengan pendekatan cross-sectional menggunakan 30 responden sebagai sampel dengan teknik purposive sampling. Hb CELLTAC α mengukur tingkat instrumen digunakan sebagai instrumen untuk tingkat HB dan indeks pengamatan Katz digunakan sebagai instrumen untuk pasien ADL. Teknik analisis data menggunakan korelasi rank Spearman dengan tingkat signifikansi 0,05.

Hasil

Cara tingkat Hb responden adalah 6,0 gr/dl dan sebagian besar responden ADL pada tingkat ketergantungan sedang (40%). Hasil uji statistik menunjukkan ada hubungan antara kadar Hb dengan pasien ADL penyakit ginjal kronis yang menjalani hemodialisis reguler di Rumah Sakit Jember Klinik Kabupaten Jember dengan p-value = 0,043 ($p < 0,05$), yang memiliki kekuatan korelasi lemah (0,373) dan arah korelasi positif.

Kesimpulan

Terapi termodifikasi sangat dibutuhkan untuk meningkatkan kadar Hb pasien dengan CKD. Selain itu, program terapi rehabilitasi merupakan hal yang penting untuk diterapkan pada pasien penyakit ginjal kronis yang menjalani hemodialisis reguler terutama ketika pasien mengalami gangguan pemenuhan ADL.

Kata Kunci

ADL; Chronic Kidney Disease; Hb Level; Regular Hemodialysis

Abstract #55

Resilience and Psychological Well Being among Head of Families with Cataract

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Introduction

Cataract is the condition on eye lens becomes cloudy and decreased vision. Cataracts can trigger stressors on head of families causing psychological problems lead to psychological well-being disorder. The Disorders occur due to a lack of resilience capability. The study aimed to identify the correlation between resilience and psychological well-being among head of families with cataract in Public Health Center of Tempurejo Jember.

Methods

The study was a descriptive correlation with a cross-sectional design involving 84 respondents recruited using purposive sampling technique. The data were analyzed using Spearman correlation test with significance level 0,05.

Results

The finding showed resilience among head of families with cataracts had a median value of 34.00 while Psychological Well-Being had a median value of 47.00. There was a significant relationship between the level of resilience and psychological well-being among head of families with cataract (p value = 0.001, $r = 0.737$).

Conclusion

The Resilience has correlation with Psychological Well Being among head of Families with Cataract. It is considered that head of families with cataracts should improve resilience toward psychological well-being disorders.

Keywords

Cataract; Head of a Family; Psychological Well-Being; Resilience

Abstrak

Resiliensi dan *Psychological well-being* pada Kepala Keluarga dengan Katarak

Latar Belakang

Katarak adalah kondisi pada lensa mata menjadi keruh dan penglihatan menurun. Katarak dapat memicu stressor pada kepala keluarga yang menyebabkan masalah psikologis yaitu gangguan *psychological well-being*. Gangguan *psychological well-being* karena kurangnya kemampuan resiliensi. Tujuan penelitian untuk mengetahui korelasi antara resiliensi terhadap *psychological well-being* kepada kepala keluarga dengan katarak di Area Puskesmas Tempurejo Jember.

Metode

Jenis penelitian deskriptif korelasi dengan desain cross-sectional yang terdiri dari 84 responden dengan menggunakan teknik *purposive sampling*. Analisis data yang digunakan adalah uji korelasi Spearman dengan tingkat signifikansi 0,05.

Hasil

Menunjukkan resiliensi kepala keluarga dengan katarak memiliki nilai median 34,00 dan *psychological well-being* memiliki nilai median 47,00. Terdapat hubungan yang signifikan antara resiliensi terhadap *psychological well-being* untuk kepala keluarga dengan katarak (nilai $p = 0,001$, $r = 0,737$).

Kesimpulan

Resiliensi memiliki korelasi dengan *psychological well-being* untuk kepala keluarga dengan katarak. Kepala keluarga dengan katarak harus meningkatkan resiliensi terhadap gangguan *psychological well-being*.

Kata Kunci

Katarak; Kepala Keluarga; *Psychological Well-Being*; Resiliensi

Abstract #56

Eligibility of Geriatric Depression Scale (GDS) as Valid and Reliable Instrument for Screening and Diagnosing Depression Elderly: A Systematic Review

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Introduction

Elderly as the final stage of the human life cycle is often tinged with living conditions incompatible with life expectancy, this can lead to depression elderly. Depression is a mental illness that often occurs in the elderly but it is difficult to identify. Geriatric Depression Scale (GDS) is an instrument that is used to diagnose depression elderly. GDS has the questions short and clear making it possible to apply to the elderly. However, GDS needs to be studied further, whether GDS can still be maintained for validity and reliability to date. This systematic review aimed to identify the GDS as a valid instrument and reliable for screening and diagnosing depression elderly.

Methods

Systematic review was conducted through systematic and sequential stages of identifying literature on scientific articles published between the years of 2008-2017 in international databases such as Medline, Pubmed and Pyscinfo. The Selection process was carried out using PRISMA flow-diagram and JBI critical appraisal tool. It included 6 relevant articles to be analyzed and synthesized for this systematic review.

Results

Geriatric Depression Scale (GDS) can be used properly as instruments for screening and diagnosing depression among elderly with 92.23% sensitivity and 95.24% specificity

Conclusion

It has been empirically proven that Geriatric Depression Scale (GDS) is a valid and reliable tool used until current days as an instrument for screening and diagnosing depression in elderly.

Keywords

Geriatric Depression Scale; Instrument; Elderly

Abstrak

Sistematik Review: Eligibitas Geriatric Depression Scale (GDS) sebagai Instrumen Valid dan Realibel untuk Skrining dan Diagnosis Depresi Lanjut Usia

Latar Belakang

Lanjut usia sebagai tahap akhir dari siklus kehidupan manusia sering diwarnai dengan kondisi hidup yang tidak sesuai dengan harapan hidup, hal ini dapat menyebabkan depresi lanjut usia. Depresi merupakan penyakit mental yang sering terjadi pada lanjut usia tetapi sulit diidentifikasi. Geriatric Depression Scale (GDS) merupakan instrumen yang mudah digunakan untuk mendiagnosis depresi lanjut usia. GDS memiliki pertanyaan-pertanyaan yang singkat dan jelas sehingga memungkinkan untuk diterapkan pada lanjut usia. Namun demikian, GDS perlu dikaji lebih lanjut, apakah GDS masih dapat dipertahankan validitas dan reliabilitasnya sampai saat ini. Sistematik review ini bertujuan untuk mengidentifikasi GDS sebagai instrumen valid dan realibel untuk skrining dan diagnosis depresi lanjut usia.

Metode

Sistematik review ini disusun melalui tahapan sistematis dan berurutan yaitu mengidentifikasi literatur pada artikel ilmiah yang telah dipublikasikan antara tahun 2008-2017 di database internasional seperti Medline, Pubmed dan Pscinfo. Seleksi dilakukan dengan PRISMA flow-diagram dan dilakukan critical appraisal dengan JBI tool. Setelah diperoleh 6 artikel yang relevan untuk dianalisis menjadi sistematik review.

Hasil

Geriatric Depression Scale (GDS) dapat digunakan dengan baik sebagai instrumen skrining dan diagnosis depresi lanjut usia dengan nilai sensitivitas 92,23% dan spesifisitas 95,24%.

Kesimpulan

Telah terbukti secara empiris Geriatric Depression Scale (GDS) valid dan realibel sampai saat ini digunakan sebagai instrumen skrining dan diagnosis depresi lanjut usia.

Kata kunci

Geriatric Depression Scale; Instrumen; Lansia

Abstract #57

Parents' Role in Speech Therapy and The Speech Ability of Children with Autism in St. Maria Assumpta Catholic Elementary School and Naimata Autism Center Kupang

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Introduction

Autism is a developmental disorder which affects the communication and the social interaction. This disorder becomes a big problem for the children and their parents. Many parents of children with autism are likely to have only the therapist to accompany their children, instead of being there too to accompany their children during the therapy. Whereas, the parents' role during speech therapy determine the speech ability of the children with autism.

Method

This research used analytic research design with cross sectional approach. The sample was chosen using total sampling technique and obtained 35 respondents. The data were collected by using questionnaire and observation sheet, then analyzed by applying Spearman test.

Result

The research result showed $p\text{-value} = 0,002$. Correlation coefficient proved 0,511 with positive direction. It meant that there was a relationship between the role of parents in speech therapy and the speech ability in children with autism.

Conclusion

By understanding the relationship between parents' role in a speech therapy and the speech ability of children with autism, it was suggested that parents should accompany their children during speech therapy and actively involve for increasing the speech ability of children with autism.

Keywords

Parents' Role; Speech Therapy; Speech Ability; Autism

Abstrak

Peran Orang Tua pada Terapi Wicara dan Kemampuan Bicara Anak Autis di Sekolah Dasar Katolik Sta. Maria Assumpta dan Pusat Layanan Autis Naimata Kota Kupang.

Latar belakang

Autis merupakan gangguan perkembangan yang mempengaruhi komunikasi dan interaksi sosial. Gangguan ini menjadi persoalan besar bagi anak dan orang tuanya. Banyak orang tua yang memiliki anak autis lebih sering menitipkan anaknya pada terapis daripada mendampingi anaknya saat melakukan terapi. Padahal peran orang tua saat terapi wicara sangat menentukan kemampuan bicara anak autis.

Metode

Penelitian ini menggunakan desain penelitian analitik dengan pendekatan *cross sectional*. Sampel dipilih dengan menggunakan teknik total sampling dan didapatkan 35 responden. Data dikumpulkan dengan menggunakan kuesioner dan lembar observasi kemudian dilakukan analisis uji Spearmen.

Hasil

Hasil penelitian menunjukkan $p\text{-value} = 0,002$. Koefisien korelasi 0,511 dengan arah positif. Artinya terdapat hubungan antara peran orang tua pada terapi wicara dengan kemampuan bicara pada anak autis, dengan kekuatan hubungan sedang. Semakin baik peran orang tua pada terapi wicara maka semakin baik pula kemampuan bicara anak autis.

Kesimpulan

Dengan diketahuinya hubungan antara peran orang tua pada terapi wicara dengan kemampuan bicara pada anak autis di SDK St. Maria Asumpta dan Pusat Layanan Autis Kupang maka disarankan kepada orang tua untuk terus menemani anaknya saat terapi wicara serta berperan aktif demi meningkatkan kemampuan bicara anak.

Kata kunci

Peran Orang Tua; Terapi Wicara; Kemampuan Bicara; Autis

Abstract #58

Self Acceptance and Stress in Patient with Chronic Kidney Disease Undergoing Hemodialysis in dr. Soepraoen Army Hospital Malang

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Introduction

Chronic Renal Disease (CKD) is one of the most chronic diseases suffered by people in Indonesia. CKD is irreversible and progressive kidney damage which disrupts metabolic and electrolyte balance. Biological disturbance in patients with CKD has significant impacts on psychological, social, and spiritual aspects considering humans are holistic beings. Self-acceptance is an important aspect in patients with CKD as an adaptive coping strategy to cope with stress that occurs during hemodialysis. The purpose of this study was to determine the relationship between self-acceptance and stress in patient with CKD undergoing hemodialysis in dr. Soepraoen Army Hospital Malang.

Methods

This study used cross-sectional design conducted on 15 patients with CKD undergoing hemodialysis using incidental sampling techniques. Data were collected using Unconditional Self-Acceptance Questionnaire (USAQ) and stress items from Depression, Anxiety, and Stress Scale-21 (DASS21). Spearman Rank test was used to analyze the relationship between variables.

Results

The results showed the correlation value (ρ) of -0.901 with a significance value of 0,000 ($\alpha < 0.05$). This indicated that there as a significant relationship between self-acceptance and stress in patients with CKD undergoing hemodialysis.

Conclusions

This study shows that the better self-acceptance, the lower impact on stress level in patients with CKD undergoing hemodialysis. Further research is needed to analyze factors related to self-acceptance in similar population.

Keywords

Self-Acceptance; Stress; Chronic Kidney Disease

Abstrak

Penerimaan diri dan Stres Pasien Gagal Ginjal Kronis yang Menjalani Hemodialisis di Rumah Sakit Tentara dr. Soepraoen Malang

Latar Belakang

Gagal ginjal kronis (GGK) adalah salah satu penyakit kronis yang banyak di derita oleh masyarakat di Indonesia. GGK merupakan kerusakan ginjal yang *irreversible* dan progresif, yang mengganggu keseimbangan metabolik dan elektrolit. Gangguan biologis pada pasien GGK akan berdampak pada aspek psikologis, sosial, dan spiritual mengingat manusia adalah makhluk yang holistik. Penerimaan diri adalah aspek penting pada pasien GGK sebagai strategi koping yang adaptif. Strategi koping adaptif diperlukan untuk mengatasi stres yang terjadi selama hemodialisis. Tujuan penelitian ini adalah untuk mengetahui hubungan antara penerimaan diri dan stres pasien gagal ginjal kronis yang menjalani hemodialisis di Rumah Sakit Tentara dr. Soepraoen Malang

Metode

Penelitian ini menggunakan desain cross-sectional yang dilakukan pada 15 orang pasien GGK yang menjalani hemodialisis dengan menggunakan teknik insidental sampling. Data dikumpulkan dengan menggunakan *Unconditional Self-Acceptance Questionnaire* (USAQ) dan stres item dari *Depression, Anxiety, and Stress Scale-21* (DASS21). Uji Spearman Rank digunakan untuk menganalisis hubungan kedua variabel.

Hasil

Hasil penelitian menunjukkan nilai korelasi (ρ) sebesar -0,901 dengan nilai signifikansi sebesar 0,000 ($\alpha < 0,05$). Hal tersebut menunjukkan adanya hubungan yang signifikan antara penerimaan diri dengan stres pada pasien GGK yang menjalani hemodialisis.

Kesimpulan

Penelitian ini menunjukkan bahwa semakin baik penerimaan diri berdampak pada rendahnya stres pasien GGK yang menjalani hemodialisis. Penelitian selanjutnya diperlukan untuk menganalisis faktor yang berhubungan penerimaan diri dan sampel yang lebih besar pada populasi yang sama.

Kata kunci

Penerimaan Diri; Stress; Gagal Ginjal Kronis

Abstract #59

Systematic Review: Effectiveness of GAP (Glasgow Coma Scale, Age and Systolic Blood Pressure) and MGAP (Mechanism, Glasgow Coma Scale, Age, and Arterial Pressure) as an Outcome Predictor of Trauma Patient In Emergency Department

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Introduction

The difference between GAP and MGAP is that GAP does not have an injury mechanism parameter. The purpose is to identify the effectiveness of GAP and MGAP in predicting the outcome of trauma patient in emergency department.

Methods

This study collected articles in the years 2011-2015 from Proquest, ScienceDirect, Google Scholar and Pubmed databases, using the keyword "GAP", "MGAP", "Outcome Emergency Patient".

Results

The final selection obtained 6 articles which were finally included in a systematic review with a total sample of $\pm 121,401$. Prediction of short-term (24-hour) and long-term (4 weeks) mortality from MGAP (0.970-0.938), GAP (0.910 -0.904) strength predicting mortality in all trauma assessment systems ($p < 0.001$). The results of subsequent studies between three groups of patients with mortality rates were 75.2%, 9.5% and 0.1% ($P < 0.0001$). Then another study for MGAP and GAP obtained the results of group mortality rates at low risk for MGAP and GAP, respectively 1.3%, and 1.4% ($p = 1,000$). The medium risk groups in MGAP and GAP were 32.1%, and 36.3% ($p = 0.841$). The high risk groups in MGAP and GAP was 72.2%, and 85.7% ($p = 0.782$) for each.

Conclusion

GAP and MGAP can be recommended as trauma scores that are effective in predicting the outcome of trauma patients.

Keywords

GAP; MGAP; Outcome Predictor; Trauma Patient; Emergency

Abstrak

Systematic Review: Efektifitas *Glascow Coma Scale, Age, and Systolic Blood Pressure (GAP)* dan *Mechanism, Glascow Coma Scale, Age, And Arterial Pressure (MGAP)* sebagai Prediktor Outcome Pada Pasien Trauma Di Unit Gawat Darurat

Latar Belakang

Perbedaannya diantara keduanya adalah GAP tidak memiliki parameter mekanisme cedera. Tujuan studi ini adalah mengetahui efektivitas GAP dan MGAP dalam memprediksi hasil akhir pasien trauma di unit gawat darurat.

Metode

Studi ini mengumpulkan artikel di tahun 2011-2015 dari Proquest, ScienceDirect, Google Scholar dan Pubmed databases, menggunakan kata kunci "GAP", "MGAP", "Outcome Emergency Patient".

Hasil

Seleksi akhir diperoleh 6 artikel yang akhirnya dimasukkan dalam tinjauan sistematis dengan total sampel ± 121.401 . Prediksi mortalitas jangka pendek (24 jam) dan jangka panjang (4 minggu) dari MGAP (0.970-0.938), GAP (0.910 -0.904) kekuatan memprediksi kematian pada semua sistem penilaian trauma ($p < 0.001$). Hasil penelitian berikutnya antara tiga kelompok pasien dengan tingkat kematian adalah 75,2%, 9,5% dan 0,1% ($P < 0,0001$). Kemudian studi lain untuk MGAP dan GAP memperoleh hasil tingkat kematian kelompok pada risiko rendah untuk MGAP dan GAP, masing-masing 1,3%, dan 1,4% ($p = 1.000$). Kelompok risiko menengah di MGAP dan GAP adalah 32,1%, dan 36,3% ($p = 0,841$). Kelompok risiko tinggi di MGAP dan GAP adalah 72,2%, dan 85,7% ($p = 0,782$) untuk masing-masing.

Kesimpulan

GAP dan MGAP dapat direkomendasikan sebagai skor trauma yang efektif dalam memprediksi outcome pasien trauma.

Kata kunci

GAP; MGAP; *Outcome Predictor*; Pasien Trauma; Kegawatan

Abstract #60

Correlation between Emotional Quotient and Interpersonal Relationship among First Level Students in Stikes Hang Buah Surabaya

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Introduction

Emotional quotient is predicted has a correlation with interpersonal relationship among first level student at STIKES Hang Buah Surabaya. Emotional quotient is an ability to know, to use emotion effectively, and to develop interpersonal relationship. Research purpose was to identify the correlation of emotional quotient toward interpersonal relationship.

Methods

This research used a correlative descriptive with cross sectional approach design. Population were 207 first level students, sample was chosen by stratified random sampling technique resulting in 137 students involved as respondents. Variables included independent variable (emotional quotient) and dependent variable (interpersonal relationship). Instruments used in this study were emotional questionnaire by Davis and interpersonal relationship questionnaire. Data of research were analyzed by using Spearman Rho test.

Results

The result of this research, showed that from 137 respondents, a half of students had good emotional quotient and interpersonal relationship. The result of Spearman Rho statistic test was $\rho = 0,001$, on the value probability ($\rho = 0,001 \leq 0,05$), so that the H_0 is rejected. It meant that there was a significant correlation between emotional quotient and interpersonal relationship among first level student in STIKES Hang Buah Surabaya.

Conclusions

It is indicated that emotional quotient among first level students should be increased as important factor for developing students' interpersonal relationship and confidence.

Keywords

Emotional Quotient; Interpersonal Relationship; Adolescent; Students

Abstrak

Hubungan Kecerdasan Emosional dan Hubungan Interpersonal pada Mahasiswa Tingkat 1 di Stikes Hang Tuah Surabaya

Latar belakang

Kecerdasan emosional berkaitan dengan hubungan interpersonal pada mahasiswa tingkat 1 STIKES Hang Tuah Surabaya. Kecerdasan emosional merupakan kemampuan menggunakan emosi secara efektif, membina hubungan interpersonal yang baik dengan orang lain. Penelitian ini bertujuan guna mengetahui hubungan kecerdasan emosional dengan hubungan interpersonal.

Metode

Desain yang digunakan adalah deskriptif korelasi dengan pendekatan *crosssectional*. Populasinya adalah 207 mahasiswa tingkat 1, sampel dipilih dengan teknik *Stratified random sampling* sebanyak 137 responden, variabel dalam penelitian adalah variabel *independen* yaitu kecerdasan emosional, variabel *dependen* yaitu hubungan interpersonal. Data penelitian diambil dengan menggunakan kuesioner, dan uji statistik *Spearman Rho*.

Hasil

Hasil penelitian menunjukkan dari 137 responden sebagian besar memiliki kecerdasan emosional dan hubungan interpersonal yang baik. Hasil uji statistik *Spearman Rho* didapatkan hasil $\rho = 0,001$, pada nilai probabilitas ($\rho = 0,001 \leq 0,05$) maka H_0 ditolak yang berarti terdapat hubungan antara kecerdasan emosional dengan hubungan interpersonal mahasiswa tingkat 1 di STIKES Hang Tuah Surabaya.

Kesimpulan

Implikasi dari penelitian ini adalah peningkatan kecerdasan emosional pada setiap mahasiswa diperlukan untuk mengembangkan hubungan interpersonal yang baik serta untuk meningkatkan kepercayaan diri.

Kata kunci

Kecerdasan Emosional; Hubungan Interpersonal; Remaja; Mahasiswa

Abstract #61

The Effect of Education Low-Salt Diet on Increased of Knowledge among Hypertensive Patients in Cardiac Clinic in Saiful Anwar Hospital Malang

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Introduction

Hypertension is an extraordinary global challenge and becomes the third ranks of death's cause annually. Low-salt diet is one of the non-pharmacological management for hypertensive patients. Knowledge about low salt diet could greatly affect the formation of person's opinion and belief regarding health. Health education provided by health professional could lead to behavior change regarding low-salt diet consumption. The objective of this research was to examine the effect of low-salt diet education on the increase of knowledge among hypertensive patient for managing their condition.

Methods

This study was a prospective non-experimental approach with pretest and posttest. Sixty respondents were obtained using purposive sampling technique among all outpatient hypertensive patients who visited Cardiac Clinic Saiful Anwar Hospital Malang. The data were collected by using low-salt diet education checklist and questionnaires in terms of low-salt diet. The data were analyzed using statistical t-test.

Results

The findings showed that there was a significant influence of low-salt diet education on the increase of knowledge, the statistical test result was $p < 0.05$ ($0.000 < 0.05$), it meant that there was a significant difference between pretest-posttest low-salt diet knowledge.

Conclusions

This study is valuable providing comprehensive understanding related to effect of low-salt diet education on increased knowledge of hypertensive patient in Cardiac Clinic Saiful Anwar Hospital Malang. Based on the research result, it can be suggested for health professional to conduct a regular monitoring on the implementation of a low salt diet. It is essential in order to balance both

pharmacological and non-pharmacological therapeutic treatment for better patient outcome.

Keywords

Education; Knowledge; Low Salt Diet; Hypertension

Abstrak

Pengaruh Edukasi Diet Rendah Garam Terhadap Peningkatan Pengetahuan Pasien Hipertensi di Poliklinik Jantung Rumah Sakit Saiful Anwar Malang

Latar Belakang

Hipertensi menjadi sebuah tantangan global yang luar biasa dan menempati peringkat ketiga sebagai penyebab kematian setiap tahunnya. Diet rendah garam merupakan salah satu penatalaksanaan non farmakologi pada pasien hipertensi. Pengetahuan tentang diet rendah garam yang diperoleh dari tenaga kesehatan akan berpengaruh besar terhadap pembentukan opini dan kepercayaan seseorang tentang kesehatan. Edukasi dari tenaga kesehatan akan dapat menghasilkan perubahan perilaku diet rendah garam. Tujuan umum dari penelitian ini adalah untuk mengetahui pengaruh edukasi diet rendah garam terhadap peningkatan pengetahuan pasien hipertensi dalam mengontrol hipertensi.

Metode

Rancangan penelitian ini adalah non eksperimental dengan pendekatan prospektif. 60 responden diambil secara *purposive sampling* diantara seluruh pasien hipertensi rawat jalan yang mengunjungi Poliklinik Jantung RSSA Malang. Pengambilan data menggunakan checklist edukasi diet rendah garam dan kuesioner terkait pengetahuan diet rendah garam. Analisis data menggunakan uji statistik t-test.

Hasil

Hasil penelitian menunjukkan bahwa ada pengaruh edukasi diet rendah garam dengan pengetahuan, ditandai dengan hasil statistik $p < 0.05$ ($0.000 < 0.05$), artinya terdapat perbedaan yang signifikan antara hasil pengetahuan diet rendah garam *pretest-posttest*.

Kesimpulan

Penelitian ini bermanfaat untuk memberikan pemahaman yang komprehensif terkait dengan pengaruh pendidikan diet rendah garam terhadap peningkatan pengetahuan pasien hipertensi di poliklinik jantung Rumah Sakit Saiful Anwar Malang. Berdasarkan hasil penelitian ini, dapat disarankan bagi tenaga kesehatan untuk melakukan pemantauan pada penerapan diet rendah garam untuk menyeimbangkan terapi terapeutik klien antara farmakologis dan non-farmakologis.

Kata kunci

Edukasi; Pengetahuan; Diet Rendah Garam; Hipertensi

Abstract #62

Related Factors of Family Acceptance and Health Status of LGBT Teenagers: A Literature Review

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Introduction

Family relationships are known to be a primary context for teenager development, unfortunately only a small number of studies have emphasized on the role of parent-teenager relationships for lesbian, gay, bisexual and transgender (LGBT) teenagers. Family especially parents have a crucial role for increasing teenager's well-being but some studies addressing the family acceptance in LGBT teenager is miniscule. Literature also addressing the lack of family acceptance to be at risk for physical and emotional health of LGBT teenager.

Methods

This literature review was conducted by searching and analyzed all eligible studies with the span of time between 2008-2018. Eligible studies obtained from electronic database, such as ProQuest, EBSCO, and Science Direct. It emphasized on the articles investigating the related factors of family acceptance in LGBT teenager and the health status of LGBT teenagers. Searching process using keywords found 61 articles studies. From all articles studies that meet the criteria for inclusion were 8 articles. The selected studies contained of 6 original research and 2 review articles.

Results

There were eight literature analyzed. Some studies addressed that there was a relation between family acceptance and the health status of LGBT teenagers. Family acceptance was affected by influenced factors including family characteristics: ethnic group, immigrant people, religious and socio-economy low level.

Conclusion

LGBT is considered as one of chronic problems. Family acceptance is considered has significant association with positive teenager health. For reducing health disparities, it is important to provide nursing interventions that could promote family acceptance toward LGBT teenagers.

Keywords

Family Acceptance; Health Status; LGBT; Teenagers

Abstrak

Faktor-Faktor yang Mempengaruhi Penerimaan Keluarga terhadap Remaja LGBT dan Status Kesehatan Remaja LGBT: *Literature Review*

Latar belakang

Hubungan didalam keluarga menjadi konteks yang utama bagi perkembangan remaja, akan tetapi masih sedikit penelitian yang berfokus pada hubungan orang tua dan remaja terkait lesbian, gay, biseksual dan transgender (LGBT) pada remaja. Keluarga, terutama orang tua memiliki peran yang sangat penting dalam meningkatkan kesejahteraan remaja akan tetapi beberapa penelitian menyebutkan minimnya perhatian orang tua dan kurangnya dukungan keluarga terhadap remaja yang menjadi lesbian, gay, biseksual dan transgender (LGBT). Penelitian lain juga menyebutkan dampak dari kurangnya dukungan keluarga dapat menimbulkan resiko terhadap kesehatan fisik dan mental pada remaja LGBT.

Metode

Literature review ini disusun berdasarkan hasil pencarian dan analisis dari penelitian yang sesuai. Penelitian tersebut didapatkan dari database elektronik yaitu ProQuest, EBSCO, dan Science Direct. *Literature review* ini berfokus pada tinjauan artikel tentang faktor-faktor yang mempengaruhi penerimaan keluarga terhadap remaja LGBT, serta status kesehatan remaja LGBT. Didapatkan 61 artikel yang sesuai dengan kata kunci dan dari semua artikel tersebut terdapat 8 artikel yang memenuhi kriteria inklusi. Artikel tersebut terdiri atas 6 *original research* dan 2 artikel review.

Hasil

Analisis dilakukan pada 8 literatur. Beberapa penelitian menyebutkan ada hubungan antara penerimaan keluarga dengan status kesehatan remaja LGBT. Penerimaan keluarga dipengaruhi oleh karakteristik keluarga, sebagai contoh suku, kaum imigran, agama dan status sosio-ekonomi yang rendah.

Kesimpulan

LGBT merupakan salah satu masalah kronis. Penerimaan keluarga terhadap remaja LGBT memberikan dampak positif secara fisik dan psikis pada remaja tersebut. Untuk menurunkan masalah kesehatan diperlukan adanya intervensi keperawatan yang dapat meningkatkan penerimaan keluarga terhadap remaja LGBT.

Kata kunci

Penerimaan Keluarga; Status Kesehatan; LGBT; Remaja

Abstract #63

Factors Affecting Non-adherence of Therapeutic Regimen in Mental Disorder Patients: A Systematic Review

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Introduction

Mental disorder is a chronic disease requiring long-term treatment, so treatment should be carried out continuously to prevent recurrence. Although treatment for mental disorder patients is available, recurrence and remission events are common. This is due to non-adherence to treatment.

Methods

The systematic review was conducted based on literature search and analysis regarding factors that could affect non-adherence of treatment among mental disorder patients. Data were obtained based on literature searches from electronic databases and article reviews such as Pubmed, Science Direct and Proquest. Selection of articles was processed using the Prisma flow diagram.

Results

Six studies were obtained within the timeframe from 2013-2017 that have been analyzed. All of these studies were related to factors that affect non-adherence of mental patients in undergoing therapeutic regimens. Poor insight was identified as a reason for non-adherence in 83.3% (5/6) of studies, followed by medication side effects 66.7% (4/6), family support 66.7% (4/6), age 50% (3/6) and severity of disease 33,3 (2/6).

Conclusions

The influenced factors having significant effects on non-adherence behavior among mental disorders patients undergoing therapeutic regimens includes internal and external factors. However, there is no literature that significantly mentions the most influencing factors. Therefore, it is necessary to conduct further research to determine the most influenced factors of the occurrence of non-adherence.

Keywords

Non-adherence; Therapeutic Regimen; Mental Disorder Patients

Abstrak

Faktor yang Mempengaruhi Ketidakpatuhan Pasien Gangguan Mental dalam Menjalani Regimen Terapeutik: Tinjauan Sistematis

Latar Belakang

Gangguan mental adalah penyakit kronis yang membutuhkan pengobatan jangka panjang, sehingga perawatan harus dilakukan terus menerus untuk mencegah kekambuhan. Meskipun perawatan untuk pasien gangguan mental tersedia, kejadian pengulangan dan remisii sering terjadi. Hal ini karena terjadinya ketidakpatuhan terhadap pengobatan.

Metode

Tinjauan sistematis ini didasarkan pada pencarian literatur dan analisis yang menjelaskan faktor-faktor yang mempengaruhi ketidakpatuhan pasien gangguan mental dalam pengobatan. Data diperoleh berdasarkan penelusuran literatur dari basis data elektronik dan ulasan artikel seperti *Pubmed*, *Science Direct*, dan *Proquest*. Pemilihan artikel dalam penelitian ini menggunakan *Prisma flow diagram*.

Hasil

Enam penelitian diperoleh dalam rentang waktu dari 2013-2017 yang telah dianalisis. Semua penelitian ini terkait dengan faktor-faktor yang mempengaruhi ketidakpatuhan pasien mental dalam menjalani regimen terapeutik. Pengetahuan yang kurang diidentifikasi sebagai alasan utama ketidakpatuhan yaitu sebesar 83,3% (5/6) penelitian, diikuti oleh efek samping obat 66,7% (4/6), dukungan keluarga 66,7% (4/6), usia 50% (3/6) dan tingkat keparahan penyakit 33,3 (2/6).

Kesimpulan

Berdasarkan ulasan literatur, faktor-faktor yang mempengaruhi ketidakpatuhan pasien mental dalam menjalani regimen terapeutik adalah faktor internal dan eksternal. Tetapi tidak ada literatur yang secara signifikan menyebutkan faktor yang paling mempengaruhi, sehingga perlu dilakukan penelitian lebih lanjut untuk menentukan faktor yang paling mempengaruhi terjadinya ketidakpatuhan.

Kata kunci

Ketidakpatuhan; Regimen Terapeutik; Pasien Gangguan Mental

Abstract #64

Systematic Review: Modified Early Warning Score (MEWS) and National Early Warning Score (NEWS) as Predictors of Cardiac Arrest in Hospital

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Introduction

The difference between the MEWS and NEWS is the number of supervised physiological parameters and the type of physiological parameters used. The aim of the study was to determine the effectiveness of MEWS and the NEWS in predicting cardiac arrest in hospitals.

Methods

The study collected articles from 2008-2018 using the Proquest, ScienceDirect, Google Scholar and Pubmed databases, using the keyword "Modified Early Warning Score", "National Early Warning Score", and "in hospital cardiac arrest".

Result

The final selection obtained 6 articles finally included in a systematic review, with the number of samples \pm 64,588 people. Predictor of cardiac arrest MEWS in the two results (OR: 0.77, 95% CI: 0.60 - 0.97) and (OR: 1.39, 95% CI: 1.04 - 1.85). MEWS predicted patients to survive in hospital ($p < .002$), young age ($p < .005$), ventricular fibrillation ($p < .0001$), and ventricular tachycardia ($p < .0001$). In the NEWS predictor, the results of AUROC (95% CI) heart attack were 0.747 (0.685-0.759) and predicted cardiac arrest (OR 4.43, 95% CI 1.81-10.83). While NEWS combination with blood gas examination showed results (OR 1.18, $p = 0.01$ and OR 1.13, $p = 0.03$) compared to NEWS only (OR 1.46, $p < 0.01$).

Conclusion

MEWS and NEWS are effective measuring tools for predicting cardiac arrest in hospitals.

Keywords

MEWS; NEWS; Predictor; Cardiac Arrest

Abstrak

Systematic Review: Modified Early Warning Score (NEWS) dan National Early Warning Score (NEWS) Sebagai Prediktor Kejadian Henti Jantung Di Rumah Sakit

Latar Belakang

Perbedaan MEWS dan NEWS adalah jumlah parameter fisiologis yang diawasi dan jenis parameter fisiologis yang digunakan. Tujuan tinjauan sistematis ini untuk mengetahui keefektifan MEWS dan NEWS dalam memprediksi kejadian henti jantung di rumah sakit.

Metode

Kami mengumpulkan artikel dalam rentang tahun 2008-2018 dalam database Proquest, ScienceDirect, Google Scholar dan Pubmed, dengan menggunakan kata kunci “Modified Early Warning Score”, “National Early Warning Score”, “in hospital cardiac arrest”.

Hasil

Seleksi akhir didapatkan 6 artikel yang akhirnya dimasukkan ke dalam tinjauan sistematis, dengan jumlah sampel \pm 64.588 orang. Prediktor cardiac arrest MEWS pada dua hasil penelitian (OR: 0.77, 95% CI: 0.60 - 0.97) dan (OR: 1.39, 95% CI: 1.04 - 1.85). MEWS memprediksi pasien bertahan hidup di rumah sakit ($p < .002$), usia muda ($p < .005$), ventrikel fibrillation ($p < .0001$), ventrikel takikardia ($p < .0001$). Pada prediktor NEWS menunjukkan hasil nilai AUROC (95% CI) serangan jantung 0,747 (0,685-0,759) dan prediksi cardiac arrest (OR 4.43, 95% CI 1.81–10.83). sedangkan kombinasi NEWS dengan pemeriksaan gas darah menunjukkan hasil (OR 1.18, $p = 0.01$ dan OR 1.13, $p = 0.03$) dibandingkan hanya NEWS saja (OR 1.46, $p < 0.01$).

Kesimpulan

MEWS dan NEWS adalah alat ukur yang efektif untuk memprediksi kejadian henti jantung di rumah sakit.

Kata Kunci

MEWS; NEWS; Predictor; Henti Jantung

Abstract #65

Factors Affecting Response Time at Hospital Emergency Unit: A *Systematic Review*

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Introduction

Emergency Department is one of the most important units as it serves as the “main gate” of medical emergency services at hospitals. Data on patients admitted to hospital Emergency Units reached 4.402.205 which is 13,3% of the total hospital visits. Standard response time is ≤ 5 menit, in which it is affected by various factors. The systematic review was aimed to analyze factors affecting response time in hospital Emergency Units.

Methods

The systematic review was conducted by selecting journal published between 2008 and 2018 which were available in Google Scholar. Only Full Text articles were selected. The keywords were “Response Time, Emergency Department”. The inclusion criteria included factors affecting response time.

Results

Result of analysis showed that factors affecting response time were availability of facility (stretcher and medical equipment or medication), workload, and nursing skills.

Conclusion

There are several essential factors affecting response time. Problems with facility, workload and nurses’ skills could have solved by providing the facility needed so that Emergency nurses could be able to meet the standard of 5 minutes’ response time and provide high quality service to patients. Future studies should be conducted for investigating better solutions and alternatives on how to meet the response time standard.

Keywords

Response Time; Emergency; Factors; Affecting

Abstrak

Faktor-Faktor yang Mempengaruhi Waktu Tanggap Pasien di Instalasi Gawat Darurat: A *Systematic Review*

Latar Belakang

Instalasi Gawat Darurat (IGD) merupakan salah satu unit yang sangat penting dan menjadi gerbang utama penanganan kasus gawat darurat di rumah sakit. Data kunjungan pasien ke Instalasi Gawat Darurat di seluruh Indonesia mencapai 4.402.205 (13,3% dari total seluruh kunjungan). Waktu tanggap yang baik bagi pasien yaitu ≤ 5 menit. Waktu tanggap di pengaruhi oleh berbagai factor. Tujuan *systematic review* ini adalah untuk menganalisis faktor-faktor yang mempengaruhi waktu tanggap di Instalasi Gawat Darurat di Rumah Sakit.

Metode

Tinjauan sistematis dilakukan dengan memilih jurnal yang diterbitkan antara tahun 2008 dan 2018 yang tersedia di Google Scholar. Hanya artikel Full Text yang dipilih. Kata kunci adalah "Response Time, Emergency Department". Kriteria inklusi adalah faktor yang mempengaruhi waktu respon.

Hasil

Hasil pembahasan menunjukkan bahwa faktor yang mempengaruhi waktu tanggap adalah ketersediaan fasilitas (tandu dan peralatan medis atau obat-obatan), beban kerja, dan keterampilan keperawatan.

Kesimpulan

Terdapat beberapa factor utama yang mempengaruhi waktu tanggap. Masalah dengan fasilitas, beban kerja dan keterampilan perawat dapat diselesaikan dengan menyediakan fasilitas yang dibutuhkan sehingga perawat Unit Gawat Darurat dapat memenuhi standar waktu tanggap 5 menit dan memberikan layanan berkualitas kepada pasien. Hal ini dapat dilakukan dengan penelitian lebih lanjut untuk mengidentifikasi solusi dan alternatif terbaik terkait dengan cara menerapkan waktu tanggap.

Kata kunci

Waktu Tanggap; *Respon Time*; Gawat Darurat

Abstract #66

Anxiety and Depression in Multidrug Resistant Tuberculosis Patients (MDR-TB) Undergoing Treatment Process: A Systematic Review

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Introduction

Multi Drug Resistant Tuberculosis (MDR-TB) is one type of TB *bacilli* resistance to at least two of the first line of the most effective TB drugs, namely Isoniazid and Rifampicin. The MDR-TB case is a new challenge because it requires more complicated clinical management, difficulty in diagnosis, high rates of therapy failure and death, so that it can cause anxiety and depression in patients.

Methods

The method used was searching the Proquest and Google Scholar electronic databases by using the keywords anxiety, depression, and MDR-TB. The search results were selected using the inclusion criteria and analyzed by PRISMA (Preferred Reporting Items for Systematic Review and Meta-Analysis) flow diagrams.

Results

There were 15 quantitative research journal articles have been analyzed. It was found that the factors causing anxiety and depression in patients with MDR-TB were the initial diagnosis of MDR-TB, drug side effects, psychosocial burden experienced by patients, community stigma, health problems and socioeconomic status (poverty), presence of comorbidities, length of time the patient suffered from illness, problems with access to health facilities, and attitudes and behavior of health workers.

Conclusion

Intensive proactive communication is needed with clients, family and nurses to be able to strengthen treatment plans, make decisions easier, and helps reduce family burdens that are very important for client and family care satisfaction. Nurses also need to explain about MDR-TB and the treatment process so that patients have readiness to follow the treatment process.

Keywords

Anxiety; Depression; Multi Drug Resistant Tuberculosis; MDR-TB; Treatment

Abstrak

Kecemasan dan Depresi pada Pasien *Multi Drug Resisten Tuberculosis* (MDR-TB) dalam Menjalani Proses Pengobatan: *Systematic Review*

Latar belakang

Multi Drug Resistant Tuberculosis (MDR-TB) adalah salah satu jenis resistensi basil TB terhadap setidaknya dua obat anti tuberkulosis yang paling efektif (OAT) lini pertama yaitu Isoniazid dan Rifampisin. Kasus MDR-TB menjadi tantangan baru karena memerlukan penatalaksanaan klinis yang lebih rumit, sulitnya penegakan diagnosis, tingginya angka kegagalan terapi dan kematian, sehingga dapat menimbulkan kecemasan dan depresi pada pasien.

Metode

Metode yang digunakan adalah pencarian pada database elektronik Proquest dan Google Scholar dengan menggunakan keyword kecemasan, depresi, dan MDR-TB. Hasil pencarian akan diseleksi menggunakan kriteria inklusi dan dianalisis dengan PRISMA (*Preferred Reporting Items for Systematic Review and Meta-Analysis*) flow diagram.

Hasil

15 artikel jurnal penelitian kuantitatif telah dianalisis. Didapatkan bahwa faktor penyebab kecemasan dan depresi pada pasien dengan MDR-TB adalah diagnosa awal dari MDR-TB, efek samping obat, beban psikososial yang dialami pasien, stigma masyarakat, masalah kesehatan dan status sosial ekonomi (kemiskinan), adanya penyakit penyerta, lama pasien menderita penyakit, masalah akses ke fasilitas kesehatan, serta sikap dan perilaku dari petugas kesehatan.

Kesimpulan

Dibutuhkan komunikasi proaktif yang intensif dengan klien, keluarga dan perawat untuk dapat memperkuat rencana perawatan, mempermudah membuat keputusan, dan membantu mengurangi beban keluarga yang sangat penting bagi kepuasan perawatan klien dan keluarga. Perawat juga perlu menjelaskan tentang MDR-TB dan proses pengobatannya sehingga pasien memiliki kesiapan dalam mengikuti proses pengobatan.

Kata kunci

Kecemasan; Depresi; *Multi Drug Resistant Tuberculosis*; MDR-TB; Pengobatan

Abstract #67

Coping Mechanism to Overcome Job Stress of Police Officers in Regional Traffic Management Center (RTMC) Direktorat Lalu Lintas Kepolisian Daerah Jawa Timur

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Introduction

Police officers who experienced high-level job stress were in the traffic department showing an Occupational Stress Index (OSI) analysis on 85.5% of 475 respondents. Factors that show the relationship of job stress to traffic police members are workload, promotion, and age. The purpose of this research was to reveal the meaning of experience regarding coping mechanism to overcome Job Stress of Police Officers in Regional Traffic Management Center (RTMC).

Methods

This research used qualitative method of hermeneutic interpretive phenomenology. The data required for the study was collected through semi-structured interviews held with 4 participants selected according to purposive sampling with criteria: (1) 20-40 years old; (2) Members of the police who served in the RTMC at the time of carrying out their work; (3) Members of the police at the RTMC who have experienced work stress and continued until data saturation was reached.

Results

It has adverse effects on physical and psychological conditions such as: (1) physical disorders such as dizziness, fatigue, and feverish; (2) psychological disorders can be drowsiness, uncontrolled emotions, and difficulty concentrating. Coping mechanism used by participants in dealing with job stress included: sitting resting, lying down, playing mobile phones, watching television, listening to music, walking around, washing face, drinking tea or coffee, smoking, letting go of emotions in anger, and praying based on spiritual belief.

Conclusions

This study shows that good coping mechanisms have a positive contribution to the physical and psychological condition of police officers in supporting performance.

Keywords

Coping Mechanism; Job Stress; Police; RTMC

Abstrak

Mekanisme Koping Untuk Mengatasi Stres Kerja Pada Petugas Kepolisian di *Regional Traffic Management Center* (RTMC) Direktorat Lalu Lintas Kepolisian Daerah Jawa Timur

Latar belakang

Anggota kepolisian yang mengalami stres kerja terkategori tinggi berada di departemen lalu lintas menunjukkan analisis berupa *Occupational Stress Index* (OSI) pada 85,5% dari jumlah 475 responden, faktor yang memperlihatkan hubungan stres kerja pada anggota polisi lalu lintas ialah beban kerja, promosi, serta umur. Tujuan penelitian adalah mengungkap makna pengalaman mekanisme koping untuk mengatasi stres kerja pada petugas kepolisian di *Regional Traffic Management Center* (RTMC) Direktorat Lalu Lintas Kepolisian Daerah Jawa Timur.

Metode

Penelitian ini menggunakan metode kualitatif fenomenologi interpretatif hermeneutik. Data dalam penelitian ini dikumpulkan melalui wawancara semi-terstruktur menggunakan 4 partisipan yang dipilih dengan tehnik *purposive sampling* dengan kriteria: (1) usia 20-40 tahun; (2) Anggota polisi yang bertugas di RTMC pada saat melaksanakan pekerjaan mereka; (3) Anggota RTMC yang mengalami stres kerja dan berlanjut hingga saturasi data tercapai.

Hasil

Hal yang berdampak buruk pada kondisi fisik dan psikologis seperti: (1) gangguan fisik seperti pusing, kelelahan, dan demam; (2) gangguan psikologis dapat menimbulkan kantuk, emosi yang tidak terkendali, dan kesulitan berkonsentrasi. Mekanisme koping yang digunakan oleh partisipan dalam mengatasi stres kerja terdiri dari: duduk beristirahat, berbaring, bermain telepon genggam, menonton televisi, mendengarkan musik, berjalan-jalan, mencuci muka, minum teh atau kopi, merokok, melepaskan emosi dalam kemarahan, dan beribadah menurut kepercayaan.

Kesimpulan

Penelitian ini menunjukkan bahwa mekanisme koping yang baik mempunyai kontribusi positif terhadap kondisi fisik dan psikologis anggota kepolisian dalam menunjang kinerja.

Kata Kunci

Mekanisme Koping; Stres Kerja; Polisi; RTM

Abstract #68

The Relationship of Knowledge and Nurses' Motivation with the Implementation of Patient Safety Identification in Emergency Unit at Aloei Saboe Hospital

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Introduction

Identifying the patient safety is an action which should be carried out before administer treatment and therapy in order to provide secure and comfortable feelings for patients. The purpose of this study was to determine the relationship of knowledge and nurses' motivation with the implementation of patient safety identification in emergency unit Aloei Saboe Hospital in Gorontalo.

Methods

The research design was observational analytic with Cross Sectional as an approach. Population of research was all 33 nurses in emergency at Aloei Saboe Hospital in Gorontalo. The samples were recruited by using purposive sampling technique. Instruments in the study used questionnaires and observation sheets. For research analysis, fisher's exact test was applied.

Results

The research result showed that there was a significant relationship between nurses' knowledge (p value = 0,001), nurses' motivation (p value = 0,000) and implementation of patient safety identification ($P < 0,05$; $\alpha = 0,05$).

Conclusions

It is indicated that generally patient safety identification was implemented properly. However, it is still necessary to pay attention toward human resource development by carrying out education and training program regarding patient safety, skill and motivation development. It also important to provide sufficient facility supporting patient safety program.

Keywords

Patient Safety; Knowledge; Motivation

Abstrak

Hubungan Pengetahuan dan Motivasi Perawat dengan Pelaksanaan Identifikasi *Patient Safety* di Instalasi Gawat Darurat Rumah Sakit Aloei Saboe Kota Gorontalo

Latar Belakang

Identifikasi *patient safety* merupakan langkah yang dilakukan sebelum memberikan perawatan dan pengobatan bertujuan untuk memberikan rasa aman dan nyaman bagi pasien. Tujuan penelitian ini adalah untuk mengetahui hubungan antara pengetahuan dan motivasi perawat dengan pelaksanaan identifikasi *patient safety* di Instalasi Gawat Darurat Rumah Sakit Aloei Saboe Kota Gorontalo.

Metode

Metode penelitian yang digunakan adalah *observasional analitik* dengan pendekatan *Cross Sectional*. Populasi dalam penelitian ini adalah seluruh perawat pelaksana di Instalasi Gawat Darurat di Rumah Sakit Aloei Saboe di Gorontalo berjumlah 33 orang. Sampel penelitian sebanyak 32 orang diambil dengan menggunakan teknik *purposive sampling*. Instrumen penelitian menggunakan kuesioner dan lembar observasi. Untuk analisis penelitian, menggunakan uji *fisher's exact test*.

Hasil

Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara pengetahuan perawat (p value = 0,001), motivasi perawat (p value = 0,000) dengan pelaksanaan identifikasi *patient safety* ($P < 0,05$; $\alpha = 0,05$).

Kesimpulan

Hasil penelitian menunjukkan bahwa pada umumnya, identifikasi *patient safety* telah dilaksanakan dengan baik. Namun demikian harus tetap diperhatikan peningkatan sumber daya manusianya melalui pelaksanaan pendidikan dan pelatihan mengenai konsep *patient safety*, peningkatan keterampilan, peningkatan motivasi serta memperhatikan pemenuhan inventori bahan yang mendukung program *patient safety*.

Kata Kunci

Patient safety; Pengetahuan; Motivasi

Abstract #69

Comparison of Triage Early Warning Score and the Modified Rapid Emergency Medicine Score in Predicting Outcome of Trauma Patients in the ER: A Systematic Review

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Introduction

Trauma still one of the biggest causes of death in the world, trauma scoring is needed which can provide a quick and accurate assessment in the ER so as to reduce morbidity and mortality. TEWS and MREMS are two trauma scoring that departed from previous scoring modifications, both of which claim as the most effective scoring in predicting patient outcomes in the ER.

Methods

Analysis of journal articles was conducted by searching journal articles relevant with the purpose of the systematic review, from electronic databases. The review emphasized on articles covering Scoring MREMS and TEWS to obtain description how effective both scoring in predicting the outcome of trauma patients in the ER.

Results

Total journal articles in electronic database search were 13 articles, consisting of 8 Science Direct articles and 5 Proquest articles. Five journal articles indicated as similar papers were excluded and two journal articles also not involved because no full text manuscript provided. So that the remaining six journal articles were included in accordance with the inclusion criteria that has been outlined.

Conclusion

TEWS and MREMS are considered as the effective tools easy to use by health personnel in ERs, even by unexperienced health workers. Further study implementing both scores is essential to be conducted for obtaining detail comparison which scores is better applied in trauma population.

Keywords

TEWS; MREMS; Outcome; Patient Trauma; Emergency

Abstrak

Perbandingan Triage Early Warning Score dan Modified Rapid Emergency Medicine Score dalam Memprediksi Hasil Keluaran Pasien Trauma di UGD: Sistematik Review

Latar Belakang

Trauma masih menjadi salah satu penyebab kematian terbesar didunia, dibutuhkan skoring trauma yang dapat memberikan penilaian dengan cepat dan akurat di IGD sehingga dapat menurunkan angka morbiditas dan mortalitas. TEWS dan MREMS merupakan dua skoring trauma yang berangkat dari modifikasi skoring sebelumnya, dimana keduanya di klaim sebagai skoring paling efektif dalam memprediksi outcome pasien di IGD.

Metode

Analisis dilakukan dengan mencari artikel jurnal yang sesuai dengan tujuan sistematik review, dari database elektronik. Ditekankan pada artikel yang membahas tentang Skoring TEWS dan MREMS untuk mendapatkan gambaran tentang seberapa efektif kedua skoring tersebut dalam memprediksi outcome pasien trauma di IGD.

Hasil

Total artikel jurnal yang diperoleh dalam pencarian database elektronik adalah 13 artikel, yang terdiri dari 8 artikel Science Direct dan 5 artikel Proquest. Lima artikel jurnal dikeluarkan karena terindikasi sama, dan 2 artikel jurnal dikeluarkan karena tidak ditemukan manuskrip lengkap. Sehingga sisa 6 artikel jurnal sesuai dengan kriteria inklusi yang penulis inginkan dan kemudian dianalisis

Kesimpulan

TEWS dan MREMS diklaim sebagai skoring yang mudah untuk digunakan oleh tenaga kesehatan di IGD, bahkan oleh petugas kesehatan pemula atau yang tidak berpengalaman. Evaluasi lebih lanjut diperlukan untuk membandingkan kedua skor dalam satu penelitian sehingga dapat melihat langsung skoring mana yang lebih unggul pada populasi trauma.

Kata Kunci

TEWS; MREMS; *Outcome*; Pasien Trauma; Gawat Darurat

Abstract #70

Physical Disability Related to Self-Concept of Leprosy Patients in Kediri Leprosy Hospital

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Introduction

Leprosy is a disease that gives a huge stigma to the community, so that leprosy patients not only suffer physically but also shunned or isolated by the community. Leprosy with physical disability can interfere with the self-concept of leprosy patients aged 20-40 years (productive age).

Methods

The design of the study was a cross-sectional study. The population was leprosy patients in Specialty Leprosy Hospital Kediri and the sample of the study was 96 respondents. The independent variable was physical disabilities, and the dependent variable was self-concept. Data collection using observation and questionnaire, then analyzed by Mann-Whitney statistical test with a significant level $\alpha \leq 0.05$.

Results

The result showed that the leprosy patients in Kediri Leprosy Hospital had defect in first stage were 63 respondents (65,6%), and positive of self concept were 53 respondents (55,2%). The result of Mann-Whitney statistical test obtained $p = 0,000$, H_a was accepted and H_o was rejected. It meant, there was a significant correlation between the independent variable and the dependent variable.

Conclusion

Leprosy patients in the productive age of 20-40 years, more than half, experience physical disability level 1 and negative self-concept whereas demonstrate a positive self-concept. Physical disability in leprosy patients has a significant correlation on the decreased of self-concept among leprosy patients.

Keywords

Physical Disability; Self-Concept; Leprosy Patient

Abstrak

Kecacatan Fisik berhubungan dengan Konsep Diri Pasien Kusta di RS. Khusus Kusta Kediri

Latar Belakang

Penyakit kusta adalah penyakit yang memberikan stigma yang sangat besar pada masyarakat, sehingga pada pasien kusta tidak hanya menderita secara fisik tapi juga dijauhi atau dikucilkan oleh masyarakat. Penyakit kusta dengan kecacatan fisik dapat mengganggu konsep diri pasien kusta usia 20-40 tahun (usia produktif).

Metode

Desain dalam penelitian ini adalah penelitian *cross sectional*. Populasinya adalah pasien kusta di RS. Khusus Kusta Kediri. Sampel dalam penelitian ini 96 responden. Variabel independen adalah kecacatan fisik, dan variabel dependen adalah konsep diri. Pengumpulan data menggunakan observasi dan kuesioner, kemudian dianalisa dengan uji statistik *Mann-Whitney* dengan tingkat signifikan $\alpha \leq 0,05$.

Hasil

Hasil penelitian menunjukkan pasien di RS. Khusus Kusta Kediri tingkat cacat 1 sejumlah 63 responden (65,6%) dan konsep diri positif sejumlah 53 responden (55,2%). Hasil dari uji statistik *Mann-Whitney* diperoleh $p = 0,000$. H_0 diterima dan H_a ditolak. Artinya ada hubungan antara variabel independen dan variabel dependen.

Kesimpulan

Pasien kusta pada usia produktif 20-40 tahun lebih dari 50% mengalami kecacatan fisik tingkat cacat 1, memiliki konsep diri negatif dan memiliki konsep diri positif. Kecacatan fisik pada penderita kusta berhubungan dengan menurunnya konsep diri pasien kusta.

Kata kunci

Kecacatan Fisik; Konsep Diri; Pasien Kusta

Abstract #71

Effectiveness of Web-Based Self-Management Program in Patient with Type 2 Diabetes Mellitus

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Introduction

Diabetes Mellitus (DM) is a chronic disease that increase morbidity and mortality in the world. There are 10% of people in the world lived with DM and 90% of them have type 2 DM in 2014. Considering to this era of internet, web could be used in caring for patients in chronic care model. The paper aimed to describe the effectiveness of web-based self-management program in patient with type 2 DM.

Methods

This review was conducted by searching many literatures from Science direct, ProQuest, PubMed, and google scholar focused on web-based self-management program in patient with type 2 DM. It included original articles published over the period of 2008-2018. Selection process was carried out using Prisma flow chart.

Results

6 from 30 eligible articles was reviewed based on inclusion criteria outlined. Interestingly, Web-based self-management program can be used to improve patients' knowledge, behavior of healthy life style, glycemic controlling, self-efficacy in self-care, and decrease distress in patient with type 2 DM.

Conclusion

Web-based self-management program has positive impacts on physiological, behavior and psychological aspects that could decrease complication in patient with type 2 DM. Health practitioner including nurses should consider many aspects and apply this intervention in caring for patient with type 2 DM in community.

Keywords

Web-Based Self-Management; Diabetes Mellitus

Abstrak

Efektivitas Program *Self-Management* Berbasis Web pada Pasien Diabetes Mellitus Tipe 2

Latar Belakang

Diabetes Mellitus (DM) merupakan suatu penyakit kronis yang menyebabkan peningkatan morbiditas dan mortalitas di dunia. Sebanyak 10% penduduk di dunia menderita DM dan 90% di antaranya menderita DM tipe 2 pada tahun 2014. Di era internet saat ini, web dapat digunakan dalam merawat pasien pada model keperawatan kronik. Artikel ini bertujuan untuk menjelaskan tentang efektivitas program *self-management* berbasis web pada pasien DM tipe 2.

Metode

Review artikel ini dilakukan dengan menelusuri berbagai literatur di Science Direct, ProQuest, PubMed dan Google Scholar tentang program *self-management* berbasis web pada pasien DM tipe 2 yaitu artikel penelitian asli tahun 2008-2018 dengan menggunakan alur Prisma Chart.

Hasil

6 dari 30 artikel digunakan dalam *review* ini karena artikel lainnya bukan penelitian asli dan tidak menjelaskan secara spesifik tentang program *self-management* berbasis web. Menariknya, program *self-management* berbasis web dapat digunakan untuk meningkatkan pengetahuan, perilaku atau gaya hidup sehat, kontrol gula darah, efikasi diri pasien dalam perawatan, dan menurunkan distress pada pasien DM tipe 2.

Kesimpulan

Program *self-management* berbasis web dapat memberikan dampak positif pada aspek fisiologis, perilaku, dan psikologis pasien yang dapat menurunkan kejadian komplikasi pada pasien DM tipe 2. Petugas kesehatan termasuk perawat sebaiknya mempertimbangkan berbagai aspek pada pasien dan menerapkan program ini sebagai intervensi dalam memberikan perawatan pada pasien DM tipe 2.

Kata kunci

Self-Management Berbasis Web; Diabetes Mellitus

Abstract #72

Mindfulness Therapy for Anxiety and Depression: Systematic Review

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Introduction

Anxiety disorder and depression are two of the most common mental disorder in the world. Commonly, depression and anxiety have been treated with psychotherapy, antidepressant, and anti-anxiety medications. However, adding other approaches can be beneficial. The novel approach has shown significant success in increasing mood and reducing stress is mindfulness. The aim of this systematic review was to explore the effect of mindfulness therapy on anxiety disorder and depression.

Methods

The systematic review was conducted by searching and analyzing all eligible studies from electronic database (PubMed, Science Direct and ProQuest) including original research, randomized control trial, adult participants (≥ 15 years of age), music therapy and yoga as comparison therapy.

Results

Eight studies with the span of time between 2008-2018 were analyzed. These studies were examined and investigated regarding the effect of mindfulness therapy implementation on anxiety disorder and depression. The result proved strong evidence that the mindfulness therapy could improve anxiety disorder and depression with specific mindfulness approach. Mindfulness also had a relation to cortisol level as a biomarker anxiety and depression. Clinically, it is important for nurses and other healthcare professionals to be able to handle anxiety and depression during providing care in hospital

Conclusion

For future research, mindfulness should be used to treat anxiety and depression by measuring cortisol level in general individuals or groups with specific mindfulness approach.

Keywords

Mindfulness, Anxiety, Depression

Abstrak

Terapi *Mindfulness* untuk Ansietas dan Depresi

Latar Belakang

Ansietas dan depresi merupakan gangguan mental yang umum terjadi diseluruh dunia. Pada umumnya, ansietas dan depresi dapat diatasi dengan pemberian antidepresan, psikoterapi dan pengobatan anti ansietas. Namun, akan lebih bermanfaat jika terdapat pendekatan lain dalam mengatasinya. Pendekatan terbaru yang menunjukkan perubahan signifikan dalam meningkatkan mood dan mengurangi stres adalah terapi *mindfulness*. Tujuan dari *systematic review* ini untuk mengeksplor efek dari terapi *mindfulness* pada ansietas dan depresi.

Metode

Metode pencarian literatur menggunakan *electronic database* seperti *Scencedirect*, *Proquest* dan *PubMed*. Kriteria inklusi berupa artikel penelitian, *randomized control trial*, partisipan umur ≥ 15 tahun serta terapi musik dan yoga sebagai studi perbandingan.

Hasil

Dari pencarian artikel dari tahun 2008-2018, terdapat 8 artikel yang memenuhi kriteria inklusi. Artikel-artikel ini menjelaskan efek dari implementasi terapi *mindfulness* pada ansietas dan depresi. Hasilnya, terapi *mindfulness* terbukti dapat mengatasi ansietas dan depresi dengan masing-masing pendekatan. Terapi *mindfulness* juga berkaitan dengan kortisol sebagai *biomarker* ansietas dan depresi. Secara klinis, hal ini sangat penting bagi tenaga medis profesional dalam membantu pasien mengatasi ansietas dan depresi selama perawatan di rumah sakit.

Kesimpulan

Untuk penelitian selanjutnya, terapi *mindfulness* dapat digunakan untuk mengatasi ansietas dan depresi dengan melakukan pengukuran kortisol pada individu atau kelompok dengan pendekatan yang berbeda.

Kata kunci

Mindfulness; Ansietas; Depresi

Abstract #73

The Effect of Music Therapy on Reducing Blood Pressure among Elderly With Hypertension

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Introduction

Hypertension commonly known as cardiovascular disease, especially in elderly. More than half of deaths over 60 years are caused by heart disease and cerebrovascular disease. Hypertensive management of the elderly is essential for reducing blood pressure with pharmacological or nonpharmacological therapy, but Pharmacological therapy have more side effect. One of the non-pharmacological therapy has been developed including music therapy. This study was to examine the effect of music therapy on reducing blood pressure among elderly with hypertention.

Methods

The study used a one grup pretest to posttest pre-experimental design and data were collected by direct blood pressure measurement. Thirty seven respondents were obtained using simple random sampling technique. The respondents were treated by classical music therapy with 3 songs from Mozart. The treatment was applied in one session with duration of 30 minutes.

Results

Among 37 elderly people with hypertension, blood pressure was measured for pretest and post-test. It took three times measurements and then the mean was calculated. The music therapy was provided after the pretest. Post test data after the therapy obtained that 13 people (35.1%) had constant blood pressure while the remaining 24 people (64.9%) experienced a significant decrease. The data was analysed using Mc Nemar test with confidence level 95% and based on the result of p value = 0,003 < 0,05.

Conclusion

There was a significant correlation between musid therapy and reducing blood presure among elderly with hypertension.

Keywords

Music Therapy; Blood Pressure; Elderly

Abstrak

Pengaruh Terapi Musik terhadap Penurunan Tekanan Darah Lansia dengan Hipertensi

Latar Belakang

Hipertensi biasa dikenal sebagai penyakit kardiovaskular, terutama pada lansia. Lebih dari separuh kematian lebih dari 60 tahun disebabkan oleh penyakit jantung dan penyakit serebrovaskular. Manajemen hipertensi pada lansia sangat penting untuk mengurangi tekanan darah dengan terapi farmakologi atau nonfarmakologis, tetapi terapi farmakologis memiliki efek samping yang lebih banyak. Salah satu terapi non-farmakologis yang dikembangkan adalah dengan terapi musik. Penelitian ini adalah untuk menguji pengaruh terapi musik pada mengurangi tekanan darah di kalangan lansia dengan hipertensi.

Metode

Penelitian ini menggunakan satu kelompok pretest untuk posttest desain pra-eksperimental dan data dikumpulkan melalui pengukuran tekanan darah langsung. 37 orang dilibatkan sebagai sample penelitian dengan metode simple random sampling. Responden diberikan terapi musik klasik dengan 3 lagu dari Mozart dengan sekali perlakuan dengan dengan durasi 30 menit.

Hasil

Pada 37 orang lansia yang mengalami hipertensi, tekanan darah diukur untuk pretest dan post-test sebanyak tiga kali masing-masing kemudian diambil rata-rata. Setelah pretest dilakukan, responden diberikan terapi musik. Data post test menunjukkan bahwa setelah memberikan terapi musik diperoleh data 13 orang (35,1%) menunjukkan tekanan darah konstan sedangkan 24 orang sisanya (64,9%) mengalami penurunan yang signifikan. Data yang diperoleh dianalisis menggunakan uji Mc Nemar dengan tingkat kepercayaan 95% dan berdasarkan hasil $p \text{ value} = 0,003 < 0,05$.

Kesimpulan

Ada korelasi yang signifikan antara terapi musik dan mengurangi tekanan darah pada lansia dengan hipertensi.

Kata kunci

Terapi Musik; Tekanan Darah; Lansia

Abstract #74

Systematic Review: The Effectiveness of Intervention to Prevent Substance Misuses toward Teenagers

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Introduction

Many unhealthy behaviors are started from teenage ages and become challenges toward main issue of society healthiness. The misuse of substances toward individuals, families, and societies has great and cumulative impacts, contributing to social, physical, and mental healthiness.

Methods

A systematical review approach was applied to evaluate the effectiveness of intervention implemented to prevent the misuse toward teenagers. In this review, RCT and literature study methods were involved. To analyze the data, meta-analysis was used.

Results

The findings reported that a total of 25 articles retrieved focusing on the intervention of alcohol use, smoking, and drug use. The articles then were selected using the PRISMA diagram resulting in 11 articles identified met the inclusion criteria.

Conclusion

The findings show the groups of teenage smokers need further investigation.

Keywords

Prevention; Intervention; Misuse Substance; Teenagers

Abstrak

Systematic Review: Efektivitas Pemberian Intervensi untuk Mencegah Penyalahgunaan Zat pada Usia Remaja

Latar Belakang

Banyak perilaku tidak sehat sering dimulai dari masa remaja dan merupakan tantangan kesehatan masyarakat yang utama. Penyalahgunaan zat memiliki dampak besar pada individu, keluarga, dan masyarakat, karena pengaruhnya bersifat kumulatif, berkontribusi terhadap masalah kesehatan sosial, fisik, dan gangguan mental.

Metode

Kami melakukan tinjauan umum secara sistematis ulasan untuk mengevaluasi efektivitas intervensi untuk mencegah penyalahgunaan zat di kalangan remaja. Dalam systematic review ini, artikel penelitian menggunakan metode penelitian RCT dan metode studies dengan data analysisnya menggunakan meta-analysis

Hasil

Di laporkan temuan dari total 25 artikel berfokus pada intervensi penggunaan alcohol, merokok, serta penggunaan narkoba. Dari ke 25 artikel tersebut di seleksi menggunakan diagram PRISMA hingga di dapat 11 artikel sistematis yang di anggap memenuhi kriteria dari semua intervensi.

Kesimpulan

Pada temuan artikel yang didapatkan menunjukkan bahwa di antara kelompok merokok, zat antara remaja, namun hal ini memerlukan penelitian lebih lanjut.

Kata kunci

Pencegahan; Intervensi; Penyalahgunaan Zat; Remaja

Abstract #75

Factors Affecting Waiting Time And Patient Satisfaction In the Emergency Department Triage: A Systematic Review

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Introduction

Emergency Department (ED) has to handle problems within a short time to reduce morbidity, disability and mortality, which may also affect the burden of health care cost. A fast response time is required from staff in ED while hospital environment should be arranged well to increase patient satisfaction. This systematic review aim was to determine the satisfaction of waiting time among patients in emergency triage room.

Methods

These systematic reviews was conducted by searching and analyzing all eligible studies from electronic database PubMed and Science Direct. Study eligibility data were original research, patients in the emergency room who passed triage and their experience in ED.

Results

Six studies between 2010-2016 were analyzed. These study examined about the satisfaction of waiting time among patients in emergency triage room. The results showed that patient satisfaction was influenced by many factors affecting waiting time and the intervention types administered during the waiting time. Patients with not urgent condition had a long wait time. Patient should understand how triage carried out to avoid misunderstandings. Other factors included triage room design, in which the visual art could lead to make patients more relaxed. The difference African-Americans and whites also affect waiting time in triage. However, changing formation of health personnel in triage have not much impact on patient satisfaction.

Conclusion

For future research, mindfulness should be used to improve patient waiting time and patient satisfaction by measuring three dimation of service quality including quality of interaction, physical environment and patient outcome.

Keywords

Patient Satisfaction; Waiting Time; Triage; ED

Abstrak

Faktor yang Mempengaruhi Waktu Tunggu dan Kepuasan Pasien di Triase IGD: Tinjauan Sistematis

Latar Belakang

Instalasi Gawat Darurat (IGD) dituntut cepat dalam penanganannya untuk mengurangi angka morbiditas, kecacatan dan kematian, dalam hal ini juga akan mempengaruhi biaya yang dikeluarkan. Waktu tanggap yang cepat diperlukan dari staf di IGD, lingkungan rumah sakit harus diatur dengan baik untuk meningkatkan kepuasan pasien. Tujuan tinjauan sistematis ini adalah untuk menentukan kepuasan waktu tunggu pasien di ruang triase IGD.

Metode

Tinjauan sistematis ini dilakukan dengan mencari dan menganalisis semua studi yang memenuhi syarat dari database elektronik PubMed dan Science Direct. Studi data kelayakan adalah penelitian asli, pasien di ruang gawat darurat yang melewati triase dan pengalaman mereka di IGD.

Hasil

Enam studi antara tahun 2010-2016 dianalisis. Studi ini meneliti tentang kepuasan waktu tunggu pasien di ruang triase IGD. Hasilnya menunjukkan bahwa kepuasan pasien dipengaruhi oleh faktor-faktor yang mempengaruhi waktu tunggu dan pengaruh intervensi yang diberikan selama waktu tunggu. Pasien dengan kondisi tidak parah akan memiliki waktu tunggu lebih lama. Pasien harus memahami cara kerja triase untuk menghindari kesalahpahaman. Faktor-faktor lain adalah desain kamar triase, seni visual yang dapat membuat pasien lebih rileks. Perbedaan orang Afrika-Amerika dan kulit putih juga mempengaruhi waktu tunggu dalam triase. Tetapi mengubah formasi personel kesehatan dalam triase tidak banyak mempengaruhi kepuasan pasien.

Kesimpulan

Untuk penelitian selanjutnya, perhatian harus dilakukan untuk meningkatkan waktu tunggu pasien dan kepuasan pasien dengan mengukur 3 dimensi kualitas layanan, kualitas interaksi, kualitas lingkungan fisik dan kualitas hasil.

Kata kunci

Kepuasan Pasien; Waktu Tunggu; Triase; IGD

Abstract #76

The effect of Celery Ethanol Extract (*Apium graveolans*) to Decrease Ulcer Index in Wistar Rats (*Rattus norvegicus*) with Gastric Ulcer Model

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Introduction

Celery (*Apium graveolans*) contains flavonoid called apigenin which has antioxidant activity. Flavonoid content, apigenin, has the ability as an antiulcer through the protection of gastric mucosa. The aim of this study was to determine the effect of celery ethanol extract to decrease ulcer index as preventive action of gastric ulcer.

Methods

This study was true experimental study with Post Control Only Control Group Design. Samples were divided into three groups treated by preventive therapy including celery ethanol extract with dose 200, 300, and 400 mg / kg of body weight for 5 days, then indomethacin induced. All data obtained from calculation formula of ulcer index and analyzed with One Way ANOVA statistical test with significance level 5%.

Results

Ethanol extract of celery in the three treatment groups had significant effect to decrease ulcer index. Based on Post Hoc test used Tukey HSD test, negative control group had significant difference compared to all groups. Between the treatment groups 1, 2, and 3 there was no significant difference in the results of the ulcer index.

Conclusion

It is indicated that celery ethanol extract has an effect to decrease ulcer index as preventive action of gastric ulcer.

Keywords

Celery; Ulcer Index; Gastric Ulcer

Abstrak

Pengaruh Ekstrak Etanol Daun Seledri (*Apium Graveolans*) untuk Menurunkan Indeks Ulkus pada Tikus Putih Galur Wistar (*Rattus Norvegicus*) Model Ulkus Lambung

Latar belakang

Seledri (*Apium graveolans*) memiliki kandungan flavonoid yaitu apigenin yang memiliki aktivitas antioksidan. Apigenin memiliki kemampuan sebagai anti ulkus melalui perlindungannya pada mukosa lambung. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh ekstrak etanol daun seledri untuk menurunkan indeks ulkus sebagai tindakan preventif dari ulkus lambung.

Metode

Penelitian ini adalah *true experimental study* dengan *Post Control Only Control Group Design*. Tiga kelompok perlakuan diberi terapi pencegahan ekstrak etanol seledri dengan dosis 200, 300, dan 400 mg / kgBB selama 5 hari, kemudian diinduksi dengan indometasin. Semua data diperoleh dari rumus perhitungan indeks ulkus dan dianalisis menggunakan uji statistik One Way ANOVA dengan tingkat signifikansi 5%.

Hasil

Ekstrak etanol seledri memberikan pengaruh yang signifikan dalam menurunkan indeks ulkus di ketiga kelompok perlakuan. Berdasarkan uji Post Hoc menggunakan uji Tukey HSD, kelompok kontrol negatif memiliki perbedaan yang signifikan dengan semua kelompok. Dalam kelompok perlakuan 1, 2, dan 3 tidak ada perbedaan yang signifikan dalam hasil indeks ulkus.

Kesimpulan

Hasil penelitian ini memberikan bukti jika ekstrak etanol daun seledri memberikan pengaruh dalam menurunkan indeks ulkus sebagai tindakan preventif dari ulkus lambung.

Kata kunci

Seledri; Indeks Ulkus; Ulkus Lambung

Abstract #77

The Effect of Health Education Using Booklet on the Level of Anxiety in Breast Cancer Patients at RSUD Buleleng

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Introduction

Breast cancer is a malignant tumor that grows in the breast tissue. The disease is caused by many precipitating factors, including age, gender, genetic, reproductive history, alcohol consumption and obesity. Breast cancer has very complex effects on patient's physical, psychological, social and economic aspects. The level of anxiety is one of the psychological impacts of breast cancer diagnosis. This study was to analyze the effect of health education using of a booklet on the anxiety level of patients with breast cancer in RSUD Buleleng. Booklet is chosen because it is a printed media that can accommodate text and picture in large amount.

Methods

The research method used was pre-experimental study with one group pre posttest design. The sample consisted of 20 people chosen by total sampling. Data were collected by using a SRAS questionnaire before and after health education treatment.

Results

Data were analysed by using bivariate analysis with Wilcoxon Matched Pair analysis and showed the value of count $Z = 4.359$, which meant that health education using a booklet had a significant effect on breast cancer patient's anxiety level.

Conclusion

It is determined that there is an effect of health education using booklets on breast cancer patient's anxiety level in RSUD Buleleng.

Keywords

Anxiety, Breast Cancer, Health Education

Abstrak

Pengaruh Pendidikan Kesehatan melalui Booklet terhadap Tingkat Kecemasan Pasien Kanker Payudara di RSUD Buleleng

Latar Belakang

Kanker payudara adalah tumor ganas yang tumbuh di dalam jaringan payudara. Penyakit ini disebabkan oleh banyak faktor pencetus diantaranya umur, jenis kelamin, genetik, riwayat reproduksi, konsumsi alkohol dan obesitas. Kanker payudara mempunyai efek yang sangat kompleks terhadap pasien baik fisik, psikologis, sosial dan ekonomi. Peningkatan kecemasan adalah salah satu dampak psikologis dari diagnosis kanker payudara. Penelitian ini bertujuan untuk menganalisa pengaruh pendidikan kesehatan menggunakan booklet terhadap tingkat kecemasan pasien kanker payudara di RSUD Buleleng. Booklet dipilih karena merupakan media cetak yang dapat memuat tulisan dan gambar dalam jumlah yang lebih banyak.

Metode

Penelitian ini menggunakan studi pre eksperimental dengan desain pre dan post tes. Sampel berjumlah 20 orang yang dipilih dengan total sampling. Pengumpulan data dilakukan menggunakan kuesioner SRAS sebelum dan sesudah diberikan pendidikan kesehatan.

Hasil

Data dianalisis dengan menggunakan Wilcoxon Matched Pair dengan nilai $Z = -4.359$, yang berarti bahwa pendidikan kesehatan menggunakan booklet memiliki pengaruh yang signifikan terhadap penurunan tingkat kecemasan pasien kanker payudara.

Kesimpulan

Ada pengaruh Pendidikan kesehatan menggunakan booklet terhadap tingkat kecemasan pasien kanker payudara di RSUD Buleleng.

Kata kunci

Kecemasan; Kanker Payudara; Pendidikan Kesehatan

Abstract #78

The Correlation Between Intensity of Physical Activity and Uric Acid Level in Gout Arthritis Patients in The Sobo Public Health Care Banyuwangi

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Introduction

Uric acid is the result of purine metabolism which is found in the body cells. Increasing levels of uric acid can cause pain in the joints. One of the factors that could affect the levels of uric acid is Physical activity. High intensity of physical activity can make uric acid levels increase.

Methods

Research method used observational with cross-sectional. Thirty gout arthritis patients were enrolled to the study. Data collection techniques used GPAQ (Global Physical Activity Questionnaire) for the intensity of physical activity and Easy touch for uric acid levels measurements. Data was analyzed by using Rank-spearman test with 5% significance level.

Results

The majority of respondents had a high physical activity intensity (n=29). According to Rank-Spearman test, ρ count 0,46685 \geq ρ table 0.364, it was identified that there was a correlation between the physical activity intensity and uric acid levels.

Conclusion

High physical activity intensity will increase the levels of uric acid.

Keywords

Uric Acid; Physical Activity

Abstrak

Hubungan antara Intensitas Aktivitas Fisik dan Kadar Asam Urat pada Pasien *Gout Arthritis* di Puskesmas Sobo Banyuwangi

Latar Belakang

Asam urat merupakan hasil metabolisme purin yang ditemukan di sel-sel tubuh. Peningkatan kadar asam urat dapat menyebabkan rasa sakit pada persendian. Salah satu faktor yang dapat mempengaruhi kadar asam urat adalah aktivitas fisik. Intensitas aktivitas fisik yang tinggi dapat menyebabkan kadar asam urat meningkat.

Metode

Metode penelitian yang digunakan adalah observasional dengan cross-sectional. Tigapuluh pasien gout arthritis mengikuti penelitian ini. Teknik pengumpulan data menggunakan GPAQ (Global Physical Activity Questionnaire) untuk mengukur intensitas aktivitas fisik dan Easy touch untuk mengukur kadar asam urat. Data dianalisis menggunakan uji Rank-spearman dengan tingkat signifikansi 5%.

Hasil

Mayoritas responden mempunyai intensitas aktivitas fisik yang tinggi ($n = 29$). Dari hasil uji Rank-Spearman diperoleh ρ hitung $0,46685 \geq \rho$ tabel $0,364$, yang berarti ada korelasi antara intensitas aktivitas fisik dengan kadar asam urat.

Kesimpulan

Intensitas aktivitas fisik yang tinggi akan meningkatkan kadar asam urat.

Kata kunci

Asam Urat; Aktivitas Fisik

Abstract #79

The Effectiveness of Mindfulness Therapy on Anxiety Level Decrease in Patients with Chronic Diseases

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Introduction

Anxiety is an emotional mental disorder that constantly shows an increase in the percentage of cases. This increase occurs not only in the upper middle class or prosperous, but also found in people in the category of developing countries like Indonesia. Complementary therapy based on mindfulness is increasing in management case of mental health disorder by declining anxiety level on patients.

Methods

This literature review conducted by searching and analyzing all eligible literature studies over the period of 2007-2017 from electronic databases, review articles and other relevant research references. The databases used from reviews and researches, mainly in ProQuest, PubMed data base and Elsevier. The search emphasized on articles discussing the effectiveness of mindfulness among patients.

Results

Six studies or research articles were analyzed including 4 quantitative and 2 qualitative studies. The result revealed that there was positive and significant changes in patients after receiving intervention of mindfulness. Type of mindfulness therapy used such as Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT) therapies.

Conclusion

The overall goal of mindfulness therapy is to help patient or individual in decreasing anxiety level and achieving optimal health. Furthermore, more comprehensive research is needed to explore the effective application of mindfulness among patients and their families.

Keywords

Mindfulness Therapy; Anxiety; Chronic Diseases

Abstrak

Efektivitas Terapi Mindfulness dalam Menurunkan Tingkat Kecemasan pada Pasien Penyakit Kronis

Latar Belakang

Kecemasan adalah gangguan mental emosional yang terus-menerus menunjukkan peningkatan persentasi kasus. Peningkatan ini terjadi tidak hanya di kalangan masyarakat negara menengah ke atas atau kalangan masyarakat negara sejahtera, tetapi juga ditemukan pada orang-orang dalam kategori kalangan masyarakat negara berkembang seperti Indonesia. Terapi komplementer berbasis mindfulness semakin banyak diterapkan dalam pengelolaan pada kasus gangguan kesehatan mental dengan menurunkan tingkat kecemasan.

Metode

Tinjauan literatur ini dilakukan dengan mencari dan menganalisis semua studi literatur yang memenuhi syarat dari database elektronik, artikel ulasan dan daftar referensi penelitian lainnya. Database yang digunakan dalam pencarian yaitu ProQuest, PubMed dan Elsevier. Pencarian ditekankan pada artikel yang membahas efektivitas penerapan Mindfulness terhadap pasien.

Hasil

Dari artikel yang didapat, 6 artikel yang telah dianalisa menggambarkan perubahan yang positif dan signifikan pada pasien setelah dilakukan intervensi mindfulness. Tipe terapi mindfulness yang dipakai seperti MBSR (*Mindfulness Based Stress Reduction*) dan MBCT (*Mindfulness Based Cognitive Therapy*) terapi.

Kesimpulan

Dari hasil keseluruhan terapi mindfulness ditujukan untuk membantu pasien atau individu untuk menurunkan tingkat kecemasan dan mencapai kesehatan yang optimal. Untuk selanjutnya, diperlukan penelitian yang lebih komprehensif yang dapat mengeksplorasi efektivitas penerapan mindfulness untuk pasien dan keluarganya.

Kata kunci

Terapi Mindfulness; Kecemasan; Penyakit Kronis

Abstract #80

Application of Paper and Computerized Based Child Growth and Development Early Detection Tool Toward Stress and Motivation of Indonesian Health Cadres: A Mixed Method Approach

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Introduction

Assessment of development delay in young children implemented manually has driven to time consuming and less practicable resulting in stressful documentation and overload work burden. Applying information technology tool based is considered as an alternative. The study aimed to identify stress and motivation of health cadres in Malang Indonesia during the implementation of paper and computerized based Child Growth and Development Early Detection tool .

Methods

A Mix Method study was conducted with convergent parallel approach: Quantitative & Qualitative (concurrent). The experimental quantitative study applied purposive technique sampling for recruiting 22 respondents: divided into paper (11) and computerized-based group (11) for 3 weeks of application. The qualitative study explored health cadres' experiences through Focus Group Discussion (FGD) data collection method. Braun and Clarke stages of data analysis was applied to determine themes.

Results

Health cadres' stress level decreased after computerized application ($p=0.000$) in contradiction to paper-based group ($p=0.970$). Independent t-Test showed a significant difference of stress level between two group ($p<0.05$). Regarding motivation level, interestingly, both groups experienced increased motivation (computerized and paper-based $p=0.006$ & 0.027 respectively), meanwhile Mann Whitney test indicated a significant difference between both group ($p=0.047$). Turn to qualitative study, evolved themes included being between stressful and excited; technology gap appearing; spirit of welcoming digital era; unexplained feeling of satisfaction; confidentiality and privacy data concern; worried about sustainability.

Conclusions

Computerized based tool for examination lead to lower stress and higher motivation compared to paper based. It is suggested to conduct further research with long-term application period.

Keywords

Early Detection; Growth and Development; Children; Stress; Motivation; Health Cadres

Abstrak

Penerapan Instrumen Deteksi Dini Pertumbuhan dan Perkembangan Anak Berbasis Manual dan Komputer terhadap Stres dan Motivasi Kader Kesehatan di Indonesia: *A Mixed Method Approach*

Latar Belakang

Identifikasi keterlambatan perkembangan anak dengan penerapan instrumen manual membutuhkan waktu yang lama dan kurang praktis mengakibatkan stres dan beban kerja yang berlebihan. Aplikasi teknologi informasi dipertimbangkan sebagai suatu alternative pemecahan masalah tersebut. Penelitian ini bertujuan mengidentifikasi stres dan motivasi kader kesehatan di Malang Indonesia selama implementasi instrument Deteksi Dini Pertumbuhan dan Perkembangan Anak berbasis manual dan komputer

Metode

Studi Mix Method diterapkan dengan pendekatan *convergent parallel*: Kuantitatif & Kualitatif (*concurrent*). Pendekatan kuantitatif eksperimental diterapkan menggunakan teknik purposive sampling untuk merekrut 22 sampel: dibagi menjadi kelompok berbasis manual atau *paper* (11) dan kelompok berbasis komputer (11) selama 3 minggu aplikasi. Studi kualitatif dilakukan dengan mengeksplorasi pengalaman kader kesehatan melalui metode pengumpulan data Diskusi Kelompok Fokus (FGD). Tahapan analisis data Braun dan Clarke diterapkan untuk menentukan tema.

Hasil

Stres kader kesehatan menurun setelah aplikasi berbasis komputer ($p=0,000$) bertentangan dengan kelompok berbasis manual ($p= 0,970$). Independent t-Test menunjukkan bahwa ada perbedaan tingkat stres yang signifikan antara dua kelompok ($p<0,05$). Berkaitan dengan tingkat motivasi, yang menarik, kedua kelompok mengalami peningkatan motivasi (kelompok komputer $p=0,006$; kelompok manual $p=0,027$). Uji Mann Whitney menunjukkan terdapat perbedaan signifikan antara dua kelompok ($p=0,047$). Beralih ke studi kualitatif, tema yang ditemukan dari analisis tematik yaitu stres dan gempar (*excited*); kesenjangan teknologi muncul; semangat menyambut era digital; perasaan puas yang tidak bisa dijelaskan; kerahasiaan dan privasi data; khawatir tentang keberlanjutan.

Kesimpulan

Penerapan Instrumen berbasis komputer menunjukkan stres yang lebih rendah dan motivasi yang lebih tinggi dibandingkan dengan manual. Disarankan untuk melakukan penelitian lebih lanjut dengan periode aplikasi jangka panjang

Kata kunci

Deteksi Dini; Pertumbuhan Dan Perkembangan; Anak; Stress; Motivasi; Kader Kesehatan

Abstract #81

The Experience of Elderly With Diabetes Mellitus in Herbal Medicine

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Background

The prevalence of chronic degenerative diseases including diabetes mellitus have increased along with the increasing numbers of elderly people. Diabetes mellitus requires long-term treatment. Currently, there is a growing interest in the used of herbal medicine for diabetes due to the side effects associated with oral hypoglycemic agents. This study aimed to explore the experience of consuming herbal medicine among elderly with diabetes.

Methods

This study applied descriptive phenomenology approach. The data were collected through in-depth interviews. There were nine participants, older people with diabetes mellitus, ≥ 60 years old, be able to tell their experience (can speak Indonesian language, not having impairment in speech, hearing, and cognitive), ever or were consuming herbal medicine, expressed their willingness to be interviewed and involved in the study. Audio recorder and field notes were used for data recordings. Data were transcribed and analyzed using Colaizzi method.

Results

The results revealed some themes including various of herbal medicine, uncertain rules for taking herbal medicine, many information sources of herbal medicine, the benefits of taking herbal medicines, perceptions about herbal medicine, and the easiness of obtaining herbal medicines

Conclusions

It is identified that current practice allows the elderly to consume freely the herbal medicines. The government has to set a regulation to standardize herbal medicine and the health workers should monitor diabetes medication consumption regularly.

Keywords

Diabetes Mellitus; Elderly; Herbal Medicine

Abstrak

Pengalaman Lansia dengan Diabetes Mellitus dalam Pengobatan Herbal

Latar Belakang

Prevalensi penyakit degeneratif kronis seperti diabetes mellitus meningkat seiring dengan meningkatnya jumlah lansia. Diabetes mellitus membutuhkan perawatan jangka panjang. Saat ini terjadi peningkatan minat dalam obat herbal karena efek samping agen hipoglikemik oral. Banyak orang menggunakan pengobatan herbal untuk perawatan diabetes, termasuk lansia. Penelitian ini bertujuan untuk mengeksplorasi pengalaman lansia dengan diabetes dalam pengobatan herbal.

Metode

Penelitian ini menggunakan metode deskriptif fenomenologi. Data dikumpulkan melalui wawancara mendalam. Penelitian melibatkan sembilan partisipan, lansia dengan diabetes mellitus, usia ≥ 60 tahun, dapat menceritakan pengalaman mereka (dapat berbicara bahasa Indonesia, tidak mengalami gangguan dalam berbicara, mendengar, dan kognitif), pernah atau sedang mengkonsumsi pengobatan herbal, bersedia untuk diwawancarai. Data terdiri dari rekaman wawancara mendalam dan catatan lapangan. Data ditranskrip dan dianalisis dengan menggunakan metode Colaizzi.

Hasil

Hasil penelitian menunjukkan berbagai pengobatan herbal aturan yang tidak pasti untuk minum obat herbal, banyak sumber informasi obat herbal, manfaat mengkonsumsi obat herbal, persepsi tentang obat herbal, dan kemudahan memperoleh obat herbal.

Kesimpulan

Penggunaan obat herbal secara bebas dilakukan oleh lansia, sehingga pemerintah perlu menstandarisasi obat herbal dan petugas kesehatan perlu memantau pengobatan diabetes secara teratur.

Kata kunci

Diabetes Melitus; Lansia; Obat Herbal

Abstract #82

The Effects of Pet Therapy Using Ornamental Fish on Regression Behavior of Hospitalized Pre-Schoolers

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Introduction

Regression behavior is a problem which frequently occurs in pre-schooler while undergoing hospitalization. Continuous regression may cause negative impacts lead to prolong the length of stay. Pet therapy using ornamental fish is one of non-pharmacologic therapy for reducing level of regression by creating a comfort, tranquility, and relax environment in the midst of stressors of hospitalization.

Methods

The study applied a quasy experimental approach and used pre post-test control group design involving 20 respondents, divided into control and experimental group. The sampling technique used a non-probability purposive sampling method for recruiting the respondents. Pet therapy intervention referred to experimental group. Data were collected using a regression questionnaire.

Results

Data analysis by paired t-test and independent t-test found a significant value in post-test experimental group ($p = 0.000$). Data showed a significant value for the indicators of eating disorders, increased of dependency, and temper tantrum ($p = 0.000$). Yet the indicator of toilet training also showed a significant value with $p = 0.004$.

Conclusion

Pet therapy using ornamental fish may bring effect on decreasing the regression behavior caused by hospitalization among pre-schooler. It is strongly recommended to take further research investigating other regression indicator. Health professionals are suggested to provide this pet therapy using ornamental fish in order to reduce the regression behavior due to hospitalization.

Keywords

Pet Therapy; Ornamental Fish, Regression Behavior, Hospitalization, Preschooler

Abstrak

Pengaruh Terapi Hewan Peliharaan Menggunakan Ikan Hias pada Perilaku Regresi Anak Usia Pra-Sekolah yang Dihospitalisasi

Latar Belakang

Perilaku regresi merupakan masalah yang sering terjadi pada anak pra-sekolah saat menjalani rawat inap. Regresi berkelanjutan dapat menyebabkan dampak negatif yang kemudian akan memperpanjang lama tinggal rawat inap. Terapi hewan peliharaan menggunakan ikan hias adalah salah satu terapi non-farmakologis untuk mengurangi tingkat regresi dengan menciptakan kenyamanan, ketenangan, dan lingkungan yang relaks di tengah-tengah stresor rumah sakit.

Metode

Kami menerapkan pendekatan eksperimental kuasi dengan desain *pre-post test control group*. Terdapat 20 responden dan dibagi menjadi kelompok kontrol dan eksperimental. Intervensi terapi ikan hias dirujuk ke kelompok eksperimen. Data diambil dengan kuesioner perilaku regresi kemudian dianalisis dengan *paired t-test* dan *independent t-test*. Nilai signifikan jika $p < 0,05$.

Hasil

Data dari *paired t-test* dan *independent t-test* menunjukkan nilai yang signifikan dalam *post-test experimental group* ($p = 0,000$). Data menunjukkan nilai yang signifikan untuk indikator gangguan makan, peningkatan ketergantungan, dan temper tantrum ($p = 0,000$). Indikator toilet training juga menunjukkan nilai yang signifikan dengan $p = 0,004$.

Kesimpulan

Terapi hewan peliharaan menggunakan ikan hias dapat membawa efek pada penurunan perilaku regresi yang disebabkan oleh rawat inap pra-sekolah. Kami sangat menyarankan penelitian lebih lanjut dengan lebih banyak sampel, indikator regresi lain, dan menggunakan metode analisis lain. Kami terutama mendorong rumah sakit atau perawatan kesehatan lain untuk menyediakan terapi hewan peliharaan ini menggunakan ikan hias untuk mengurangi perilaku regresi untuk pra-sekolah di rumah sakit.

Kata kunci

Terapi Hewan; Ikan Hias; Perilaku Regresi; Hospitalisasi; Anak Pra-Sekolah

Abstract #83

Relationship of Self Acceptance Level with Drug Adherence Level in Lupus Patients

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Introduction

Lupus is a chronic autoimmune condition that affects the connective tissues. Lupus is not a contagious disease and cannot be cured, thus it is essential to maintain the state of remission by taking medication prescribed. Lupus carries a variety of manifestations that will deteriorate patients' physical and psychological conditions. Good self-acceptance is required to counter negative thoughts.

Methods

The study was conducted to identify the correlation between self-acceptance level of Lupus patients and the level of medication adherence. It applied a correlational with cross sectional approach as research design. The study involved 92 respondents as samples recruited by using purposive sampling technique methods.

Results

The result found that self-acceptance level in Lupus patient was moderate (52,1%) and the level of drugs adherence in Lupus patients was high (58,7%). Data was analyzed by using spearman test with $p = 0,001$ showing that there was a significant relationship between self-acceptance level and drug adherence compliance level. The value of coefficient correlation $r = 0.355$. It indicated the strength and direction of correlation between variables were there was a weak and positive relationship respectively.

Conclusion

Based on the result, it can be concluded that the higher rate of self-acceptance, the higher level of drug adherence among patients with Lupus. The study is expected to be the references for nurses in delivering nursing care. Nurses should not only focus on the biological condition of the patient but also considering the psychological aspects including patients' self-acceptance.

Keywords

Self Acceptance; Drug Adherence; Lupus

Abstrak

Hubungan Tingkat Penerimaan Diri dengan Tingkat Kepatuhan Minum Obat Pasien Lupus

Latar Belakang

Lupus merupakan kondisi autoimun kronis yang menyerang jaringan penyangga. Pada kondisi ini lupus tidak menular. Lupus tidak bisa disembuhkan sehingga dibutuhkan untuk tetap menjaga keadaan remisi dengan cara mengkonsumsi obat-obatan. Lupus akan memunculkan berbagai macam manifestasi buruk yang akan memberikan kondisi yang tidak bagus dan pemikiran buruk. Dibutuhkan penerimaan diri yang baik untuk melawan pemikiran buruk.

Metode

Penelitian ini dilakukan untuk melihat hubungan tingkat penerimaan diri pasien lupus dengan tingkat kepatuhan minum obat. Desain penelitian ini adalah korelasional dengan pendekatan *cross sectional*. Sampel yang diambil sebanyak 92 responden dengan menggunakan *purposive sampling*.

Hasil

Data dianalisis dengan menggunakan uji spearman dengan nilai $p=0,001$ yang menunjukkan adanya hubungan yang signifikan antara tingkat penerimaan diri dengan tingkat kepatuhan minum obat. Nilai r hitung 0,355 yang menunjukkan kekuatan hubungan yang lemah dan menunjukkan arah korelasi hubungan yang positif antar dua variabel.

Kesimpulan

Semakin tinggi tingkat penerimaan diri pasien lupus maka akan semakin tinggi pula tingkat kepatuhan minum obat pasien.

Kata kunci

Penerimaan Diri; Kepatuhan Minum Obat; Lupus

Abstract #84

The Comparison of White Rice Glucose Levels between Rice Cooker and Traditional Equipment

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Introduction

Rice is one of the staple foods which are mostly consumed by Indonesian people. The white rice consists of carbohydrates, protein, fat, and water. Content of the rice can be changed depending on the processing method. Especially in Indonesian society, there are two ways of rice processing including using traditional tools (steaming) and the rice cooker

Methods

The study was an *experimental research* in the laboratory investigating a comparison between the traditional (steaming) and rice cooker cooking methods. Each method involving 11 samples of rice. The bivariate analysis used unpaired t-test.

Results

Glucose levels in rice cooked using traditional tools (steaming) had an average value of 235.6364 (ppm/100gr) while glucose levels in rice cooked using rice cooker has an average value of 840.3818 (ppm/100gr). The bivariate analysis showed that there was a differences of white rice glucose levels between rice cooker and traditional tools (steaming) cooking methods with a significance p value 0.00

Conclusion

It could be concluded that there was a significant difference of white rice glucose levels between rice cooker and traditional tools (steaming). It is suggested to applied appropriate cooking method for better healthy life style.

Keywords

Rice; Cooking Methods; Glucose level

Abstrak

Perbandingan Kadar Glukosa dalam Nasi Putih antara Dimasak dengan *Rice Cooker* dan Alat Tradisional

Latar Belakang

Nasi merupakan salah satu jenis makanan pokok yang sebagian besar dikonsumsi oleh masyarakat Indonesia. Kandungan nasi putih terdiri dari karbohidrat, protein, lemak, dan air. Kandungan pada nasi tersebut bisa berubah tergantung dari cara pengolahannya. Pada masyarakat terutama masyarakat Indonesia terdapat dua cara dalam pengolahan nasi yaitu menggunakan alat tradisional (pengukusan) dan menggunakan *rice cooker*.

Metode

Jenis penelitian yang digunakan adalah penelitian eksperimen di Laboratorium menggunakan sampel dari nasi yang dimasak dengan metode memasak tradisional (pengukusan) dengan *rice cooker*. Masing-masing metode dilakukan percobaan sebanyak 11 sampel nasi. Analisis bivariat menggunakan uji t-tidak berpasangan

Hasil

Kadar glukosa pada nasi yang dimasak menggunakan alat tradisional (pengukusan) memiliki nilai rata-rata 235.6364 (ppm/100gr) dan kadar glukosa pada nasi yang dimasak menggunakan *rice cooker* memiliki nilai rata-rata 840.3818 (ppm/100gr) dengan hasil uji dengan taraf signifikansi p value = 0.000.

Kesimpulan

Ada perbedaan kadar glukosa antara nasi yang dimasak menggunakan alat tradisional (pengukusan) dengan *rice cooker*. Masyarakat disarankan untuk menerapkan metode pemasakan yang tepat untuk pola hidup sehat yang lebih baik

Kata Kunci

Nasi; Metode Pemasakan; Kadar Glukosa

Abstract #85

Correlation between Peer Group Attachment and Bullying Behavior among Adolescent in Senior High School Malang

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Introduction

Bullying behavior in adolescent can be caused by multi factors both internal and external. Peer Group attachment as the external factor is considered has essential influence on teenage development phase. The purpose of the study was to determine the correlation between peer group attachment level with bullying behavior among adolescent in senior high school in Malang City.

Methods

The study applied observational correlation design using cross sectional approach. The modified questionnaires had been used for measuring the variables. The instrument for identifying bullying behavior called as modified aggression scale. The study involved 81 students in senior high school in Malang City who met inclusion criteria.

Results

The result found that majority of respondents experienced high level peer group attachment which was about 56 respondents (69,14%). Most of teenagers had no bullying behavior contributed to 81,48%. Statistical data analysis used spearman rank showed that there was a significant correlation between two variables (p-value 0,001) with $r (-0,507)$. Negative correlation proved that the higher peer group attachment, the lower bullying behavior in adolescent in Malang City.

Conclusion

Based on the result, it could be suggested that school has a vital role to increase awareness and improve students assertive skills for saying no to negative influence from peer pressure.

Keywords

Peer group attachment; bullying behavior; adolescent

Abstrak

Hubungan antara Keterikatan Teman Sebaya dan Perilaku Perundungan pada Remaja di Sekolah Menengah Atas Negeri Malang

Latar Belakang

Perilaku Perundungan (*Bullying*) pada remaja dapat disebabkan oleh berbagai faktor baik internal maupun eksternal. Keterikatan teman sebaya (*Peer Group Attachment*) sebagai faktor eksternal dianggap memiliki pengaruh penting pada fase perkembangan remaja. Tujuan penelitian ini adalah untuk mengetahui hubungan antara tingkat keterikatan teman sebaya dengan perilaku perundungan pada remaja di SMA di Kota Malang.

Metode

Penelitian ini menggunakan desain korelasi observasional dengan pendekatan cross sectional. Kuisisioner yang dimodifikasi telah digunakan untuk mengukur variabel. Instrumen untuk mengidentifikasi perilaku intimidasi disebut sebagai skala agresi yang dimodifikasi. Penelitian ini melibatkan 81 siswa di sekolah menengah atas di Kota Malang yang memenuhi kriteria inklusi.

Hasil

Hasil penelitian menunjukkan bahwa mayoritas responden mengalami keterikatan teman sebaya yang tinggi yaitu sekitar 56 responden (69,14%). Sebagian besar remaja tidak memiliki perilaku perundungan yaitu sebesar 81,48%. Analisis data statistik menggunakan spearman rank menunjukkan bahwa terdapat korelasi yang signifikan antara dua variabel (p -value 0,001) dengan r (-0,507). Korelasi negatif membuktikan bahwa semakin tinggi keterikatan teman sebaya, perilaku perundungan pada remaja di Kota Malang semakin rendah.

Kesimpulan

Berdasarkan hasil tersebut, dapat disarankan bahwa sekolah memiliki peran penting untuk meningkatkan kesadaran dan meningkatkan keterampilan asertif siswa untuk mengatakan tidak terhadap pengaruh negatif dari tekanan teman sebaya.

Kata kunci

Keterikatan Teman Sebaya; Perilaku Perundungan; Remaja

Abstract #86

The Effect of Calories Counseling on Increasing Knowledge, Attitude, and Behavior Dietary in Diabetes Melitus Patients

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Introduction

Diabetes Mellitus (DM) is a metabolic disease with hyperglycemia because of insulin abnormalities. Prevalence of DM has increased from year to year and has been predicted by 2030 will increase to 366 million people affected. Prevention action for reducing the high cases of DM includes providing a group calories counseling to solve diet management problems that is beneficial for controlling blood glucose levels. The purpose of this study was to determine the effect of calories counseling on increasing knowledge, attitude, and behavior of dietary among DM patients in Semanding Area of Puskesmas Dau Malang Regency.

Methods

The study applied a quasi experimental design with non-randomized pre-post test control group. The samples was divided into two groups, that was "intervention" group (n=20), and "control" group (n=20). Data was analyzed using statistical test for determining the significance difference of knowledge, attitude and behavior between both intervention and control groups.

Results

The study found that the calories counseling had increased significantly the respondents' knowledge about dietary with p- value = 0,000. Interestingly, it proved no significant increase regarding the attitude (p- value = 0,152) while effectively increased the behavior of dietary (p- value = 0,001).

Conclusion

Based on result, it can be concluded that calories counseling is vital to increase the knowledge and behavior of dietary among patients with DM in Semanding.

Keywords

Diabetes Melitus; Dietary; Calories Counseling; Knowledge; Behavior; Attitude

Abstrak

Pengaruh Konseling Kalori terhadap Peningkatan Pengetahuan, Sikap, dan Perilaku Diet pada Pasien Diabetes Melitus

Latar Belakang

Diabetes Melitus (DM) adalah penyakit metabolik dengan hiperglikemia karena kelainan insulin. Prevalensi DM telah meningkat dari tahun ke tahun dan telah diprediksi pada tahun 2030 akan meningkat menjadi 366 juta orang. Tindakan pencegahan untuk mengurangi kejadian DM yang tinggi termasuk menyediakan konseling kalori untuk menyelesaikan masalah manajemen diet yang bermanfaat dalam mengendalikan kadar glukosa darah. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh konseling kalori pada peningkatan pengetahuan, sikap, dan perilaku diet pada pasien DM di Semanding Area Puskesmas Dau Kabupaten Malang.

Metode

Penelitian ini menerapkan desain eksperimental semu dengan kelompok kontrol pre-post test non-acak. Sampel dibagi menjadi dua kelompok, yaitu kelompok "intervensi" ($n = 20$), dan kelompok "kontrol" ($n = 20$). Data dianalisis menggunakan uji statistik untuk menentukan perbedaan pengetahuan, sikap dan perilaku antara kedua kelompok intervensi dan kontrol.

Hasil

Studi ini menemukan bahwa konseling kalori dapat meningkatkan pengetahuan responden tentang diet secara signifikan dengan nilai $p = 0,000$. Menariknya, ditemukan hasil bahwa tidak terdapat peningkatan yang signifikan mengenai sikap ($p\text{-value} = 0,152$) sementara secara efektif meningkatkan perilaku diet ($p\text{-value} = 0,001$).

Kesimpulan

Berdasarkan hasil, dapat disimpulkan bahwa konseling kalori sangat penting untuk meningkatkan pengetahuan dan perilaku diet di antara pasien DM di Semanding.

Kata kunci

Diabetes Melitus; Diet; Konseling Kalori; Pengetahuan; Tingkah Laku; Sikap

Abstract #87

The Relationship between Family Support and Low-Salt Diet Compliance among Hypertension Patients in Kendalsari Primary Health Care Malang

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Introduction

Hypertension as a chronic disease has become major health problem in the world and Indonesia. The number of hypertension cases has increased along with lifestyle changes related to diet pattern. One of hypertension managements includes compliance to low-salt diet. Family as the nearest external environment among hypertension patients is expected could provide good support to increase low-salt diet compliance. The aim of this study was to determine the relationship between family support and low-salt diet compliance among hypertension patients in Kendalsari Primary Health Care Malang.

Methods

The study used a cross sectional design. The sample of this study included 53 hypertension patients and their family carrying out treatment in Kendalsari Primary Health Care Malang. Data were collected using family support questionnaire and DSRQ (*Dietary Sodium Restriction Questionnaire*).

Results

The results showed that family support level was fair (22.68%) and low-salt diet compliance in hypertension patients were moderate (55.30). Based on *Pearson* correlation statistical test, it found that there was a significant correlation between family support and low-salt diet compliance with $p = 0.002$ at $\alpha = 0.05$, proved a moderate correlation $+0.425$.

Conclusion

It could be concluded that better family support provides more obedient hypertension patients in low-salt diet. The study suggests that health workers at Kendalsari Primary Health Care Malang should provide education not only to patients but also families to improve support of dietary information.

Keywords

Family Support; Low-Salt Diet Compliance; Hypertension

Abstrak

Hubungan antara Dukungan Keluarga dan Kepatuhan Diet Rendah Garam pada Pasien Hipertensi di Puskresmas Kendalsari Malang

Latar Belakang

Hipertensi sebagai penyakit kronis telah menjadi masalah kesehatan utama di dunia dan Indonesia. Jumlah kasus hipertensi telah meningkat seiring dengan perubahan gaya hidup terkait dengan pola diet. Salah satu manajemen hipertensi termasuk kepatuhan terhadap diet rendah garam. Keluarga sebagai lingkungan eksternal terdekat pasien hipertensi diharapkan dapat memberikan dukungan yang baik untuk meningkatkan kepatuhan diet rendah garam. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara dukungan keluarga dan kepatuhan diet rendah garam pada pasien hipertensi di Puskesmas Kendalsari Malang.

Metode

Penelitian ini menggunakan desain cross sectional. Sampel penelitian ini yaitu 53 pasien hipertensi dan keluarganya yang melakukan perawatan di Puskesmas Kendalsari Malang. Data dikumpulkan menggunakan kuesioner dukungan keluarga dan DSRQ (Dietary Sodium Restriction Questionnaire).

Hasil

Hasil penelitian menunjukkan bahwa tingkat dukungan keluarga yaitu cukup (22,68%) dan kepatuhan diet rendah garam pada pasien hipertensi yaitu pada tingkat sedang (55,30). Berdasarkan uji statistik korelasi Pearson, ditemukan bahwa ada korelasi yang signifikan antara dukungan keluarga dan kepatuhan diet rendah garam dengan $p = 0,002$ pada $\alpha = 0,05$, terbukti korelasi sedang $+0,425$.

Kesimpulan

Dapat disimpulkan bahwa dukungan keluarga yang lebih baik dapat mendukung pasien hipertensi lebih patuh dalam diet rendah garam. Studi ini menunjukkan bahwa petugas kesehatan di Puskesmas Kendalsari Malang seyogyanya dapat memberikan pendidikan tidak hanya kepada pasien tetapi juga keluarga untuk meningkatkan dukungan informasi diet.

Kata kunci

Dukungan keluarga; Kepatuhan Diet Rendah Garam; Hipertensi

Abstract #88

SNP G-152A of Angiotensinogen Gene was not Aligned with Serum Angiotensinogen Levels in Patients with Essential Hypertension

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Introduction

Genetic variant G-152A of angiotensinogen (AGT) promoter is thought to affect AGT gene transcription and angiotensinogen levels. Angiotensinogen is an important substrate for renin in the RAS that is finally converted into angiotensin II that plays a key role on the occurrence of hypertension. However, the studies that discuss the single nucleotide polymorphism (SNP) G-152A of AGT gene are still limited, especially in Indonesian hypertensive patients.

Methods

This study was designed to detect the SNP G-152A of AGT and reported its serum angiotensinogen levels. The variants were identified in 62 patients with essential hypertension by PCR and further identified by automated sequencing. Serum samples were collected to analyze the angiotensinogen levels by a sandwich ELISA.

Results

The data showed that the AGT promoter in our patients had genetic variants -152G (G allele/GG genotype) and -152A (A allele/AG genotype) with a frequency of 0.92 : 0.08, respectively. There were no patients with AA genotype. In the analysis of serum angiotensinogen levels (mean \pm SD), it was found that A allele had an angiotensinogen level of 371.30 ± 69.92 (ng/mL) and G allele was 343.53 ± 74.95 (ng/mL). The A allele had slightly higher angiotensinogen level than G allele with no significant difference ($P=0.437$).

Conclusions

Thus, in our study is found a genetic variant G-152A of AGT gene represented the GG, AG genotypes and it has higher frequency of G allele. Further research is still needed to determine that G/A allele directly affects on the occurrence of essential hypertension.

Keywords

SNP G-152A; Angiotensinogen gene; Angiotensinogen Levels; Essential Hypertension

Abstrak

Frekuensi SNP G-152A Gen Angiotensinogen Tidak Berhubungan dengan Kadar Angiotensinogen Serum pada Pasien dengan Hipertensi Esensial

Latar Belakang

Variasi genetik G-152A pada angiotensinogen (AGT) promotor diduga mempengaruhi aktivitas transkripsi dan kadar angiotensinogen dari gen AGT. Angiotensinogen merupakan substrat renin yang penting pada RAS yang diubah menjadi angiotensin II dan memainkan peran utama pada terjadinya hipertensi. Namun, studi yang membahas *single nucleotide polymorphism* (SNP) pada lokasi G-152A dari *AGT* ini masih sangat terbatas, terutama pada pasien hipertensi di Indonesia.

Metode

Penelitian ini dirancang untuk mendeteksi ada tidaknya SNP G-152A gen AGT dan bagaimana hubungannya terhadap kadar angiotensinogen serum yang dihasilkan. Polimorfisme diidentifikasi pada 62 pasien yang menderita hipertensi esensial menggunakan metode PCR dan selanjutnya diidentifikasi menggunakan metode sekuensing. Sampel serum pasien digunakan untuk menganalisis kadar angiotensinogen menggunakan metode *sandwich-ELISA*.

Hasil

Hasil menunjukkan bahwa promotor AGT pada penelitian ini memiliki variasi genetik -152G (alel G /genotipe GG) dan -152A (alel A/genotip AG) dengan frekuensi masing-masing 0,92: 0,08 dan tidak ditemukan pasien dengan genotipe AA. Pada analisis kadar angiotensinogen serum (mean \pm SD), ditemukan bahwa kelompok dengan alel A memiliki kadar angiotensinogen 371,30 \pm 69,92 (ng / mL) sedangkan kelompok dengan alel G 343,53 \pm 74,95 (ng / mL). Sehingga alel A memiliki kadar angiotensinogen sedikit lebih tinggi daripada alel G dengan tidak ada perbedaan yang signifikan secara statistik ($P = 0,437$).

Kesimpulan

Pada penelitian ini ditemukan variasi genetik G-152A gen AGT dengan genotipe GG dan AG serta frekuensi alel G memiliki hasil yang lebih tinggi dibandingkan alel A. Penelitian lebih lanjut masih diperlukan untuk menentukan bahwa alel G/A secara langsung mempengaruhi terjadinya hipertensi esensial.

Kata kunci

SNP G-152A; Gen Angiotensinogen; kadar angiotensinogen; Hipertensi Esensial

Abstract #89

The Influence of Brand Image and Quality of Service on Patient's Satisfaction of Chronic Disease Management Program (Prolanis)

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Introduction

It has been indicated the satisfaction felt by prolanis patients who used the Social Insurance Administration Organization (BPJS) for Prolanis health services was still low because in 2016 is the second year of the Social Insurance Administration Organization (BPJS) process running. This study aimed to determine the influence of brand image and service quality on satisfaction of Prolanis patients in Pratama Clinic Wisma Husada Surabaya

Methods

This study was an observational study with a cross-sectional design. This research was conducted in March 2018 in Pratama Clinic Wisma Husada Surabaya. The study involved 35 Prolanis patients as respondents recruited using simple random sampling technique. Data was collected using a questionnaire tool that has been tested for validity and reliability. Linear regression statistical tesw was used for data analysis.

Results

Brand image and service quality were mostly good which were 54.3% and 74.3% respectively. Majority patient satisfaction level was classified as satisfied (88.6%). Data analysis showed that there was a significant influence of brand image on patient satisfaction ($p=0.004$). Similar findings was found regarding the significant influence of service quality on patient satisfaction ($p=0.000$).

Conclusions

Brand image and service quality can influence satisfaction of Prolanis patients

Keywords

Brand Image; Service Quality; Satisfaction Level; Prolanis Program; Social Insurance Administration Organization (BPJS)

Abstrak

Pengaruh *Brand Image* dan Kualitas Pelayanan Terhadap Kepuasan Pasien Program Penyelenggaraan Penyakit Kronis (Prolanis)

Latar Belakang

Kepuasan yang dirasakan oleh pasien prolanis yang menggunakan Badan Penyelenggara Jaminan Sosial (BPJS) Kesehatan untuk layanan kesehatan Prolanis masih rendah karena pada tahun 2016 merupakan tahun kedua proses BPJS Kesehatan berjalan. Penelitian ini bertujuan untuk mengetahui pengaruh citra merek dan kualitas pelayanan pada kepuasan pasien Prolanis di Klinik Pratama Wisma Husada Surabaya

Metode

Penelitian ini merupakan penelitian observasional dengan desain *cross-sectional*. Penelitian ini dilakukan pada bulan Maret 2018 di Klinik Pratama Wisma Husada Surabaya. Sampel penelitian adalah 35 pasien Prolanis di Klinik Pratama Wisma Husada Surabaya. Metode pengambilan sampel dengan *simple random sampling*. Data dikumpulkan menggunakan alat kuesioner yang telah diuji validitas dan reliabilitasnya. Analisis data dengan regresi linier.

Hasil

Brand image dan kualitas pelayanan sebagian besar baik yaitu sebesar 54,3% dan 74,3%. Mayoritas Tingkat kepuasan pasien yang dirasakan oleh pasien yaitu pada kategori puas (88,6%). Hasil analisis data menunjukkan bahwa *brand image* memiliki pengaruh terhadap kepuasan pasien ($p=0,004$). Temuan yang sama didapatkan berkaitan dengan kualitas pelayanan terhadap kepuasan pasien ($p=0,000$).

Kesimpulan

Brand image dan kualitas pelayanan dapat mempengaruhi kepuasan pasien Prolanis.

Kata kunci

Brand Image; Kualitas Layanan; Tingkat Kepuasan; Program Prolanis; Badan Penyelenggara Jaminan Sosial (BPJS)

Abstract #90

Dry Eyes, Cataracts, Retinopathies, and Grieving Nursing Care in Systemic Lupus Erythematosus: A Case Study

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Introduction

Ocular manifestations of systemic lupus erythematosus (SLE) are fairly common and can be sight-threatening. Dry eye, cataract, and retinopathy are the most common ocular damage in SLE.

Methods

This was a case study involving a patient with characteristics: a 27 years old female with active disease activity (SLEDAI=10) could not read the small text, especially under the bright light. Glasses were not comfortable and the visual acuity of both eyes was error. No dizziness. Blood pressure 100/60 mmHg, pulse 85 bpm, respiration rate 13 bpm, and axila temperature 36.5°C. Hemoglobin 6.6 g/dL, thrombocytes 285,000/mm³, leucocytes 6,600/mm³, and ESR 59 mm/hour.

Results

Patients management included therapy: methylprednisolon 4-16 mg/day and calcium 1 tab/day, since 8 years ago, but had a 2-years remission. There were cataracts on both eye lenses and exudate on both retinas. Patient immediately glazed and down. Nursing interventions provided: encouraging patient to express her feelings and explaining that crying are natural in the grieving response, explaining the latest methods of treatment for dry eyes, cataract, and retinopathies, as well as facilitating the patient's spiritual needs. Evaluations: patient cried incessantly because afraid of blindness, surrendered to all the therapy that will be given, and worship to fulfill her spiritual needs.

Conclusions

Long-term disease activity and steroid consumption can cause ocular complications, including: dry eyes, cataracts, and retinopathies. Grieving is a natural thing, because the eye is the *window to the world* for patient. The task of nurses is to provide grieving nursing care so that patient remain enthusiastic in undergoing her next day.

Keywords

Dry Eyes; Cataracts; Retinopathies; Grieving; SLE

Abstrak

Asuhan Keperawatan Mata Kering, Katarak, Retinopati, dan Berduka Pada Lupus Eritematosus Sistemik: Studi Kasus

Latar Belakang

Manifestasi ocular pada lupus eritematosus sistemik (LES) sering dijumpai dan dapat mengancam penglihatan. Mata kering, katarak, dan retinopati merupakan kerusakan ocular yang paling berbahaya pada LES.

Metode

Penelitian ini merupakan studi kasus yang melibatkan seorang pasien dengan karakteristik: wanita 27 tahun dengan aktivitas penyakit aktif (SLEDAI=10) tidak dapat membaca tulisan kecil, terutama di bawah cahaya terang. Kacamata terasa tidak nyaman dan pemeriksaan visus eror pada kedua mata. Tidak pusing. Tekanan darah 100/60 mmHg, nadi 85 x/menit, laju respirasi 13 x/menit, and suhu aksila 36.5°C. Hemoglobin 6.6 g/dL, trombosit 285,000/mm³, leukosit 6,600/mm³, and LED 59 mm/jam.

Hasil

Manajemen pasien yaitu mendapatkan terapi: metilprednisolon 4-16 mg/hari dan kalsium 1 tablet/hari, sejak 8 tahun yang lalu, namun sempat remisi 2 tahun. Terdapat katarak pada kedua lensa mata dan sksudat pada kedua retina. Pasien langsung berkaca-kaca dan down. Intervensi keperawatan yang diberikan: mendorong pasien untuk menyampaikan perasaannya dan menjelaskan bahwa menangis adalah hal yang normal pada respons berduka, menjelaskan metode terkini untuk terapi mata kering, katarak, dan retinopati, serta memfasilitasi pasien untuk kebutuhan spiritualnya. Evaluasi: pasien menangis karena takut buta, mematuhi semua terapi yang akan diberikan, dan pasrah untuk memenuhi kebutuhan spiritualnya

Kesimpulan

Aktivitas penyakit yang cukup lama dan konsumsi steroid dapat menjadi penyebab komplikasi okular, termasuk: mata kering, katarak, dan retinopati. Berduka adalah hal yang wajar, karena mata adalah jendela dunia bagi pasien. Tugas perawat adalah memerikan asuhan keperawatan berduka sehingga pasien dapat tetap bersemangat menjalani hari-harinya selanjutnya.

Kata kunci

Mata Kering; Katarak; Retinopati; Berduka; LES.

Abstract #91

Effectiveness of SBAR Communication Methods to Improve The Quality of Nursing Handover

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Introduction

Professionalism in nursing services can be achieved by optimizing the role and function of nurses through effective communication. Communication during handover has been identified should be improved. Handover must be carried out as effectively as possible by explaining in brief, clear, complete, and accurate so that the continuity of nursing care can be performed well. The purpose of this study was to analyze the effect of SBAR communication methods on quality of nursing handover.

Methods

This study used pre-experimental one group pre-and post-test design. Respondents in this study were 15 people determined by using total sampling technique on nurses of ward 18 Saiful Anwar Hospital Malang. Data was collected during January-February 2018 through observation method which consists of the content, process, and time spent. The analysis used statistical test of paired sample t-test.

Results

The result of this study showed that the content of handover after intervention increased from 46% to 86%, the process improved from 71% to 92%. and the time spent was shorter from 55 minutes to 30 minutes. Statistical test showed a significant enhancement of handover quality after being given the intervention of SBAR communication to nurses with a significance value of $p = 0.001$ ($p < 0.05$).

Conclusion

The SBAR communication method is effective in improving the quality of nursing handover. This method is expected to continue to be applied and disseminated throughout the wards as an effort to achieve patient safety in hospital.

Keywords

SBAR; Communication Method; Nursing Handover

Abstrak

Efektivitas Metode Komunikasi SBAR untuk Meningkatkan Kualitas Timbang Terima Keperawatan

Latar Belakang

Profesionalisme dalam pelayanan keperawatan dapat dicapai dengan mengoptimalkan peran dan fungsi perawat melalui komunikasi yang efektif. Salah satu bentuk komunikasi yang harus diperbaiki yaitu pada saat timbang terima. Timbang terima harus dilakukan seefektif mungkin dengan menjelaskan secara singkat, jelas, lengkap, dan akurat sehingga kontinuitas keperawatan dapat dilakukan dengan baik. Tujuan dari penelitian ini adalah untuk menganalisis pengaruh metode komunikasi SBAR pada kualitas kegiatan timbang terima keperawatan.

Metode

Penelitian ini menggunakan disain *pre-experimental one group pre-and post-test*. Responden dalam penelitian ini adalah 15 orang perawat yang ditentukan dengan menggunakan teknik total sampling pada perawat di ruang 18 Rumah Sakit Saiful Anwar Malang. Data dikumpulkan selama Januari-Februari 2018 melalui metode observasi pada aspek konten, proses, dan waktu yang diperlukan. Penelitian ini menggunakan uji statistik t-tes sampel berpasangan.

Hasil

Hasil penelitian ini menunjukkan bahwa kualitas timbang terima setelah intervensi meningkat pada aspek konten yaitu dari 46% menjadi 86%, aspek proses meningkat dari 71% menjadi 92%. dan waktu yang dihabiskan berkurang dari 55 menit menjadi 30 menit. Uji statistik menunjukkan peningkatan kualitas timbang terima yang signifikan setelah diberi intervensi komunikasi SBAR kepada perawat dengan nilai signifikansi $p = 0,001$ ($p < 0,05$).

Kesimpulan

Metode komunikasi SBAR efektif dalam meningkatkan kualitas timbang terima keperawatan. Metode ini diharapkan terus diterapkan dan disebarluaskan ke seluruh ruang rawat sebagai upaya untuk mencapai keselamatan pasien di rumah sakit.

Kata kunci

SBAR; Metode Komunikasi; Timbang Terima Keperawatan

Abstract #92

Model of Interprofessional Collaboration of Chronic Wound Management in Private Setting

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Introduction

Chronic wounds carry significant problem to patients and healthcare facilities. Chronic wound requires comprehensive approach in order to achieve optimal healing outcomes. It demands for a multi-disciplinary and well organized collaborations of competent healthcare professionals (HCP), along with adequate support of health management and administration sector. In the context of chronic wound management, BPJS coverage has been proven to be insufficient to provide an adequate, evidence based, and latest technology wound care modalities. This paper provides a description of inter professional collaboration in chronic wound management in private setting

Methods

This was a case study which focused on uniqueness characteristic of the observed phenomenon

Results

The majority of wound care used conventional method and was physician-centered with very limited contribution of other professional's expertise. To address this issue, certified wound care nurses then collaborated with physicians to initiate a private wound centre. The centre was able to provide a better multi-disciplinary collaboration in which each HCP has equal portion to apply their expertise and coordinates to each other. Physicians had the role as the team leader who performed general assessment, setting patient goals, prescribe medications and diagnostic tests. Nurses had the primary role for wound management, patient education and lifestyle modification, and schedule patient for any further medical intervention. The involved physicians included general practitioner, internist, diabetologist, and dermatologist. The results of this multi-disciplinary care had achieved successful healing rate for all wounds combined was 84,28%, and specific for DFUs the successful healing rate was 88, 34%. Also it was worth noticing that the wound management demonstrated a cost effective care.

Conclusions

Interprofessional collaboration is essential in providing adequate care for patients with chronic wounds. Despite the limitation of its application in public healthcare setting, its efficacy has been proven when it was implemented in the private setting

Keywords

Interprofessional Collaboration Model; Chronic Wound Management; Private Setting

Abstrak

Model Kolaborasi Interprofesional dalam Manajemen Luka Kronis pada Layanan Privat

Latar Belakang

Luka kronis membawa masalah signifikan pada pasien dan fasilitas kesehatan. Luka kronis membutuhkan pendekatan komprehensif untuk mencapai hasil penyembuhan yang optimal. Ini menuntut kolaborasi multi disiplin dan terorganisir dengan baik dari tenaga kesehatan yang profesional, bersama dengan dukungan yang memadai dari sektor manajemen kesehatan dan administrasi. Dalam konteks manajemen luka kronis, cakupan BPJS telah terbukti tidak cukup untuk memberikan modalitas perawatan luka teknologi yang memadai, berdasarkan bukti, dan terbaru. Artikel ini memberikan deskripsi kolaborasi antar profesional dalam manajemen luka kronis dalam pengaturan pribadi

Metode

Artikel ini adalah studi kasus yang berfokus pada karakteristik keunikan dari fenomena yang diamati

Hasil

Mayoritas perawatan luka menggunakan metode konvensional dan berpusat pada dokter dengan kontribusi yang sangat terbatas dari keahlian profesional lainnya. Untuk mengatasi masalah ini, perawat perawatan luka bersertifikat kemudian bekerja sama dengan dokter untuk memulai pusat pelayanan privat perawatan luka. Pusat ini mampu memberikan kolaborasi multidisiplin yang lebih baik di mana masing-masing tenaga kesehatan yang profesional memiliki porsi yang sama untuk menerapkan keahlian dan koordinat mereka satu sama lain. Dokter memiliki peran sebagai pemimpin tim yang melakukan penilaian umum, menetapkan tujuan pasien, meresepkan obat-obatan dan tes diagnostik. Perawat memiliki peran utama untuk manajemen luka, pendidikan pasien dan modifikasi

gaya hidup, dan menjadwalkan pasien untuk intervensi medis lebih lanjut. Dokter yang terlibat termasuk dokter umum, dokter penyakit dalam, ahli diabetes, dan dokter kulit. Hasil dari perawatan multi disiplin ini telah mencapai tingkat penyembuhan yang berhasil untuk semua luka yaitu 84,28%, dan khusus untuk DFU, tingkat penyembuhan yang berhasil adalah 88,34%. Hal yang penting untuk diperhatikan bahwa manajemen luka menunjukkan biaya perawatan yang efisien.

Kesimpulan

Kolaborasi interprofesional sangat penting dalam memberikan perawatan yang memadai untuk pasien dengan luka kronis. Terlepas dari keterbatasan penerapannya dalam layanan kesehatan publik, model kolaborasi ini telah terbukti ketika diterapkan dalam setting layanan privat.

Kata kunci

Model Kolaborasi Interprofesional ; Manajemen Luka Kronis; Layanan Privat

Abstract #93**Assessment of Patient-Care Knowledge and Practice to Prevent Nosocomial Infection Post- Caesarean Section in District Hospitals****Ahsan**

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Introduction

In developing countries, incidence of maternal mortality due to nosocomial infection during and after childbirth is considered high. Such phenomenon was also evidenced in hospitals which may be due to difficulty to access skilled care and/or quality disparity in healthcare provided.

Methods

This study was performed to explore the current knowledge and practice of nursing care for mothers post-Caesarean delivery in two district hospitals in Malang, East Java, Indonesia. The study was designed as a quantitative cross-sectional survey and observation of patient-care practices. The population and sample studied were all nurses providing patient-care in Delivery Unit of Department of Obstetrics and Gynecology.

Results

The results showed that there was a gap between expected and actual knowledge and skill mastery, with concurrent incidence rate of 44% nosocomial infection post-Caesarean section.

Conclusions

Several aspects of knowledge; skills and attitudes including aseptic wound care were in need of improvement to control nosocomial infection post-Caesarean delivery.

Keywords

Knowledge; Practice; Patient-Care; Nosocomial Infection prevention; Post-Caesarean Section

Abstrak

Penilaian Pengetahuan dan Praktik Perawatan Pasien untuk Mencegah Infeksi Nosokomial Pasca Operasi Caesar di Rumah Sakit Kabupaten

Latar Belakang

Di negara-negara berkembang, insiden kematian ibu karena infeksi nosokomial selama dan setelah melahirkan dianggap tinggi. Fenomena seperti itu juga dibuktikan di rumah sakit yang mungkin karena kesulitan untuk mengakses perawatan terampil dan/atau perbedaan kualitas dalam perawatan kesehatan yang disediakan.

Metode

Penelitian ini dilakukan untuk mengeksplorasi pengetahuan saat ini dan praktik asuhan keperawatan untuk ibu melahirkan pasca caesar di dua rumah sakit kabupaten di Malang, Jawa Timur, Indonesia. Penelitian ini dirancang sebagai survei cross-sectional kuantitatif dan observasi praktik perawatan pasien. Populasi dan sampel yang diteliti adalah semua perawat yang memberikan perawatan pasien di Unit Pengiriman Departemen Obstetri dan Ginekologi.

Hasil

Hasil penelitian menunjukkan bahwa ada kesenjangan antara pengetahuan yang diharapkan dan aktual penguasaan keterampilan, bersamaan dengan tingkat kejadian 44% infeksi nosokomial pasca operasi caesar.

Kesimpulan

Beberapa aspek pengetahuan, keterampilan dan sikap termasuk perawatan luka aseptik membutuhkan perbaikan untuk mengendalikan infeksi nosokomial pasca persalinan caesar.

Kata kunci

Pengetahuan; Praktik; Perawatan Pasien; pencegahan Infeksi Nosokomial; Pasca Operasi Caesar

Abstract #94

Booklet Education in Promoting Antihypertensive Medication Adherence in Elderly

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Introduction

Pharmaceutical therapy is the most common strategies to treat elderly with hypertension along with having regular blood pressure check and preventing complications. Non-adherence medication is a significant cause of therapeutic failure and risk of adverse drug reactions. The consequences of this non-adherence medication is greater in older people because of physiological changes that accompany aging. The aim of this study was to describe the effectiveness of health education with booklet on the medication adherence among elderly patients with hypertension.

Methods

This study used pre-experimental design with one group pretest-posttest approach. Health education with booklet was conducted among 36 elderly with hypertension who visited Primary Health Care using purposive sampling technique. Pre and post-test data was collected by using Morisky Medication Adherence Scale (MMAS-8). Pre-test was measured before health education, and home visit after one month to collecting post-test data.

Results

The study found that majority of respondent was female (n=27) with average age 67,13 years old. Amlodipine was identified as the common drug used by respondents followed by captoprile. Most of respondents (n=26) were found to have isolated systolic hypertension. Respondents with low, medium and high medication adherence were 17, 7, and 12 respondents respectively. However, after being educated, there were 22 respondents with high medication adherence, 10 respondents with low medication adherence, and merely 4 respondents with medium adherence. There was a significant effect of health education with booklet on the medication adherence among elderly patients with $p = 0,04$ and $p\text{-value} > \alpha (0,05)$.

Conclusions

Booklet education method is effective to sustain the adherence medication for elderly as it makes it easy as possible to take the medications correctly. It provides information both for patients and families to support patient medication regimen adherence. Further research is needed in order to determine the most effective strategy including the utilization of technology for providing not only information but also reminding to take medicines and obtain repeated prescriptions.

Keywords

Antihypertensive Medication Adherence; Booklet Education; Elderly

Abstrak

Pendidikan Buklet dalam Mempromosikan Kepatuhan Obat Antihipertensi pada Lansia

Latar Belakang

Terapi farmasi adalah strategi yang paling umum untuk merawat lansia dengan hipertensi bersamaan dengan pengukuran teratur tekanan darah dan pencegahan komplikasi. Ketidakpatuhan terhadap Pengobatan merupakan penyebab signifikan kegagalan terapi dan risiko reaksi obat yang merugikan. Konsekuensi dari ketidakpatuhan pengobatan ini lebih besar pada lansia karena perubahan fisiologis yang menyertai penuaan. Tujuan dari penelitian ini adalah untuk mengidentifikasi fektivitas pendidikan kesehatan dengan buklet terhadap kepatuhan pengobatan pada pasien usia lanjut dengan hipertensi.

Metode

Penelitian ini menggunakan desain pra-eksperimen dengan pendekatan satu kelompok pretest-posttest. Pendidikan kesehatan dengan buklet dilakukan pada 36 lansia dengan hipertensi yang mengunjungi Pusat kesehatan masyarakat dengan rekrutmen menggunakan teknik purposive sampling. Data sebelum dan sesudah tes dikumpulkan dengan menggunakan Morisky Medication Adherence Scale (MMAS-8). Pra-tes diukur sebelum pendidikan kesehatan, dan kunjungan rumah setelah satu bulan untuk mengumpulkan data post-test.

Hasil

Hasil penelitian ini mayoritas responden adalah wanita ($n = 27$) dengan usia rata-rata adalah 67,13 tahun. Amlodipine merupakan obat yang biasa digunakan oleh responden dan diikuti oleh captoprile. Sebagian besar responden ($n = 26$) ditemukan memiliki hipertensi sistolik terisolasi. Responden dengan kepatuhan

minum obat rendah, sedang dan tinggi yaitu 17, 7 dan 12 responden. Namun setelah mendapatkan edukasi Buklet, terdapat 22 responden dengan kepatuhan pengobatan yang tinggi, 10 responden dengan kepatuhan pengobatan yang rendah, dan 4 responden dengan kepatuhan sedang. Ada pengaruh yang signifikan dari pendidikan kesehatan dengan buklet terhadap kepatuhan pengobatan pada pasien lansia dengan $p = 0,04$ dan $p\text{-value} > \alpha (0,05)$.

Kesimpulan

Edukasi Booklet efektif untuk mempertahankan kepatuhan pengobatan pada lansia karena membuat semudah mungkin mengkonsumsi obat dengan benar. Metode edukasi ini dapat memberikan informasi untuk pasien dan keluarga untuk mendukung pasien dalam mematuhi resimen pengobatan. Penelitian lebih lanjut diperlukan untuk menemukan strategi yang paling efektif termasuk penggunaan teknologi untuk memberikan tidak hanya informasi tetapi juga mengingatkan untuk minum obat dan mendapatkan resep berulang.

Kata kunci

Kepatuhan Pengobatan; Antihipertensi; Pendidikan Buklet; Lansia

Abstract #95

Prenatal Care Visits are not Influenced by Knowledge and Attitude Regarding High-Risk Pregnancy In Malang, Indonesia

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Introduction

High-risk pregnancy is a one of the maternal and fetal death causes in Indonesia. Maternal death in Malang has increased from 8 to 9 cases in 2016. The main cause considered includes low awareness to take prenatal care at least four-times as WHO recommendation. According to the report of East Java Provincial Health Office in 2016, prenatal care visit coverage in Malang only 88.6% and Kedungkandang, one of the Malang sub-district, was the 3rd lowest prenatal care visit and the highest maternal death due to high-risk pregnancy. The aim of this study was to analysis correlation among knowledge and attitude regarding high-risk pregnancy towards prenatal care visit

Methods

This quantitative study was conducted using cross-sectional approach. Forty-two participants were postpartum mothers who lived in Kedungkandang sub-district. Data were collected through High-risk pregnancy knowledge and attitude questioners and Buku Kesehatan Ibu-Anak (Buku KIA)/Maternal-Child medical record book on February-April 2017. Data Analysis used Spearman's Rank Correlation test.

Results

The result of this study proved that participants' knowledge and attitude about high-risk pregnancy were poor and negative (33.3% and 21.4%); good and positive (66.7% and 78.6%). There was no significant correlation between knowledge and attitude regarding high-risk pregnancy to prenatal care visit (p-value 0.064 and 0.175). Prenatal care visit influenced by multifactorial such as good maternal health condition and number of pregnancies. It has been identified that mother took routine prenatal care due to her excited feeling of her first pregnancy experience and want to know more about their baby condition despite having poor knowledge and attitude related to high-risk pregnancy.

Conclusions

Knowledge and attitude regarding high-risk pregnancy have no influence on prenatal care visits. Other factor including first experience of getting pregnancy has essential contribution to mothers awareness to take regular visits.

Keywords

Knowledge; Attitude; High-Risk Pregnancy; Prenatal Visits

Abstrak

Kunjungan Perawatan Prenatal Tidak Dipengaruhi oleh Pengetahuan dan Sikap Mengenai Kehamilan Berisiko Tinggi di Malang, Indonesia

Latar Belakang

Kehamilan berisiko tinggi adalah salah satu penyebab kematian ibu dan janin di Indonesia. Kematian ibu di Malang telah meningkat dari 8 menjadi 9 kasus pada 2016. Penyebab utama yang dipertimbangkan termasuk rendahnya kesadaran untuk melakukan kunjungan perawatan pranatal setidaknya empat kali seperti yang direkomendasikan WHO. Menurut laporan Dinas Kesehatan Provinsi Jawa Timur pada tahun 2016, cakupan kunjungan prenatal care di Malang hanya 88,6% dan Kedungkandang, salah satu kecamatan Malang, adalah kunjungan perawatan prenatal ke-3 terendah dan kematian ibu tertinggi karena risiko tinggi kehamilan. Tujuan dari penelitian ini adalah untuk menganalisis korelasi antara pengetahuan dan sikap mengenai kehamilan berisiko tinggi terhadap kunjungan perawatan prenatal

Metode

Penelitian kuantitatif ini dilakukan dengan menggunakan pendekatan cross-sectional. 42 responden yang terlibat adalah ibu nifas yang tinggal di Kecamatan Kedungkandang. Data dikumpulkan menggunakan kuesioner pengetahuan dan sikap berkaitan dengan risiko tinggi kehamilan serta Buku Kesehatan Ibu-Anak (Buku KIA) / buku catatan medis Ibu-Anak pada Februari-April 2017. Analisis data menggunakan uji Korelasi Rank Spearman.

Hasil

Hasil penelitian ini menunjukkan bahwa pengetahuan dan sikap peserta tentang kehamilan berisiko tinggi adalah rendah dan negatif (33,3% dan 21,4%); baik dan positif (66,7% dan 78,6%). Tidak ada korelasi yang signifikan antara pengetahuan dan sikap mengenai kehamilan berisiko tinggi dengan kunjungan perawatan prenatal (p -value 0,064 dan 0,175). Kunjungan perawatan prenatal dipengaruhi oleh multifaktorial seperti kondisi kesehatan ibu yang baik dan jumlah kehamilan. Didapatkan bahwa ibu melakukan perawatan prenatal rutin karena perasaan bahagia tentang pengalaman kehamilan pertamanya dan ingin tahu lebih banyak tentang kondisi bayi mereka walaupun memiliki pengetahuan dan sikap yang tidak adekuat terkait dengan kehamilan berisiko tinggi.

Kesimpulan

Pengetahuan dan sikap mengenai kehamilan berisiko tinggi tidak memiliki pengaruh pada kunjungan perawatan prenatal. Faktor lain termasuk pengalaman kehamilan pertama berkontribusi penting untuk kesadaran ibu dalam melakukan kunjungan rutin.

Kata kunci

Pengetahuan; Sikap; Kehamilan Risiko Tinggi; Kunjungan Prenatal

Abstract #96

Relationship between Knowledge and Wound Care Using Modern Dressing among Patients with Diabetes Mellitus in Home Wound Care Surabaya, Sidoarjo

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Introduction

Diabetes Mellitus is a progressive chronic metabolic disease with clinical manifestations of glucose and lipid metabolism disorders, accompanied by blood vessel chronic complications resulting damage and decline in function of vital organs. The dangers of diabetes mellitus are enormous allowing patients to get kidney failure, blind and suffer from many serious complications. Increased incidence of diabetes mellitus injury caused by irregular and inappropriate care, so that the risk of nerve damage leads to damage to blood flow and cause numbness in the foot. Patients who have sufficient knowledge about diabetes mellitus and wound care using modern dressing are considered have an impact on the healing process of diabetes mellitus and diabetes mellitus injury and can prevent wound and amputation expansion.

Methods

Study design applied cross sectional approach. Population was all patients in home wound care Surabaya, Sidoarjo. Samples involved adults who come for routine blood sugar checks and wound care. There were 25 respondent recruited using purposive sampling technique. Wilcoxon signed rank test was used for data analysis ($\alpha = 0.05$).

Results

The study found that majority respondents were female (60%), 45 – 59 years old (60%), Senior High School (32%), private employment (52%), long diabetes mellitus 1 – 3 years (80%), and wound diabetes mellitus (96%). There was a significant correlation between knowledge and treatment using modern wound dressing ($p=0,001$). Sufficient knowledge about diabetes and diabetes wound care allowing participants can understand and adhere to perform regular treatment so that amputation complications can be prevented.

Conclusions

Patient knowledge about diabetes mellitus has contributed to maintenance treatment of wound care using modern dressing techniques.

Keywords

Diabetes Mellitus; Knowledge; Wound Care; Modern Dressing Technique

Abstrak

Hubungan Pengetahuan Pasien Diabetes Mellitus terhadap Perawatan Luka Menggunakan Modern Dreesing Rumah Luka Surabaya di Sidoarjo

Latar Belakang

Diabetes Melitus adalah penyakit metabolik kronis progresif dengan manifestasi klinis gangguan metabolisme glukosa dan lipid, disertai dengan komplikasi kronis pembuluh darah yang mengakibatkan kerusakan dan penurunan fungsi organ vital. Bahaya diabetes melitus sangat besar memungkinkan pasien untuk mengalami gagal ginjal, buta dan menderita banyak komplikasi serius. Peningkatan kejadian cedera diabetes melitus yang disebabkan oleh perawatan yang tidak teratur dan tidak tepat, menimbulkan risiko kerusakan saraf dan aliran darah sehingga menyebabkan mati rasa di kaki. Pasien yang memiliki pengetahuan yang tepat tentang diabetes melitus dan perawatan luka dengan menggunakan pembalut modern memiliki dampak pada proses penyembuhan diabetes melitus dan cedera diabetes melitus sehingga dapat mencegah perluasan luka dan amputasi.

Metode

Desain penelitian menggunakan pendekatan cross sectional. Populasi adalah semua pasien yang dirawat di rumah sakit Surabaya, Sidoarjo. Sampel melibatkan orang dewasa yang datang rutin untuk pemeriksaan gula darah dan perawatan luka. Terdapat 25 responden yang direkrut menggunakan teknik purposive sampling. Wilcoxon signed rank test digunakan untuk analisis data ($\alpha = 0,05$).

Hasil

Studi ini menemukan bahwa mayoritas responden adalah perempuan (60%), 45 - 59 tahun (60%), SMA (32%), pekerjaan swasta (52%), diabetes mellitus panjang 1 - 3 tahun (80%), dan luka diabetes mellitus (96%). Terdapat korelasi yang signifikan antara pengetahuan dan pengobatan menggunakan dressing luka modern ($p = 0,001$). Pengetahuan yang adekuat tentang diabetes dan perawatan luka diabetes memungkinkan pasien dapat memahami dan mematuhi untuk melakukan perawatan rutin sehingga komplikasi amputasi dapat dicegah.

Kesimpulan

Pengetahuan pasien tentang diabetes mellitus memiliki kontribusi terhadap perawatan luka menggunakan teknik dressing modern.

Kata kunci

Diabetes Mellitus; Pengetahuan; Perawatan Luka; Teknik Dressing Modern

Abstract #97

Factors Analysis related to Bullying Behavior of Adolescents living in Islamic Boarding School

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Introduction

Bullying behavior is a verbal, physical, social and psychological aggressive and repeated behavior. Bullying has a significant effect on adolescents' mental health, emotional well-being and identity. It is influenced by several factors. The factors are level of knowledge, emotional intelligence and social interaction.

Methods

The study design was a cross-sectional survey using the questionnaire. One hundred and seventy students living in the Islamic Boarding School were invited to participate for this research.

Results

The results showed that there was a significant correlation with the p value 0.029 and a negative correlation -168. It means that the higher level of knowledge, the lower of bullying behavior. The results of emotional intelligence and bullying behavior using the lambda contingency coefficient test showed that there was a significant correlation with p value $0.002 < 0.05$ and correlation coefficient 0.0185. The results of social interaction and bullying behavior using the lambda contingency coefficient showed that there was a significant correlation between social interaction with bullying behavior, with p value $0.02 < 0.05$ and correlation coefficient 0.136.

Conclusion

It is very important to involve school, parents and health institutions to promote and prevent bullying behavior among adolescents in the school and community, especially in the area of Islamic Boarding Schools.

Keywords

Bullying Behavior; Level of Knowledge; Emotional Intelligence; Social Interaction

Abstrak

Analisis Faktor-Faktor yang Mempengaruhi Perilaku Bullying pada Remaja yang Tinggal di Pondok Pesantren

Latar Belakang

Bullying merupakan perilaku agresif yang ditunjukkan secara verbal, fisik, sosial dan psikologis dan berulang. Perilaku ini memiliki dampak signifikan pada kesehatan jiwa, kesejahteraan emosi dan identitas remaja. Perilaku ini dipengaruhi oleh beberapa faktor. Beberapa faktor tersebut adalah tingkat pengetahuan, kecerdasan emosi dan interaksi sosial

Metode

Desain penelitian ini adalah cross sectional dengan survey kuesioner. Seratus tujuh puluh siswa yang tinggal di pondok pesantren berpartisipasi dalam penelitian ini.

Hasil

Hasil penelitian menggunakan uji *rank-spearman* didapatkan hasil bahwa terdapat hubungan yang bermakna dengan nilai ($p=0.029$) dengan hubungan negatif ($rs=-168$). Hasil tersebut menjelaskan bahwa semakin tinggi tingkat pengetahuan, maka semakin rendah perilaku bullying yang terjadi. Hasil penelitian hubungan kecerdasan emosi dengan perilaku bullying menggunakan uji *koefisien kontigensi lamda* didapatkan hasil bahwa terdapat hubungan bermakna dengan nilai $p\ value\ 0.002 < 0.05$ dengan koefisien korelasi ($rs=0,0185$) dan hasil penelitian interaksi sosial dengan perilaku bullying menggunakan *koefisien kontigensi lamda* di dapatkan hasil bahwa terdapat hubungan bermakna antara interaksi sosial dengan perilaku bullying dengan $p\ value\ 0.02 < 0.05$ dengan koefisien korelasi ($rs=0,136$)

Kesimpulan

Hal ini sangat penting untuk melibatkan pihak sekolah, orang tua dan institusi kesehatan untuk meningkatkan promosi dan prevensi perilaku bullying yang terjadi pada remaja baik di sekolah maupun di masyarakat, terutama di wilayah pondok pesantren.

Kata Kunci

Perilaku *Bullying*; Tingkat Pengetahuan; Kecerdasan Emosional; Interaksi Sosial

Abstract #98

Cardiovascular Disease Risk Level and Health-Related Quality of Life of Patients with Pulmonary Tuberculosis in Bicol Medical Center

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Introduction

CVD is a major public health burden worldwide, hence, primary care prevention of CVD is important. Tuberculosis has been linked with CVD. Health-related quality of life (HRQOL) includes subjective evaluations of all aspects of health. Although CVD patients are known to have impaired HRQOL, only few studies have examined HRQOL of patients at risk of CVD. The aim of this study was to determine the relationship of CVD risk level and HRQOL of patients with PTB in Bicol Medical Center whereby determining its impact will be beneficial in the future delivery of health care services.

Methods

Utilized a descriptive - correlational method including 52 PTB III, IV and V respondents without any underlying cardiovascular co-morbidities. Standardized questionnaires were adopted: WHO/ISH Risk Prediction Chart for Western Pacific Sub-Region B and Optum 36-Item Short Form Health Survey (SF-36v2). Mean presents the CVD risk level and eight dimensions of HRQOL. Chi Square Test determined the relationship of CVD risk level and HRQOL. Data was analyzed using the IBM SPSS version 20.

Results

Respondents have low CVD risk except 70-79 years old. Presence of risk factors shows higher scores than those who don't have. Respondents have average HRQOL in Vitality (VT), Bodily Pain (BP), General Health Perception (GHP), Social Role Functioning (SRF), and Mental Health (MH), however, below average HRQOL in Physical Functioning (PF), Physical Role Functioning (PRF), and Emotional Role Functioning (ERF). CVD risk level and HRQOL doesn't have significant relationship on VT, BP, PRF, SRF, and MH but have significant relationship on PF, GHP, and ERF.

Conclusions

Majority of PTB patients have low CVD risk level. However, individual risk factors progressively contribute to risk level. A level of impairment was observed on certain dimensions on HRQOL. CVD risk level is associated to PF, GHP, and ERF; however not associated to PF, BP, VT, SRF, and MH. Affected dimensions pertain to physical dimensions of HRQOL. Baseline assessment may be established and monitored upon consultation to assess health status of PTB patients. Lifestyle modification program may maintain or im

Keywords

Cardiovascular Disease, Risk Level, Health-Related Quality of Life, Patient with Pulmonary Tuberculosis

Abstract #99

Perception of Caring in Nursing through technological competency among Thai ICU nurses with different ages and length of work experience

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Introduction

Even though caring in nursing has been mentioned for over centuries across the world, there are a few studies about caring in nursing in Thailand, especially caring in a rich technological environment. Few studies have examined length of work experiences and ages of Thai ICU nurses affecting caring in a rich technological environment. The purpose of this study was to compare caring among Thai ICU nurses through having technological competency among different age and length of work experience groups.

Methods

This descriptive study was a part of a large study using mixed-method designs. 204 Thai ICU nurses who were trained in the critical care nursing program from the Faculty of Nursing, Naresuan University, Thailand, were recruited. A demographic questionnaire and the technological competency as caring in nursing questionnaire were used to measure caring of participants. Data were analyzed using descriptive statistics and analysis of variance (ANOVA).

Results

The results of the study revealed that there was a significant difference in caring through technological competency in nursing between participants aged 25-30 years old and 41-53 years old ($p=0.020$). Also, a significant difference in caring among participants having different work experiences have been found ($p=0.038$).

Conclusions

The results of this study provided evidence to support that older and experienced ICU nurses had better caring through technological competency than younger and less experienced ICU nurses.

Keywords

Caring, Technological Competency, Thai ICU nurses, Age, Work Experiences

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