ICHAS 2023
International Conference on Healthcare and Allied Sciences

UNIVERSITAS SARI MUTIARA INDONESIA

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6th International Conference on Healthcare and Allied Sciences

Venue : Summit Hotel Subang USJ, Malaysia

Date : 4th & 5th October 2023

Organized by:
Lincoln University College, Malaysia
in collaboration with
Sari Mutiara Indonesia University, Indonesia
and
Mindanao State University –
Iligan Institute of Technology, Philippines

ICHAS 2019
3rd International Conference on Healthcare and Allied Sciences

CPD A1-15 points
Community Nurses
Ministry of Health Malaysia

CPD A1-15 points
Registered Nurse
Ministry of Health Malaysia

CPD A1-15 points
Environmental Health Officer or Assistant Officer
Ministry of Health Malaysia

CPD A1-15 points
Nutritionist
Ministry of Health Malaysia

CPD A1-15 points
Assistant Nurses
Ministry of Health Malaysia

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Ministry of Health Malaysia

CPD A1-16 E49720
Malaysian Medical Association (MMA)

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Midwives Board
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Web: ichas2023.lincoln.edu.my ■ **Email : ichas@lincoln.edu.my**

6th International Conference on Healthcare and Allied Sciences

ABSTRACT BOOK

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Datuk Dr. Hjh. Bibi Florina Abdullah
Pro Chancellor
Lincoln University College, Malaysia

Message

A warm welcome to all of you as we gather for the 6th International Conference on Healthcare and Allied Sciences, a remarkable event hosted by Lincoln University College, Malaysia. It is an honor to address such a distinguished audience as we come together to explore the latest advancements and innovations in the field of healthcare and allied sciences.

The aims for this conference - Advancing Healthcare for a Brighter Tomorrow, resonates deeply in the current global context. The healthcare sector has been at the forefront of our collective consciousness, especially in recent times. The tireless dedication and unwavering commitment of healthcare professionals have been nothing short of heroic, and this conference is an opportunity to celebrate and build upon their remarkable contributions.

Lincoln University College has always been committed to the pursuit of knowledge and the advancement of society through education and research. This conference represents a significant milestone in our journey, as it brings together experts, researchers, educators, and healthcare professionals from around the world to share their expertise and insights.

Healthcare and allied sciences are dynamic and ever-evolving fields. They are marked by continuous advancements in medical technology, the emergence of novel treatment modalities, and the evolving needs of patients. Our collective wisdom and shared experiences can drive innovation and improve the quality of healthcare on a global scale.

As we embark on this virtual journey, let us remember that we are not just participants in a conference; we are contributors to the advancement of human health and well-being. Our diverse backgrounds and experiences enrich the discussions and collaborations that will take place over the next few days.

I want to express my sincere gratitude to all the participants, keynote speakers, and organizers who have worked tirelessly to make this conference a reality. Your dedication to the field of healthcare and allied sciences is commendable, and your presence here today is a testament to your commitment to improving healthcare outcomes.

I encourage each and every one of you to actively engage in the discussions, share your expertise, and forge connections that can lead to ground breaking discoveries and innovations. Let this conference be a catalyst for positive change, a forum for the exchange of ideas, and a source of inspiration for the future of healthcare.

In conclusion, I wish you all a productive, enlightening, and fulfilling experience throughout the 6th International Conference on Healthcare and Allied Sciences. May the knowledge shared here serve as a source of hope and progress, and may our collective efforts lead to a brighter and healthier tomorrow for all.

Thank you for your dedication and let us embark on this conference with enthusiasm and a shared commitment to excellence in healthcare and allied sciences.

Prof. Dr. Amiya Bhaumik
President
Lincoln University College, Malaysia

Message

Dear Esteemed Participants, Distinguished Guests, and Honorable Speakers,

It is with great pleasure and enthusiasm that we extend a warm welcome to all of you on this 6th International Conference on Healthcare and Allied Sciences. We are delighted to have you join us for this momentous event, where we will converge to explore the intersection of healthcare and the global pursuit of sustainable development.

In a world facing unprecedented challenges, our commitment to advancing healthcare and allied sciences while aligning our efforts with the SDGs is more crucial than ever before. This conference serves as a dynamic platform for scholars, researchers, practitioners, and policymakers to share knowledge, foster innovation, and forge partnerships that can drive positive change on a global scale.

The Sustainable Development Goals, set forth by the United Nations, provide a strategy for a better, more equitable, and sustainable world. The Sustainable Development Goal (SDG) most closely related to healthcare, which is a central focus of our conference, is SDG 3: "Good Health and Well-being." This goal underscores the importance of ensuring healthy lives and promoting well-being for all, at all ages. This conference will provide a space for robust discussions on how healthcare and allied sciences can contribute to the attainment of these essential goals.

Healthcare and allied sciences are dynamic and ever-evolving fields. They are marked by continuous advancements in medical technology, evolving patient needs, and the ongoing quest for excellence in healthcare delivery. Our collective expertise has the power to transform lives, alleviate suffering, and shape the future of healthcare for generations to come.

As we convene here today, we are not just participants in an academic gathering; we are architects of a healthier and more compassionate world. Our diversity of backgrounds, experiences, and perspectives enriches the discussions and collaborations that will take place over the course of this conference.

I want to express my heartfelt gratitude to all the participants, keynote speakers, and organizers who have worked tirelessly to make this event a reality. Your dedication to advancing healthcare and allied sciences is truly commendable, and your presence here today is a testament to your commitment to the betterment of society.

This conference is a foundation for convergence of minds, a symphony of ideas, and a kaleidoscope of innovation! As we embark on this unique journey, let us remember that today is not just another day; it's a day filled with the potential to shape the future. As we convene for the 6th International Conference on Healthcare and Allied Sciences with SDG Goals, let us remain mindful of the pressing challenges facing our world. Together, we can harness the power of science, research, and collaboration to pave the way for healthier communities, more resilient healthcare systems, and a sustainable future.

Thank you for your participation and dedication to these vital pursuits. We look forward to the knowledge-sharing, collaborations, and transformative discussions that will undoubtedly emerge from this conference. On behalf of Lincoln University College, it is my distinct honour to warmly welcome you to this Conference. Your presence here today is a testament to our collective commitment to knowledge, innovation, and progress. Together, let us start on this journey of discovery and collaboration that will shape the future of our fields.

Dato (Amb) Dr. Mohd Yusoff Bin A. Bakar
Vice Chancellor & CEO
Lincoln University College, Malaysia

Message

It is with immense pleasure and a profound joy that I stand before you today to inaugurate the 6th International Conference on Healthcare and Allied Sciences, hosted by Lincoln University College. This gathering represents an extraordinary opportunity to delve into the most pressing issues and innovations in healthcare and allied sciences that shape our world today. In a world where health challenges continue to evolve, our pursuit of knowledge, collaboration, and innovation in healthcare has never been more pivotal.

The International Conference on Healthcare and Allied Sciences (ICHAS) is a prestigious annual gathering that brings together experts, researchers, practitioners, and policymakers from around the world. ICHAS serves as a vital platform for the exchange of cutting-edge knowledge, innovations, and ideas in the fields of healthcare and allied sciences.

At ICHAS, attendees engage in dynamic discussions, attend insightful presentations, and participate in poster presentation focused on the latest advancements in healthcare research, practice, and policy. The conference places a strong emphasis on interdisciplinary collaboration, with a particular focus on addressing global healthcare challenges while considering the Sustainable Development Goals (SDGs) as a guiding framework.

This conference serves as a platform for the exchange of knowledge, experiences, and ideas. It is a forum where healthcare professionals, researchers, educators, and students converge to discuss groundbreaking research, innovative treatments, and the latest trends in healthcare. It is an opportunity to bridge the gap between theory and practice, between academia and the clinical world, and between different healthcare disciplines.

I extend my heartfelt appreciation to all the participants, speakers, and organizers who have dedicated their time and expertise to make this event possible. Your presence here today demonstrates your commitment to advancing the field of healthcare and allied sciences. On behalf of the organizing committee, I extend my deepest appreciation to our speakers, sponsors, volunteers, and all who have participated in this conference. Your dedication will be instrumental in making this conference a resounding success.

So, I encourage you to stay engaged, keep innovating, and remain steadfast in your commitment to advancing healthcare and allied sciences. Together, we can make a lasting impact on the well-being of individuals and communities worldwide. In a world where information flows ceaselessly, where change is the only constant, and where the boundaries of possibility are ever-expanding, we have gathered here to explore uncharted territories of thought, and to forge new paths toward progress.

Welcome to this conference, where the extraordinary is the ordinary, and where the future is ours to shape. Let the journey begin.

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ABSTRACT

Radiomics, an emerging and rapidly evolving domain within medical imaging, holds the potential to make substantial contributions to the realms of information technology and healthcare sustainability. This emerging field employs advanced data analytics and machine learning methodologies to extract comprehensive quantitative data from medical images, offering invaluable insights for disease diagnosis, treatment planning, and patient care. This article delves into the multifaceted role that radiomics plays in advancing information technology while championing sustainability in the healthcare sector. Radiomics acts as a driving force behind the integration of information technology and healthcare sustainability. With its data-centric insights, capacity for resource optimization, support for remote healthcare delivery, and facilitation of interdisciplinary collaboration, radiomics emerges as a potent instrument in the quest for a healthcare system that is not only more sustainable but also more efficient. As radiomics continues its evolution, its contributions to both information technology and healthcare sustainability are poised to expand, ultimately benefiting patients, healthcare providers, and the environment alike.

Keywords: Radiomics, Sustainability, Healthcare

The Effect of E-Booklet "Care Your Heart Care Your Self" on the Quality of Life among Heart Failure Patients Dustira Hospital-Indonesia

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ABSTRACT

Heart failure is a progressive health problem with high mortality and morbidity in developed countries, with approximately 26 million people affected. Cardiovascular disease continues to increase in incidence and prevalence and is the number one cause of death worldwide. Heart failure patients experience a decrease in the ability of the heart muscle to pump blood and meet the body's need for oxygen. This results in decreased activity, so they experience limitations. Patients become very vulnerable to experiencing depression, stress, anxiety, and it is difficult to control their own emotions. The low quality of life of heart failure patients requires self-care to improve the quality of life of heart failure patients. Self-care is an activity to maintain health and well-being. This study aims to determine the effect of the e-booklet on the quality of life of heart failure patients at Dustira Hospital, Bandung, Indonesia. Quasi-quantitative research type with a pre-post method. The population of this study were 63 heart failure patients who experienced outpatient services at Dustira Hospital. Sampling of 30 respondents with the purposive sampling technique. Collecting data using ebooklets and questionnaires. The results showed that the quality of life of heart failure patients at TK II Dustira Hospital was as follows: before being given intervention, as many as 3 respondents (20%) had a moderate quality of life, and 12 respondents (80%) had a poor quality of life and after being given intervention, 13 respondents (87%) had good quality of life and 2 respondents (13%) had a moderate quality of life. The normality test was carried out with abnormal results. The researchers used a parametric statistical test, namely the Mann-Whitney test, obtained a p-value of 0.000, indicating the effect of the e-booklet "Care yourself, Care Your Heart" on the quality of life of heart failure patients at Dustira Hospital. Discuss: It is expected that respondents will further improve their quality of life so that they can live in prosperity with their families and the people around them.

Keywords: *E-booklet, Quality of life, Heart failure*

The Correlation of Nurse Characteristics to the Accurate Practice of Triage-Level Interpretation in the Emergency Departments of Government Hospital in Semarang

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ABSTRACT

Background: Emergency Installation is the first unit to provide critical services to prevent emergencies and limit patient mortality. Triage is a quick and precise way to determine priority-based action based on the emergency level of the patient's emergency condition. The nurse's background is crucial in sorting triage categories such as gender, age, education, and length of work the nurse has attended. It will affect the implementation of triage. Effective decision-making can affect the success of the actions taken on patients. **Methods:** This research method is quantitative with a cross-sectional design using the chi-square test to see the correlation between variables. Sampling was carried out by purposive sampling based on inclusion and exclusion criteria. The sample in this research was 145 nurses in the emergency unit at the government hospital in Semarang. **Results:** The results showed that gender, age, education, and length of work each had a p-value of 0.006 (<0.05), 0.001 (<0.05), 0.000 (<0.05), and 0.001 (<0.05). **Conclusion:** It can be concluded that there is a correlation between the characteristics of nurses and the practice of interpreting the accuracy of the triage level of nurses in the emergency unit of the government hospital in Semarang.

Keywords: *Triage, Characteristics, Nurses, Emergency Unit, Accuracy*

Spiritual Leadership with Softskills of Nurses at RSD K.R.M.T Wongsonegoro, Semarang City

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ABSTRACT

Background: The quality of good health services in hospitals requires nurses to have good soft skills. Soft skills are a supporting factor for the success of a nurse's work in adapting, collaborating, being disciplined and communicating with patients. Purpose: Determine the effectiveness of spiritual leadership on the soft skills of the nurses at RSD K.R.M.T. Wongsonegoro City of Semarang. **Method:** This study uses a mixed-methods research method with qualitative descriptive analysis through the application of a quasi-experimental one-group pre- and post-test design with the Wilcoxon and Shapiro Wilk analysis method. **Results**: Application of spiritual leadership training to the spiritual leadership level of the head of the room found that the *p*-value = 0.001 (p <0.05) means that there is an effect of training on karu spiritual leadership competence. A statistical test of the correlation between the application of spiritual leadership by the head of the room and the soft skills of the implementing nurses obtained a *p*-value = 0.00 (<0.05) so it can be concluded that there is an influence from the application of spiritual leadership on the soft skills of the implementing nurses. **Conclusion:** The spiritual leadership of the head of the room effectively influences the soft skills of the implementing nurses at KRMT Wongsonegoro Hospital Semarang.

Keywords: Spiritual Leadership, Soft skills, Nurse

The Combination of Breast Massage and Acupressure to reduce Breast Swelling in the Lactation Phase

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ABSTRACT

Introduction: Problems often faced by breastfeeding mothers include insufficient milk production (32%), problematic nipples (28%), formula feeding (7%), working mothers (5%), the influence of a lack of family support (4%), swelling of the breasts (25%) due to a lack of breast milk due to ice dams. This condition has an impact on the low coverage of exclusive breastfeeding, babies lacking nutrition and even the potential for stunting. **Objective:** describe the effect of giving breast massage and acupressure to overcome the smooth flow of normal postpartum mother's milk. **Methods:** Quasi experimental research design, pre-post-test design with a control group. The intervention group was given a combination of breast massage and lactation point acupressure, while the control group was given warm compresses only. The intervention was carried out twice, with a gap of one day. The sampling technique used the Frederer formula and obtained 32 respondents. Respondents were determined according to the inclusion criteria, such as mothers experiencing breast dams, breast milk not flowing, little discharge, and feeling tense, hard, and painful when palpating the breasts. **Results:** There was an influence between the groups given the combination of massage and acupressure. **Conclusion:** Breast massage and acupressure influence smooth flow and increase breast milk production. This action can be recommended for mothers and families to carry out continuously and independently.

Keywords: Breast Massage, Acupressure, Breast Swelling, Lactation Phase

Overview of the Possible Success of Breastfeeding to Post Sectio Caesarea Mothers at The Roemani Muhammadiyah Hospital In Semarang

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ABSTRACT

Sectio caesarea (SC) is a form of delivery through surgery/abdominal Sectio caesarea (SC) is a form of delivery through abdominal surgery (laparotomy) and uterus to remove the baby. SC causes pain that can affect the breastfeeding process, as a result of this pain the mother has difficulty breastfeeding which has an impact on the low success of breastfeeding. This study aims to describe the possibility of successful breastfeeding at Roemani Hospital Semarang. This type of quantitative research uses descriptive methods. The population was 133 post-sectio caesarea mothers at the Muhammadiyah Roemani Hospital in Semarang. A sample of 100 post sectio caesarea mothers met the inclusion criteria. Sampling by simple random sampling technique and using the slovin formula. The measuring tool used is a questionnaire, using the Breastfeeding Assessment Score instrument. The results of the study on the possibility of successful breastfeeding showed that 81 respondents (81.0%) were in the category of successful breastfeeding and as many as 19 respondents (19,0%) were included in the category of failed breastfeeding at Roemani Muhammadiyah Hospital Semarang. The possibility of breastfeeding success is influenced by several indicators in the Breastfeeding Assessment Score parameter, namely previous breastfeeding experience, attachment, breastfeeding intervals, and the amount of formula milk given. Researchers hope that this indicator can be used as material for consideration for room nurses to overcome obstacles to successful breastfeeding, it is hoped that nurses will continue to provide support to breastfeeding mothers by maintaining breastfeeding without formula milk, so that the success rate of breastfeeding can be achieved be optimal

Keywords: Post Sectio Caesarea, Breastfeeding Success

Cultural Competency and Quality of Care of Nurses in a Public Hospital in the Southern Philippines

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ABSTRACT

Background: The inability of healthcare institutions to provide culturally sensitive care to patients with diverse cultures and beliefs correlates to inadequate nursing care and decline in patient outcomes. While providing high-quality nursing care and as part of the nursing metaparadigm, nurses should be invaluable in demonstrating culturally competent caring behaviour's to the diverse patient population. However, a study differentiating cultural competence from caring behaviour needs to include the current setting that could assist in addressing this discrepancy. **Objectives:** The purpose of this study was to identify any significant differences between nurses self-reported cultural competency and patients perceptions of the quality of their care. **Methods:** This study was descriptive and quantitative. Consecutive sampling was used to select the participants who met the inclusion criteria, a total of 98 respondents, 48 of them were nurse respondents and 40 were patient respondents. Questionnaires consist of the socio-demographic profile of the respondents, the Patient Satisfaction with Nursing Care Quality Questionnaire, and the Cultural Competence Self-Assessment Checklist. Descriptive statistics and quantitative content analysis were used to analyse the data. **Results:** The results indicate that, on average, the nurse respondents rated themselves as "Pretty Well" in terms of their cultural competency based on awareness (x=3.15), knowledge (x=3.23), and skills (x=3.21). The overall total measure of cultural competence is x=3.20 which means that respondents have a generally positive perception of their overall cultural competency. As per the quality care perceived by the patient respondents, the overall measure was 4.14 and SD 0.48 indicate a very good perception of the overall quality care provided by nurses. Moreover, it was found that there is a significant difference in the cultural competency of nurses and the quality of care given to patients. This implies that nurses who have higher levels of cultural competence tend to provide a higher quality of care as perceived by patients. Conclusion: The present study indicates that nurses cultural competence tends to affects the patient outcomes and the hospital needs to provide training programs for nurses to increase their awareness of behaviours and influence on healthcare outcomes.

Keywords: Cultural Competence, Nurses, Quality, Care, Assessment

Enhancement of Adolescent Sexual Reproductive Health: A Comprehensive Android-Based Health Education Model for Improving Knowledge, Attitudes, and Behaviors

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� ABSTRACT ⟩

Sexual and reproductive health remains a pressing concern that necessitates open dialogue, particularly among teenagers, who constitute approximately 23% of the global population. A pivotal strategy for reducing risks and promoting adolescent Sexual and Reproductive Health (SRH) is comprehensive sexual education. Most of the young individuals face inadequate access to SRH information, leading to a deficiency in knowledge and experience. Therefore, this research aimed to enhance awareness and improve attitudes and behaviors related to adolescent sexual and reproductive health through an Android-based health education model. To ensure the validity of the module, content validity was assessed by six experts, and the determination of the module was based on Aiken's V, with CVI values exceeding 0.90, indicating a robust interpretation. The results showed that the application of the module demonstrated a content validity index of 0.96, signifying a highly reliable interpretation. Furthermore, the reliability analysis of items measuring the level of knowledge, attitudes, and behaviors obtained an alpha value of 0.975, 0.987, and 0.958, respectively. The application of the instrument by 33 users and subsequent statistical testing resulted in an Alpha Cronbach value of 0.932, establishing the instrument's validity and reliability. In conclusion, the instrument employed was valid and reliable, providing a solid foundation for accurate assessment and analysis.

Keywords: Adolescent, Knowledge, Attitudes, Behaviors Sexual Reproductive Health, Health Education

Experience of Eligible Woman Menstrual Pain (Dysmenhorrhea) in Women of Fertile Age at Semarang City

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ABSTRACT

Introduction: Menstrual pain is uterine pain that occurs before or during menstruation. As a result of menstrual pain for productive age, namely disruption of daily activities, irritability, and unstable emotions, which will affect relationships in the family, it must be handled properly to treat menstrual pain. **The purpose:** To find out the experience of overcoming menstrual pain in women of childbearing age using. **Methods:** Participants in this study were 7 women of childbearing age using purposive sampling. **Results:** Menstruation is the cause of the occurrence of blood flow that is experienced for 1-3 days, pain is felt in the lower abdomen with the characteristics of heartburn and the stomach feels squeezing, characterized by signs and symptoms of dizziness, nausea, irritability, fatigue and overall pain management that is carried out non-invasively. Pharmacology involves compressing warm water and consuming herbs to relieve pain. Analysis of the data found two themes in this study, namely the experience of pain and pain management. **Conclusion:** The experience of dealing with menstrual pain is very necessary to support the theory.

Keywords: Experience, Menstrual Pain, Women of Childbearing Age

Noise-Induced Hearing Loss as an Occupational Safety Hazard among Workers in a Fertilizer Factory: A Cross-Sectional Study

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ABSTRACT

A cross-sectional study was conducted among factory workers Narshingdi from Jan 2012 to Jul 2012 with an aim to determine if fertilizers are an occupational safety hazard leading to noise-induced hearing loss. Among 120 respondents, self-administered questionnaires and an observational checklist were used. The observation used bio-physiological apparatuses for clinical tests and methods such as the tuning fork, audiometric test, and auriscopy. A purposive sampling technique was used following inclusion and exclusion criteria. The sound level was profound in the factory at> 85 dB at the time of production which exceeded the normal standard that was fixed for industrial areas at day time 75 decibels. Among 120 respondents, 9 were from administrative areas, and 111 were factory workers. During examination, among 67 hearing loss, it was found that 26 respondents had conductive type of noise-induced hearing loss (21.7%), 30 respondents had sensorineural (25%), and 11 respondents had mixed type o (9.2%). In the account of grading of noise-induced hearing loss, 50 respondents had mild hearing loss (74.63%), moderate came from 14 respondents (20.90%), and 3 respondents had severe (4.48%). In this study, possible factors ultimately are a poor level of awareness and poor practice in following the factory rules and regulations regarding the prevention of noise-induced hearing loss.

Keywords: *Noise-Induced Hearing Loss, Hearing Loss, Bangladesh, Cross-Sectional Study*

Effectiveness of Tea Tree (*Melaleuca alternifolia*) Essential Oil and Jojoba Carrier Oil Through Topical Application on the Relief of Allergies Caused by Aeroallergens

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ABSTRACT

Background: Allergies are one of the most common chronic conditions worldwide. In fact, respiratory allergies have been one of the top three most common complaints by college students of Mindanao State University-Iligan Institute of Technology. Due to the cost and possible side effects of pharmacologic treatments, aromatherapy, an alternative method to traditional medicine and pharmacologic treatment in relieving allergies was studied. **Objective:** This study aimed to determine the effectiveness of Jojoba Oil and 100% Tea Tree Essential Oil combination through topical application as an alternative method for relieving the severity and frequency of allergic symptoms triggered by aeroallergens. **Methods:** The pre-experimental one-group pre-test and post-test research design was used to determine the combination of Tea Tree and Jojoba Oil produced an effect to the respondents' allergic signs and symptoms in terms of severity and frequency. A modified 3-part questionnaire was used to gather data from thirty (30) purposively selected college students. **Results:** With the use of frequency counts, percentages and means, it appeared that the combination oil when applied topically resulted to a reduction in the severity and frequency of the allergic symptoms; specifically watery eyes, nasal congestion, runny nose, nasal itching, sneezing, coughing, chest tightness, wheezing, shortness of breath and phlegm production. The observed alleviation of symptoms is deemed significant with P-values less than 0.05, except for the reduction in the frequency of wheezing (P-value=.101>0.05) and shortness of breath (P-value=.053>0.05) nonetheless. **Conclusion:** Hence, the combination of oil composed Tea Tree essential oil with 2% dilution and Jojoba carrier oil when applied topically to the hot spots of the body resulted to a reduction in the severity and frequency of allergic symptoms. Nurses and other public healthcare providers can make use of the results of this study outcomes and consider aromatherapy in the treatment regimen of individuals who have allergies but prefers to manage it non-pharmacologically or does not have access to anti-allergy medications.

Keywords: Aromatherapy, Tea Tree Oil, Hypersensitivity, Medicine, Traditional

Knowledge, Attitude, and Practices of College Students on Sexual and Reproductive Health in the Philippines: Implications for Comprehensive SRH Education

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ABSTRACT

Background: Sexual and Reproductive Health (SRH) education is crucial for adolescents and young adults during their rapid phase of growth and development. However, in the Philippines, there is a noticeable lack of SRH education, which is leading to a high incidence of unintended pregnancies, unsafe abortions, and Sexually Transmitted Diseases (STDs), including HIV/AIDS. The growing trend of younger individuals engaging in riskier sexual behaviors poses risks not only to themselves but also to unborn children and the nation's economic growth. This study examines the sexual and reproductive health (SRH) knowledge, attitudes, and practices of college students in the Philippines. **Methodology:** A total of 387 college students from Mindanao State University-Iligan institute of Technology participated in this quantitative and descriptive-correlational study, selected through simple random sampling. Standardized research questionnaires were used for data collection and analyzed using descriptive statistics and quantitative content analysis methods. **Results:** Findings revealed that 91.2% of respondents obtained their SRH knowledge from sources like the internet, television, and radio. Although a significant majority (96.12%) showed positive attitudes towards SRH, 70.03% engaged in undesirable practices. With only 29.97% demonstrating good practices. Age, year level, income, and information sources were influenced respondents' knowledge, attitudes, as well as between knowledge and practices indication that higher knowledge correlated with more positive attitudes and better SRH practices. **Conclusion:** While college students possess knowledge and positive attitudes towards SRH, their actual behaviors remain concerning. To address this issue, targeted interventions are essential. Implementing comprehensive SRH services, including access to condoms, contraceptive pills, and testing facilities, can play a pivotal role in promoting healthier practices among this demographic. Policymakers and educators should prioritize SRH education tailored to the specific needs of adolescents and young adults, fostering informed decisions-making and responsible behavior, ultimately contributing to individual well-being and the nation's progress.

Keywords: *Sexual and Reproductive Health, Adolescents, College students, SRH Education*

Analysis of Waiting Time for BPJS Patient Services at Primary Care Situmeang Habinsaran - A Systematic Review

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ABSTRACT

Background: Waiting time for services is the most common problem encountered in health care practices at the Situmeang Habinsaran Health Center. The length of patient waiting time is one of the important things in determining the quality of health services. Based on the results of studies conducted at the Situmeang Habinsaran Health Center, it is known that the implementation of patient services is still not going well and is less than optimal, especially for old outpatients participating in BPJS. **Objective:** To determine the waiting time for patient services, and the level of satisfaction of BPJS patients with services at the Situmeang Habinsaran Health Center. **Methods:** This type of descriptive research with a quantitative approach, the research instrument was carried out by distributing questionnaires to all patients who did treatment. **Results:** The average waiting time for patient services at the Sipoholon Health Center which is calculated from the time of arrival to discharge is 70.18 minutes and most of the time category is long (> 60 minutes). The level of satisfaction is moderately satisfied category. There are five dimensions of service quality obtained in the moderately satisfied category dimensions, namely: Tangibles, Responsiveness, Assurance, and Empathy, while the Reliability dimension is in the satisfied category. **Conclusion:** The four main causes of long patient service times are: long registration time at the counter, limited number of doctors, large number of patients and limited number of other health care staffs. Waiting time in outpatient department is more than 60 minutes.

Keywords: Waiting Time, Patient Satisfaction, Health Center

Systematic Review: Zinc's Potential Impact on Obesity

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ABSTRACT

Background: Zinc plays a significant role in regulating metabolism and enzyme function, as well as being a significant modulator of appetite and eating habits. Zinc deficiency is linked to insulin resistance and obesity, and it can reduce insulin secretion. In term of dietary regulation, zinc can decrease appetite, thereby increasing leptin production and reducing hypothalamic neuropeptide Y. Oxidative stress can be triggered by a decrease in blood zinc levels (hipozincemia), accompanied by increased glucocorticoid levels and reduced zinc transporter. Zinc also plays a role in inhibiting oxidative stress. Obesity remains a global issue, leading to several complications such as diabetes, stroke, heart disease, and vascular problems. Oxidative stress is a key factor in obesity development, with hyperleptinemia being one of the contributing factors. A balance between antioxidants and pro-oxidants is essential for intercellular defense, and an imbalance in minerals (such as zinc) can reduce oxidative stress, distrusting antioxidant defense mechanism and triggering obesity. Biomarkers of obesity in the early inflammatory response include TNF-a, IL-6 and IL-1 **Objective :** To enhance the potential of zinc to obesity **Materials and Methods :** Preferred reporting item for systematic reviews are used to select relevant items for this review from PubMed, Scopus, ISI Web of ScienceDirect, criteria for selection included language, publication date, study design, relevance, and open access availability **Results :** Mineral Imbalance such as zinc deficiency (hipozincemia) can trigger oxidative stress, leading to obesity due to the connection between zinc and food intake, appetite regulation, and modulation of leptin as a key regulator of energy balance in the central nervous system

Keywords: Zinc, Obesity, Insulin Resistance

Advancement in Extraction and Phytochemical Analysis of Medicinal Plants

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ABSTRACT

Extracts from natural products are rich in bioactive compounds. Many drug discovery programs utilize natural products for screening to identify the novel biologically active metabolites. The biologically active compounds present in plants are called phytochemicals. Phytochemicals are found in leaves, flowers, seeds, bark, roots, and pulp of plants. Extracting compounds from plant materials is the cornerstone of natural product research. There is a relentless effort to improve and discover better extraction technologies that are more efficient and cost-effective. Through the analysis and identification of the extracted chemical components and the identification and quantification of the main active ingredients in the plant, phytochemical analysis is essential to determine the biological activity of new therapies and therapeutic drugs. This review discusses current phytochemical extraction and analysis techniques and the identification of biologically active compounds to provide a reference for the research and development of medicinal plants.

Keywords: *Extraction Techniques, Phytochemical Analysis, Quantitative, Qualitative*

Non-Compliance with Patient Safety Targeted Standards (Qualitative Study on Outpatient Unit Nurses at SMEC Medan Special Eye Hospital)

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ABSTRACT

The patient safety incident (PSIs) is still very high which can actually be prevented. The application of patient safety goals, especially those carried out by nurses, is a key protocol to prevent the incidence of PSIs. This study aims to explore the non-compliance of nurses in applying the patient safety goals in the Outpatient unit of SMEC Medan Eye Hospital. This type of research is a qualitative research, with a phenomenological research design. The research subjects were nurses in the Outpatient unit of SMEC Medan Eye Hospital. The research informants consisted of 11 main informants and key informants. The data of this study showed that 26% of nurses did not comply with the patient safety goals. Nurses do not comply because they think the standard has no significant effect. Efforts made by nurses are not optimal because they are not considered as priority for improvement, and management efforts have not been maximized in monitoring and evaluation for improvement. It was concluded that non-compliance was caused by low knowledge, behavior, workload, motivation, and management commitment in implementing patient safety goals. It is hoped that further researchers will measure how much the relationship between non-compliance of nurses with patient safety issues is.

Keywords : *Non-Compliance in Patent safety Goals, Nurses, Outpatient Unit*

Exploration and Analysis of Modern Medicine and Traditional Chinese Medicine in the Treatment of Osteoporosis

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ABSTRACT

With the continuous development of modern science and technology and the arrival of the aging population, more and more people are suffering from the harm of osteoporosis, such as: fracture, pain, etc., the clinical treatment of osteoporosis is diverse, the effect is different. Osteoporosis is a disease of the bone system, commonly found in older adults. It causes bones to become thin, weak, brittle and prone to fracture. Osteoporosis is mild and often asymptomatic, but it can increase the risk of fractures, especially in the spine and hip, which can lead to reduced physical function, mobility, and even bedridden conditions. Osteoporosis can also cause other complications, such as back pain, compression fractures, loss of height, and curvature of the spine. Therefore, the prevention and treatment of osteoporosis is crucial.

Keywords: Osteoporosis, Traditional, Chinese Medicine, Modern Medicine, Metabolic Disease

Systematic Literature Review: Complications of Leech Therapy

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ABSTRACT

Medical Leech Therapy (MLT) is a traditional medical treatment. However, the use of live leeches for blood drinking may lead to a series of adverse reactions and complications, which may have a negative impact on the patient's health. This article provides a summary of the complications associated with leech therapy in recent years, along with corresponding mitigation measures. The information presented aims to offer medical practitioners using leech therapy a point of reference. Searching Pubmed database in the past 15 years (2008 to 2023), English articles were retrieved with "Leech", "Leeche", "Leech Therapy", "Leeching", "Hirudinea", "Hirudineas", "Hirudotherapy" as keywords. By categorizing and reviewing literature, we have sifted through documents that specifically mention complications of leech therapy and their corresponding treatment measures. Through this process, we have analyzed and discussed the collected results comprehensively. We have identified a total of 19 articles that explicitly discuss complications of leech therapy and their corresponding management measures. The majority of the relevant articles consist of case reports. Among these, 6 articles documented post-treatment infections (46 cases), 4 articles reported skin allergies (42 cases), 3 articles described cutaneous pseudolymphoma (9 cases) and prolonged bleeding (7 cases), while 4 articles covered various other complications (4 cases). In terms of frequency, infection is the most commonly reported complication in leech therapy, with the predominant pathogen being Aeromonas hydrophila. As the utilization of leech therapy increases, new complications have also been reported. We have also summarized the treatment approaches for these complications. Leech therapy, as a traditional medical approach, does offer certain benefits for specific conditions or symptoms. However, its administration should be conducted under the supervision of medical professionals. It's imperative to emphasize the prevention of complications and the implementation of appropriate treatment measures to enhance the safety of leech therapy.

***Keywords:** Medical Leech, Leech Therapy, Complication, Traditional Medicine*

Analysis of Hotspots Related to Nurses' Exposure to Workplace Violence: A Citespace-Based Bibliometric Analysis

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ABSTRACT

Objective: To analyze the current situation and hotspot analysis of international research related to workplace violence in acute care, in order to provide a reference basis for nursing staff to carry out clinical work and related research. **Methods:** Based on the core journal literature related to workplace violence suffered by nurses in (Web of Science Core Collection, WOSCC), the search time frame was from 1st January 2003 to 22nd August 2023, and with the help of CiteSpace 6.2.R.4 software, bibliometric and cluster analysis. **Results:** A total of 2115 articles were included in the literature, the number of documents contained in web of science showed a trend of growth year by year, and the journals with the largest number of articles were: INT J NURS STUD and the institution Monash University, and the cooperation between authors formed a different perspective of the research; the co-cited literature in this field formed a knowledge base; the keyword clustering analysis suggests that the connection between hotspots is more dispersed, more research orientated and less comprehensive; recent research hotspots have evolved in line with advances in the field and related disciplines. **Conclusion:** There are more theoretical and cross-sectional studies in the field of workplace violence among nurses, and intervention and longitudinal studies still need to be strengthened. Each country should also keep up with international developments, study the influencing factors of related problems according to its own situation, and propose suitable interventions, which will also provide reference for further extensive and in-depth research on workplace violence.

Keywords: Workplace Violence, Nurse, Citespace

Visualization Analysis on Family Resilience of Patients Requiring Long-term Care Study Based on Web of Science

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ABSTRACT

Objective: To visually present the current status and hot trends of research on family resilience of patients requiring long-term care in the past 20 years, and to provide a reference basis for conducting clinical work and related research. **Methods:** We searched the Web of Science database for core literature related to family resilience in patients requiring long-term care from January 2004 to August 2023 with the help of CiteSpace 6.0 software, and visualized the number of publications, research institutions, core journals, cited literature, high-frequency keywords, and so on with CiteSpace software. **Results:** In the past 20 years, there has been an overall upward trend in the number of articles published in the study of family resilience in patients requiring long-term care. Currently, the international research power in the field of family resilience in patients requiring long-term care is mainly concentrated in the institutions of higher education centered on the University of California, and core journals include Pediatrics, Family Process, Journal of Marriage and Family, etc. Through keyword co-occurrence clustering analysis, 10 hot topics such as care, social support, caregiver burden, parenting stress, etc. were unearthed, while "scale ", "resilience", "individuals", "association", "posttraumatic stress disorder" is the current research hotspot. **Conclusion:** The study of family resilience from the perspective of positive psychology has received attention from foreign scholars, and it is recommended to further explore the influencing factors of family resilience by specifying the focus of family resilience from the protective factors of family resilience, such as social support, and risk factors, such as the burden of caregivers, to construct a multidimensional intervention program to improve the level of family resilience in patients who need long-term care.

Keywords: *Long-Term Care, Family Resilience, Research Hotspot, Visualization Analysis*

The Influencing Factors to the Performance of Integrated Development Post Cadres for Non-Communicable Diseases in Medan City in 2023

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ABSTRACT

Non-communicable diseases are chronic diseases that are not transmitted from person to person. NCDs arise due to human behavior such as smoking, an unhealthy diet, a lack of physical activity and consumption of alcoholic beverages. The prevalence of NCDs has increased, such as an increase in sufferers of high blood pressure in people aged over 18 years from 25.8% to 34.1%, and obesity in people aged over 18 years increased from 14.8% to 21.8%. The number of deaths caused by NCDs in Indonesia in 2018 was 1,365,000 (73%). One type of NCD is hypertension. Its prevalence among residents aged 18 and over in North Sumatra Province reaches 30%. The aim of this study is to determine the influencing factors influencing the performance of Posbindu (Integrated Development Post) Cadres for Non-Communicable Diseases in Medan City in 2023.This study is quantitative research with a cross-sectional study design. The data analysis used multiple logistic regression tests with a sample size of 88 respondents.The research results show that influencing variables are income (p=0.016) and cadre motivation (p=0.011). The variable that has the most influence on the performance of Cadres of the Medan City Integrated Development Post for Non-Communicable Disease (Posbindu PTM) in 2023 is the motivation of cadres who have the highest Exp.B value, namely 5.317. The suggestions conveyed in this are for cadres to always be more active by increasing their responsibility in carrying out integrated development post (posbindu) activities so that existing programs at the integrated development post (posbindu) can be achieved and the Community Health Centre is expected to increase the motivation and work ability of cadres in carrying out posbindu activities so that they can increase the activity of posbindu cadres by providing training on posbindu programs and activities for cadres sustainably.

Keywords: Posbindu, Cadre Performance, Non-Communicable Diseases

Early Detection of the Risk of Chronic Kidney Disease Without Laboratory Tests through Someone's Eating and Drinking Behaviour

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ABSTRACT

Background: Patients with Chronic Kidney Disease (CKD) are difficult to capture, and as a result, the prevalence data for chronic kidney disease is very small in the province of Southeast Sulawesi, including in Kendari City. Patients with CKD only come to the health service unit when they are in the final stage or have kidney failure. At the final stage, the patient has to do a kidney transplant or hemodialysis for the rest of his life. The government through BPJS also has to bear very expensive costs for the treatment process for chronic kidney patients. One of the right strategies is to carry out the early detection of risk groups, such as eating and drinking behavior that do not meet adequacy standards. Therefore, this study aims to analyze the eating and drinking behavior that can be used as a basis for early detection of cases of chronic kidney disease without laboratory tests in Kendari City, Southeast Sulawesi. **Methods:** This quantitative research used a cross sectional study approach. There were 136 respondents who were recruited for a study at 4 Community Health Centers and 3 Hospitals in Kendari City, Central Sulawesi, Indonesia from June 2023 to August 2023. The sample of this study is a group of healthy people, people with hypertension, diabetes mellitus and acute/chronic kidney disease. The sampling technique is by accidental sampling technique. Eating behavior (calories) and consumption of drinking water (ml) as independent variables. Creatinine and protein urine levels as dependent variables and indications of chronic kidney disease. Data analysis using the chi-Square, Kruskal Wallis H, linear regression and ordinal regression of statistical tests. **Results:** The results show that daily consumption of drinking water had a significant effect on protein urine levels by 19.6% (p value=0.000; R. Square=0.196) and on individual health status by 32.2% (p value=0.000; R. Square=0.322), especially drinking water consumption less than 666 ml a day. However, consumption of drinking water per day did not significantly affect urine creatinine levels (p value = 0.775; R. Square = 0.010). Total daily caloric intake did not significantly affect urine creatinine levels (p.value=0.404; R. Square=0.026) and also protein urine levels (p.value=0.075; R. Square=0.061). However, total calorie intake has a significant effect on individual health status, namely 8.2% (p.value=0.013; R. Square=0.082), especially total calorie intake which is less than 699 calories a day (p.value=0.022). **Conclusions:** This study has proven that drinking water consumption of less than 666 ml a day can be used as a basis for early detection of people at risk of developing chronic kidney disease without laboratory tests. Consumption of less drinking water (<666 ml) and intake of calories less than 699 calories can also interfere with individual health status. Therefore, it is important for health promotion programs to carry out screening on drinking water consumption behavior and daily caloric intake as early detection for the control of chronic kidney disease. Screening results can later be used as a basis for planning and prevention efforts against chronic kidney disease.

Keywords: *Early detection, Kidney, Chronic, Behavior, Drink, Eat*

Effect of Hydro Pressure Techniques on Diabetic Ulcer Patients for Biofilm Removal in Wound Care

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ABSTRACT

Diabetic ulcer wound are that occur in patients with diabetes that involve disorders of the peripheral and autonomic nerves. Diabetic wounds are a major complication of diabetes and a global public health problem. There has been no wound washing intervention using the Hydro Pressure Technique as a wound washer tool for diabetic ulcer biofilm. To determine the effect of the Hydro Pressure Technique as a wound washer on biofilm for diabetics foot ulcers patients. Present research used the Quasy Experiment method with a pre-test and post-test approach. In this study, the research subjects were given pre-test prior to the intervention. The sampling technique was carried out by means of total sampling. Total sampling this study are 25 respondents in criteria inclusion this area. The research instrument used a Biofilm Observation Sheet. The statistical tests used were univariate and bivariate using paired sample t-test. The results of this study obtained an average pre-test biofilm observation score of 7.4 $\pm$586 and a post-test result of 3.32 $\pm$ 748. The results of this study showed that there were differences in the pre-test and post-test biofilm observation scores with a p-value of 0.000 (p <0.05). The conclusion of this study after using the Hydro Pressure Technique on Biofilm on Diabetic Ulcers, a p-value of 0.000 (p <0.05) was obtained so that the Hydro Pressure Technique was effective on Diabetic Ulcer Biofilms. Patients with diabetic ulcer wounds are expected to be able to use the Hydro Pressure Technique as an effort to remove Biofilm and efforts in wound healing process.

Keywords: Hydro Pressure Technique, Biofilm, Diabetic Ulcers

The Relationship Between Knowledge Level, Attitude the Bad Impact of Cigarettes on Smoking Behaviour in Adolescents in Tangerang Selatan

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ABSTRACT

Smoking is an activity carried out by someone sucking or inhaling cigarettes (Rahayu, 2017). This study aims to determine the level of knowledge of adolescents about behaviour, attitudes and harmful effects of smoking on adolescents in South Tangerang. Methods for data collection through quantitative methods cross-sectional approach, namely research that looks at the relationship of variables to the object under study is cause and effect (causal). Total 84 students were respondents for this study. The results of smoking knowledge with smoking behaviour can be seen in 23 respondents; 12 respondents (14.5%) have good knowledge and 11 respondents (13.3%) have poor knowledge with positive behaviour not smoking. Student knowledge of 60 respondents, eight respondents (9.6%) had good knowledge, while among respondents who had poor knowledge, 52 respondents (62.7%) had poor knowledge of damaging smoking. With an Odds Ratio value of 10,625 which means students with poor knowledge. Knowledge of adolescents with smoking behaviour in South Tangerang. Suggestions for students can understand which things are positive and negative, teenagers must also be thirsty for new knowledge, not only knowing but also understanding the bad effects of smoking itself.

Keywords: Cigarettes, Knowledge, Attitudes, Behaviour

Analysis of Parenting Cultural and Parenting Experiences with Parenting Self-Efficacy (PSE) a mong Mothers in Gunung Sindur District Bogor, Indonesia

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ABSTRACT

Culture in society has a lot of information regarding parenting. Parents' previous experiences with children also have a lot of new knowledge regarding parenting. Through this culture and experience, it can increase parents' assessment of their ability to take care of children. The purpose of this study was to determine the relationship of culture in parenting and the experience of parenthood with parenting self-efficacy in mothers. This research method is quantitative research and uses an analytical observational design with a cross-sectional approach. The sampling technique in this study used a total sampling technique with a total of 153 samples. Data collection is carried out by dissemination of questionnaires and observations. Data analysis using the Spearman Rank correlation test. The results showed that the results of statistical tests from cultures in parenting with parental experience found p-value results = 0.522 then statistical test results from cultures in parenting with parenting self-efficacy found p-value results = 0.124 and statistical test results from the experience of parenting with parenting self-efficacy found a p-value = 0.000. This conclusion shows that there is no relationship between culture in parenting and parenting self-efficacy and there is a relationship between the experience of parenthood and parenting self-efficacy. Suggestions increase confidence in parenting skills today so as not to always depend on the parenting culture applied for generations from parents.

Keywords: Parenting Self-Efficacy, Culture, Experience

Analysis of the Causes of Dispute in The Medical Records of BPJS Patients in RSU Imelda Pekerja Indonesia 2022

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ABSTRACT

Coded clinical data is needed to retrieve information for the benefit of patient care, research, improving service performance, planning and resource management, and obtaining appropriate reimbursement for health services provided. The purpose of this research is to find out the causes of disputes in Medical Record Files of BPJS Patients Hospitalization at RSU Imelda Pekerja Indonesia in 2022. This type of research is qualitative with a case study approach. The method used is observation and direct interviews in the field. The subjects used in this study were the Medical Record Files of BPJS Inpatient Patients who were in dispute in October - December 2022 as many as 58 claim files. The informants used in this study were 6 BPJS Kesehatan claimants. Based on the results of the study, the causes of dispute claims on hospitalization files that were resubmitted after experiencing pending status were caused by: Administrative Disputes: Incomplete supporting requirements for submitting RITL service claims, such as action reports, procedures or operation reports, as well as supporting examinations of 2 files (4 %) from October-December 2022. Dispute Coding includes discrepancies in the main diagnostic codes and secondary diagnoses and discrepancies in the main diagnoses and secondary diagnoses with supporting examinations on medical resumes in 28 files (48%) from October-December 2022. Medical Disputes include, medical indications are not attached (initial admission), scan results of supporting examinations are unclear and illegible, scan results of action/surgery reports are unclear and unreadable in the operation/action reports, no schedule for administration of as many drugs is attached, and discrepancies in the actions or administration of drugs of the patient's main diagnoses in 28 files (48%) from October to December 2022.

Keywords: *BPJS, Dispute, Inpatients*

Demethylnobiletin Ameliorates Cerebral Ischemia-Reperfusion Injury in Rats Through Nrf2/ HO-1 Signaling Pathway

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ABSTRACT

Background: Demethylnobiletin (DN) is a polymethoxy-flavanone (PMF) found in citrus that has a variety of biological activities. In this study, we explored the biological activity and potential mechanism of DN to improve cerebral ischemia reperfusion injury (CIRI) in rats and disclosed a new neuroprotective agent for patients with ischemic brain injury. **Methods:** Rat CIRI models were established by middle cerebral artery occlusion (MCAO). Primary nerve cells were isolated and cultured in the fetal rat cerebral cortex in vitro, and primary nerve cell oxygen-glucose deprivation/reperfusion (OGD/R) models were induced. After intervention with DN of different concentrations in MCAO rats and OGD/R nerve cells, 2, 3, 5-triphenyltetrazolium chloride (TTC) staining was used to quantify cerebral infarction size in CIRI rats. A modified neurological severity score (mNSS) was used to evaluate neurological function. Histopathologic staining and live/dead cell viability staining were used to observe apoptosis. Levels of reactive oxygen species (ROS), superoxide dismutase (SOD), malondialdehyde (MDA), and glutathione (GSH) in tissues and cells were detected using commercial kits. DN levels in the serum and cerebrospinal fluid of MCAO rats were measured by LC-MS/MS. In addition, the expression levels of proteins like Keap1, Nfr2 and HO-1 in the Nrf2/HO-1 pathway and apoptosis-related proteins like Bcl-2, Cleaved caspase-3, and Bax were detected by Western blot and immunofluorescence. **Results:** DN can significantly promote the recovery of neurological function by reducing cerebral infarction size and neurocyte apoptosis in MCAO rats. It was further found that DN could improve oxidative stress injury in nerve cells by bringing down MDA and ROS levels and increasing SOD and GSH levels. It is worth noting that DN can exert pharmacological effects by entering the blood-brain barrier (BBB). Mechanically, DN can reduce the expression level of Keap1 and stimulate the expression of Nrf2 and HO-1 in neurocytes. **Conclusions:** We have demonstrated the protective effect of DN on neurocytes in vitro and in vivo. It is expected to develop as a neuroprotective agent through regulating the Nrf2/HO-1 signalling pathway to ameliorate neurocyte damage caused by oxidative stress.

Keywords: Demethylnobiletin, Cerebral Ischemia, Nrf2/ HO-1 Signaling Pathway

A Comparison of Health-Related Postpartum Quality of Life (HR-PQOL) After ERACS And Non-ERACS

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ABSTRACT

Background: Various physical and psychological changes are experienced by postpartum mothers, and this can affect their postpartum quality of life (QOL). Several research findings indicate that the type of delivery is an important factor affecting the postpartum mother's quality of life. The Enhanced Recovery After Cesarean Surgery (ERACS) is a cesarean method of delivery designed to improve outcomes for maternal health. **Objectives:** This study aimed to compare the health-related postpartum QOL (HR-PQOL) after ERACS and non-ERACS cesarean deliveries. **Methods:** This is a cross-sectional descriptive-analytical study that was conducted on postpartum mothers with cesarean delivery at two public hospitals in Tangerang Selatan City in July 2023. There were 68 post-ERACS and non-ERACS women recruited into this study through purposive sampling. The postpartum QOL was measured by Postpartum Quality of Life (PQOL). An independent T-test was established to analyze the difference in HR-PQOL between post-ERACS and post-non-ERACS mothers. **Results:** The results showed that the post-ERACS mothers had higher levels of PQOL than the post non-ERACS mothers. The statistical analysis concluded that there were significant differences in the PQOL between the post ERACS and post non-ERACS mothers ($p = 0.00$). This study suggests that the health care provider improve the delivery services so that they can enhance the mothers' PQOL.

Keywords: *Postpartum Quality of Life, ERACS, Postpartum QOL*

The Influence of Education on Gender Equality Knowledge and Attitudes in the Prevention of Gender-Based Violence in Adolescents in the Benda Baru Area of South Tangerang City, Indonesia

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～——ABSTRACT——～

Background: Gender-based violence is an increasingly common public health problem at a young age. According to the Ministry of Women's Empowerment and Child Protection (KPPA, 2023), data on violence in Indonesia totaled 12,359 cases, and in Banten provinces, there were 460 cases. While cases of violence in Tangerang City were reported in as many as 108 cases, where violence was known in the age category of 6–12 years, there were 2,767 cases; ages 13–17 years, there were 4,664 cases; and ages 18–24 years, there were 1,458 cases. Violence can be caused by physical, sexual, exploitation and neglect. Providing education to end gender-based violence can help adolescents maintain positive attitudes and values through healthy, fair and nonviolent relationships that have a long-term impact on life. **Objective:** This study was conducted to determine the effect of education on gender equality knowledge and attitudes towards preventing gender-based violence in adolescents in the Benda Baru area of South Tangerang City. **Research method:** this study is quantitative using a cross-sectional approach. The sampling technique in this study is non-probability sampling with a population of 40 adolescents, with a sample according to the criteria of 13–24 years of age and as many as 20 respondents. Female respondents were 4 respondents (20%) and men were 16 respondents (60%); adolescent age categories 13–17 years had as many as 9 respondents (45%); and age categories 18–24 had as many as 11 respondents (40%). The results of the analysis using regression tests obtained significant influence results on education about gender equality knowledge, namely t count = 3.581 with a significance value of 0.000, and the results of education about attitudes to prevent gender-based violence obtained t count 5.515 581 with a significance value of 0.000. Suggestion: the need to provide regular education so that adolescents apply the value of equality, supported by reduced acts of gender-based violence.

Keywords: Gender, Equality, Gender-Based Violence, Adolescents

Factors Influencing the Work Efficiency and Resilience of Nurses in a Tertiary COVID-19 Referral

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ABSTRACT

Background and Purpose: As front-liners, nurses are not exempted from the horrifying peril of facing the daily battle against the COVID-19 virus. Physical, emotional, and mental challenges were common during the pandemic, affecting patients and healthcare workers. Thus, this study investigated the factors influencing the work efficiency and resilience of nurses using the four adaptive modes of Roy's theory: physiologic, role function, self-concept, and interdependence. **Methods:** This study was conducted in a tertiary COVID-19 referral in Lanao del Sur. Using a descriptive correlational research design, a total of 100 respondents participated in the study, chosen through a simple random sampling procedure. A researcher-made questionnaire was used to gather data, which was statistically treated using frequency, percentage, mean, standard deviation, and Pearson product-moment of correlation. **Results:** This study revealed that the work efficiency of nurses was influenced by physiologic factors with a p-value of 0.20, self-concept with a p-value of 0.00, role function with a p-value of 0.00, and interdependence with a *p*-value of 0.00 at the 0.05 level, respectively. Discussion: During the pandemic, nurses were very resilient despite having difficulty attending to their physiologic needs regarding eating on time, drinking water, resting, urinating, and defecating. Though uncertain about their self-concept, they found themselves to be efficient in carrying out their roles with the help and support of families, friends, and colleagues. This could be attributed to the nurses' dedication and commitment despite living under appalling conditions and the threat of the COVID-19 virus. **Conclusion:** The work efficiency of nurses working in the COVID-19 units is influenced by the four adaptive modes of Roy's theory in terms of physiology, role function, self-concept, and interdependence. Furthermore, the nurses' role function is the best predictor of resilience, commitment, and dedication to work.

Keywords: Front Liners, Faced the Daily Battle, Work Efficiency, Interdependence, Role Function

Voices of Women Public Health Care Workers Amidst the Maute-ISIS Armed Conflict in Southern Philippines

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ABSTRACT

Introduction: Hazards and risks are inherent in the job of health care workers. However, the most tragic and perilous encounter of these professionals in the Southern Philippines happened when Maute-ISIS insurgents took over the Islamic City of Marawi in the Province of Lanao del Sur. **Objective and Method:** This study delves in the experiences of women public health care workers at the time of human-induced conflict using a qualitative phenomenological research design. **Results:** Data revealed that they experienced fear, anxiety, flashbacks, and trauma, though they were accustomed to hearing gunshots, as claimed. Furthermore, they have exhausted all means to survive, helped one another, and served their constituents despite being in a terrible situation. **Conclusion:** Disturbances on the physical, emotional, and mental levels are seen as typical reactions to an unwelcome and terrifying situation. Camaraderie among Muslims and Christians became evident in times of trouble, like the armed conflict. More than that, notwithstanding the perilous situation, the respondents demonstrated their zeal to serve.

Keywords: ISIS, Health Care Workers, Conflict

Configuring Optimization of Weather Research and Forecast Model – Chem: A Study on the Effects of Urbanization in China

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ABSTRACT

Every emerging and developed country will experience urbanisation at some point in time. After the reform and open-door policies were initiated in the 1980s, China's transformation accelerated. Urbanization has the potential to have significant effects on air quality and, as a result, on human health. Access to and evaluation of urbanisation is therefore critical. WRF-Chem is the model utilised in this study (the fully coupled Weather Research and Forecast Model with Chemistry Module). According to the results of three distinct sensitivity tests, urbanisation is having a negative impact on Chaina's air quality, particularly ozone and PM2.5 concentrations. The initial effect of land-cover change is an increase in temperature of 2.4 degrees Celsius and an increase in ozone concentration of 20 parts per billion (ppb). It also boosts the surface temperature by 0.8°C during the day and 1.2°C at night when humans are present. As a result, the model predicts a more polluted Chaina at night, with an additional 18 ppb of ozone. Our investigation on the third effect of emissions change revealed that Chaina's government has implemented mitigation regulations for emissions. Chaina's CO and SO2 emissions were stable between 2006 and 2010, although anthropogenic emissions in other North China Plain cities grew rapidly.

Keywords: Weather Patterns, Forecast Model, Urbanization in China, Pollution Levels, WRF-Chem

Clinical Judgment Evaluation of Psychiatric vSim® Application Among Nursing Students of Mindanao State University - Iligan Institute of Technology

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ABSTRACT

The implementation of high-quality nursing clinical experiences has become a challenge for nursing institutions, educators, nursing students, and nursing schools. During this unfortunate period, nursing students can only develop their clinical competencies through virtual simulations due to the restrictions in the application of onsite nursing clinical experiences. A virtual simulation tool that is being developed and implemented at MSU-IIT to encompass nursing students' preparedness during pandemic is the vSim® application. This study focuses on evaluating the student's clinical judgment according to the nursing process and determining how theoretical knowledge can affect the student's application of clinical judgment during vSim®. This descriptive correlational research study with quantitative methods was conducted at Mindanao State University's Iligan Institute of Technology College of Nursing. The data were collected from 105 nursing students chosen through a random sampling technique. Cronbach's alpha was used to assess the scale of reliability of the questionnaire. Among the 105 respondents, 82.9% (87) were female and the remaining 17.9% (18) were male. 20% (21) of the respondents were aged 21 years old, 73.7% (77) were aged 22 years old, and 6.7% (7) were aged 23 years old. The respondents gained a high overall weighted mean of 3.63 in the evaluation of student nurses' knowledge on psychiatric concepts specific to nurse-patient interaction. Evaluation of the respondents' clinical judgment application in psychiatric vSim® according to the nursing process using Lasater's Clinical Judgment Rubric garnered an overall weighted mean of 3.25. Psychiatric knowledge and clinical judgment have a significant relationship, according to the Pearson correlation test, with a *P*-value of 0.000. The respondent's psychiatric knowledge specific to nurse-patient interaction is significantly related to their clinical judgment, and Lasater's clinical judgment evaluation tool can effectively assess the clinical judgment of the nursing students.

Keywords: Virtual Simulation, Lasater's Clinical Judgment Rubric, Clinical Judgment, Vsim®, Psychiatric Theoretical Knowledge, Nursepatient Interaction

Phytochemical screening and evaluation of Antioxidant, and total phenolic and flavanoid contents from the plant of *Ruellia simplex*

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ABSTRACT

The Acanthaceae family includes the genus *Ruellia*, most popularly known as *Ruellia* or Wild Petunias. Over 250 taxonomic families and 2500 species are represented there. They are mostly bushes and twining vines, with a few epiphytes thrown in for good measure. In temperate zones, only a selected few species They may be found in many different countries, including Indonesia, Malaysia, Africa, Brazil, Central America, and Pakistan. For therapeutic purposes, several of these are utilised. Anti-inflammatory, anti-diabetic, anti-ulcer, anti-spasmolytic, antioxidant, and anti-inflammatory effects have been shown in several species of this genus. Glycosides, alkaloids, flavonoids, and triterpenoids are all found in this plant, along with other phytochemicals. Traditional medicine has long touted the effectiveness of this genus in treating a wide range of conditions, including the common cold, asthma, fever, bronchitis, high blood pressure, dermatitis, and diabetes. The purpose of this page is to provide a synopsis of all relevant pharmacological and phytochemical assessments or research, identify gaps in knowledge, and ultimately support this genus as a potential commercial medication. Thus, further research is needed to identify the bioactive components in this plant that cause these effects and to introduce plants from this genus to the commercial health market, where they may provide benefits to the community. The antioxidant, antibacterial, and neuropharmacological effects of plants of the genus *Ruellia* have made them popular in both conventional and Ayurvedic medicine. The purpose of this research is to determine whether or not the plant species *Ruellia* simplex has antioxidant activity.

Keywords: Antioxidant Activity, Antimicrobial Activity, Neuropharmacological, Activities of Ruellia Simplex

Precision Health Care Approach for Avoiding Diabetes Complications

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⚛ ABSTRACT ⚛

People with diabetes have a higher risk of complications. The intervention to avoid diabetes complications in the hospital and community has been based on evidence-based practice and guidelines for diabetes care for a long time. However, most patients with diabetes might still not know how to manage themselves. The intervention among health professionals to avoid diabetes complications must be "tailor-made." It must be tuned into the individual needs (social-cognitive determinants, intention, and behavior) of the individual patient. This direction has been labeled precision health care (PHC). PHC provides integrated care based on individual needs, including interdisciplinary cooperation and patient involvement in decision-making regarding health goals, providing care that meets patient expectations and preferences, providing patient-oriented care, and using biodata as evidence-based care disposal to improve patient outcomes and self-management. Moreover, personalized genetic or lifestyle, biodata- or evidence-based glycemic target, patient preferences, glycemic control, interdisciplinary collaboration practice, self-management, and patient-priority direct care are the core elements for patients with diabetes. Furthermore, the operational definition of PHC for diabetes was tailoring integrated care through interdisciplinary collaborative practice among patients, nurses, and physicians based on the patient's genetics or lifestyle, glycemic target, biodata- or evidence-based practice, patient preferences, and priority for improving patient self-management to achieve glycemic control. Behavior is the most important thing to do to reduce the risk of future complications in diabetes patients. When diet management is not implemented properly, blood glucose levels will increase uncontrollably. Moreover, exercise that is not done well will have an impact on the elasticity of blood vessels and disrupt the smooth flow of blood vessels in the legs. PHC has been proven to be able to change a person's behavior when managing diet and exercise. When blood flow is smooth and blood glucose levels are controlled, complications can be avoided in the future.

Keywords: Complications, Diabetes, Patients, Precision Health Care, Tailored Care

Empowerment to Improve Patient Safety Culture Among Nurses in Hospitals

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ABSTRACT

Background: The decline in the quality of services provided to patients and the increasing cost of patient care occur due to a decrease in the ability to work; patient safety culture is a product of the values, attitudes, competencies, and behavior patterns of individuals and groups that determine the commitment, style, and ability of a health care organization to patient safety programs. The purpose is to assess the effect of empowerment on patient safety culture. **Methods:** used analytical descriptive with a sectional study approach. The sampling technique is proportional random sampling with 119 respondents at a hospital in Samarinda, Indonesia. Data was collected through empowerment questionnaires and hospital surveys on patient safety culture (HSPSC). Data analysis was done using structural equation modeling (SEM) and partial least squares (PLS). **Results:** Average empowerment at the highest score with a value of 15.8 (SD = 2,987) on the indicator of opportunity in activities, patient safety culture at the average score on the highest score on the indicator teamwork within units with a score of 13.3 (SD = 1,777) The effect of empowerment on patient safety culture with the original sample estimate value is 0.677, meaning that empowerment has a positive influence on patient safety culture, while the *T*-test value is 15,180, where the value is > 1.98. **Conclusion:** Empowerment can be a means to support nurses' autonomy in work, and the better the quality of empowerment, the higher the implications for the patient safety culture in hospitals

Keywords: Empowerment, Patient Safety Culture, Nurse

Health Information Online: The Lived Experience of Non-Nursing College Students

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ABSTRACT

Background: With the rapid growth of information and communication technology, the Internet has become a prevalent platform for seeking health information globally, with the Philippines ranking 10th in internet usage. A remarkable 80% of the Philippine population engages in online health-information-seeking behavior. Hence, understanding the experiences of college students in accessing and evaluating such information is crucial. This study aimed to explore the experiences of non-nursing college students with their health information-seeking behavior and perceptions of source credibility on the internet. **Methodology:** This study used a qualitative research design utilizing a phenomenological approach. Semi-structured interviews were used with sixteen (16) non-nursing participants through the purposive sampling technique. The Colaizzis method was used for data analysis in this study. **Results:** The following were the emergent themes: experiences and behaviors related to seeking health information online, challenges and preferences in seeking health information online, impact of online health information on healthcare decisions, personal health and sources of health information, and credibility and evaluation of online health information sources. **Conclusion:** The study's findings highlight the convenience, accessibility, and cost-effectiveness of online platforms as significant factors driving the use of the internet for health information seeking among non-nursing college students. However, they face challenges like information overload, conflicting sources, accuracy concerns, technical language barriers, and the risks of self-diagnosis. Non-nursing college students perceived government and non-profit websites as reliable, while social media platforms are seen as diverse but potentially less reliable.

Keywords: *Experiences, Non-Nursing College Students, Online Health Information-Seeking Behavior, Perceived Source Credibility*

Healthy Eating followed by Circadian Rhythm Help to Reverse Diabetes

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ABSTRACT

Type 2 diabetes is rising worldwide and nearing epidemic levels. The concept that obesity is caused by increased calorie consumption and reduced physical activity is oversimplified. Circadian de-synchrony, when physiological processes run against internal clocks, boosts obesity and reduces glucose tolerance in animal models. Modern life's circadian de-synchrony adds to these disorders. This review will examine whether meal time affects glucose metabolism, gut hormone release, and type 2 diabetes risk. This review highlights glucose metabolism in animal and human models of circadian de-synchrony and examines whether mealtime alterations influence glucose metabolism. This article discusses how the circadian rhythm controls carbohydrate and macronutrient metabolism. The consequences of melatonin deficiency on glucose homeostasis are highlighted. Melatonin and its equivalents may also be used to "prophylaxis" or treat diabetes. The molecular circadian clock regulates cell metabolism, and tissues must synchronize their clocks to maintain metabolic equilibrium. This technique improves metabolic health markers and may treat metabolic diseases. This article discusses the importance of synchronizing daily routines with the body's circadian rhythms for metabolic health and the pros and cons of time-restricted fasting for metabolic diseases. The findings show that non-dipping blood pressure is linked to a lack of food consumption rhythm and that time-restricted feeding (TRF, food only available during active nights) prevents BP dipping in db/db mice. TRF suppressed the sympathetic nervous system as mice rested all day, preventing blood pressure drops. Our research shows that meal time affects diabetic mice's non-dipping blood pressure therapy and prevention..

Keywords: *Circadian, Diabetes, Reverse, Healthy*

Prevalence of Frailty of Alzheimer's Disease Aged 60 or Older : A Systematic Review and Meta-Analysis

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ABSTRACT

Objective: Frailty in elderly people can lead to a decline in cognitive function, making daily life more challenging for them. The importance of identifying the prevalence of frailty in the population aged 60 and above lies in understanding the trends and distribution of frailty among older adults. This knowledge can drive efforts in the prevention, treatment, and management of frailty. This meta-analysis aims to evaluate the prevalence of frailty in individuals with Alzheimer's disease aged 60 years and older. **Methods:** Relevant research articles on the prevalence of frailty in the elderly were systematically retrieved from databases such as Embase (Elsevier), Medline and PreMedline (OvidSP), PsycInfo (EbscoHost), SCOPUS, and the Cochrane Controlled Trials Register, covering the period to December 2022. Meta-analysis was performed using Revman 5.3 software. **Results:** A total of 11 articles, involving 35,453 participants, were included in the analysis. The included articles primarily consisted of randomized controlled trials (RCTs) or cross-sectional studies, which include those $\geqq$60 years old: 4 articles, $\geqq$65 years old: 6 articles, and $\geqq$70 years old: 1 article. The overall prevalence of frailty was found to be 9.23% (95% CI: 1.79~2.04). Subgroup analysis revealed that the prevalence of frailty was higher in elderly females (4.6%) compared to males (3.4%). With increasing age, the prevalence of Alzheimer's disease (AD) (2.7%) was higher than vascular frailty (VD) (0.8%). The prevalence of frailty was lower in illiterate individuals (6.6%) compared to literate individuals (7.2%). **Conclusion:** The prevalence of frailty is relatively high in individuals aged 60 years and older. Age, gender, education level, and marital status may influence the occurrence of frailty in the elderly.

Keywords: Frailty in the Elderly, Alzheimer's Disease, Prevalence, Meta-Analysis

Analysis of Hotspots Related to Post-traumatic stress disorder in High- Risk Pregnancy：A CiteSpace-Based Bibliometric Analysis

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ABSTRACT

Background: Pregnancy and childbirth are special and complex physiological processes for women, and pregnant women will experience physiological changes and the process of heart stimulation, which will increase the psychological load. High-risk pregnancy refers to a pregnancy that may endanger the health of the mother and child or lead to a poor perinatal prognosis, including the occurrence of complications or other high-risk pathogenic factors during pregnancy. High-risk pregnancy not only increases the physiological and psychological burden of pregnant women but also increases the risk of intrauterine growth retardation, premature delivery and neonatal complications. Postpartum post-traumatic stress disorder (PTSD) is a serious, debilitating mental illness that can affect women who give birth. It is characterized by invasive re-experiences of traumatic birth events, persistent avoidance of stimuli associated with the event, negative changes in mood and cognition, and excessive anxiety. While childbirth is often seen as a happy and fulfilling experience, it can be traumatic for some women, especially in high-risk pregnancies. **Objective:** Based on CiteSpace, the research status, hotspot, and trend of postpartum stress disorder in high-risk pregnant women at home and abroad were visualized. **Methods:** From 2009 to 2023, literature related to postpartum stress disorder in high-risk pregnant women were retrieved from the CNKI, Wanfang, Chongqing Weipu Chinese Journal Database and PubMed database. CiteSpace was used for quantitative analysis. **Results:** A total of 104 Chinese literatures and 583 foreign literatures were included. The number of published documents showed a continuous increasing trend. Research focuses on influencing factors, assessment tools, cesarean section, delivery experience, nursing research intervention, maternal neurotic personality, mental resilience, perinatal related factors and quality of life control, resilience and related social support, systematic review and meta-analysis, breastfeeding, etc. Keyword emergence and time-line analysis jointly reflect the development context and research trend in this field. **Conclusion:** CiteSpace software can provide a new perspective for researchers to visualize the research hotspots of fear of childbirth at home and abroad.

Keywords: CiteSpace, Post-Traumatic Stress Disorder, High- Risk Pregnancy

Detection of Differential Item Functioning Using the Confirmatory Factor Analysis (CFA) and Rasch Model

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ABSTRACT

This study aims to detect differential item functioning by using the confirmatory factor analysis and rash model approach on the test of the academic potential of SPMB Mandiri Syarif Hidayatullah State Islamic University Jakarta. This study has 45 items consisting of 4 sub-tests, which are: 5 items of reading comprehension ability, 8 items of logical ability, 5 items of general knowledge ability, and 24 items of arithmetic ability. The data used in this study are secondary data sourced from the academic section of the UIN Jakarta. The sample of this study amounted to 3676 test participants, namely: 1510 (49%) male participants and 2166 (59%) female participants. Based on school origin, it's known that 2,086 of prospective students come from Madrasah (MA), 57%, and 1590 from high school, 43% spread across all provinces in Indonesia. The focus of his research is to conduct differential item functioning detection using two approaches, namely: confirmatory factor analysis and the Rasch model using Quest Software. According to the results of the study on differential item functioning detection using the confirmatory factor analysis approach, based on the results of the first CFA order in a set of Jakarta UIN SPMB landfill items, there are 43 valid items. Based on the results of sex DIF detection, there were 17 items with the CFA method and 30 items loading DIF with the Rasch Model Method. Whereas for items detected by DIF from schools, there were 16 items using the CFA method and there were no items detected by DIF using the Rasch Model method.

Keyword: Differential Item, Confirmatory Factor Analysis, Rasch Model

Effectiveness of Oral Stimulation and Massage Techniques for Premature Infants Risk of Stunting on Infants' Weight Increase

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ABSTRACT

Good baby growth can be achieved through various techniques, one of which is simulation. Oral stimulation and mouth massage techniques serve as methods to enhance the growth of healthy infants, particularly in prematurely born infants at risk of stunting. The research methodology used a quasi-experimental quantitative study design, employing pre and post-test approaches with intervention and control group designs, with a sample size of 30 respondents selected through accidental sampling. This study utilized quantitative methods with a quasi-experimental design. Statistical analysis was performed using the paired sample t-test. The research results indicated an average change in mean values in the treatment group, where the infant weight before receiving oral stimulation was 2.240 grams, and after the treatment, it increased to 2.394 grams. The weight of infants who received massage was 2.223 grams before the intervention, and after the massage, it was 2.240 grams. The treatment group had an average weight of 2.353 grams (P = 0.000). The average weight difference in the oral stimulation group was 155 grams, and in the infant massage group, it was 130 grams (Sig = 0.000). In conclusion, oral stimulation and infant massage can be effective supplementary treatments to stimulate the sucking and swallowing reflexes in premature infants, thereby enhancing infant weight gain. Suggestions Oral stimulation and baby massage treatment as complementary care for stimulating the baby's sucking and swallowing reflexes to increase the baby's weight.

Keywords: Oral Stimulation, Baby Massage, Weight

Self Awarness, Self Concept and Spiritual Intelligence : The Mediating Role of Spiritual Well-Being

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ABSTRACT

Well-being is an indicator of mental health. Well-being is the ability to develop the full potential that lies within oneself, including spiritual well-being. The purpose of this study is to analyze the influence of self-awareness and self-concept on nursing students and the role of spiritual well-being in mediating the influence of spiritual intelligence on nursing students. The samples are selected from nursing students (n = 160) at the Institute of Health Science Hafshawaty, East Java, Indonesia. The results of path analysis reveal that self-awareness and self-concept have a positive and significant influence on spiritual well-being and spiritual intelligence, and spiritual well-being partially mediates the influence of self-awareness and self-concept on spiritual intelligence. Therefore, it is recommended that the Institute of Health Science Hafshawaty improve spiritual intelligence through self-awareness, self-concept, and spiritual well-being in nursing students.

Keywords : Self Awarness, Self Concept, Spiritual Intelligence, Spiritual Well-Being, Nursing Students

Determinants of Coping Among First Line Nurse Post-Covid 19 Pandemic

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ABSTRACT

Background: Nurses have long been known to have one of the most stressful occupations, particularly the ones who directly provide care to Covid-19 patients. During this post pandemic era, nurses' psychological well being is mainly concerned. Coping is the most influential factor that contributes to a nurse's psychological wellbeing. Therefore, more research is needed to explore the coping strategies and the determining factors which established their coping strategies. **Objective:** This study investigates the coping strategies and determinant of coping used by first line nurses post Covid-19 Pandemic. **Methods:** We used a purposive sampling method for 45 first line nurses in Riau Province. Data was collected using self-administered questionnaires. The questionnaires consisted of the following scales: DASS-21 for measuring mental health, Brief Cope for measured coping style, FACT-G for measured quality of life and IESR for measuring post traumatic syndrome disorder (PTSD). A correlation analysis and linear regression using enter method were performed. **Results:** The most widely used coping among nurses are Problems focused coping (PFC). PFC were influenced by religion (p value = 0.007), PTSD (p value = 0.001), psychological dimension (p value = 0.028) with adjusted R square value of 35.6%. Emotional focused coping is interrelated with religion (p value = 0.008), and psychological dimension (p value = 0.010) with adjusted R square value of 38%. **Conclusion:** Both PFC and EFC are determined by Religion and psychological dimension. These findings need to be considered when planning interventions and implementing coping strategies among nurses.

Keywords: Coping, Stress, Psychological Wellbeing

Screening and Education Application Tool for Prevention of Anemia Complications among Pregnant Women: A Protocol

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ABSTRACT

Background: There are various health applications designed to promote the well-being of pregnant women. Based on the literature analysis and qualitative research findings, this screening and education application will be created. Pregnant women with anemia can use this program independently; it includes a screening of the pregnant woman's nutritional state, analysis of results, dietary suggestions, notification of taking iron tablet medicine, and a question-and-answer menu for consultation. **The purpose** of this study is to develop a methodology for a quasi-experiment to assess the efficacy of a screening and education application in preventing anemia problems and hemoglobin levels in pregnant women. **Methods:** The approach used for this study will be an exploratory sequential mixed method design, with a theme analysis performed following data collection and statistical analysis using an independent t-test. The trial will involve 124 second and third trimester pregnant women with anemia who will be assigned into two groups: intervention or control. The primary goals are to prevent anemia's consequences and increase hemoglobin levels. Secondary outcomes include postpartum women's experiences with anemia problems and the M-Health App Usability Questionnaire (MAUQ). Demographic data (age, parity, education, occupation, income, gestational age, BMI (body mass index), and LILA (upper arm circumference)) were included in tertiary outcomes. After 6–8 weeks of using the screening and educational application, participants will complete the anemia complication prevention behavior questionnaire and have their hemoglobin levels measured. The control group will be evaluated 6–8 weeks following enrollment. **The result:** The trial recruitment is going to take place in October 2023. Data collection will take place at a later date. **Conclusion:** The purpose of this study is to create and test the efficacy of a web-based program used by pregnant women to prevent anemia problems. This application will be developed around the concept of anemia and the experiences of postpartum women suffering from anemia issues.

Keywords: Anemia, Pregnant Women, Screening and Education Application

Access and Utilization of Health Care Services Among the Lumad Young Mothers

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ABSTRACT

This study aims to investigate the access and utilization of health care services among Lumad young mothers in Rogongon Iligan City, Northern Mindanao, Philippines. The Lumad of Iligan City is a group of indigenous peoples collectively called the "Higaonon". Respondents were chosen on purpose based on the following criteria: (1) They are pure Lumad young mothers, ages 15–25. (2) resident of Rogongon for at least 5 years; and (2) willingness to participate in the study. Self-made open-ended questions focused on access and utilization of health care services were raised during the interview. A total of fifteen cases were investigated in a one-on-one interview. Using qualitative thematic analysis, three important themes emerged from the study, which include: (1) barriers to access; (2) awareness and education; and (3) cultural considerations. Results revealed that health care access and utilization rates were found to be significantly low among indigenous populations. Considering the distance of the Higaonon villages, young mothers in very remote areas find it difficult to access the appropriate mainstream primary health care services and medical assistance from the government. The provision of medicine from the barangay clinic was found to be very minimal. Emergency cases and major health care problems that require hospitalization cannot be responded immediately. This study concludes that there is an inept health care delivery system for Indigenous people. Thus, it is recommended for the government to come up with an effective framework to intensify healthcare services and provide a culturally sensitive type of education for the Lumad.

Keywords: Culture, Awareness, Health Care Services, Higaonon Tribe, Indigenous People, Lumad

Factors Affecting Mental Health Help-Seeking Behaviors Among College Students at Mindanao State University-Iligan Institute of Technology

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ABSTRACT

Background and Purpose: Filipinos are generally reluctant to seek help in terms of mental health, despite high rates of psychological distress, and college students are not exempt from this. Despite the available resources to enhance the mental health condition of the students, many are still hesitant; hence, the researchers aimed to determine the factors and barriers that affect the seeking of mental health help behaviors among college students at MSU-IIT. **Objectives:** This study aimed to investigate the respondents' mental health help-seeking behaviors in terms of their demographic profile, mental health experiences, level of awareness of mental health services, and their barriers to seeking mental health help. Methods: The study used a descriptive quantitative correlational design. There were 371 participants in the study, gathered from seven colleges of the university. A modified questionnaire was used for data collection based on the BACE questionnaire. **Results:** The data revealed that the majority of the respondents were female and between the ages of 21 and 23. A large proportion were from the income group of less than 10,000 PHP. The mental health experiences of the respondents revealed that they generally experienced unfavorable mental health symptoms. Additionally, they had poor awareness of mental health services and their financial aspect was the most influential barrier hindering them from seeking mental health help. Data revealed that the respondents' level of awareness of the availability of mental health services posed a significant relationship with their mental help-seeking behaviors. **Conclusion:** The study suggests that there is a need to enhance awareness of mental health services among the students through up-to-date and enhanced information dissemination strategies to improve their utilization of mental health services, thus addressing their mental health problems.

Keywords: Mental Health, Mental Health Help-Seeking Behavior, Awareness

An mHealth intervention to improve selfcare adherence among patients with coronary heart disease: Development of an intervention Smartphone Educational App

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ABSTRACT

Cardiovascular disease is the leading cause of global mortality. Among them, heart disease is a priority in global health development. Heart failure is a serious condition that impacts the life expectancy of individuals globally. It is a chronic condition that significantly affects quality of life and presents many challenges for those diagnosed with it. The best approach to prevent heart disease is by providing education to patients who are at high risk of experiencing recurring heart attacks in Sumatera Barat. Heart failure patients must adhere to daily self-care, including medication management, monitoring weight and symptoms, as well as follow-up and interactions with various healthcare services. This study developed a Health Education Model for heart disease patients to enhance self-care abilities. The statistical method used in this study was the Paired T-Test. A total of 120 patients participated in this study (60 participants in each group) using convenience sampling technique. The research design used in this study was quasi-experimental. The results of the study indicate a significant difference in improving self-care abilities in the health education group with a p-value of 0.00, while in the control group with a booklet, the p-value obtained was 0.712. It is concluded that providing application-based education can enhance self-care abilities and reduce the risk of recurring heart issues. The utilization of smartphone applications in chronic disease patients, especially heart disease, at home can be incorporated into various care management programs that require independent management. Self-care is the key to treatment, requiring the ability to manage symptoms, physical treatment, and lifestyle changes.

Keyword: *Smartphone Educational App, Coronary Artery Disease and Self-Care, mHealth*

Maternal Parenting Style to Gen Z Adolescent Children: A Phenomenological Study

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❧ ——— ABSTRACT ——— ❧

Background and Purpose: Parenting style plays a crucial role in a child's development, but it varies widely among parents due to their backgrounds and experiences. In today's world, adolescents belong to "Generation Z," characterized by global connectivity, technological prowess, and a unique set of challenges. This study explores the maternal parenting styles and challenges faced by mothers raising Generation Z adolescents. **Methods:** This qualitative study employs Moustakas' transcendental phenomenological design and was conducted in Iligan City. Five participants were interviewed using a researcher-developed questionnaire, following strict ethical guidelines. Data analysis was performed using Moustakas' analytical method. **Results:** Four themes emerged: (1) Gadget Limitation - Excessive gadget use led to arguments; (2) Open Communication - Gentle, open communication fostered better relationships; (3) Spirituality and Spending Time - Time spent together in church, movies, and dining instilled values; (4) Corporal Punishment - Some participants resorted to corporal punishment. Consistency in discipline was emphasized. Discussion: The study highlights the challenges posed by excessive gadget use among Generation Z adolescents, leading to conflicts within families. Open and gentle communication emerged as a vital tool for resolving issues and fostering mutual understanding. The importance of spirituality and spending quality time together as a family was emphasized, offering opportunities to instill values and strengthen bonds. While corporal punishment was still practiced by some participants, they stressed the need for consistent discipline. **Conclusion:** This study revealed the challenges mothers face in parenting Gen Z adolescents, primarily related to gadget use and discipline. Effective communication, spiritual engagement, and quality time were identified as strategies to navigate these challenges. The findings suggest that mothers can adapt their parenting styles to address Gen Z's unique characteristics while fulfilling their maternal responsibilities.

Keywords: Adolescence, Generational Practices, Parenting, Parenting Styles

Uncovering the Multifaceted Influences on Type-2 Diabetes Mellitus Incidence in Public Health Center, Indonesia

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ABSTRACT

Background: Type-2 diabetes mellitus (T2DM) is an emergency disease that often occurs because of insulin resistance, which makes it harder for the body to regulate blood sugar (glucose) levels effectively. High sugar intake, lack of physical activity, lack of knowledge, poor management of blood sugar control, and stress are different factors that promote the increase in blood sugar levels. The objective of this study is to determine the contributing factors between self-care, knowledge, and stress related to the incidence of T2DM in the Public Health Center, Indonesia. **Research Methods:** This research used a correlational design with a cross-sectional approach during the period of July 3rd to August 3rd, 2023. The sample for the correlation test with G Power was selected from 92 respondents. Research place in the Public Health Center, Kediri City, Indonesia. The technique in selecting the sample was purposive sampling based on inclusion criteria, namely T2DM patients aged 36–65 years, able to read and write, and willing to be the respondents in this study. The instruments used are three factorials developed by researchers, which include self-care, knowledge, and stress. The questionnaire consists of 55 assessment questions, consisting of 10 self-care assessment questionnaires, 24 knowledge assessment questionnaires, and 21 stress assessment questionnaires. The content validity index of the research instrument was validated and assessed by five experts. A bivariate analysis of the spearman statistical test was used as an inferential statistical test to detect the relationship of independent variables to the incidence of T2DM. **Results:** The statistical test shows a significant value for all of the variables, with (P-value 0.000 and Rho = 0.631) for self-care management, (P-value 0.012 and Rho = 0.305) for knowledge, and (P-value 0.023 and Rho = 0.187) for stress factor. **Conclusions:** The results of this study showed that self-care management, knowledge, and stress have significantly affected the occurrence of T2DM.

Keywords: Multifaceted Influences, Type-2 Diabetes Mellitus, Insulin

The Effect of Buteyko Breathing Exercises on the ACT (Asthma Control Test) in Asthmatics

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ABSTRACT

Asthma, a chronic respiratory condition, poses a significant burden on individuals' daily lives. This study examines the impact of the Buteyko Breathing Technique (BBT) on the Asthma Control Test (ACT), aiming to enhance the management of asthma symptoms and overall control. The BBT, a specialized breathing exercise, emphasizes nasal, diaphragmatic breathing and controlled exhalation with the intent of reducing hyperventilation patterns common in asthmatic individuals. A randomized controlled trial was conducted with a sample of [insert number] participants diagnosed with asthma. The intervention group received structured BBT sessions, while the control group followed standard asthma management guidelines. Pre- and post-intervention assessments were conducted using the ACT questionnaire to evaluate asthma control levels. Additionally, lung function tests and symptom frequency records were collected. The results indicate a statistically significant improvement in ACT scores within the intervention group ($p < 0.00$), demonstrating enhanced asthma control. Furthermore, the intervention group exhibited notable reductions in symptom frequency and improved lung function compared to the control group. These findings underscore the potential of the Buteyko Breathing Technique as an adjunctive approach to augmenting asthma control and warrant further exploration in larger, more diverse populations. Implementing BBT as a complementary strategy may offer a valuable tool in the comprehensive management of asthma, contributing to improved quality of life for individuals affected by this chronic respiratory condition.

Keywords: Asthma, Buteyko Respiratory Technique, Breathing Exercise

Formulation and Optimization of Polyvinyl Alcohol and Polyvinyl Pyrolidone K30 in Peel off Face Mask Gel Loaded Flower Bratc Red Banana Kepok *(Musa paradisiaca L.)*

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ABSTRACT

Background: The red bracts of the Kepok banana heart (*Musa paradisiaca* L.) are part of the banana flower, containing secondary metabolites of flavonoids, tannins, alkaloids, saponins, and have strong antioxidants so that they can be formulated into cosmetic preparations for peel-off gel masks. Peel-off gel masks are preparations that are used on the face by applying them, and after drying, they can be easily removed without having to rinse them off. The base for the peel-off gel mask formulation was prepared by Polyvinyl Alcohol (PVA) and Polyvinyl Pyrolidone (PVP) K30 polymers. This study aimed to investigate the optimized formula for peeling off gel masks loaded with ethanolic extract of the red bracts of the Kepok banana heart (*Musa paradisiaca* L.). **Method:** The various stages of research activities were performed at the Institute Health Helvetia Medan Indonesia, including sample collection, powder preparation, ethanolic extraction, formulation and evaluation of peel-off gel masks. Formulation of the peel-off gel mask by optimizing the base of Polyvinyl Alcohol (PVA) and Polyvinyl Pyrrolidone (PVP) K30 in different concentrations. Next, a physical evaluation of the preparation was carried out, including homogeneity, organoleptic tests, pH, spread ability, stickiness, dry time, and viscosity. **Sample:** The sample for this research is the red petals of the Kepok banana (*Musa paradisiaca* L.), obtained from Paya Geli Village, Sunggal District, Deli Serdang Regency, North Sumatra Province, Indonesia. **Results:** Based on the results of the study, it was found that the optimization of the base Polyvinyl Alcohol (PVA) and Polyvinyl Pyrrolidone (PVP) K30 was obtained at the 4th (fourth) concentration with a physical evaluation of the peel-off gel mask, which was homogeneous, transparent brownish yellow in color, had a distinctive smell, had a thick shape, pH 6,2 spread ability 5,3 cm, adhesion 15 seconds, dry time 16–18 minutes, does not irritate the skin and viscosity 9821 Stokes, peel-off gel mask preparation of ethanol extract of flower bract red banana Kepok (*Musa paradisiaca* L.) no syneresis. **Conclusion:** Flower bract red banana Kepok (*Musa paradisiaca* L.) extract can be formulated into a peel-off gel mask with a good concentration of Polyvinyl Alcohol (PVA) and Polyvinyl Pyrrolidone (PVP) K30 in the 4th (fourth) formula and meets the requirements.

Keywords: Flower Bract Red Banana Kepok, Optimization, PVA-PVP K30, Mask Gel Peel Off

Knowledge and Awareness of Stroke in Rural and Urban Communities

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ABSTRACT

Introduction: Along with the improvement in the quality of stroke control in recent years, the mortality rate due to stroke has indeed decreased, however, the average stroke morbidity rate, especially in rural communities, is higher when compared to the national average. Objective: Identify the profile of knowledge and awareness of stroke in rural and urban communities and analyze the differences between the two. **Method:** Respondents who met the requirements answered a questionnaire containing a total of 41 items regarding knowledge and awareness of stroke. Characteristic data obtained includes age, gender, education, occupation, and ethnicity. Differences in characteristics were analyzed using Mann-Whitney, profile of knowledge and awareness of stroke in rural and urban groups were analyzed using independent t tests to see differences between the two. **Results:** Differences in the characteristics of rural and urban groups were only in education and occupation. The mean score of the knowledge domain for the rural group was 72.53 (SD=11.04), for the urban group, it was 81.06 (SD = 11.12). The mean score awareness of stroke domain in the rural group was 72.18 (SD=11.01), the urban group was 85.51 (SD = 11.67). The profile of knowledge and awareness of stroke in rural communities is lower than in urban communities. **Conclusion:** Based on the findings, it is reasonable to suspect that educational and occupational factors contribute to differences in the profile of knowledge and awareness of stroke in the two groups. Therefore, the stroke awareness campaign strategy for rural communities needs to be designed specifically by emphasizing or considering educational and occupational factors.

Keywords: Community Survey, Rural, Stroke Awareness, Urban

In vitro Drug Release and Microbiological Characterization of Cephalosporin Third Generation Drug Loaded Aquasome Nanoparticles

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ABSTRACT

Aquasomes (AQ) are self-assembled nanostructures made up of a hydroxyapatite core and a carbohydrate layer on their circumference for delivering bioactive molecules and some selective drugs as well. These biomolecules get absorbed in the carbohydrate layer as drug delivery devices. The literature reports that AQ is an efficient drug delivery, these AQ nanoparticles are capable of releasing biomolecules and hydrophobic drugs. In our study, cephalosporin, a third-generation antibiotic, and cefotaxime were selected for the treatment of soft skin bacterial infections caused by both Gram-positive and Gram-negative bacteria. The AQ was prepared by the colloidal precipitation method, forming a ceramic nanoparticle coated with cellobiose, followed by the adsorption of the drug. The synthesized AQ before and after adsorption of the cefotaxime were characterized using Fourier transform infrared spectroscopy, scanning electron microscopy, particle size, zeta potential, adsorption efficacy, invitro drug release and antibacterial efficacy. The microbial study was carried out using Gram-positive Staphylococcus aureus and Gram-negative Escherichia coli. The SEM study revealed that the nanometric dimension of drug loaded AQ at 265 nm with zeta potential was found to be -6.01 mV. The drug adsorption efficiency was found to be 45%. The Invitro dissolution studies indicated that the cefotaxime ceramic nanoparticles released the drug in a controlled manner, releasing 62% of the drug within 10 hours. The antimicrobial activity of the formulation was found effective against both selected species.

Keywords: Ceramic Nanoparticles, Cellobiose, Cefotaxime and Antimicrobial Efficacy

Lived Experience of Nurses Being Vaccinated with COVID-19 Vaccine in a Government Tertiary Infectious Disease Referral Hospital in Northeastern Philippines

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ABSTRACT

Introduction: Nurses are priority recipients of the COVID-19 vaccine. Nevertheless, this privilege unfolds moral and ethical concerns between their duty to provide quality care to patients and their decision to get vaccinated hence this study aimed to explore the nurses' lived experiences being vaccinated with the COVID-19 vaccine in a government tertiary infectious disease referral hospital in Northeastern Philippines. **Materials and Method:** A qualitative descriptive phenomenological approach was employed. Purposive sampling was used to select ten (10) participants based on the set inclusion criteria of having worked at the Emerging and Re-Emerging Infectious Disease (EREID) ward for at least six (6) months and having received complete doses of any available COVID-19 vaccines. Data was gathered through online scheduled individual in-depth interviews, where the researchers utilized a semi-structured interview guide from the 2021 Behavioral and Social Drivers (BeSD) tools of vaccination, designed by the World Health Organization (WHO). Colaizzi's (1978) seven-step method was then used to analyze data. **Results:** Emergent themes include: 1) Individual Emotions 2) Motivation 3) Social Processes 4) Practical Issues. The formulated meanings and emerging themes from the participants' verbatim statements suggest that vaccinated nurses are believed to be responsive and responsible to emerging health challenges posed to self, family, and society, thus vaccinated nurses live up to their full commitment as advocates for healthy communities despite the risks posed to their families. **Conclusion:** Interestingly, vaccinated nurses are effective influencers in lessening the risks posed by COVID-19. Despite their initial fears regarding the COVID-19 vaccines, they were able to overcome these challenges and fulfill their role as nurses, making them COVID-19 pandemic champions.

Keywords: Nurses, COVID-19, Vaccinated

Quality of Life: The Spirituality and Spiritual Wellbeing of Elderlies in Malaysia

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ABSTRACT

Introduction: With an increasing aging population worldwide, there is a need for greater focus on the spirituality of older people to better support them and lead them to an enhancement of their inner peace. **Methods:** This study used a qualitative and quantitative approach (with semi-structured interviews) to explore spirituality with older people in the community of the Federal Territory of Kuala Lumpur, which is related to a sense of personal belief and connection that helped them in their daily lives. The research involved a rigorous exploratory process. The twenty-five (25) participants provided information about their rich experiences and their connections in four domains: (1) Faith, (2) Belief, (3) Practice and (4) Emotion. **Results:** The reliability of the dimensions was all high, as the Cronbach's Alpha coefficients were above 0.90. Therefore, this spirituality measurement tool can be considered highly reliable. **Conclusion:** This paper has developed as well as validated the spirituality measurement tool. It was used to construct a profile of the elderly in Malaysia, and it may be applied to profiles of the elderly in other countries.

Keyword: Quality of Life, Spirituality, Spiritual Well-Being, Spiritual Quality of Life, Elderly, Malaysia

The Relationship of Breastfeeding Mothers Papilla Form with the Success of Breastfeeding Infants Aged 0-24 Months

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~ ABSTRACT ~

Papilla or nipple, which is a prominent part of the nipples. Categorized papilla shape protruding and not protruding, the shape of the papilla that does not protrude affects optimal breastfeeding but fails to affect milk production, further causing reluctant babies to suckle and affect breastfeeding success. The purpose of this study was to determine the relationship between papilla form and successful breastfeeding nursing mothers with babies aged 0–24 months. This type of research is analytic. The population is all lactating mothers of infants aged 0–24 months, or as many as 90 people. The sampling technique of random sampling obtained a sample of 48 respondents. This study was conducted in July 2023. The collection of data through observation. The independent variable is the form of papilla breastfeeding mothers, while the dependent variable is the success of breastfeeding infants aged 0–24 months. Data were analyzed using the Chi Square test with $\alpha = 0.05$. The results showed that 26 respondents (54.2%) are prominent papillae nursing mothers. While successful breastfeeding of infants aged 0–24 months, 25 respondents (52.1%) in the category of work. The result of the Chi Square test with df 1 and $\alpha = 0.05$ results in a p-value of 36.778 compared with a 1 df table value of 3.841. Chi Square counts the results of larger tables. There is a relationship between the shape of the papilla nursing mothers and breastfeeding success in infants aged 0–24 months in the village of Billowing, District Kertosono, Nganjuk Year 2017. Based on the above data, it can be concluded that the success of breastfeeding is influenced by the shape of the papilla. Nursing mothers are advised to take care in order to achieve successful breast feeding.

Keywords: Shape Papillae in Breast-Feeding Mothers, Breastfeeding Success

Breast Cancer Patient's Knowledge and Perspectives about ROM Exercise after MRM at Kramat 128 Hospital Jakarta Indonesia

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ABSTRACT

Patients after breast cancer surgery or Modified Radical Mastectomy (MRM) should get early recovery with Range of Motion (ROM) to improve their condition and prevent some complications. Seroma is common, it can cause further issues like infection or wound dehiscence and is a possible source of discomfort and concern for patients throughout the recovery period from surgery. This study wants to know about patients' knowledge and perspective about ROM exercise after MRM. This is a descriptive qualitative study conducted at Kramat 128 Jakarta Hospital on August and September 2023. Five participants were interviewed about their knowledge and perceptions about ROM exercise after MRM surgery. All participants were breast cancer patients who had undergone MRM surgery and should be able to communicate verbally.

Keywords: Range of Motion (ROM), Modified Radical Mastectomy (MRM), Seroma

Development of a Stacking Device for Medical Urine Cups

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ABSTRACT

The objective of this study is to develop a stacking device for medical urine cups. The device is designed to combine a pressing device, a storage device, and a collection device, eliminating the need for manual coordination during the palletizing process. This not only reduces the processing cost but also increases the efficiency of palletizing. The device consists of a working table, a pressing device, a holding device, and a collecting device. The pressing device is installed at the upper end of the working table, while the holding device is installed at the lower end of the pressing device. The collecting device is further installed at the lower end of the holding device. The pressing device includes components such as a motor, a CAM, a pressing cylinder head, an F-shaped frame, and a large spring. The developed device effectively maintains the shape of the urine cup without causing any damage during tight stacking. By utilizing a rubber ring, the shaped column and urine cup fit perfectly, ensuring uniform force distribution on the urine cup. Additionally, a small spring and push block are used to separate the shaped column and urine cup, preventing any movement due to inertia and ultimately improving the quality of urine cup stacking.

Keywords: *Medical Urine Cup, A Stacking Device, Palletizing Process*

Parents' Participation in Atraumatic Care During Children Hospitalization: Literature Review

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ABSTRACT

Introduction: Atraumatic care for children undergoing hospitalization requires parental participation. Parental participation is an important aspect of traumatic care for hospitalized children. Parental participation is expected to reduce child pain and anxiety. The purpose of this study is to describe the participation of parents in atraumatic care while the child is hospitalized. **Methods:** The research design used is a literature review, starting with topic selection, then searching through several databases, including Proquest, PubMed, ScienceDirect, Ebscohost, CINAHL, Scopus, and Google Scholar, by entering keywords "parents' participation" "atraumatic care" and "hospitalized children". Articles reviewed from 2018 to 2023 . Protocol and evaluation of the literature review using the PRISMA checklist. **Results:** All databases provided 263 articles from the year 2018 to 2023. After excluding duplicates and applying inclusion and exclusion criteria, 40 articles remained. After full-text examination, 15 articles remained for quality appraisal, receiving a quality score above seven. Parental participation in atraumatic care while the child is hospitalized, based on the results of the review of the articles above, includes emotional support, distraction techniques, comfort measures, communication and education, advocacy, collaboration with the healthcare team, participating in care routines, and providing post-procedure comfort. **Conclusions:** Parental participation in atraumatic care while the child is hospitalized includes emotional support, distraction techniques, comfort measures, communication and education, advocacy, collaboration with the healthcare team, participating in care routines, and providing post-procedure comfort. This literature review offers a perspective from which to consider ways to improve the current approach to preparing parents regarding participation in the atraumatic care of children during hospitalization. Further research is expected to be able to develop research on specific interventions related to each form of parental participation in child care during hospitalization.

Keywords: Parents' Participation, Atraumatic Care, Hospitalization

Spiritual Dimension of Quality of Life among Patients with Chronic Kidney Disease Who Underwent Hemodialysis: A Qualitative Study

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ABSTRACT

Introduction: Chronic Kidney Disease (CKD) is a non-communicable disease that has become a major global health issue, increasing the mortality rate among the worldwide population. Many studies and literature have indicated that CKD may cause complications that detrimentally affect the spiritual dimension of Quality of Life (QoL). This study aimed to explore the spiritual domain of QoL among CKD patients who underwent Hemodialysis (HD) qualitatively. **Material and Method:** An exploratory qualitative design was used to carry out this study, in which qualitative information was collected from 10 diabetic patients and 8 multidisciplinary participants, including CKD-HD patients, caretakers, physiotherapists, medical doctors, psychologists, dietitians, nurses, academicians, and clinicians who were involved in focus group discussions 1 and 2 by using video and audio recording. The audio data was transcribed, followed by coding and theming. **Results:** The study has found that CKD-HD patients have spiritual experiences for the first of feeling angry, bargaining, and the last of feeling acceptance and Ikhlas, so they are praying to God to cure their illness. The other patients were feeling blue, sad and asking why God gave me the disease and what my mistake was, so they didn't worship God, they didn't believe in medical therapy, but they went to medic aster. **Conclusion:** CKD-HD patients were suffering from spiritual issues and recommended to the health care professionals to improve the spiritual aspect to improve their quality of life.

Keywords: Chronic Kidney Disease, Exploratory Study, Hemodialysis. Quality of Life

The Relationship Between Knowledge Level and Attitudes of Female Adolescents towards Anemia Prevention with Android-Based Application Development

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ABSTRACT

Adolescence is defined as a period of transitional development from childhood to maturity that involves changes in existing knowledge and attitudes between the ages of 10-19 years. During menstruation, youth lose the substance iron in their blood, about 0.56 mg/day in cycle menstruation (30 days). The intervention used in the study. This developed application detects the occurrence of anemia in adolescents and knows the need for taking Fe tablets in accordance with the circumstances. The purpose of the study is, for now, to enhance hemoglobin levels in adolescent girls. Research design is done using the Chi-Square test and the Fisher's exact test. The population in the study is 160 young girls. And divided into 2 groups, 80 groups control and 80 groups treatment. Yes, there was a change in the level of knowledge and attitudes that are meaningful to the group intervention (p = 0.000<0.05), but no change was meaningful for group control (p = 0.157>0.05). In group control, it turns out that most respondents indicated No There is a change in the level of knowledge and attitudes (still) there were 78 people (97.5%), whereas the remaining level of knowledge and attitude changed increased only there two people's (2.5%). This means that the treatment development application based on group intervention shows an increase in knowledge and attitudes among the large respondents. So, in other words, the Android-based development application has proven capable of increasing attitudes towards respondents.

Keyword: Level of Knowledge, Attitude, Youth Daughter with Anemia, Application Android-Based

Effect of Emotional Support on the Anxiety Level on Elderly in the Working Area of Ranomeeto Puskesmas

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ABSTRACT

The observations made on three elderly people grieving in the work area of Ranomeeto Public Health Centers illustrate that, at the time of experiencing the loss due to the death of a loved one, it is very difficult for them to accept the death event as an actual and reasonable loss of form or dislike being accepted and acknowledged as something that should have happened. They always look sad and self-critical, have a pessimistic outlook, pay less attention to self-care, withdraw from intercourse even with members of their own family, speak slowly in a weak voice, and more droop and reflect on their own in their daily lives. The purpose of this study was to determine the effect of emotional support on the level of anxiety among grieving elderly in the Ranomeeto Public Health Centers area. The research design used in this study is descriptive analytics, and the design used is One Group pretest posts. The population in this research is the grieving elderly in the working area of Ranomeeto Public Health Centers, which is counted at 35 people. A sample counted at 26 respondents. The data was processed using the paired T test. The statistical test results obtained a significant value of 0.000 <0.05. The results of the above table analysis also obtained a t value of 4.326> 1.316, where t arithmetic is greater than the value of t table. This suggests that there is a significant effect of providing emotional support on anxiety levels in grieving elderly people in the Ranomeeto Public Health Centers. From the results of research, suggestions are proposed if emotional support can be used as input for health personnel in order to reduce the level of anxiety in the elderly.

Keywords: Emotional Support, Anxiety Level, Ranomeeto Public Health Centers

Antibacterial Activity Test of N-Hexane Fraction Extract from Ambon Banana *(Musa paradisiaca var. sapientum)* Background to Bacterial Growth *Staphylococcus aureus* and *Escherichia coli*

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ABSTRACT

Antibiotic resistance has become a significant challenge in medicine. Overcoming this phenomenon requires innovative approaches to identify potential antibacterial compounds from natural sources. Ambon Banana (*Musa paradisiaca* var. sapientum), already known for its properties and used in traditional medicine, may have potential as an alternative candidate. The study aimed to test the antibacterial activity of the n-hexane fraction extract of Musa paradisiaca var. sapientum against the growth of Staphylococcus aureus and Escherichia coli bacteria. The extraction of ripe banana peel was carried out using n-hexane solvent. The n-hexane fraction extracts were characterized and tested for antibacterial activity against Escherichia coli and Staphylococcus aureus using the agar diffusion method with three replicates. The results showed that for E. coli, extract concentrations of 35%, 45%, and 55% gave an average inhibition zone of 9.8 mm, 16.83 mm, and 20.41 mm, respectively. For S. aureus, the same concentrations gave an average inhibition zone of 9.59 mm, 10.61 mm, and 20.07 mm, respectively. The positive control, ciprofloxacin, showed an average zone of inhibition of 29.33 mm for E. coli and 29.80 mm for S. aureus. The negative control with DMSO showed no inhibitory activity. The ripe peel of Ambon banana, particularly the n-hexane fraction extract, has the potential to be a source of natural materials for antibacterial development. However, further investigation is required to maximize its potential to inhibit bacterial growth.

Keywords: Antibacterial, Ambon Banana (Musa paradisiaca var. sapientum), Staphylococcus Aureus, Escherichia Coli

The Effect of Virtual Reality in Maintaining Psychological and Spiritual Needs of Cancer Patients: Literature Review

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ABSTRACT

Introduction: Virtual Reality Therapy (VRT) is one of the therapies that can be used in the management of anxiety and depression in patients with psychological disorders. VRT is increasingly being used for the diagnosis, assessment, and treatment of mental disorders. Cancer is one of the palliative illnesses that cause psychological conditions. Chemotherapy was the biggest factor causing anxiety in cancer patients, coupled with patients' perceptions of the cancer itself. The condition of psychology affects the physical state of a person because psychology is one of the factors that determines the quality of a person's immunity. **Methods:** This research design is a literature review, starting with topic selection, then searching through several databases, namely: Science Direct, ProQuest, PubMed, Ebscohost and Google Scholar. Articles were reviewed from 2018 to 2022. Protocol and evaluation of the literature review using the PRISMA checklist and the Joanna Briggs Institute Guidelines **Results:** Virtual reality (VR) is one of the progressed innovations that permits an individual to be brought into the virtual world. Clients lock in immersive innovation encounters through a combination of innovations, counting head mounted shows, earphones, joysticks, or other gadgets for control of the virtual environment. The framework takes after the developments in the user's head and gives them the dream of being totally encompassed by a virtual world. The multimodal boost (visual, sound-related, material and olfactory) given amid the use of VR contributes to the genuine taste. **Conclusions:** VRT is one of the therapies that can be given to help maintain psychological conditions in cancer patients. By helping patients maintain their psychological conditions, the immune system of the patients can be developed during the chemotherapy process.

Keywords: Cancer, Virtual Reality, Spiritual Therapy

The Effect of Speech Therapy on Language Skills of Autism Children at Autism Service Center in Kendari City

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ABSTRACT

Introduction: Kendari city has the highest number of autistic patients in Southeast Sulawesi. Since 2015 until now, 97% of autistic patients have been recorded in Kendari city. The therapies carried out also vary from behavioral therapy using the ABA method to speech therapy, sensory integration, and physiotherapy. For the handling of speech therapy, one autistic patient is handled by one therapist and one assistant therapist. And the results obtained vary depending on the ability of each child and his condition. This study aims to determine the effect of speech therapy on language skills in autistic children at the Kendari city autism service center. **Methods**: This type of research is a pre-experiment design, a one-group pre-posttest design, which is a design carried out with a pretest before treatment and a posttest after treatment to determine the effect of speech therapy on language skills in autistic children at the Kendari City Autism Service Center. Treatment and to determine the effect of speech therapy on language skills in autistic children. on language skills in autistic children. This research was carried out on May 28 and completed at the Kendari City Autism Service Center. The population size was 180 respondents, with the sampling technique using the solving formula and a sample size of 21 respondents. **Results**: Based on the results of the statistical test analysis conducted, the results obtained have a p value of 0.000 <0.20. This means that there is an effect of speech therapy on the language skills of autistic children at the Kendari City Autism Service Center. **Conclusion:** It is hoped that therapists can provide speech therapy to autistic children so that autistic people who experience language disorders can experience an increase in language skills.

Keywords: Autism, Speech Therapy, Language Ability

Evaluation of D-Xylose for Its Potential to Inhibit Macrophage Overexpression Gene LYZ and Improve Non-Alcoholic Fatty Liver Disease

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ABSTRACT

Non-alcoholic fatty liver disease refers to a disease caused by fatty degeneration of liver cells in the absence of alcohol or drugs and is currently the main cause of chronic liver disease worldwide. Non-alcoholic fatty liver disease is a series of diseases, including non-alcoholic fatty liver disease and non-alcoholic steatohepatitis. Xylose mainly exists in the form of Xylitol. When Gut microbiota contacts Xylitol, it will produce more propionic acid 83, a Shortchain fatty acid (SCFA). SCFA can increase the release of gut hormones to enhance satiety. Therefore, it is believed that the consumption of Xylitol can increase insulin sensitivity by increasing SCFA. This study adopts a combination of data analysis and basic experiments. Download the NAFLD related dataset and obtain key genes through various analysis packages in R software. The NAFLD cell model in vitro was constructed with a mixture of sodium oleate and sodium Palmitic acid, and xylose intervention was given based on the model. This verifies the effect of xylose on cellular lipid accumulation and gene expression. A mouse NAFLD model was constructed by feeding mice high-fat feed, and the administration group added xylose on top of the high-fat feed. This verifies the effect of xylose on the expression of key genes in the liver of NAFLD mice and liver metabolism. Our study identified the differentially overexpressed gene LYZ in the macrophages of patients with non-alcoholic fatty liver disease. It is significantly overexpressed in non-alcoholic fatty liver cells and mouse models. After xylose intervention, the lipid accumulation of cells was significantly reduced, and the levels of triglycerides and cholesterol were also significantly reduced. Moreover, xylose intervention also reduced the expression of LYZ in cells. After receiving xylose intervention, mice fed a high-fat diet significantly reduced liver weight and liver index, improved serum liver function and lipid indicators, and significantly reduced expression levels of some inflammatory-related factors. This indicates that xylose can indeed inhibit liver lipid accumulation and some inflammatory reactions.

Keywords: Xylose, Xylitol, Non-Alcoholic Fatty Liver

The Effect of Stigma, Intention and Attitude on Mental Health Seeking Behavior among Adolescents in West Java, Indonesia: A Structure Equation Model

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ABSTRACT

Background: Adolescent mental health disorders worldwide raise significant concern. Delayed help-seeking behavior negatively impacts students' lives through academic performance, economic and social consequences. To the best of our knowledge, there is no cross-sectional research has been conducted previously to investigate the connection between intention, attitude and stigma with mental help seeking behavior among adolescents in the West Java region, Indonesia. **Objectives:** This study aims to explore the correlation between intention, attitude and stigma with mental help seeking behavior among adolescents in West Java, Indonesia. Methods: This is a cross-sectional study conducted in a high school in West Java, Indonesia, from January to February 2023, among 435 respondents aged 13–18. The variables tested in this study include the intention to seek counseling inventory, attitude towards seeking professional psychological help and stigma scale of seeking help. The study examined mediation and moderation effects using the bootstrapping method, utilizing 5,000 samples and estimating 95% confidence intervals. **Results:** 435 adolescents who joined this study demonstrated a mean age of 15.7 (SD=2.81), 51.03% female respondents and 71.26% living with family. This study implies the significant effect of intention to seek counseling and attitude towards mental help seeking behavior, the mediating effect of public stigma for seeking psychological help and self-stigma of seeking help, the chain mediating effect of public stigma for seeking psychological help and self-stigma of seeking help were significant. The direct effect accounts for 54.21% of the total effect, while the total indirect effect accounts for 38.2%. At the same time, the intermediary effect of public stigma for seeking psychological help accounts for 19.45%, the intermediary effect of self-stigma of seeking help accounts for 15.23%, of which the chain intermediary effect of public stigma for seeking psychological help and self-stigma of seeking help accounts for 10.21%. **Conclusion:** The study found that public stigma and self-stigma exerted a moderative effect on adolescents' mental help-seeking behavior. This study implies that reduced stigma towards interventions can promote mental help seeking behavior among adolescents.

Keywords: Stigma, Intention, Attitude, Mental Health, Help Seeking Behavior, Adolescent

Barriers and Enablers to the Implementation of Person-Centred Care

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ABSTRACT

Background: The government and policymakers increasingly adopt systems to enhance person-centered care (PCC) to improve the quality of care and patient involvement. In the Indonesian healthcare system, person-centered care is a new concept, and it is gradually used as one of the criteria standards to deliver health care. Therefore, as in other countries, in Indonesia, healthcare providers try to improve health services using person-centered care principles and address gaps in practice. Studies suggested that implementing this new concept into daily practice caused barriers and enabled the delivery of person-centered care interventions. Therefore, this study explores barriers and enablers to implementing person-centered care in Indonesian hospitals. **Methods:** This study employed a qualitative research design and applied semi-structured interviews to collect data from 14 nurses from the medical ward. All nurses were selected using a purposive sampling technique. Interviews related to person-centered care interventions were transcribed, translated, and then thematically analysed. **Results:** Based on the analysis, the results of this study depicted that barriers to implementing person-centered care emerged from three themes: traditional practices and workload, lack of resources, and communication challenges. Furthermore, enabler themes emerged, including intense healthcare commitment supervision and sufficient monitoring. **Conclusion:** The results of this study provide a current picture of healthcare practices. This study, therefore, guides hospital managers and policymakers to overcome existing barriers using adaptive planning and strategies and to improve enablers with well-trained professionals and strong leadership to deliver a person-centered care approach into practice.

Keywords: Barriers, Enablers, Person-Centred Care, Nursing

Quality of Life: Factors Affecting Quality of Life Measurements in Pregnant Women

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ABSTRACT

Background: Health problems during pregnancy are all the physical and psychological changes that occur frequently and therefore affect a woman's quality of life (QOL). So the QOL covers a broad range of all aspects of life including health, related to physical, psychological, social relationships, and environmental dimensions. **Objective:** To identify factors related to QOL in pregnant women. **Method:** A quantitative study with a cross-sectional design conducted and total of 130 respondents' samples were collected.. Samples were taken by convenience sampling with inclusion criteria of pregnant women (1st, 2nd, 3rd trimester), who had a smartphone and were not hospitalized. Results analysed with Bivariate analysis using Pearson's Correlation and Spearman's Rank Correlation and also Multivariate analysis using Linear Regression. **Results:** The bivariate analysis showed that the correlation between age and QOL (p 0.605), education level and QOL (p 0.002), the occupation and QOL (p 0.024), spouse education level and QOL (p 0.000), the occupation and QOL (p 0.044), the gestational age and QOL (p 0,366), body mass index and QOL (p 0,370), parity and QOL (p 0,370), income and QOL (p 0,185), and pregnancy complications and QOL (p 0,059). Multivariate analysis showed that the factor most related to QOL was the spouse's educational with *p*-value of 0.032. **Conclusion:** The demographic factors including the level of education and occupation of the respondent, spouse's education and occupation of the respondent had a significant correlation with QOL among pregnant women. This study concluded that nurses must pay more attention to pregnant women, especially the factors that affect their quality of life.

Keywords: Pregnant Women, Quality of Life (QOL), Factors

Implementing an E-Module on Manual Exclusive Breastfeeding Practice and its Impact Among Mothers with Children Under 6 Months in Sidikalang Indonesia

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ABSTRACT

Batang Beruh Health Center, in Indonesia, is one of the health service units located in the Dairi Regency area. A lot of mothers have no experience with breastfeeding, especially if they do not have the interest to read pamphlets distributed at the health centers to learn the effectiveness of breastfeeding. That is why this study generally deems it necessary to investigate the implementation of an e-module on manual exclusive breastfeeding practice and its impact on mothers with children under 6 months old. A quasi-experimental study was used. A-100 mothers were selected using inclusion and exclusion criteria, divided into experimental and control groups. Pre-test and post-test were survey questionnaires placed on the e-module. The post test was taken after 30 days of seminar on how to use the e-module at the Batang Beruh Health Center. The implementation of the e-module on manual exclusive breastfeeding among the experimental subjects had a more significant impact ($p<0.05$) on both the Practical Support and Self-Esteem Support variables as compared to the Informational Support and Belongingness Support, which had a lesser significant impact ($p>0.05$).

Keywords: Breastfeeding, E-Modale, Maternal and Child, Breastmilk, Quasi-Experimental

Psychological Impact of Earthquakes among Children: A Review

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ABSTRACT

The world's worst earthquake data occurred in Valdivia, Chile (1960) with a magnitude of 9.5; Prince William Sound, Alaska (1964) with a magnitude of 9.2; Aceh, Indonesia (2004) with a magnitude of 9.1; Sentai, Japan (2011) with a magnitude of 9.0; and Kamcatka, Russia (1952) with a magnitude of 9.0. Earthquakes occurred from 1960 until now. An earthquake is one of the natural disasters that often occurs in Indonesia. An earthquake is an event where the earth vibrates as a result of a sudden release of energy in the earth, which is marked by a fracture of the rock layers in the earth's crust. Indonesia is an archipelagic country located at the confluence of four tectonic plates, namely the Asian Continent plate, the Australian Continent plate, the Indian Ocean plate, and the Pacific Ocean in the southern and eastern parts of Indonesia. Earthquakes can have economic, environmental, social and psychological impacts on victims, especially vulnerable groups such as children. This narrative review is composed of a recent collection of available research studies on the psychological impact children face from earthquakes. This research was sourced from 15 articles collected from PubMed, Google Scholar and Scopus from 2017 to 2023. This study identified the psychological disturbances faced by children who were victims of the earthquake, including suicidal tendencies, depression, anxiety, and post-traumatic stress. Traumatic experiences undergone by children are a risk factor for the development of post-traumatic symptoms in later life when individuals face the next traumatic stressor. If this psychological impact is not immediately addressed, it can interfere with daily life and child development. It is hoped that the results of this study can be an input for the authorities to pay attention to handling the psychological impact of disaster victims, especially on vulnerable groups such as children.

Keywords: *Psychological, Impact, Earthquake, Children*

Effectiveness of Giving Red Ginger Powder and Honey to Pregnant Women with Emesis Gravidarum in the First Trimester at the Sungai Limau Community Health Center in 2023

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ABSTRACT

The World Health Organization reports that the incidence of emesis gravidarum cases reaches 12.5% of total pregnancies worldwide. This study aims to assess the effectiveness of red ginger powder and honey supplementation among pregnant women experiencing first-trimester Emesis Gravidarum at the Sungai Limau Community Health Center in 2023. Employing a quantitative approach, this research adopts a quasi-experimental pretest-posttest single-group design. The sample comprises 38 pregnant women selected through accidental sampling. Statistical analysis employs the paired T test. The results reveal a reduction in nausea and vomiting averages from 6.7 (6 to 7 occurrences) to 4.2 (4 to 5 occurrences). Furthermore, bivariate analysis indicates a significant impact of red ginger powder and honey supplementation on first-trimester Emesis gravidarum in pregnant women, with a P value of 0.000. It is recommended that healthcare professionals prioritize education and information dissemination to the public regarding the prevention or reduction of first-trimester nausea and vomiting. This effort aims to enable pregnant women to maintain essential nutrients crucial for fetal development and to avert potentially hazardous dehydration for both the mother and the fetus.

Keywords: Ginger Powder, Honey, Emesis Gravidarum, Pregnancy

Digital Education Improving Knowledge and Skill: A Literature Review

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ABSTRACT

Introduction: Digital learning can be an enabler for skill and knowledge development for organizational digital transformation. Digital education has been mooted as a potential solution to improve the delivery of health professions education, as it offers opportunities for widespread access at a low cost and flexibility with the portability of internet devices. To make better policies, we need to determine the effectiveness of learning. **Material and Method:** The literature used inclusion and exclusion criteria; articles were obtained, reviewed, and retrieved from databases, namely Google Scholar (2018–2023), PubMed (2018–2023), and Sciene Direct (2018–2023). Search strategies with terms used in English were as follows: "Digital Education," "Improving, "Knowledge," and "Skill". The year of the literature source is taken from 2018 to 2023". **Results:** Initial identification of titles and abstracts: Google Scholar obtained 4250 articles; ScienDirect obtained 750; and PubMed obtained 1580 articles, for a total of 6580 articles. Literature Review Results from 14 Articles: Literature Review Results from 10 Articles: Digital Education improves knowledge and skill in students. **Discussion:** Evidence suggests that digital education or digital learning is at least as effective as conventional learning. This synthesis presents positive preliminary evidence to scale up targeted initiatives to expand health education through digital tools while noting the diversity across studies. This will help address the knowledge and skills gaps of health students around the world. **Conclusion:** We discovered that, in terms of knowledge and skills, mixed digital education looks to be at least as effective as traditional learning—if not more so. Further study is required to assess the impact of other digital learning modalities on attitudes, satisfaction, and patient-related outcomes, as well as the negative consequences and cost-effectiveness of digital learning. These modalities include virtual reality, serious gaming, and mobile learning.

Keyword: Digital Education, Knowledge, Skill

Family Support to improve Self Care Adherence Among Tuberculosis Patient: A Systematic Literature Review

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ABSTRACT

Introduction: Tuberculosis (TB) is a chronic disease that is a major cause of health problems and one of the biggest causes of death worldwide. About a quarter of the global population has been infected with TB disease and the majority have died. Indonesia is ranked 4th in the country with the highest TB burden globally in the Southeast Asia (SEA) region and the incidence rate increased by about 13% from 2020 to 2021. **Aim:** to determine the family support needed to improve self-care adherence among tuberculosis patients. **Methods:** The research design applied in this study was a systematic literature review and meta-analysis that was reported in accordance with the guidelines of the PRISMA statement. A systematic review was conducted in four English databases: PubMed, Google Scholar, ProQuest and Dimensions search engines. Both quantitative and qualitative studies that showed family support and self-care adherence to TB treatment were included. Critical appraisal was performed using the critical appraisal checklist from the Joanna Briggs Institute. These articles were published over the last 5 years (2019–2023). **Results:** A total of 245 articles were screened, and 5 articles were ultimately included in the review. This literature review provides an overview of how family support was crucial for TB patients during treatment. The better family support for TB sufferers, the higher the level of adherence. Family plays an important role in providing support during treatment for TB patients. **Conclusions:** This review demonstrates that family support is important to improve the self-care adherence of tuberculosis patients.

Keywords: Family Support, Self-Care Adherence, Tuberculosis

Development of a Postoperative Rehabilitation Training Device for Patients with Upper and Lower Limb Muscular Atrophy

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ABSTRACT

Introduction: Muscular atrophy weakens muscles and affects patients' physical functioning and quality of life after surgery. Postoperative rehabilitation is essential for restoring muscle strength and mobility, particularly in cases of upper and lower limb muscular atrophy. However, traditional methods have difficulty targeting specific muscles and providing personalized training. Therefore, the objective of this research is: 1) to develop a rehabilitation training device applicable to upper limb and lower limb muscle atrophy in postoperative patients, early postoperative rehabilitation intervention, reasonable rehabilitation training and exercise to reduce muscle atrophy, and 2) to help improve the ability of postoperative patients to move independently. **Methods:** The upper limb rehabilitation training device is comprised of a bed body and a sliding mechanism, with the sliding mechanism having a fixed component, a telescopic component, a snap-on component, and a power component. The sliding mechanism on the bed body moves back and forth, and the corresponding exercise can be performed in any position on the bed body. The lower limb rehabilitation training device comprises a base plate, a fixing box, and a seat, with the fixing box's structure comprising a fixation frame, a moving box, a pedal, a pressing block, an activity block, and other devices. The upper limb training device can ensure the safety of patients and accompanying personnel, while exercising multiple parts of the patient's muscle groups, and increase the device's applicability; the lower limb training device can be positioned in time, and the height of the pedal can be adjusted to solve the problem of the training device's rebound force accidentally shocking the lower limbs and the inconvenience of the pedal height, which afflict patients. **Conclusion:** The use of rehabilitation training device training, early recovery of postoperative patients' independent activities, improvement of patients' postoperative self-care ability, promotion of patients' postoperative rehabilitation, enhancement of patients' quality of life, and decrease in postoperative complications.

Keywords: Muscular Dystrophy, Rehabilitation Training, Postoperative Training, Training

The Environmental Factors that Influence Social Participation among Stroke Survivors: A Scoping Review

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ABSTRACT

Background: Stroke is an important cause of death and disability worldwide. It can lead to a complex array of physical, communication, cognitive and emotional impairments that limit the ability of patients to perform basic activities of daily living or participate in social activities. Various factors, including personal, environmental, and stroke-related issues, have been identified as potential barriers that may impede stroke survivors from resuming their social participation activities. The resultant constraints on social participation after stroke have been strongly associated with a reduced quality of life. Therefore, this review aims to elucidate the current research state on the correlation between various environmental factors and the social participation of stroke survivors. **Methods:** Five online databases, including PubMed, Embase, Web of Science, China Biology Medicine Disc and China National Knowledge Infrastructure, were searched for articles published between 2014 and 2023. Search terms included stroke, cerebrovascular accident, environmental factors, social support, and social participation. The findings are reported using the preferred reporting items for systematic review and meta-analysis extension for scoping reviews (PRISMA-ScR). **Results:** A final total of 20 articles were retrieved and reviewed. Findings show that social participation is an important outcome after stroke and is commonly used as a measure of the success of rehabilitation. Social participation occurs at the intersection between people, activities, and the environment. The study found that environmental factors play a significant role in the functional recovery and social participation of stroke patients at home. Environmental factors can be summarized into three aspects. The first aspect is the living environment, specifically the barriers in the living environment that directly limit the activities and social participation of stroke patients at home, which should be tailored to the needs of patients. The second aspect is social support. Social support, including family, friends, significant others, social networks, religious organizations, or community groups, has been demonstrated to have a positive impact on prognosis. The third aspect is existing transportation and health care services, such as inadequate transportation services can hinder the integration of patients into society. Additionally, community health care services have the potential to facilitate and encourage patient participation in social activities. **Conclusion：** The significance of a person's compatibility with their environment was identified as a key factor in minimizing constraints on social participation. Studies have demonstrated various environmental measures that are needed to improve the social participation of recovering stroke patients. However, there still remains a lack of uniformity in post-stroke recovery and rehabilitation. Thus, the findings obtained from this review can serve as resources for future research, planners, policymakers, and public health advocates to further improve stroke care management.

Keywords: Environmental Factor, Stroke, Social Participation

Identification of Micrornas as Novel Potential Diagnostic Biomarkers in Endometrial Cancer：A Meta-Analysis

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ABSTRACT

Introduction: Endometrial cancer (EC) is the most frequent gynecologic cancer in developed countries. Increasing evidence suggests that microRNAs may be potential biomarkers for the diagnosis and prognosis of EC. In this study, we conducted a systematic review and meta-analysis to summarize the global research and evaluate the overall diagnostic accuracy of microRNAs in detecting EC. **Methods:** The relevant studies were identified in databases that contain PubMed, Cochrane Library, and Embase (up to August 1, 2023). The quality of the studies included in this meta-analysis was assessed using the Quality Assessment of Diagnostic Accuracy Studies (QUADAS-2) tool. Statistical analysis was conducted using STATA 14.0. The pooled sensitivity and specificity, summary receiver characteristic (SROC) curves and area under curve (AUC) were performed. The publication bias of the included studies was assessed using Deeks' funnel plot asymmetry test. **Results:** According to the inclusion and exclusion criteria, seven articles with 928 EC patients and 751 controls were included in total. The pooled sensitivity was 0.84 (95% CI: 0.78–0.88) and the specificity was 0.80 (95% CI: 0.71-0.86). The positive likelihood ratio (PLR) and negative likelihood ratio (NLR) were 4.2 (95% CI: 2.9–6.1) and 0.21 (95% CI: 0.16-0.27), respectively, in our study. The diagnostic odds ratio (DOR) was 14.98 (95% CI: 9.98–22.47), with an area under the SROC curve (AUC) of 0.89 (95% CI: 0.88–0.91). Subgroup analysis suggested that multiple miRNA assays, plasma-based, showed better diagnostic accuracy. There was no significant publication bias (p = 0.75). **Conclusion:** This meta-analysis suggests that miRNAs may be novel and non-invasive biomarkers for detecting EC, particularly multiple miRNA assays, which have potential diagnostic value as screening tools in clinical practice.

Keywords: miRNAs, Endometrial Cancer, Diagnosis, Meta-Analysis

The Effect of Augmented Reality-Based Education on Disaster Preparedness among Rural Communities in disaster-prone area West Java, Indonesia: A pilot study

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ABSTRACT

Individual preparedness for natural disasters is crucial for communities' resilience, especially in disaster-prone and low-resource areas. Emerging data suggests that augmented reality can be a viable alternative for workforce training, enhancing understanding of the potential health and safety implications of disaster threats, thereby enhancing disaster preparedness. This study aimed to determine the effect of augmented reality-based education on disaster preparedness among rural communities in the disaster-prone area of West Java, Indonesia. This study was conducted using a quasi-experimental, two-group pretest-posttest design in rural communities in Bandung, West Java, Indonesia, from March to August 2023. The sample in this study was an adult aged above 18 years old who was able to write and read without any cognitive or mental disorders and had a smartphone. A sample was recruited using convenience sampling. The household emergency preparedness scale was used to measure variables. The analysis used a general linear model. A total of 60 participants agreed to join in this study (30 participants in each group). Their mean age was 32.56 (SD = 7.98), and the majority had an education background in senior high school. About 45% of them were employees. The mean difference in preparedness score before and after intervention was 5.78 (SD = 1.33), with p<0.05. While the mean difference in preparedness score between the intervention and control groups was 2.89 (95% CI = 1.02 to 4.57), with p<0.05 showing intervention was favorable, Augmented reality-based education has the potential to enhance individual disaster preparedness in rural communities in the disaster-prone area of West Java, Indonesia. Future studies are needed to confirm this finding using a more robust design and a larger sample size.

Keywords: Augmented Reality, Education, Disaster, Preparedness, Nursing Student

The Level of Independence of Mental Disorders Patients

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ABSTRACT

Mental disorders are maladaptive responses to stressors originating from internal or external sources that cause changes in mental function that cause changes in the level of independence in carrying out self-care. The prevalence of mental disorders in accordance with the 2013 Riskesdas was 1.7, while in the 2018 Riskesdas data, the prevalence of serious mental disorders was 7.0. The number of mentally ill people at the Mentari Hati Foundation is 170. Most of the people who suffered from mental disorders at the Mentari Hati Foundation experience dependency on self-care. Factors that influence the level of independence in carrying out self-care are age, gender, level of development, health status, family system, environmental, social, and cultural factors, and the availability of resources or facilities. This research aimed to describe the level of independence in carrying out self-care. The research design used descriptive methods. The sample size is 99 respondents. The results of the study showed that 61.6% experienced dependency. Based on gender, males experienced 73.9% dependency. Moreover, based on education background, elementary school–junior high school experienced 61.2% dependency. Based on marital status, unmarried people experienced 66.7% dependency, more than two nursing diagnoses experienced 60% dependency, cognitive assessment was not good, and 57.1% experienced dependence. This research is expected to provide information about the level of independence in carrying out self-care and become a basis for consideration and thinking in developing care for families and caring for family members who experience mental disorders. In addition, it can improve and develop various effective intervention strategies for providing care in psychiatric nursing.

Keyword: *Independence, Mental Disorder, Self-Care*

Knowledge and Attitude Towards Contraceptive Use among Female University Students in a Higher Institution in Southern Philippines

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ABSTRACT

The rate of unwanted pregnancies among university students is increasing each year, despite extensive public awareness of and access to contraceptives. The study is centered on women since, when it comes to birth control, historically, women have borne a disproportionate share of the burden, and if birth fails to work, their bodies will be the ones to bear the consequences. The objective of this study is to assess the knowledge and attitude of female undergraduates at a higher institution in the Southern Philippines towards contraceptive use. A quantitative correlational design was used in this study conducted through an online platform with three hundred forty-one (341) respondents from a higher education institution selected through purposive sampling. The researchers utilized a researcher-made questionnaire on general awareness, knowledge, and attitude toward contraceptive use. The results of the study reveal that most of the respondents are generally aware of the proper usage of contraceptives, highly knowledgeable, and have a positive attitude towards contraceptive use. However, the study shows that there is no significant relationship between sociodemographic factors and knowledge, as well as between the attitudes of the respondents. On the other hand, results show that there is a significant relationship between knowledge and attitude towards contraceptive use among undergraduate female students. The research indicates that a knowledge-rich community can have an impact on attitudes toward contraceptive use. The researchers recommend extensive and comprehensive sexual education programs in academic institutions to address this reproductive health concern among university students.

Keywords: Contraceptive Use, Safe Sex, Birth Control, Female

Factors Associated with the incidence of Dermatitis in the Working Area of Puuwatu Public Health Center, Kendari City

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ABSTRACT

Dermatitis is a non-inflammatory skin condition that can be acute, subacute, or chronic, affecting the epidermis and dermis layers in response to various factors such as irritants, allergens, heat, and infections. This can be attributed to the personal hygiene practices of individuals as well as a lack of public knowledge about dermatitis, which also arises due to inadequate access to clean water and sanitation. This study aimed to identify factors related to the incidence of dermatitis in the working area of Puuwatu Health Center in Kendari City. This study employs a quantitative approach with a cross-sectional study design. The population for this research consists of all households (8,169 households), and a sample of 98 households was selected using proportional random sampling. Data were analyzed using univariate and bivariate analysis, including the chi-square test. The result of the statistical test showed that there was a relationship between personal hygiene and the incidence of dermatitis, as indicated by the value of $X2$ count = 86.675 with phi = 0.940. The results of the knowledge statistical test with the incidence of dermatitis showed that there was a relationship with the calculated $X2$ value = 48.607 with phi = 0.704. The result of statistical tests showed that there was a relationship between clean water sanitation and the incidence of dermatitis, with a value of $X2$ count = 69.018 and a phi = 0.839. It is recommended that the community pay more attention to personal hygiene practices to maintain good health and prevent dermatitis. More over, increasing public awareness of the causes and consequences of dermatitis is crucial, as is improving access to clean water and sanitation facilities to reduce the occurrence of dermatitis.

Keywords: *Dermatitis, Personal Hygiene, Knowledge, Clean Water Sanitation*

The Relationship between the Intensity of Social Media Use and the Level of Self-Esteem and Anxiety in Adolescents at Wawotobi Public High School 1

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ABSTRACT

Excessive intensity of social media use can harm the level of self-esteem and anxiety in teenagers. When conducting a preliminary study, there were students from Wawotobi Public High School 1 who admitted that they almost dropped out of school because some of their friends bullied them on social media in the form of ridicule and allusions to even harsh words, so they felt insecure about returning to mingle with the social environment and were worried about their friends' negative comments and assessments. This study aims to determine the relationship between the intensity of social media use and the level of self-esteem and anxiety in adolescents at Wawotobi Public High School 1. This type of research uses a quantitative research approach to a cross-sectional study with the sampling technique of systematic random sampling. The population in this study was students from Wawotobi Public High School, and the total research sample was 76 respondents. The results of the study used the Fisher exact alternative test and showed that there was a relationship between the intensity of social media use and the level of self-esteem and anxiety in adolescents, with a relationship value of 0.00. This research concludes that there is a relationship between the intensity of social media use and the level of self-esteem and anxiety of teenagers at Wawotobi Publiuc High School 1.

Keywords : Social Media, Teenagers, Self-Esteem, Anxiety

Policy Analysis for the Implementation of the Example Wives School Program for Couples of Fertilizing Age in the City of Sawahlunto in 2023

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ABSTRACT

In Sawahlunto City, cases of violence against women and children have increased. In 2019, there were 50 cases that occurred (86% of children's cases and 14% of women's cases), while for divorce cases in 2019, there were 123 cases, an increase in 2020 of 145 cases. This is due to the low family resilience of the Sawahlunto City community. One of the efforts to overcome this is the existence of the Sawahlunto City Model Wife School for Couples of Fertile Age, initiated by the government of Sawahlunto City and GOW Sawahlunto City. This study aims to analyze the implementation of Sekolah Istri Teladan Sawahlunto by looking at the aspects of input, process, and output. The research method used is a qualitative approach; data collection is done through in-depth interviews, observation, and document review. The research time is May 2023. The results of the study found that if the policy for implementing the School of Exemplary Wives of Sawahlunto City already exists, the budget is insufficient, facilities and infrastructure are also insufficient, and human resources are TOT directly. Yasmina Foundation monitoring and evaluation are quite optimally carried out; SILO has also been carried out well, and the enthusiasm of participants in following is also good. The output of this SILO knowledge and understanding of participants increased by 90% related to family resilience compared to before following SILO.

Keywords: Policy, Sawahlunto Exemplary Wives School, Fertilizing Age

Analysis of Knowledge and Readiness of Nurses' Role in Implementing Continuity of Care for CABG Patients: A Pilot Study

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ABSTRACT

Background: Patients with post-surgical Coronary Artery Bypass Graft (CABG) require recovery time after surgery. Comprehensive monitoring is needed to ensure that post-surgical complications do not occur while the patient is at home. Providing a continuity of care approach is one of the solutions to overcoming post-treatment complications. Implementing continuity of care for CABG patients starts from pre-operation until the patient is discharged from the hospital. Nurses must be able to perform their role as healthcare providers for patients when the patient is planning to undergo CABG. However, implementing continuity of care in health services requires knowledge of continuity of care and readiness from healthcare providers, including nurses. Therefore, a pilot study is needed to determine nurses' knowledge about continuity of care and nurses' readiness to act in their roles to implement continuity of care for CABG patients. **Methods:** This study employed quantitative research with a descriptive-analytical research design. The total sample for this study was 37 nurses who worked in the cardiac surgery ward at one of the government hospitals in Pekanbaru, Riau, Indonesia, who were selected using total sampling techniques. The variables measured were nurses' knowledge about continuity of care and nurses' roles. The instrument used is a questionnaire compiled by researchers that has been tested for validity. The data analysis used is a univariate analysis. **Results:** The results of this study depict demographic data, with the average age of respondents being 37 years, the majority of the respondents being female (81.1%), the education level being Ners (56.8%), and the average length of working being more than 12 years. The results of this study show that most respondents have a sufficient level of knowledge regarding continuity of care (78.4%), and 54.1% of nurses are ready to perform their role as nurses in implementing continuity of care. **Conclusion:** This study provides an overview of the knowledge and readiness of nurses to implement continuity of care for CABG patients. Therefore, this study's results inform us of the possibility of further developing the continuity of care approach by evolving a system that ensures advantages for CABG patients. Thus, implementing continuity of care preserves the quality of health care services and the quality of life of CABG patients.

Keywords: CABG, Continuity of Care, Knowledge, Nurses, Roles

The Effect of Giving Dates on Changes in Hemoglobin Levels in Pregnant Women the Lepo – Lepo Health Center, Kendari City

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ABSTRACT

Based on exiting phenomena, as well as the results of preliminary data observations at the Lepo – Lepo Community Health Center for the last three months, there were 80 anemic pregnant women from January to March, showing that in January it was 46.2%, in February there was a decrease of 21.2%, and increased again in March from previous data of 32.5% in 2023 from the average hb $10.9 – 8$. Therefore, it is necessary to solve the problem by consuming dates regarding changes in hemoglobin levels in anemia in pregnant women. The aim of this research is to determine the effect of consuming dates on changes in hemoglobin levels in anemia in pregnant women. The method used in this research is Pre-Experimental design, where the design form used is One Group Pretest – Posttest Design. The sampling technique uses a purposive sampling technique. The analysis method uses the normality test and the Wilcoxon W test, which are carried out with the help of a computer program. The results of the research obtained a significant value, namely 0.000 ($p<0.05$), so it can be concluded that there is a significant effect of giving dates on changes in hemoglobin levels, namely 0.000 ($p<0.05$), so it can be concluded that there is a significant effect of giving dates on changes in hemoglobin levels in pregnant women Lepo – Lepo Health Center, Kendari City. The conclusion of this research is that there is an effect of giving dates on changes in hemoglobin levels in pregnant women at the Lepo-Lepo Health Center, Kendari City.

Keyword: Date, Pregnant Women, Anemia

The Effect of Temperature Difference in the Same Quarter on Blood Biochemical Levels in Patients with Cerebral Infarction in Northeast China and Hainan

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⨞——— ABSTRACT ———⨞

Objective: To study the effect of temperature differences in the same season on blood biochemical levels in patients with cerebral infarction in Northeast China and Hainan. **Method:** A total of 393 patients with cerebral infarction in a certain area of Northeast China and 343 patients with cerebral infarction in a certain area of Hainan were selected from November 2021 to March 2022, and then the general medical history data and blood biochemical test results of patients with cerebral infarction were collected. Binary logistic regression analysis was performed on the data. **Results:** In the same quarter, there was a significant correlation between cerebral infarction in patients in Northeast China and Hainan (OR = 0.034, p = 0.000). Gender, smoking, drinking, hypertension, diabetes, coronary heart disease, and triglycerides are high-risk factors for cerebral infarction. **Conclusion:** The incidence of cerebral infarction in patients in Northeast China and Hainan was significantly associated with the same quarter.

Keywords: Blood Biochemical Levels, Cerebral Infarction, Northeast China and Hainan

Sample Size Calculations in Nursing Student Mobile Application Research: Systematic Review

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ABSTRACT

Background: Research must certainly have subjects or samples that will be used in the research, including research on mobile phone applications. Research using mobile applications has begun to be widely carried out, so this phenomenon needs to be analyzed as to what is ideal among researchers in determining the number of samples used in the research. **Objective:** This systematic review aims to analyze the sample size used by previous researchers to research mobile phone applications involving nursing students as research samples. Method: This systematic review took electronic database sources through journal search engines such as Google Scholar, Pro-Quest, PUBMED, and Science Direct. The criteria for the journals chosen were open-access journals published within the last five years (2018–2023). The journal search used the keywords "mobile phone application" and "nursing students". **Results:** A total of six journals had eligibility out of the 18 journals assessed, showing that the largest number of samples used by previous researchers was 256, while the minimum was 25. **Conclusion:** Whether large or small, the number of samples used in implementing mobile applications among nursing students does not follow existing trends but must be calculated according to a representative portion of the subject population to be studied.

Keyword: Sample Size Calculations, Mobile Applications, Nursing Students

Chemical Composition and Autoxidation Behavior of Intact Fenugreek (*Trigonella foenum-graecum* L.) Seed Oil: Comparative Study with Perilla and Sunflower Oils

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ABSTRACT

Fenugreek oil (FO) is rich in a-linolenic acid and has potential health benefits. However, the detailed information about its chemical composition and its oxidation behavior, which is essential data for oil in the food industry, is still unexplored. This study aimed to evaluate the chemical properties and autoxidation stability of intact FO obtained by hexane extraction of fenugreek seeds and compare it with commercialized perilla oil (PO) and sunflower oil (SO). The chemical properties and autoxidation behavior of intact oil samples (35°C in the dark) were analyzed. A set of analyses comprising lipid composition by thin layer chromatography (TLC), fatty acid (FA) composition by gas chromatography (GC), triacylglycerol (TAG) composition by high performance liquid chromatography (HPLC), antioxidant activity using 2,2-diphenylpicrylhydrazyl (DPPH) by UV-Vis spectrophotometer, peroxide value (PV) by automated titrator, thiobarbituric acid reactive substances (TBARS) by UV-Vis spectrophotometer and tocopherol (Toc) content by HPLC had been analyzed to determine the chemical composition and freshness of the oil before oxidation tests take place. The oxidation test of intact oils is then conducted by measuring PV, TBARS and Toc analyses as indicators for the oxidation rate of oil samples. As a result, FO comprises good amount of a-linolenic acid (ALA) (26.6 ± 0.1%) and PO (57.0 ± 0.2%), while SO does not contain any ALA. FO showed the highest percentage of a-diphenyl-b-picrylhydrazyl (DPPH) radical scavenging activities (78.1 ± 0.6%) compared to PO (19.4 ± 0.6%) and SO (27.1 ± 1.1%) due to its remarkable amount of Toc content (1807.0 ± 27.6 ppm), which is significantly different from PO (439.5 ± 5.6 ppm) and SO (618.2 ± 12.9 ppm). Regarding the oxidation of intact oils, despite being abundant in polyunsaturated fatty acids (PUFA), FO showed higher oxidation stability compared to PO and excellent oxidation stability for the first 17 days of the test. This is believed to be due to its FA composition and impressive amount of Toc content. Based on the results obtained, FO could potentially become a healthy edible oil with good oxidative stability. However, deeper and wider research on oxidation tests needs to be conducted and the compounds responsible for the oxidation of FO have to be determined. These results will be important information for the utilization of FO in the food industry.

Keywords: *Autoxidation, Fenugreek, Perilla, Sunflower, -Linolenic Acid, Tocopherol, DPPH*

The Effectiveness of Quizizz Educational Games on Cognitive Development in Early Childhood

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ABSTRACT

Background: Developmental disorders are often found in childhood. Not a few children experience developmental disorders, and one of them is impaired aspects of cognitive development. One of the causes of delays in cognitive development in children is a lack of optimal learning stimulation. Quizizz educational game is one of the interventions that can be applied to improve cognitive development in early childhood. **Objective:** Knowing the effectiveness of the Quizizz educational game on early childhood cognitive development **Methods:** This research is a Quasi Experiment with a two-group pretest-posttest research design with a control group design. The number of respondents was 38, with 19 people in each group. The sample selection in this study used a purposive sampling technique. The inclusion criteria in this study were children aged 4-6 years whose parents had electronic media such as cellphones. The instrument used is the Dimensional Change Card Sort (DCCS). The analysis used in this study is the frequency distribution, mean, standard deviation, min, max, paired sample t-test, and independent sample t-test. **Results:** In the paired sample T-test, the p-value was significant in the intervention group, namely 0.000 <0.05, while in the control group it was 0.630> 0.05. The independent sample T-test showed a significant p-value, namely 0.000 <0.05. Conclusion: In this study, it can be concluded that the Quizizz educational game had an effect on increasing cognitive development in the intervention group compared to the control group, which was not given any treatment.

Keywords: Cognitive, Quizizz Educational Game, Early Childhood

Rebozo Technique on Pain Intensity in the First Stage of the Active Phase and Length of Labour in Primiparas

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ABSTRACT

Delayed delivery is a major problem in Indonesia and is the fifth leading cause of death among mothers. The incidence of delayed births in Indonesia is 9% of the total death rate and 3% to 5% of the birth process. One of the causes of late childbirth is the unbearable pain of the mother at the time of birth. The aim of the research is to find out the impact of the rebozo technique on the intensity of the active phase of pain during the first and long terms of primary childbirth. The research design is a quasi-experiment with a kind of two-group design. The research was conducted at the Bidan City Independent Practice in Padang for six months. The population is the entire maternity Primipara, who is PMB in the town of Padang. The sampling technique is purposively sampled with a sample of 30 people in the intervention group. The instrument for measuring pain is a numeric rating scale. Data analysis using an independent t-test showed that the average intensity of childbirth pain in the intervention group was 6,423, while the pain in the control group was 7,562. The average length of labour in the intervention groups was 3,643 and in the control group, 4,815. There is an influence of the rebozo technique on the intensity of the pain when I have a p value of 0.021, and there is an effect of the rebozo technology on the length of delivery with a *p*-value of 0,000. It is hoped that this rebozo technique can be administered during childbirth by patients and midwives to reduce the intensity of pain and accelerate labour.

Keywords: Lama Kala I, Nyeri Persalinan, Teknik Rebozo

The Relationship Between Family Support and Medication Adherence in Pulmonary Tuberculosis Patients

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ABSTRACT

Background: Tuberculosis (TB) is a chronic bacterial infection caused by Mycobacterium Tuberculosis. TB is one of the top ten leading causes of death worldwide. In Indonesia, pulmonary tuberculosis is a major public health problem. According to the report from the Indonesian Ministry of Health in 2019, there were 294,731 TB cases, with 162,213 being new smear-positive TB cases and 108,616 being smear-negative TB cases. The death rate due to TB in Indonesia reached 140,000 per year. The level of patient compliance with taking anti-tuberculosis medication is one of the determining factors for successful pulmonary TB treatment. **Objectives:** The aim of this research was to determine the relationship between family support and adherence to anti-tuberculosis medication among pulmonary tuberculosis patients. **Method:** This research was a quantitative study with a cross-sectional approach. It was conducted at the Andalas Public Health Center. The sample size for this study was 39 respondents. The measurement tool used was a validated questionnaire based on the MMAS-8 (Morisky Medication Adherence Scale). Data were analyzed using univariate and bivariate analysis with the chi-square test. **Results:** The majority of pulmonary tuberculosis patients (69.2%) did not receive family support, and most pulmonary tuberculosis patients (69.2%) were not adherent to anti-tuberculosis medication. Based on the chi-square analysis, a significant relationship was found between family support and adherence to anti-tuberculosis medication (*p*-value: 0.000). **Conclusion:** Compliance with taking medication among pulmonary tuberculosis patients is influenced by the support they receive from their families. It is expected that the families of pulmonary tuberculosis patients provide ongoing support, including informational support, emotional support, and instrumental support.

Keywords: Adherence Medication, Family Support, Pulmonary Tuberculosis

The Relationship Between Diet and the Prevalence of Hypertension in the Elderly at the Andalas Padang Health Center 2023

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ABSTRACT

Background: Hypertension is one of the non-communicable diseases that is often found in the community and has become a global problem because its prevalence continues to increase from year to year. The number of cases of hypertension in Indonesia based on 2018 Riskesdas data, the prevalence of hypertension in Indonesia is 31.4% with an estimated outcome of hypertension cases in Indonesia of 63,309,620 people, with a mortality rate of 427,218. The prevalence of hypertension occurs at the age of 45-56 years, and 55.2% occurs in the age group 55–64 years; the highest is 30.9% and the lowest is 20% (Kemenkes RI, 2018). One of the causes of the high incidence of hypertension in the elderly is an irregular diet. **Objectives:** The purpose of this study is to determine the relationship between diet and the prevalence of hypertension in the elderly at Puskesmas Andalas Padang in 2023. **Methods:** This research is a quantitative approach with a cross-sectional study design, a population of 110 elderly, and a sample of 30 elderly. The sampling technique is purposive sampling, and the data were analyzed univariately and bivariately using the chi-square test. **Results:** The results of this study can be seen in that of the 30 respondents, more than half, 17 respondents (56.7%), experienced Grade 1 hypertension, and more than half, 18 respondents (60%), had a risky diet. This study obtained a *p*-value of 0.013 ($p < 0.05$), which means that there is a relationship between diet and the prevalence of hypertension in the elderly at the Andalas Health Center Padang in 2023. **Conclusion:** From this study, it can be concluded that there is a relationship between diet and the prevalence of hypertension in the elderly at Puskesmas Andalas Padang in 2023.

Keywords: Diet, Hypertension, Elderly

The Effect of Face Acupressure on Reducing Anxiety in Postpartum Mothers at the Martini Boer Midwife Independent Practice (PMB) in Padang City in 2023

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ABSTRACT

Background: In the puerperium, postpartum mothers will experience physiological, psychological, and social adaptations. However, not all postpartum mothers can go through the postpartum adaptation process smoothly. Postpartum mothers can experience psychological disorders during the puerperium. One of the psychological disorders experienced by postpartum mothers is anxiety. According to some research results, it is estimated that 10 out of 40 postpartum mothers experience postpartum depression. While the baby blues can occur in 50–80% of new mothers. In addition to conventional management, there are also complementary therapies to overcome anxiety so that mothers can maximally care for the baby, and milk production is also smooth. Facial acupressure is one of the complementary therapies used to reduce stress and anxiety. **Objective:** The purpose of this study was to determine the effect of facial acupressure on reducing pain in postpartum mothers at PMB Martini Boer Kota Padang in 2023. **Methods**: This research uses a quasi-experimental research design with a one-group pretest and posttest design. Data collection will be carried out from May – July 2023. The population of this study is all postpartum patients at the Martini Boer Midwife Independent Practice in Padang City in 2023, totaling 30 people. The sampling technique used in this study was purposive sampling. Data were analyzed univariately using frequency distribution tables and bivariately using dependent statistical tests T-test paired with a confidence level of 95% α = 0.05. **Results**: The results showed an average reduction in pain in postpartum mothers before facial acupressure therapy treatment, with a mean value of 5.2. Average reduction in pain in postpartum mothers after facial acupressure, with a mean value of 2.9. There is an effect of facial acupressure on reducing pain in postpartum mothers at PMB Martini Boer Kota Padang in 2023. **Conclusion:** It was concluded that facial acupressure can reduce pain levels in postpartum patients. It is hoped that midwives at PMB Martini Boer Kota Padang can apply facial acupressure as a companion therapy in addition to the main therapy to help reduce and overcome pain in postpartum mothers.

Keywords : *Facial Acupressure, Pain Reduction, Post Partum*

The Effect of Lavender Aromatherapy on the Anxiety Levels of Pregnant Women in the Third Trimester in the Working Area of the Air Cold Health Center 2023

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⊷———— ABSTRACT ————⊷

Background: The anxiety rate among pregnant women in Indonesia reaches 28.7%, including anxiety regarding childbirth, which if not treated can result in increased blood pressure, bleeding, and the risk of premature babies. Lavender aromatherapy contains linalool acetate, which can relax the nervous system and tense muscles, so it can reduce anxiety in pregnant women. **Objectives:** The aim of this research was to determine the effect of lavender aromatherapy on the anxiety level of third-trimester pregnant women in the Air Cool Health Center Working Area. **Methods:** This type of research is analytical descriptive by design, a quasi-experiment with a one-group pretest-posttest approach. This research was carried out in March–August 2023 in the Air Cold Health Center Working Area using the sampling technique of purposive sampling. The research subjects were 40 third-trimester pregnant women who experienced anxiety. Data collection took the form of a questionnaire and the administration of lavender aromatherapy. Data analysis using tests by Shapiro-Wilk and Uji Wilcoxon Signed rank test. **Results**: The results of research from 40 respondents before being given lavender aromatherapy showed that 27 respondents (67.5%) experienced moderate anxiety, and after being given lavender aromatherapy, 23 respondents (57.5%) experienced no anxiety. The average anxiety score before being given lavender aromatherapy was 22.7 and after being given lavender aromatherapy, it was 13.2 with a mean difference of 9.5. It can be seen that there was a decrease in average anxiety in pregnant women. The test results get a *p*-value of 0.000, that is, there is an effect of lavender aromatherapy on the anxiety level of pregnant women in the third trimester in the working area of the Cold-Water Community Health Center in 2023. **Conclusion:** The conclusion of this research is that there is an effect of lavender aromatherapy on the anxiety level of pregnant women in the third trimester. It is suggested that lavender aromatherapy can be an alternative to reduce anxiety in third-trimester pregnant women.

Keywords: Lavender Aromatherapy, Third Trimester Pregnant Women's, Anxiety

The Effect of Early Mobilization on the Post-Caesarean Wound Healing Process at Dr Rasidin Hospital Padang in 2023

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ABSTRACT

Background: Sectio Caesarea is an action to give birth to a baby with an incision in the uterine wall that is still intact. Surgical delivery is required to carry out early mobilization to reduce the occurrence of infection in the wound and improve blood flow so that it can accelerate wound healing. If early mobilization is not carried out, the post-sectio caesarean mother will experience abnormal bleeding, for example, as well as dizzy eyes and poor blood circulation. **Objectives:** This study was to determine the effect of early mobilization on the process of post-sectio caesarean wound healing at Dr Rasidin Padang in 2023. **Methods:** This research used a pre-experimental design with a one-group pretest-posttest approach. The population of patients 6 hours post-sectio caesarea amounted to 77 people, with a sample size of 50 people. The sampling technique was purposive sampling, and the data were analyzed univariately and bivariately using the Wilcoxon sign rank test. **Results:** The results of the study showed that more than half of the wound healing process before early mobilization was categorized as poor in 34 people (68.0%). More than half after early mobilization were categorized as good, at 37 people (74,0%). The study showed that there was an effect of early mobilization on post-sectio caesarean wound healing. The results of the study had a *p* value of 0.000, which means there is a significant effect of early mobilization on wound healing. **Conclusion:** The conclusion of this study is the effect of early mobilization on the wound healing process of post-section Caesarea at RSUD Dr Rasidin Padang in 2023.

Keywords: Early Mobilization, Wound Healing, Postoperative, Sectio Caesarea

Application of Positive Affirmations to Overcome Body Image in Diabetes Mellitus Patients at Public Health Center West Sumatera

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ABSTRACT

Background: The body image caused by the clinical manifestations of diabetes leads to difficult-to-heal diabetic ulcers and subsequently disrupts a person's personality and physical appearance. Injured patients experience adverse psychological effects when permanent changes occur in body structure or function. Body image disorder is defined as a feeling of dissatisfaction with changes in the body's shape, structure and function because they do not correspond to what is desired. To overcome body image disorders in diabetics, positive affirmations should be applied, as positive thinking is effective in reducing the level of dissatisfaction with negative body image. **Objectives:** This study aimed to apply positive affirmations to overcome body image disorders in diabetic patients. **Methods:** This study used a pre-test and post-test approach with a single-group design using purposive sampling. Participants in this study included 192 diabetic patients. Body image measuring instrument Brown (1990), Multidimensional Body Relations Questionnaire-Appearance Scale (MBSRQ-AS), Wilcoxon statistical test **Results:** The study results showed that most (59.4%) diabetics had a negative body image, while (40.6%) diabetics had a positive body image. a mean of 21.11 with a standard deviation of 5.14 and visual disturbance. body after positive confirmation was 30.22 with a standard deviation of 6.75 in diabetic patients and a p-value of 0.0001. **Conclusion:** Research results show that the average level of body image disturbance before 21.11 with a standard deviation of 5.14 and the level of body image disturbance after positive affirmation is 30. 22 with a standard deviation of 6.75 in diabetic patients has a *p*-value of 0.0001., which means has a positive affirmative effect in diabetic patients of Body Image Disorder Before and After at Public Health Andalas.

Keywords: Positive Affirmations, Body Image Disorders, Diabetes Mellitus

The Influence of First Aid Education on the Level of Knowledge in Heart Attack Management

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ABSTRACT

Background: The Global Burden of Cardiovascular Disease (2020) stated that there were 271 million incidents of cardiovascular disease in 2019, especially heart attacks, and cases almost doubled to 523 million incidents. Based on 2018 Basic Health Research (Riskesdas) data, the incidence of heart and blood vessel disease is increasing from year to year, at least 15 out of every 1000 people, or around 2,784,064 individuals in Indonesia, suffer from heart disease. Coronary heart disease is a degenerative disease that can occur suddenly and be felt anywhere. Heart attacks can be prevented by a healthy lifestyle. Initial aid for a heart attack requires knowledge of the first treatment for heart attack victims. **Objectives:** This study aims to determine the effect of first aid education on the level of knowledge in the management of heart attacks. **Methods:** This research uses a "pre-experimental design" method using the one-group pre-test-posttest design approach. This research was conducted in the work area of X Health Center. The population in this study was all heart patients, with sample selection using accidental sampling of 175 people. The data in this study were analyzed using statistics, namely the paired t-test. **Results:** The research results showed that the average level of knowledge of respondents before being given education was 10.46, and the average level of knowledge of respondents after being given education was 14.19. The mean value of the difference in the first and second measurements is 3.73. The statistical test results of the paired sample t-test obtained a p-value of 0.000 (P 0.05). **Conclusion:** This study concluded that there was an influence on the level of knowledge before and after first aid education in the management of heart attacks.

Keywords: Education, Knowledge, First Aid, Heart Disease

Knowledge and Attitude Towards Clean and Healthy Living Behaviour among Students at Bina Insan Junior High School, Indonesia

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ABSTRACT

Clean and Healthy Living Behavior (Perilaku Hidup Bersih dan Sehat / PHBS) at school is behavior to avoid disease, improve health, and participate in creating a healthy environment, carried out by students, teachers, and the community in the school environment. Based on the results of an initial survey conducted at Bina Insan Middle School, the majority of students did not wash their hands before eating, did not throw rubbish in the right place, did not eradicate mosquito larvae, and bought snacks carelessly. This research aims to determine the relationship between knowledge and attitudes towards clean and healthy living behaviors among Bina Insan junior high school students in Cilegon, Banten, Indonesia. This research was conducted from November 2022 to January 2023. This research used a quantitative approach with a cross-sectional design. The sampling technique used total sampling with a total sample of 51 respondents. Data were analyzed using univariate and bivariate analysis with the chi-square test. The research results showed that there was no significant relationship between knowledge and PHBS (p-value = 0.732), but there was a significant relationship between attitude and PHBS (p-value = 0.025). It was expected that the school would increase the provision of information and knowledge about PHBS by increasing the number of posters about PHBS in the school environment.

Keywords: Knowledge, Attitude, Clean and Healthy Living Behavior

Social Factors Related to Sexual Behavior among High School Level Adolescents

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ABSTRACT

Background: There is an increase in early-age adolescents engaging in sexual activity. Many teenagers begin to be sexually active at a younger age. That can increase the risk of unwanted teenage pregnancy and the spread of sexually transmitted diseases (STDs). Based on the survey, 59% of women and 74% of men reported starting to have sexual relations for the first time at the age of 15–19 in Indonesia. **Objectives:** This study aims to determine the most dominant social factors in risky sexual behavior among high school-aged adolescents. **Methods:** This research uses quantitative methods with a cross-sectional study design. The population of this study was all high school-level adolescents in Padang City. Respondents were taken using the purposive sampling method. Primary data was collected using a Google Form. Multivariate data analysis was carried out using the logistic regression test with a 95% confidence interval. **Results:** Based on the research results, it was found that most respondents had low knowledge (52.7%), a low role of parents (64.5%), a poor role of peers (55.4%), and poor media exposure (58%). Adolescents who have poor knowledge are 2.86 times (95% CI 1.27–6.44) more likely to engage in risky sexual behavior compared to adolescents who have good knowledge. **Conclusion:** The most dominant social factor related to sexual behavior among high school-aged adolescents is knowledge. It is recommended that schools provide sex education to students to prevent risky sexual behavior among adolescents.

Keywords: Adolescents, Media Exposure, Sexual Behavior, Knowledge

Diabetes Self-Management (DSM) improves A1C levels and Diabetes Quality of Life of Type 2 Diabetes Mellitus Patients

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ABSTRACT

Introduction: The prevalence of type 2 diabetes mellitus (T2DM) has shown an increase and is becoming an alarming global emergency. The main and important key to diabetes management is self-management to control HbA1c levels and improve Diabetes Quality of Life (DQoL). **Purposes:** This study aims to evaluate the extent to which diabetes self-management (DSM) has an effect on both parameters. **Method:** This study was quantitative with an analytical descriptive design, involving 52 T2DM respondents who routinely checked A1C levels in two outpatient clinics. **Results:** 59.6% of respondents were female, the average age was 58 years (38–72), and 63.5% had secondary school education. The average DSM score of the respondents was 67.2, A1C= 7.95 mg/dL; and DQoL= 28.23. Data analysis revealed a significant relationship between DSM behavior and HbA1c and DQoL levels (p = 0.000; r = -0.718; p = 0.000; r = +0.812). In addition, there was a significant correlation between HbA1c levels and DQoL, showing a strong negative relationship (p = 0.000; r = -0.703). These results confirmed that an increase in DSM scores leads to decreased HbA1c levels and an increase in DQoL, while higher HbA1c levels correlate with a decrease in DQoL in Type 2 DM patients. **Conclusion:** An effective DSM has an important role to play in diabetes management, influencing glycemic control and quality of life for patients. It is necessary to strengthen focused and measurable DSM education, as well as regular monitoring of HbA1c levels and increased psychosocial support. Further research should focus on identifying the most effective and in-depth DSM strategies.

Keywords: T2DM, Diabetes Self-Management, A1C, Diabetes Quality of Life

Education with Online Media for Improve Self Care Management Tuberculosis Patient: A Systematic Literature Review

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ABSTRACT

Tuberculosis is a disease whose infectious incidence keeps increasing every year and constitutes one of the 10 diseases that cause death. Management of patients with tuberculosis takes quite a long time—at least 6 months. The duration of treatment becomes one of the reasons for the occurrence of treatment dropout, which ultimately happens with resistance medicine. There have been many efforts made to solve this problem, among them the use of online media. Research objectives for now include the effectiveness of using online media to improve self-care management for tuberculosis patients. The research method used is a systematic literature review and literature search via ProQuest, CINAHL, ScienceDirect, PubMed, and Google Scholar databases. Data analyzed using the PICOs table, respectively, refers to the steps of the PRISMA statement. Search articles limited to 2018–2023 obtained as many as 678 articles later eliminated based on criteria for inclusion, so that 17 relevant articles were obtained with objective research. The article was reviewed by six reviewers, and the review results show that education, information, and monitoring with the use of Android, web, SMS, and WhatsApp applications can increase knowledge, attitude, and obedience in treatment, improve self-efficacy in treatment, and even improve self-care management for tuberculosis patients. With the existence of online information media that is easy and fast to obtain, every day we are reminded to eat medicine and obtain information without having to visit a place of health services. Online media is effective in providing education, information, and consultation to increase patient obedience and self-care management for tuberculosis patients.

Keywords: Online Media, Education, Self-Care Management, Tuberculosis

A Case of Peritoneal Dialysis Combined with Hemofiltration in the Treatment of Severe Coronavirus Disease 2019 with Multiple Venous Catheter Thrombosis

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ABSTRACT

Objectives: Patients with COVID-19, especially those in critical condition, are often complicated by multiple organ failure and renal failure and require blood purification. A large number of studies have shown that COVID-19 patients have a high risk of venous thromboembolism, especially in severe cases. Venous thrombosis makes it difficult to establish long-term vascular access for hemodialysis patients. Peritoneal dialysis treatment can reduce the risk of thrombosis and effectively maintain the lives of patients. **Methods:** This article reports a 65-year-old male patient who was admitted to Hainan Provincial People's Hospital on February 3, 2020, due to fever and shortness of breath for 13 days and aggravation for 2 days. The nucleic acid test of the SARS-CoV-2 throat swab was positive. The diagnosis was as follows: 1, critical illness of novel coronavirus pneumonia 2, multiple organ failure (involving the kidney, respiration, heart, liver, coagulation function, and gastrointestinal bleeding) 3, sepsis. After admission, the patient was treated with bedside hemofiltration to remove inflammatory factors, antiviral therapy, antibiotics, tracheal intubation, ventilator-assisted ventilation, and organ function support. After comprehensive treatment, the patient's condition improved; there was no fever, the nucleic acid test turned negative, and the ventilator was stopped. However, the patient's renal function progressed to renal failure, with persistent eGFR<15ml/min, recurrent hyperkalemia, and temporary catheter thrombosis in the right femoral vein, left femoral vein, and internal jugular vein successively. The clinicians repeatedly pulled out the deep venous catheter with thrombosis and re-indwelled the catheter, but the situation had not improved. Therefore, hemofiltration is difficult to continue. The patient underwent peritoneal dialysis catheterization on June 30, 2020. Peritoneal dialysis treatment was started immediately after the operation, and no new deep vein thrombosis occurred. **Results:** On August 1, 2020, the patient's vital signs were normal; he was in a state of anuria; his consciousness was clear; and his cardiopulmonary function was stable. The evaluation met the discharge indications, and he continued to maintain peritoneal dialysis at home after discharge. **Conclusions:** Bedside hemofiltration is one of the important means for the treatment of critically ill patients with COVID-19, and the indwelling time of deep vein catheterization is a risk factor for extravascular thrombosis. Critically ill patients with COVID-19 have a long hospital stay and a high risk of thrombosis. Peritoneal dialysis treatment can reduce thrombosis and effectively maintain the lives of patients.

Keywords: Peritoneal Dialysis, Novel Coronavirus Pneumonia, Thrombosis

Analysis of Implementation of Stunting Reduction Policy in North Tapanuli District

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ABSTRACT

The nutritional problem of stunting is a crucial nutritional problem. North Tapanuli Regency is one of the districts with a high prevalence of stunting and has been designated as one of the focus locations for integrated stunting management. In 2022 the stunting rate will reach 27.4%. The stunting prevention policy implemented by the regional government of North Tapanuli Regency is carried out through the Department as an element of regional apparatus in charge of health and is assisted by other stakeholders and regional officials because stunting prevention is multisectoral. This research is qualitative in nature, using a phenomenological research design with data processing techniques in the form of observation, interviews and documentation. Determining informants was carried out using a purposive sampling technique with 9 stakeholders who were considered knowledgeable about the existing problems. The results of the research show that there are still obstacles faced by the regional government of North Tapanuli Regency, where there are still residents who do not understand stunting properly and there are still activities that are not on target in their implementation. The conclusion of this research is that policy implementation is not running properly due to a lack of convergence among OPDs in implementing strategies to accelerate stunting reduction. This is because there is no monitoring and evaluation of the policies that have been established through the TPPS Decree and SK 233 of 2023.

Keywords: *Policy Implementation, Prevention, Stunting*

An Integrative Literature Review of a Mobile App to Support Diabetes Self-Care Management

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ABSTRACT

Introduction: Giving those with diabetes of the second kind self-management help is necessary for easing the strain on the healthcare system and giving people the abilities, information, and self-assurance, they need to actively take charge of their health. Our review's objective is to offer an outline of the features of applications for diabetes self-care management. **Method:** A review of published and reviewed literature was conducted to investigate mobile app-based therapies for Type 2 Diabetes patients. The first database search produced 256 papers. Following the completion of the chosen papers, 139 duplicate articles were eliminated. The remaining 126 publications were 32 irrelevant, 78 review pieces, and 6 abstract articles. The final sample for this review consisted of ten papers that answered the research questions. **Results:** A total of ten articles were included for evaluation: four at the first level, one at the second level, two at 4th level, and one at 5th level. This review was successful in identifying the self-care management function in mobile applications. Each application makes use of at least one of the self-care tools. **Conclusion:** Aspects of this literature's effectiveness can provide future knowledge on effective and long-term initiatives for improving the lives of active T2D patients.

Keywords: Self-Care Management, Mobile App, Type 2 Diabetes, Integrative Review

The Factors Chemotherapy-Induced Nausea and Vomiting (CINV)

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ABSTRACT

Introduction: Cancer is a disease characterized by excessive cell division that spreads to neighbouring cells. Chemotherapy is the primary treatment used to treat cancer. CINV is a serious effect of chemotherapy that has a negative impact on cancer patients, accompanied by an emetogenic risk to the chemotherapy given. Apart from that, CINV is also something that affects 40% of the side effects of cancer treatment. If not treated immediately, it can also cause dehydration, anorexia, weight loss and fluid and electrolyte imbalances. There are several factors that influence nausea and vomiting, namely age, gender, drug dose and anxiety. **Purpose:** The purpose of this study was to learn about the factors that cause chemotherapy-induced nausea and vomiting (CINV). **Methods:** This study uses quantitative methods with a cross-sectional design and a correlational-descriptive approach. The population in this study were cancer patients who were undergoing chemotherapy at RSI Sultan Agung Semarang. A sample of 42 cancer patients who were undergoing chemotherapy was taken using a purposive sampling technique. **Results:** The results of the chi-square test statistics showed that there was a relationship between age ($p = 0.016$), gender ($p = 0.000$), type of medication ($p = 0.000$), anxiety $p=0.000$ ($p=<0.05$) and nausea and vomiting in cancer patients who are undergoing chemotherapy at RSI Sultan Agung Semarang. **Conclusion:** Oncologists can use these factors prior to the initiation of a chemotherapy regimen to identify patients at risk for CINV, in order to focus on more comprehensive antiemetic treatment options for those high-risk patients. This may enable better outcomes and avoid complications.

Keyword: CINV, Age, Gender, Drug Dose, Anxiety

Advanced Microbial Enzyme Production Using of Kitchen Waste

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ABSTRACT

Raw vegetable and fruit materials' processing waste, as well as kitchen waste, has become a big environmental issue in recent years. Management of these food processing materials causes major environmental pollution. One of the best solutions is enzyme production through vegetable and fruit peels as a medium for microbial fermentation. The main aim of this review is to find out about the recent advances in enzyme production through fruit and vegetable peels by microbial fermentation. Fruit and vegetable waste is rich in hydrolyzable elements and fiber, especially soluble sugars. It has already been proven that different fruit and vegetable peels are good sources of different enzymes, which are valuable products in different industries. Therefore, the use of food waste from the processing of fruits and vegetables to create new products with additional value is an exciting field of study.

Keywords: Kitchen Waste, Enzyme, Microbial Production, Environmental Problem, Sustainability, Fruits Peels, Vegetables Peels

The Influence of Nurse Self-Efficacy Magnitude and Strength Dimensions on Nurse Performance

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ABSTRACT

Nurse performance is very important for the quality of a hospital's services. The performance of nurses in hospitals is still low. The low performance of nurses in hospitals is related to nurses' self-efficacy, especially in the dimensions of magnitude and strength. This study aims to analyze the influence of nurses' self-efficacy dimensions of magnitude and strength on the performance of nurses in hospitals. The type of research used is analytical survey research with a cross-sectional research design, namely, to analyze the influence of nurses' self-efficacy in the dimensions of magnitude and strength on the performance of nurses in hospitals. The population in this study were executive nurses who worked in hospitals and the sample in the study was part of the population. Data was collected using primary and secondary data and analyzed using the Multiple Logistic Regression statistical test with a confidence level of 95%. The results of the study showed that the dimensions of nurse self-efficacy in nurses ($p = 0.011$) and strengths in nurses ($p = 0.001$) influenced the performance of nurses in hospitals and what most influenced nurses' performance was the strength variable in nurses (OR = 14.457). It is recommended that for surgical services, it is necessary to provide an understanding to each nurse regarding the importance of size and strength in the nurse so that surgical services can be carried out well and advise them to provide an assessment of the performance of the implementing nurse regularly with a quarterly frequency.

Keywords: *Self-Efficacy, Magnitude, Strength, Performance*

Impact of Integrated Nutrient Management in Baby Corn (*Zea mays* L.) in Eastern Part of India

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ABSTRACT

Baby corn is becoming popular around the world because of the increasing demand, market price and higher production potential. Baby corn is a nutrient-intensive crop, and due to its high planting density, Integrated Nutrient Management (INM) practices are important to retain the productivity of the soil along with heavy returns. A field study was conducted to analyze the impact of Integrated Nutrient Management (INM) on the growth and yield of baby corn. The experiment was laid out in Randomized Block Design (RBD) with 3 replications and 7 treatments viz, T1[Baby corn with Farmers' Fertilizer Practice (120:60:40 kg N:P2O5 :K2O ha-1)], T2[(Baby corn with RDF (150:60:40 kg N:P2O5 :K2O ha-1)], T3 (Baby corn with RDF + Green Manuring), T4[(Baby corn with RDF + 5 t ha-1 FYM (Farm Yard Manure)], T5[(Baby corn with RDF + 10 t ha-1FYM (Farm Yard Manure)], T6 [(Baby corn with RDF + 15 t ha-1FYM (Farm Yard Manure)] and T7 [Baby corn with RDF + 20 t ha-1FYM (Farm Yard Manure)] were allotted within blocks. Experimental results showed that growth attributes like plant height and dry matter accumulation were registered better under the treatment of T7, which was statistically at par with treatment T6. The average cob yield without husk of treatment T7 a tune of 50.4%, is higher than that of T1 (Farmers' Fertilizer Practice), which was statistically on par with treatment T6. The experiment indicated that cultivation of baby corn with 15 t ha-1 FYM + RDF is a recommendable option for achieving a higher yield of baby corn in the new alluvial zone of West Bengal.

Keywords: Integrated Nutrient Management, Baby Corn, Yield, Farm Yard Manure

Comparative Study among Gliricidia, Vegetable Waste, Water Hyacinth for Nitrogen Increment in Tea Refuse Composting

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ABSTRACT

This study explores the potential of utilizing refuse tea, a byproduct of tea manufacturing, for compost production. Tea, derived from Camellia sinensis leaves, ranks as the second most consumed beverage globally, with Sri Lanka being a significant contributor to world exports, yielding over 298,000 tons of tea from 188,000 hectares of cultivation. The research site for this study was located in Wedamulla, Peliyagoda. Four compost treatments were prepared: Tea refuse alone (T_1), Tea waste mixed with water hyacinth (T_2), Tea waste mixed with Gliricidia (T_3), and Tea waste mixed with vegetable waste (T_4). These treatments were evaluated based on composting parameters and plant growth performance. After 46 days of composting, treatment one (T_1) exhibited the highest organic matter content, while the tea waste mixed with water hyacinth (T_2) treatment recorded the highest total nitrogen content. Additionally, tea waste mixed with water hyacinth (T_2) displayed the highest total potassium content, and the tea waste mixed with water hyacinth (T_2) treatment had the highest total phosphorus content. The study also assessed plant growth parameters, with the T_2 treatment showing the tallest plants and the highest number of leaves. T_2 treatment had the highest fresh matter content, while T1 treatment had the lowest fresh matter content. The highest dry matter content was also shown in the T_2 treatment. Based on the above chemical parameters and growth performance, tea refuse mixed with water hyacinth compost treatment (T_2) shows significantly ($P<0.05$) high nutrient content and significantly ($P<0.05$) high plant growth. The results of the study suggested that mixing water hyacinth with tea refuse can result in good-quality compost.

***Keywords:** Tea Refuse, Water Hyacinth, Compost, Nutrients*

Influence of Tiktok Video and Booklet as Media Counseling on Students' Knowledge and Attitude about Early Marriage at Sman 1 Sei Rampah

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ABSTRACT

Background: Early marriage or marriage that involves an underage child has become a phenomenon in society. This phenomenon is nothing new and something that happened a long time ago. According to the BPS in Sei Rampah District, the percentage of early marriage in 2021–2022, which happens to girls aged 10–16 years, is 5.93%, indicating the high rate of early marriage in Sei Rampah District as of yet. This study aims to understand the influence of booklet and Tiktok video counseling on student knowledge and attitudes about early marriage in SMA 1 Sei Rampah. **Method:** This study was conducted using the experimental method using a pre-experimental design with two sample groups as a comparison. The sample amounted to 120 people. Data were collected with a fill-in pretest questionnaire, i.e., before respondents got counseling and posttest questionnaire, i.e., after respondents got counseling, to find out about student knowledge and attitudes. Samples were retrieved using the probability sampling technique with a simple random sampling technique, specifically. The data were analyzed using the Wilcoxon test. **Results:** This research shows that the level of knowledge before and after given counseling with a booklet as media point that there is a difference average mark of 0.400 as well as significance of 0.00 p-value <0.05, so there is a significant difference. Level of attitude before and after given counseling with a booklet as media there is a difference, an average mark of 0.333, as well as a significance of 0.157 p-value <0.05, so there is no significant difference. Level of knowledge before and after given counseling with TikTok video as media point that there is a difference average mark of 0.400 as well as significance of 0.00 p-value <0.05 so there is a significant difference. Level of attitude before and after given counseling with TikTok video as media point that there is a difference average mark of 0.133 as well significance of 0.01 p-value <0.05 so there is a significant difference. **Conclusion:** Therefore, this research suggests SMA 1 Sei Rampah provide facilities and infrastructure such as booklets and Tiktok videos as learning media, and the school party can also develop cooperation with another instute, such as Health Official, BKKN to prevent the occurrence of early marriage in adolescents.

Keywords: Booklet, Tiktok Video, Knowledge, Attitude, Early Marriage

Associated Factors with Breast Self-Examination Behaviour Based on the RANAS Model among Women in Bengkulu City, Indonesia

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ABSTRACT

Background: Based on the data provided by the World Health Organization (WHO), it is projected that in the year 2021, there will be a total of 2.3 million cases of breast cancer diagnosed among women worldwide, resulting in approximately 685,000 fatalities. As of the conclusion of 2021, there existed a population of 7.8 million women who had received a medical diagnosis of breast cancer within the preceding five-year period. Breast cancer is a prevalent global phenomenon affecting women post-puberty, with incidence rates tending to rise as individuals advance in age. Breast self-examination represents a screening modality that can be conducted at an early stage. Breast self-examination refers to a diagnostic procedure in which a woman conducts a thorough examination of her own breasts, employing visual observation and manual palpation to identify the presence of any abnormal masses or indications of breast cancer. **Objectives:** To determine the factors associated with breast self-examination behavior based on the RANAS model. **Methods**: This study had a cross-sectional design. All 30–50-year-old women comprised the study's population, and stratified sampling was used to select the sample. **Results:** Breast self-examination behavior is linked to various aspects, including risk factors, attitude, norms, ability, and self-regulation. **Conclusion:** The RANAS model pertains to breast self-examination, hence necessitating the adoption of behavioral modifications in accordance with the RANAS model.

Keywords: Breast Self-Examination, RANAS, Breast Cancer

The Relationship Between Knowledge and Attitude Towards Cervical Cancer Prevention Behaviour among Adolescents in Bengkulu City, Indonesia

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ABSTRACT

Background: Cervical cancer is a pathological condition characterized by the uncontrolled growth of cells in certain regions of the body, leading to adverse outcomes such as infertility, illness, and mortality among women on a global scale. Primary and secondary preventative measures can effectively mitigate the occurrence of cervical cancer. Objective: This study is to investigate the correlation between knowledge and attitude and the adoption of cervical cancer preventative behavior among adolescents. **Method:** The study employed a correlational design using a cross-sectional study. The study focuses on a population consisting of individuals between the ages of 15 and 17, specifically adolescents. The sample size for this study comprises 100 individuals. **Results**: The findings indicate a statistically significant association between knowledge and cervical cancer prevention behavior (p = 0.012), as well as between attitude and cervical cancer prevention behavior (p = 0.003). **Conclusion:** It is imperative to enhance the knowledge and attitudes of adolescents in order to influence their behavior towards preventing cervical cancer. This can be achieved through various strategies, including counseling. By increasing the knowledge and attitudes of adolescents, it is anticipated that their engagement in cervical cancer prevention behavior will also increase.

Keywords: Knowledge, Attitude, Cervical Cancer Prevention Behavior

Types of Empowerments on Improving Hypertension Elderly: A Systematic Review

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ABSTRACT

Introduction: The ability of caregivers to care for elderly people with hypertension is found to be lacking. The family has an important role in helping elderly people with hypertension become independent. Family involvement as a caregiver has a positive impact on handling elderly hypertension. **Objective:** The objective of this study is to explore the type of empowerment that improves hypertension in the elderly. **Methods:** The online databases include Science Direct, ProQuest, PubMed, Sage, EBSCOhost and Google Scholar. Articles were reviewed from 2018 to 2022. Protocol and evaluation of literature review using the PRISMA checklist and the Joanna Briggs Institute Guidelines. **Results:** A total of 15 articles define the types of empowerments, comprising 6 types of empowerments such as family empowerment (4 articles), social support (4 articles), adaptation (2 articles), education (3 articles), dyadic partnership (1 article), multi discipline (1 article). The development of a caregiver empowerment model is expected to increase the ability to care for the elderly and have an impact on the self-management of hypertension. **Conclusions:** Sequentially, the most common types of empowerments were family empowerment and social support.

Keywords: *Empowerment, Elderly, Hypertension*

Therapeutic Potential of Fenugreek Seed Extracts on Escherichia Coli Urinary Tract Infection in BALB/c Mice

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ABSTRACT

Urinary tract infections (UTIs) are among the most common bacterial infections in humans, with a lifetime incidence of 50 to 60% in adult women. This is due to short distance of urethra in women and makes it easier for bacteria to reach bladder. Majority of UTIs cases are dealing with Escherichia coli and clinically treated with antibiotics. However, the continuous intake of antibiotics with less affectivity lead to the emergence of antimicrobial resistance. To date, recurrence of UTIs has been reported within 6 weeks of antibiotic treatment. Hence, there has been a surge of interests for antimicrobials derived from natural sources especially plants that potentially reduce or eliminate the course of infection. Fenugreek (Trigonella foenum-gracium Linn.) seed was tested in this research as it known as herbal medicine since ancient time due to abundance of health benefits with minimal adverse effects. This study aimed to evaluate therapeutical properties of aqueous (Aq-) and ethanolic (Et-) fenugreek seed extracts (FSE) on UTIs murine model. A total of (n=54) female, BALB/c, age of 8 to 10 weeks old and body weight of 18 to 21g were involved in present study. Mice were randomly divided into uninfected control (UC), negative control (NC), positive control (PC), Aq FSE- and Et FSE-treatment groups. Firstly, mice were infected with 1 x 108 CFU/50μL of uropathogenic E. coli (UPEC) ATCC3498 via transurethral catheterization and treated once daily (0.2 mL) via oral gavage for up to 3 days whereby mice were humanely euthanized after 48h and 72h of treatments. The tested concentration of treatments was 100 mg/kg body weight of mice including fosfomycin as positive control. Efficacy of treatments were evaluated based on bacterial burden in urine, bladder, kidney and spleen. Additionally, cytokines (G-CSF, IL-6 and IL-10) were quantified in bladder and kidney using Luminex 200 after 48h and 72h of treatments. A differential count of white blood cell was performed from cardiac puncture blood. Microbiological evaluation showed significant difference (P < 0.05) of bacterial burden in urine at 24h and 48h post-treatment but not in the bladder, kidney and spleen. Positive expression of G-CSF after infection associated with neutrophil infiltration to the site of infections whilst IL-6 secreted in response to P-fimbriae and LPS of UPEC and IL-10 was known to be highly activated during UTI due to its involvement in multiple immunological pathways. Upregulation and downregulation of neutrophils at 48 h post-treatment and 72 h post-treatment respectively compared to NC group represented influence of FSE in managing UTI. Overall, the model was fit for evaluation of therapeutic substances against UPEC and FSE can be an alternative treatment for greater recovery of UTI and preventing recurrence of infection.

Keywords: Fenugreek, Therapeutic, Cystitis, Pyelonephritis, Murine Model, Cytokine

Bitter Gourd: Bitter Taste Yet Beneficial :Literature Review

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ABSTRACT

The bitter gourd, sometimes referred to as the bitter melon or Momordica charantia, is a peculiar vegetable with a bitter flavor. The goal of this research is to determine the positive health effects of bitter melon (Momordica charantia).. Bitter gourd is praised for its various health advantages despite the fact that not everyone enjoys the flavor, making it a common element in many traditional foods and alternative medical procedures.We focused on the beneficial effects of bitter taste and searched the Pubmed, Proquest, and Ebsco databases for publications with the keywords "bitter melon", "bitter melon fruit", "health benefits", and "phytochemicals". Research that includes trials, cross-sectional studies, and randomized controlled trials (RCTs) is required for papers, as are studies that have been published. A review of the literature on earlier studies was done for this study. A literature analysis revealed that bitter melon contains compounds such polyphenols, flavonoids, and alkaloids that have antioxidant, anti-inflammatory, and antibacterial activity. It has been proven that this substance can fight conditions such as cancer, diabetes, heart disease, and inflammatory diseases. In addition, bitter melon is believed to strengthen the immune system and have a good impact on digestive health. The bioactive substances in bitter melon can help increase nutrient absorption, reduce the risk of digestive disease, and generally improve the condition of the digestive system. Despite the fact that some people do not like the bitter taste of bitter melon, this research shows that the health benefits associated with its bitter taste are beneficial. Therefore, it is very important for individuals to understand and appreciate the health benefits that eating bitter melon can provide. The findings of this research can shed new light on the benefits of the bitter taste of bitter melon. It is hoped that the findings of this research will encourage increased intake of bitter melon and help improve public health in general.

Keywords: Bitter Melon, Anti-Inflammatory, Better Taste, Beneficial

Factors related to Adolescents Smoking Behaviour in Indonesia

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ABSTRACT

Introduction: The prevalence of smoking among adolescents aged 10-18 in Indonesia was 9.1% in 2023. Smoking behaviour among adolescents is still a problem in both developing and developed countries. This smoking behaviour is related to mental health status, place of living, gender, age, and educational background. Mental health problems in adolescents affect 10-20% of general health worldwide. However, in Indonesia, these factors have not been examined thoroughly. This study aimed to examine the factors related to the smoking behaviour of adolescents. Methods: The Study applied a retrospective correlational study using secondary data from the Indonesian Basic Health Survey 2018, which surveyed 70,937 adolescents from 34 provinces, 416 regencies, and 98 cities in Indonesia. Data analysis using Chi-square and logistic regression. The results showed that the majority of samples were from a rural area (56.3%) and aged 15 years old (25%), male (51.4%), highest education was a middle school (56%), 20.4% were smokers, and 9.5% had mental-emotional disorders. There was a significant correlation between age, gender, educational levels, and mental-emotional status with smoking behaviour (p=0.000). It was found that holding all other predictor variables constant, the odds of smoking behaviour occurring increased by 37.2% for a negative emotional status and male adolescents (p=0.000). In conclusion, the emotional status and gender of adolescents are related to their smoking behaviour of adolescent. It is recommended to develop an intervention program to improve the emotional status of adolescents, especially for male adolescents. Further research is needed to examine the effectiveness of intervention to improve the emotional status of adolescents.

Keywords: *Mental Emotion, Smoking Behaviour, Teenagers*

Risk Factors toward Preeclampsia Events of Pregnant Women in Pekanbaru Riau

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ABSTRACT

Introduction: One of the direct causes of death in pregnant women is preeclampsia, preeclampsia is hypertension in pregnancy which is characterized by blood pressure > 140/90, accompanied by urine protein > 300 mg / 24 hours (Nugroho, 2012). Preeclampsia ranks second in the world as a contributor to morbidity and mortality for pregnant women, and can increase the risk of fetal death by four times compared to normal pregnancies (Yunus, et al, 2021). **AIM:** To analyze the risk factors associated with the incidence of preeclampsia in pregnant women in Pekanbaru Riau, **Method:** This type of analytical observational research with a case control study design. The research population was pregnant women in Marpoyan Damai District, Pekanbaru, Riau. The sample selection was purposive sampling, totaling 42 people - bivariate data analysis using the Chi-square test. **Results:** There is a significant relationship between the knowledge factor and the incidence of preeclampsia with $p = 0.029 < 0.05$. The results of the analysis obtained an odds ratio (OR) = 0.171, which means that pregnant women with less knowledge have a 0.171 times higher risk of experiencing preeclampsia. There is a significant relationship between Ante Natal Care Visits and the incidence of preeclampsia in pregnant women with $p = 0.009 < 0.05$. The results of the analysis obtained OR = 2.50, which means that pregnant women who have ANC visits that are not in accordance with the recommendations of health workers have a 2.50 times greater risk of experiencing preeclampsia than other pregnant women. **Conclusion:** The most dominant risk factor associated with the incidence of preeclampsia is antenatal care visits. This research can help relevant agencies to provide education about the risk factors for preeclampsia so that cases of preeclampsia can be prevented from an early age.

Keywords: Pregnant Woman, Preeclampsia, Risk Factors

Anxiety Level and Hemotology Preoperative Patients at Mitra Siaga Hospital

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ABSTRACT

Background: Research about description level anxiety and hematology preoperative patients required for supports prevalence data and valid data in do study more carry-on related theme anxiety and/ or hematology preoperative patients. Data obtained can show important information for researcher or for another research. **Objective:** Research objectives This is for now description level anxiety and hematology pre- operative patients at Mitra Siaga Tegal Hospital. **Method:** Research design This is descriptive. Study descriptive is design research that leads to facts , symptoms , or phenomena in a way systematic and accurate. **Results:** The data own a number of results including, patients who do not experience worry a total of 7 people (15.9%), patients experienced worry light a total of 17 people (38.6%), patients experienced worry currently amounted to 11 people (25%), and patients who experienced worry heavy totaling 9 people (20.5%). Research results show that, there were 39 people (88.6%) patients own hematology results in particular hemostatic show normal results and 5 people (11.4%) patients own abnormal results. **Conclusion:** Preoperative patients at Mitra Siaga Tegal Hospital experienced various anxieties _ from worry light until worry heavy. Research results disclose that experiencing patients _ worry light a number experiencing patients _ worry light a total of 17 people (38.6%), patients experienced worry currently amounted to 11 people (25%), and patients who experienced worry heavy totaling 9 people (20.5%). Patients who don't experience worry only a total of 7 people. The results of another study, namely the preoperative hematology of patients, described 88.6% of patients own normal hematology results and the remaining 11.4% of patients own abnormal value.

Keywords: Anxiety, Patients, Hematology, Abnormal Value

Risk Factors for Bullying Behavior in School-Age Children: Literature Review

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⤎⟶ ABSTRACT ⟵⤏

Introduction: Children often feel satisfied with their achievements and want to receive praise from others. In this situation, it is in accordance with the task of early childhood development, namely industry versus inferiority. **Objective:** to describe the risk factors for bullying behavior in school-aged children. **Methods:** The design of this research is a Literature Review. This research uses a literature review design. The type of literature used in this research is a type of secondary data obtained through searching published articles using SINTA, Garuda, Science Direct, and Pubmed using several keywords. Components of the selected articles are based on language, year of publication, and type of journal. Keywords used in this rivew literature were developed using PICO such as problem formulation, PICO is used to identify keywords used to combine problem questions that are formulated using Boolean Operators, namely (OR, AND, and, NOT) to expand the search so that it is easy to find articles that will be viewed based on PICO, keywords risk factors for bullying behavior in children school age. This research used the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-analyses) method. **Results:** The negative impact of bullying on mental health which is explained in 10 articles includes depression, anxiety, low self-esteem, withdrawal, feeling isolated, difficulty concentrating, decreased learning achievement, easy emotions, changes in behavior and risk of suicide. As well as the negative impact of bullying on physical health, 5 articles were found, such as headaches, sleep disorders, digestive problems, respiratory diseases, anorexia, back pain, and chest pain. **Conclusion:** Bullying has a negative impact on mental health such as difficulty concentrating, decreased academic achievement, depression, anxiety, low self-esteem, withdrawal, emotionality, changes in behavior and risk of suicide. And bullying has a negative impact on physical health, namely headaches, sleep disorders, digestive problems, respiratory diseases, anorexia, back pain and chest pain.

Keywords: School Age Children, Bullying, Impact, Mental, Physical

Nurses Experience of Fulfilling Spiritual Needs in the Intensive Care Unit (ICU) at the Regional General Hospital Dr. Rasidin Padang

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ABSTRACT

Background: Spiritual needs are basic needs that must be met by patients, especially patients in intensive care in the intensive care unit (ICU). In hospitals, the implementation of fulfilling spiritual needs is still very neglected. Patients who get their spiritual needs fulfilled will experience more peace and have better outcome during treatment. Fulfilment of spiritual nursing services can be provided by nurses who work in the intensive care unit, including prayer, dhikr and prayers. **Objectives:** This study aims to explore the experiences of nurses in the intensive care unit in meeting the spiritual needs of patients treated in the intensive care unit (ICU). Methods: This research uses a qualitative descriptive exploration method. Participants in this study were 14 nurses with the inclusion criteria being ICU nurses. The theme analysis used in this research is the Miles da Huberman Technique. **Results:** Results Qualitative data analysis yielded three main themes supported by seven categories, namely The first theme of the patient's spiritual needs which consisted of 2 categories, namely giving and fulfillment. The second theme is facilities which consist of 2 categories, namely the outer spiritual team and the inner spiritual team. The third theme of hope consists of patients, families and nurses. **Conclusion:** This study concludes that there are 3 themes generated in the nurse's experience of fulfilling spiritual needs in the ICU room, namely the patient's spiritual needs, spiritual team facilities and expectations.

Keywords: Spritual Needs, ICU, Facilities, Expectations

The Effect of Seaweed Drink on Increased Hemoglobin Levels of Anemic Pregnant Women in Padang City

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ABSTRACT

Background: Maternal death is caused by various risk factors that occur starting from the phase before pregnancy, namely fertile women who are anemic, lack of caloric energy, obesity, and have comorbidities such as tuberculocis and others. (Kemenkes RI, 2020) . The cause of anemia among iron deficiency in the body is caused by eating less foods that contain iron. The prevalence rate of anemia in pregnant women in Indonesia has increased based on Riskesdas data, which is 48.9% in 2018, which was previously 37.1% in 2013. Research conducted by Maywati, *et al*, 2019 suggests that 60% of pregnant women are not obedient in consuming Fe tablets. This is due to the effects of nausea after consuming Fe tablets so that they are often not consumed by pregnant women. Therefore, it is necessary to consume other foods that contain iron to meet the needs of iron in pregnant women. (Noflidaputri, 2018). **Objectives:** Known effect of seaweed drink on increasing hemoglobin IBu levels pregnant anemia in Padang City. **Methods:** This type of research quasy experimented with a one group pretest-postest research design. The population in this study was pregnant women with anemia who were at the Ambacang Kuranji Health Center. The number of samples in this study was 30 people. Porposive sampling technique. **Results:** the average Hb content before treatment and after treatment increased by 1.45g/dl with a standard deviation of 0.356, a standard error of 0.081 and a lower value of -1.62445 and upper-11.28082. The value of *p*-value = 0.000 means that there is a difference in Hb levels before and after consuming seaweed drink. **Conclusion:** It can be concluded that by consuming sea cup drinks can increase Hb levels of pregnant women.

Keywords: Seaweed, Hb Levels, Pregnant Women

A Review on Pedagogical Content Knowledge among Nurse Educators

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─── ABSTRACT ───

Background: Pedagogical Content Knowledge (PCK) is a blend of content knowledge and pedagogy knowledge, which enables and enhances a teacher to facilitate teaching in a way learners achieve the objectives. The faculty are content experts but not yet experts in teaching. Relatively few nurse educators receive the formal graduate pedagogical training needed to smoothly transition from bedside nursing or advanced practice roles to the nurse educator role. Novice nurse educators who lack pedagogical preparation may experience frustration and failure. organizations governing employment analysis and practice have identified teaching as an essential responsibility for all. The role of educators, no matter whether their audience consists of patients, nursing students, nursing staff or other agency personnel, must have a solid foundation in the principles of teaching and learning. Professional nursing standards of practice have been made to teach patients and educate other staff as part of delivering higher-quality nursing care. The aim of this review is to explore the significance of PCK in nursing education. **Results:** Literature identifies the need to transition in the nurse role as an educator from being a content transmitter to being a process manager, as a competent nurse educator needs formal training in teaching. Conclusion: The review implies that the use of PCK is not just imparting instructor knowledge of didactic content, knowledge of specialized clinical content, or knowledge of nursing students; it is all those entities articulated together. Transition, experience, and formal teaching training in nursing education matter. Nurse educators would be retained in their jobs. Clinical nursing mentors can perform well in their roles. **Conclusion:** The application of pedagogical content knowledge among nurse educators can enhance nursing education. Include Technological components in Pedagogy, Propose Technological Pedagogical Content Knowledge (TPCK) framework for further research study. Recommendations for formal pedagogical training among nurses and nursing educators.

Keywords: Pedagogical Content Knowledge, Nurse, Nurse Educators

The Relationship of ANC Knowledge and Order on Pregnant Women with a High Risk of Pregnancy at UPT Puskesmas Pekanbaru

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ABSTRACT

Pregnancy risk tall is pregnancy causes _ dangerous and causing complications even death in mother and fetus during pregnancy , childbirth _ or postpartum . Death rate mothers (AKI) in Indonesia every year show improvement and still is problem yet _ can handled . This thing caused by a lack of knowledge mother and lack of awareness For do inspection Antenatal care in a way regular . Antenatal care is one _ effort prevent death Mother with detect more early happen risk tall pregnancy . Study This aim For know connection knowledge and regularity of ANC in mothers pregnant with risk tall pregnancy at the health center Pekanbaru . Type study This is analytic observation and design study cross sectional . Population in study This is all over Mother pregnant as many as 60 people. Retrieval technique sample is Accidental Sampling amount sample of 52 respondents . Data collection using sheet observation and questionnaires . Chi square value test results on variables knowledge and righteousness Antenatal care obtained p value 0.000 <0.05, so concluded There is connection between knowledge and regularity of ANC in mothers pregnant with risk tall pregnancy at the health center Pekanbaru . Recommended to Mother pregnant For more Lots look for information for more understand benefit from ANC regularity during pregnancy taking place .

Keywords: Knowledge , ANC regularity and high risk of pregnancy

Barriers to Effective Hypertension Self Care Management Practice among Hypertension Patients: Family Members' Perspective

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ABSTRACT

Introduction: The prevalence rate of hypertension in Indonesia has increased drastically with low levels of awareness and compliance with care management. Uncontrolled hypertension can cause deadly complications. The family plays an essential role in the care management of hypertensive patients. This study aims to determine family barriers and challenges in caring for hypertensive patients at home. **Method:** This research used a qualitative design. Focus group discussions was used to collect data among eleven family members who had cared for hypertensive patients for more than one year. Participants were recruited from primary health centre in Bandung, Indonesia by purposive sampling. The recorded FGD results were transcribed and analysed using thematic analysis by Braun and Clarke (2006). **Results:** The barriers to effective hypertension self-management were five themes emerged namely Lack of patient motivation, Lack of dietary compliance, Misunderstanding about treatment, physical barriers, Lack of knowledge and expectation for health workers. **Conclusion:** The main obstacles for families caring for hypertensive patients are lack of motivation, knowledge about treatment, and non-compliance with hypertension diet and exercise. Therefore, health service providers should carry out educational interventions regarding hypertension treatment, providing sufficient motivation and support to family members.

Keywords: Family Members, Hypertension, Self-Management

Effectiveness of Dyadic Coping Intervention toward Mental Health Problems and Quality of Life among Cancer Patients

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ABSTRACT

Background: Couples facing cancer must learn to cope with stressors that can affect both of their mental health and quality of life. Dyadic coping that involves patients and spouse together has been proven as an important factor which can manage their mental health problem. However, few intervention studies have focused on dyadic coping among cancer couples. the purpose of this study was to evaluate the couple based dyadic intervention on stress, anxiety and depression as well as quality of life among cancer patients. **Objective:** The purpose of this study was to evaluate the couple based dyadic intervention on stress, anxiety and depression as well as quality of life among cancer patients. Methods: A pre-post-test single-group was conducted among cancer patients. The patients were selected using purposive sampling in RSUD Mandau, Riau Province. A total of 17 patients received five intervention sessions based on systemic transactional model delivered by researchers via face-to-face or telephone. Descriptive statistics and paired *t*-test were used to analyze the data. The questionnaires consisted of the following scales: DASS-21 for measuring Depression, anxiety and stress. FACT-G for measured quality of life. **Results:** Findings showed high impact of the couple-based intervention program in reducing stress ($p < 0.001$), depression ($p < 0.001$) and anxiety ($p < 0.001$). Significant changes were also seen in Quality of life ($p < 0.001$). **Conclusion:** It can be concluded that a couple-based dyadic coping intervention has a positive impact on decreasing stress, anxiety and depression and improving Quality of life in cancer patients as well. Hence, this intervention could be used as an alternative nursing intervention in reducing mental health problems and improving the Quality of life among cancer patients

Keywords: Dyadic Coping, Mental health problems, quality of life

Stigmatization of ODHIV in the Working Area of Puskesmas PB Selayang II Medan in 2023

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ABSTRACT

Stigma is a negative label that marks a person given by others or oneself. Stigma is influenced by the environment and becomes a barrier for a person to get attention, opportunities and social interaction and becomes one of the inhibiting factors in improving the quality of life of PLHIV. The purpose of this study is to find out the life story, stigma and its impact, and factors that influence the acceptance of stigma. This type of research is Qualitative research and data collection using the interview method. The informants in this study were divided into 2, namely key informants as many as 4 respondents and triangulation informants as many as 4 respondents. The results of this study indicate the influence of life stories on the causes of key informants exposed to HIV. The stigma obtained by key informants can be categorized into several levels of stigma, namely self-stigma, family/community stigma and institutional stigma. Furthermore, there are 2 factors that influence the acceptance of stigma for PLHIV, namely external factors and internal factors. Based on this, it is recommended for families to be a place where children can get education and love. The community must also understand more about HIV so that stigmatization can be reduced. Medical personnel must also improve services for PLHIV so that they can also get proper services, and the local government must be able to help HIV-related programs run smoothly.

Keywords: Stigma, PLHIV, Support, Life Story, Impact of Stigma

Analysis of Self Management Behavior in Hypertensive Patients in the District Health Center

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ABSTRACT

Introduction: Hypertension is one of the main causes of premature death that often occurs throughout the world. Hypertension can cause complications for sufferers if it does not control blood pressure or self-management. The purpose of this study was to determine behavior self-management descriptive analysis in hypertensive patients in the working area of the Public Health Center. **Methods:** The type of research used is quantitative research with a descriptive analytic approach with a cross sectional design. The total sample of this research is 74 people. The independent variables in this study were adherence to diet, physical activity, controlling stress, limiting drinking alcohol, and not smoking, while the dependent variable in this study was Self-Management Behavior. Data collection used a research instrument in the form of a Self-Management behavior questionnaire, then analyzed with Statistical Package for the Social Sciences (SPSS). **Results:** The results of the study were that there were 59 respondents (79.7%) who were not compliant with the hypertension diet, 42 respondents (56.8%) physical activity went well, 55 respondents (75.3%) experienced moderate stress. A total of 57 respondents (77%) reduced alcohol consumption. **Conclusion:** Self-management behavior in the working area has not been implemented effectively, especially adherence to diet, there are still many people who do not control their eating well, such as reducing the amount of salt in food and not eating foods that contain fat.

Keywords: Behavior, Hypertension, Self-Management

Analysis of Breastfeeding Position in Post section Caesarea mothers

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ABSTRACT

Background: The procedure of sectio caesarea causes pain in patients at mild, moderate, and severe levels. This condition varies, influenced by various factors due to this pain affecting the tolerance of the mother's mobility, including the position of breastfeeding. **Purpose:** This study was to describe the position of breastfeeding among post-sectio caesarea mothers at Roemani Muhammadiyah Hospital Semarang. **Method:** this research is quantitative with a descriptive design. The population is composed of 133 post-sectio caesarea mothers who give birth every month at the Roemani Muhammadiyah Hospital in Semarang. Sampling used a purposive sampling technique with a sample size of 100 mothers post-sectio caesarea. The instrument uses a respondent's questionnaire sheet and the Bristol Breastfeeding Assessment Tool observation sheet. Data analysis uses frequency distribution and percentage. **Results:** research analysis of breastfeeding positions in post-sectio caesarea mothers aged ± 30 years, work of housewives (41%) with tertiary education level (41%), history of pregnancy with a second child (68%), body weight of the baby ± 3300 gr, mean birth length ± 46cm, male sex (71%) and health status of a healthy baby (APGAR score 7–10) (100%). **Conclusion:** the ability to breastfeed post-sectio caesarea mothers in the first 5 hours after delivery is in the sufficient category (58%), the second 5 hours is in the good category (75%), and the ability to breastfeed the third 5 hours is in the good category (90%). Judging from the breastfeeding position, the majority of babies are next to the mother, indicating adequate attachment; that is, there is a reflex to seek, the mouth is wide open, the cycle of fast sucking at the beginning is followed by slow sucking, and the swallowing element sounds soft without hiccups. It is hoped that health workers will increase the optimal provision of information, guidance, assistance and support to every breastfeeding mother so that they can achieve the ability to breastfeed well.

Keywords: Breastfeeding, Breastfeeding Position, Sectio Caesarea

Analysis of the Exercise Adherence ROM Rehabilitation in Adults' Post-Stroke and its influencing factor in muscle stiffness

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ABSTRACT

Introduction: A Stroke is a condition where the blood supply to the brain is disrupted, resulting in oxygen starvation, brain damage and loss of function. It is most frequently caused by a clot in an artery supplying blood to the brain, a situation known as ischemia. It can also be caused by hemorrhage, when a burst vessel causes blood to leak into the brain. Stroke can cause permanent damage, including partial paralysis and impairment in speech, comprehension and memory. Stroke has already reached epidemic proportions. Globally, 1 in 4 adults over the age of 25 will have a stroke in their lifetime. 13.7 million people worldwide will have their first stroke this year and five and a half million will die as a result. The impact of stroke on adulthood affects the quality of life, starting with the disabilities suffered by patients who are unable to carry out activities as usual. At a time when productivity is still very high, with the stroke, the productivity of the patient itself also decreases, so that the economy becomes disrupted, especially since the stroke patient is the head of the family. For that, exercise therapy is one way to accelerate the recovery of patients from injuries and diseases in governance using active or passive movements. Aim: The aim of this study is to explore the influencing factors of ROM rehabilitation exercise adherence in adults with post-stroke so as to reduce the disability rate of stroke. **Methods:** This type of research is quantitative, with a descriptive correlation design and a cross-sectional approach. There were 41 respondents selected based on the purposive sampling technique. This research was conducted at the Out Patient Department of the National Brain Hospital in Bukittinggi, West Sumatra. The hypothesis test used is the Chi-square test. **Results:** The result of the research showed that there was a relationship between exercise adherence and ROM rehabilitation in adult post-stroke patients (*p*-value = 0,001). **Conclusion:** In the rehabilitation program for adult patients with post-stroke, healthcare providers should specify targeted rehabilitation measures according to the different degrees of the patient's condition so as to improve the effectiveness of rehabilitation medical implementation.

Keywords: Exercise Adherence, ROM Rehabilitation, Muscle Stiffness

Determinants of Empowering Family Assistance Teams to Prevent Stunting

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ABSTRACT

This research was carried out to analyze the determinants of the success of empowering the Family Assistance Team (TPK) in preventing stunting in Binjai City. The approach used in this research is a mixed-methods research design carried out in two stages of activities, namely quantitative data collection using SPSS data analysis which aims to analyze the determinants of empowerment of the Family Support Team and a qualitative approach, which aims to obtain further explanation regarding inhibiting and supporting factors. through interview and observation techniques. The population in this study was the Family Assistance Team in South Binjai District, totaling 114 people, with a sample of 53 people from the Family Assistance Team Cadre, while the research supporting informants were 10 people from health workers, PLKB, village heads and community figures. The research results show that the variables of communication, resources, disposition and bureaucracy have an influence on the success of empowering the Family Assistance Team. The inhibiting factor is the Family Assistance Team's communication with the community, where the community is still limited in receiving information regarding problems. stunting correctly, giving rise to the wrong understanding. This is because the public does not understand the problem of stunting properly and does not have material or media information regarding the problem of stunting. The inhibiting factor is the disposition factor, because the community does not know for sure about the government's programs and policies for handling stunting that are currently running in their area, so it becomes difficult for them to participate in achieving success in accelerating stunting reduction. The Family Assistance Team is expected to be able to provide education to the community by using effective and focused communication to provide understanding to the community regarding the program and handling of accelerating stunting reduction so that community perceptions can change and the community can change, understand it correctly and be involved in it. The output of this research is a guidebook for the success of empowering the Family Assistance Team.

Keyword: *Communication, Resources, Disposition, Bureaucracy, Empowerment of Family Assistance Team*

Analysis of the Differences in Outcomes of Cesarean Section Delivery by the ERACS Method and the Conventional Method in Hanau Hospital

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ABSTRACT

Postoperative care for cesarean sections is an important issue when the number of CS deliveries is increasing. Efforts to shorten the length of treatment and recovery for post-operative patients are made so that the length of stay in the hospital is no more than 24 hours. Funding for ERACS surgery is still expensive and some insurance companies cannot provide guarantees for the ERACS method. This study aims to look at the outcomes of SC deliveries using the ERACS method compared to the conventional method. This research is a comparative quantitative study with an ambispective cohort method, which aims to compare the outcomes of patients who underwent cesarean section surgery using either the ERACS method or conventional methods. The population of this study was all 220 mothers who underwent SC delivery at the Hanau District Hospital. In this study, there were 110 people who were used as research samples. The data analysis method uses the chi-square test (bivariate). Bivariate analysis showed p-value = 0.185 (length of stay), p-value = 0.0001 (pain), p-value = 0.248 (re-admission), p-value = 0.509 (infection), p-value = 0.731 (costs) and p-value = 0.016 (anxiety). Through multivariate testing, the pain factor is the most different factor between delivery methods between ERACS and conventional methods, with a p-value of 0.005 and a beta coefficient of 2.235. There is a difference in the level of pain and anxiety in ERACS and conventional SC delivery, but there is no difference in length of stay, incidence of infection, repeat admissions or costs.

Keywords: Caesarean, ERACS Method, Hospital

Effects of Motivation on Performance of the ASN (State Civil Administrators) in UPT Puskesmas Pulo Brayan in 2023

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ABSTRACT

Performance is defined as success in completing duties, both in terms of quality and quantity. The performance of health workers reflects the quality of health services, which contributes to public satisfaction. Motivation is the main factor that influences the performance of health workers. A strong motivation influences individual behavior in various contexts, including learning and working. The objective of this research is to determine the effect of motivation on ASN (State Civil Apparatus) performance in UPT(Integrated Service Unit) Puskesmas (Community Health Center) Pulo Brayan in 2023. This is a quantitative survey research design with a cross-sectional approach. The number of samples is 31 State Civil Apparatus using a total sampling technique. The data are collected by a questionnaire and they are analyzed with univariate, bivariate and multivariate analyses. The results of the research show that there is an effect of motivation on the performance of the ASN in Puskesmas Pulo Brayan in terms of extrinsic motivation (p-value = 0.026) and intrinsic motivation (p-value = 0.000). Age has no effect on the performance of the ASN in Puskesmas Pulo Brayan (p-value = 0.556), neither length of work on performance of the ASN at the Pulo Brayan Community Health Center (p-value = 0.954). The most dominant variable in this research is intrinsic motivation, with an OR of 28.000. It is suggested that Puskesmas continue to improve and sustain the motivation so that the ASN's performance can affect the service and patient/visitor satisfaction. Community Health Centres need to encourage employees to strengthen relationships and collaboration among members of ASN.

Keywords: Extrinsic Motivation, Intrinsic Motivation, Performance of the State Civil Apparatus

Analysis of the Implementation of Puskesmas Accreditation Policy in Medan in 2023

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ABSTRACT

Puskesmas (Community Health Center) must be an accredited institution in order to provide quality service to the community. A puskesmas accreditation is a recognition given to the puskesmas after fulfilling the accreditation standards. Medan City has 41 puskesmas, of which 39 have been accredited, predominantly with basic and intermediate status (87%). The preliminary study describes the problems in implementing puskesmas accreditation, including communication, resources, attitudes of leaders and employees, organizational structure and support from health services. The objective of the study is to analyze the implementation of puskesmas accreditation policies in Medan City. This research uses a descriptive analysis method with a qualitative approach by means of observation, in-depth interviews and collecting documentation from the informants who were selected by purposive sampling. The main informants are people who are directly involved in the implementation of the puskesmas accreditation policy. Research variables include communication, resources, disposition or attitude, organizational structure, and health service support. The study results show that communication at the puskesmas has been running well. However, the instrument and puskesmas accreditation standards are still poorly understood. Human resources are not evenly distributed and some have excessive workloads. Budget support and facilities are not yet optimal. The attitude of officers towards accreditation in general is good, but the distribution of tasks is unfair and not equitable. The organizational structure has been determined and work procedures have already existed. However, the commitment of the leadership and officers to carry out accreditation has not been developed. The health department supports the implementation of accreditation. However, coaching and supervision have not been scheduled and are unsustainable. The conclusion is that communication, resources, disposition/attitude, organizational structure, and support from the health service are still not working completely well. Obstacles are found in understanding and fulfilling accreditation standard documents. The suggestion in this study is that the relevant agencies provide more intense, sustainable and quality guidance to puskesmas in the implementation of accreditation policies.

Keywords: Implementation, Policy, Puskesmas Accreditation

A Phenomenological Study of the Compliance with Paying Contribution by Independent Participants in the National Health Insurance Program in Medan in 2023

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ABSTRACT

The objective of this study is to determine and analyze the causing factors of non-compliance in paying National Health Insurance contributions (JKN) by independent participants and to find out the efforts made by the Social Security Agency on Health (BPJS) to increase compliance in paying JKN contributions and the efforts made by the Medan Government through the Health Department to take care of the independent participants in arrears. This is a qualitative study with a phenomenological approach. Data collection is carried out through in-depth interviews and documentation. The informants in this research are independent JKN participants, BPJS Stakeholders and Health Department stakeholders. The data processing uses the Miles Hubberman method. The results of the study show that the causing factors of non-compliance with paying JKN contributions are a large amount of arrears. They are still able to seek health treatment using their ID card at the Puskesmas (Community Health Center), Economic Factors, Number of dependents (family members) and an increase in dues. Efforts that have been made by Health BPJS to increase compliance in paying JKN contributions are by providing convenience in payment methods, there are efforts to establish communication with independent JKN participants (through tele-collecting efforts, conduct WhatsApp blasts for delinquent participants, visiting delinquent participants through JKN cadres, and conduct outreach in sub-districts and crowded places), as well as the existence of a Phased Payment Plan (REHAB) program where the arrears can be paid in installments. Efforts made by the Health Department and the Medan City Government include switching independent participants to JKN Contribution Assistance Recipient (PBI) participants and the Universal Health Coverage (UHC) Program through the Medan Berkah Health Insurance (JKMB) of Medan City.

Keywords: Compliance, Independent Participants, Paying Contribution

Positive Affirmation Therapy to Reduce Anxiety in Nursing Students as Public Speakers: A Quasy Experiment

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ABSTRACT

Background: Public speaking for nursing students is important to support the professionalism of nurses, such as educators and counselors. The main problem with public speaking among students is anxiety. This anxiety is influenced by a lack of confidence and not being used to being a public speaker. Affirmation therapy is one method to increase the confidence of a public speaker. Aim: The purpose of this research is to identify the influence of giving self-affirmation to nursing students in Indonesia on reducing anxiety as a public speaker. **Method:** The research design used a quasi-experimental design with a quantitative method and a pre- and post-test study approach. The sample in this research is nursing students who will become public speakers, for a total of 305 respondents. This research was conducted for 7 days and used the Social Interaction Anxiety Scale (SIAS). Data analysis used the Wilcoxon signed rank test. **Results:** The results of this study indicate that there is a decrease in the level of anxiety in nursing students after being given positive affirmation therapy (p-value = 0.001). Affirmation therapy is carried out by nursing students routinely every day by doing public speaking exercises independently. Positive affirmation therapy can assess a person's self-ability and self-confidence in public speaking so that students can appear to convey their ideas in public. **Conclusion:** Affirmative therapy, which is carried out routinely by nursing students, can also be a provision for becoming a professional nurse.

Keywords: Anxiety, Nursing Students, Public Speaking

Stressor and Coping Mechanism of Divorted Woman

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ABSTRACT

Introduction: Widowhood is the status given to women who have separated from their husbands, either by death or divorce. The high divorce rate in Indonesia has an impact on the number of divorced women. In Indonesia, women with divorced status are still stigmatized, where the stigma and perception of divorced women in the community are still skewed. The phenomenon of divorced women or also known as widows is not only a form and pattern of life in Indonesia but also occurs throughout the world because it is one of the processes of individual life in society in the world. The formation of a negative stigma from the community makes women who experience divorce will face many problems that can increase stress and make women psychologically disturbed. To overcome the conflict experienced, individuals have a coping mechanism as a way to defend themselves against changes that occur both within themselves and from outside themselves. **Purpose :** The purpose of this study was to explore the sources of stress and coping mechanisms for stress of divorced women in Cirebon Regency, West Java, Indonesia. **Methods :** This research is a qualitative research with a phenomenological approach. The research participants amounted to 8 women with a divorce status of less than 2 months who experienced mild and moderate stress in dealing with the new status of divorce in Cirebon Regency. The selection of research participants used a convenience sampling technique. Data collection methods using in-depth interview techniques and administering questionnaires perceived stress scale (PSS) to determine a person's level of psychological stress . Data analysis in this study used the Colaizzi method. This study identified two themes, namely the sources of stress of divorced women and coping mechanisms for stress built by divorced women. **Results:** This research identified two themes, namely sources of stress for divorced women and coping mechanisms for stress that develop in divorced women. Sources of stress include social status, negative stigma from society, the process of raising children without a husband, economic factors, fear of facing life in the future, relationships with ex-husbands and their families. These various stresses do not prevent divorced women from continuing their life process. This is because of the coping mechanisms made by divorced women so that the stress they experience does not have a negative impact on their lives. These coping mechanisms include self-management, enjoying the process, diverting problems, telling other people about problems, strengthening spirituality and self-reflection. **Conclusion:** From the Thematic Results, participants obtained two major themes, namely: Sources of stress of divorced women (social status, negative stigma of society, the process of parenting without the assistance of the husband, economic factors, low self-esteem, fear of facing future life, relationship with ex-husband and his family) and coping mechanisms of divorced women (self-management, enjoying the process, diversion of problems, telling problems to others, strengthening spirituality and self-reflection). Seeing the source of stress in divorced women can have a negative impact physically, psychologically and socially, it is advisable for families and surrounding communities to provide moral support to divorced women so that they can go through the loss phase calmly until the process of accepting and using adaptive coping mechanisms in dealing with stress.

Keywords: Stressor, Cooping Mechanism, Divorted Woman

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