ABSTRACT BOOK

Central Java International Nursing Conference

“Nurse as a leader to enhance the societies in continuum of health outcomes; A voice to lead - health is human right”

Semarang, 12 May 2018

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“NURSE AS A LEADER TO ENHANCE THE SOCIETIES IN CONTINUUM OF HEALTH OUTCOMES; A VOICE TO LEAD - HEALTH IS A HUMAN RIGHT”

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CENTRAL JAVA INTERNATIONAL NURSING CONFERENCE 2018

“Nurse As A Leader To Enhance The Societies In Continuum Of Health Outcomes; A Voice To Lead - Health Is A Human Right”

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PREFACE

In accordance to globalization era, all countries around the world will be integrated and linked each others. Much emphasis has been placed on the prospective growth of nation in economic development, peaceful, or security, and also quality of life for their society cannot be separated from universal standart and global strategy. However, it should be noted that scientific advances and innovations in all area are important drivers for the achievements of this goal. It has been proven that the ability to create, distribute, and exploit knowledge has become a major source of competitive advantage, wealth creation, and improvements in the quality of life. Some of the main features of this transformation are the growing impact of information on society; the rapid application of recent scientific advances in new products and processes; a high rate of innovation across many countries; a shift to more knowledge-intensive and services; and rising skill requirements.

These changes imply that science and innovation are now being a key to improving social well-being in the world. In this part, high quality of health services which is conduct by evidence based practice becomes main field to bridging of all community to increase their quality of life. According to increase the quality of health services, we need to apply the innovation of all area on health sciences.

Health problems in society are more complex, and comprehensive approach is required to address them. Complexity is influenced by many variables from the community that contribute to the occurrence of health problems. Looking at the whole person of the physical, emotional, social, and spiritual aspects is the approach needed to address the complexity of the problem. This phenomenon is prove that need to empower the society in health care.

Health providers who have a major role in addressing public health problems, of course, need to be equipped with innovative understanding and empowerment skills. So that, their services become more comprehensive and give positive impact for society. Especially in nursing, evidence based nursing application in community empowerment becomes an important to do.
Nursing is such a dynamic field of study and practice. Nursing is one of interest science and their practice has given a positive impact to society. Nursing and research work together, and optimal nursing care is dependent on implementing the latest research findings. Practices that have been proven effective through research allow nurses to provide the best possible care. Although the majority of nurses who provide care are consumers of nursing research, implementing evidence-based nursing practice is crucial to delivering optimal nursing care. However, exchange opinions about science and experience in the nursing field directly in a scientific forum is a very effective medium to share science and knowledge because it allows direct confirmation with the concerned researchers, practitioners, and other information resources. This can minimize the possibility of misinterpretation of one individual to another individual.

Answering the need of information as mentioned above, the Central Java International Nursing Conference 2018 (CJINC 2018) is conceived as a form of a scientific forum that aims to bridge the exchange of science, knowledge, and ideas related to the topic “Nurse as A Leader to Enhance the Societies in Continuum of Health Outcomes; A Voice To Lead - Health is a Human Right". This conference is held by Indonesian National Nurses Association, Regional Executive Board, Central Java Province. The conference is celebrating the 44th anniversary of Indonesian National Nurse Association and International Nurses Day 2018. It can be developed together for the progress of nursing science which will certainly result in high quality nursing service to the community. The conference is opened to all participants from Indonesian and foreign countries that concern with the development of nursing and health care services.

Semarang, 12 May 2018

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<table>
<thead>
<tr>
<th>Consumption Committee</th>
<th>1. Dwiara Candrasari, S.Psi</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2. Ayunda Amalia, AMK</td>
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<td></td>
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<tr>
<td></td>
<td>5. Witri Hastuti, S.Kep., Ns., M.Kep</td>
</tr>
</tbody>
</table>
# TABLE OF CONTENTS

ACKNOWLEDGEMENT ii  
PREFACE iv  
CONFERENCE COMMITTEE vi  
TABLE OF CONTENT Vi

PLENARY SESSION 1

A. Preventing and Managing Chronic Illness to Increase Quality of Life in Philippines Community  
   Prof. Dr. Elizabeth C. Baua 1

B. Evidence Based Nursing Application in Community Empowerment among Taiwan Nurses  
   Prof. Ching-Min Chen, RN, DNS 2

C. Nursing Intervention to Promote Public Health in Pakistan Based on Cultural Diversity  
   David G. Arthur, Ph.D 3

CONCURRENT SESSION 9

Relationship Between Loneliness and Depression among Geriatric at Balai Perlindungan Sosial  
   Tresna Werdha At Ciparay Bandung  
   Rizki Muliani, Andria Pragholapati, Vina Vitniawati, Gustina Sari 10

Combination Cognitive Behavior Therapy (CBT) and Self Help Group (SHG) Case Series in Adolecence with Anxiety  
   Mariyati, Novy H.C Daulima, Mustikasari 11

A Community Health Project: Health Status of West City Elementary Sped in Dumaguete City, The Philippines  
   Rosiana Eva Rayanti, Claudine Rhea A. Sun 12

Thought Stopping Therapy to Nomophobia  
   Dwi Retnaningsih 13

Optimizing Preceptoship Program in Inpatient Room of Military Hospital Jakarta  
   Moh. Heri Kurniawan 14

The Difference Effectiveness between Tekelan Extract (Chromolaena Odorata) 75% and 95% to Bleeding Time: a New Wound of White Wistar Rat (Rattus Norvegicus)  
   Siti Fadilah 15

Quality of Nursing Service to Inpatients in Islamic Hospital of Sultan Agung Semarang  
   Avida Anugraheni Citaprasetya 16

Cognitive Function Perception among Post-Chemotherapy Breast Cancer Survivors, Non-Chemotherapy Survivors and Non-Cancer Woman  
   Hilman Syarif 17

The Effectiveness of Play Therapy: Origami to Improve Fine Motor Skills among Children with Down Syndrome in City of Semarang  
   Tri Lofiana Septi Anggraini, Natalia Ratna Yulianti, Probowatie Tjondronegoro 18
Six Components of Vap Bundle Care Program for Critical Patients with Ventilator Support in Intensive Care Unit: a Systematic Review
Suksi Riani, Suhartini

Cultural Impact Towards Health Outcomes in Post Stroke Patients
Ni Luh Putu, Suhartini

Symptom Cluster and Symptom Alleviation Self-Care in Cancer Patients: a Systematic Review
Wyssie Ika Sari, Suhartini

Knitting as an Art Activity in Nursing Intervention to Reduce Fatigue for Patients Undergoing Hemodialysis: a Systematic Integrative Review
Anastasia Diah Larasati, Nurul Wahidatus Zahro, Roland Billy, Yuli Mustika, Zaky Mubarak, Zuliya Indah Fatmawati, Suhartini

Management for Preventing The Impact of Decreasing Attention and Mood of Post-Stroke Patients: a Systematic Review
Tri Suraning Wulandari, Suhartini

Nurses’ Caring Co-Creation on Prevention Pressure Ulcer for Critically Ill Patients in ICU
Rahmad Yusuf, Suhartini

The Relationship between Demographic Characteristic and Quality of Life in Patients with Coronary Artery Disease
Teguh Santoso, Suhartini

Effects of Benson’s Relaxation Response on Physiological Responses in Patients with Acute Ischemic Stroke in Several Regional Hospitals in Semarang
Dwi Mulianda, Dwi Pudjonarko, Henni Kusuma

The Correlation between The Perception of Pictorial Warnings on Cigarette Packages and The Motivation to Quit Smoking on Teenagers at State Senior High School 1 Mojotengah Wonosobo
Akrom Fasich, Eko Susilo, Zumrotul Choiriyah

Community Health Village Description
Livana P.H, Rita Kartika Sari

Relationship between Knowledge and The Ability of Teacher of Junior High School to Providing Basic Life Support to Accident
Daryani, Fitriana Noor Khayati, Fitri Suciana

Experiences of Mother and Daughter Communication Responding to Menarche in Rural Area: a Qualitative Study
Eka Ratnawati, Yayi Suryo Prabandari, Wenny Artanty Nisman

The Effect of Red Ginger Extract (Zingiber Officinale Roscoe) Consumption on Blood Pressure in The Eldery with Hypertension
Dwi Eviani, Raimonda Amayu Ida Vitani, FX. Joko Prasojo

Risk Factors Relating to The Prevalence of Pneumonia among Children Under Five Years Old in Wonolopo Village in The District of Mijen, Semarang
Tri Sakti Widyaningsih, Priharyanti Wulandari, Hargianti Dinilswandari, I.M. Arrahman

Factors Related to Activity Daily Living (ADL) on Post Stroke Patients at Medical Rehabilitation Tugurejo Hospital Semarang
Dwi Nur Aini, Arifianto, Nana Rohana
Analysis of Determining Status Nutrition for Age 6-36 Months in Semarang Rahayu Winarti, Wahyuningsih

The Relation of Family Support to The Quality of Life of The Diabetics in Semarang Tamrin, Khusnul Aini, Mariyati


Prevalence of Dysmenorrhea and Its Impact on Quality of Life among Health Science Students in Central Java Dwi Kustiyanti, Boediarsih, Indah Wulaningsih

Profile of Second Trimester Pregnant Women in Semarang Anggorowati, Elsa Naviati, Fatikhu Yatuni Asmara

Relationship between The Perceptions of Illness Severity and Depression among Patients with Breast Cancer in Dr. Moewardi Hospital Surakarta-Indonesia Sicilia Septiana Anggraeni, Susana Widyaningsih

The Application of The Geographic Information System (GIS) in Community Health Nursing Assessment: a Pilot Study of Hypertension Group Nur Setiawati Dewi, Artika Nurrannah, Panji Wisnu Wirawan Participation of Indonesian Nursing Students in Providing Care during Disasters Sri Hindriyastuti, Alison Hutton, Mayumi Kako

POSTER SESSION

Cultural based Music Interventions for Critical Illnes : a Realized Review Wardah Fauziah, Akub Selvia, Fida’ Husain, Yayan Kurniawan, Sri Temu, Sukses

The Relation of Mother's Knowledge and Attitude about Diaper Rash with Disposable Diapers Usage in Infants Aged 0-12 Months in 1st North of Community Health Center Working area in The Year 2017 Ida Ariani

The Effect of Playing Puzzle and Coloring Pictures Therapy Toward Anxiety Level of Preschool Age Due to Hospitalization in RSUD Cilacap Rusana, Anwar Priyoko, Trimeilia Suprihatiningsih

Habit of Tooth Brushing with The Dental Caries Incidence Dwi Retnaningsih

Breastfeeding based on IMCI 2015 is Effective to Alleviate Pain Level during Immunization Nopi Nur Khasanah, Della Andelina Tiara, Herry Susanto

Commercial Sex Workers’ Vigilance toward HIV/AIDS Enhanced and Work Orientation was Changed After VCT Process Nila Titis Asrining Tyas

Caring Behavior among Nurses and Patient Satisfaction at Dr. Adhyatma, MPH Hospital Semarang Windyastuti, Rista Apriana, Menik Kustriyani

The Effect of The Role of The Family in Use of The Card Towards Healthy on The Level of Skizofrenia Patients in RSJD Dr. RM. Soedarwadi Central Java Retno Yuli Hastuti, Chori Elsera, Ari Sasongko

Skinfold Technique to Prevent Insulin-Induced Hypoglycemia
<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improving Quality of Patient Services with Heart Failure Through SMS Gateway</td>
<td>52</td>
</tr>
<tr>
<td>Kristiana P.H., Junait, Arief</td>
<td></td>
</tr>
<tr>
<td>Fast Food Consumption as a Risk Factor Constipation for Children</td>
<td>53</td>
</tr>
<tr>
<td>Sri Handayani, Amin Shalikhati, Nur Wulan Agustina, Rahmi Nurhaeni</td>
<td></td>
</tr>
<tr>
<td>The Method of Foot Care Education to Increase The Knowledge of Diabetes Mellitus Patients</td>
<td>54</td>
</tr>
<tr>
<td>Easter Setyo Nugraheni, Maria Suryani, Andreas Christian Widjaja</td>
<td></td>
</tr>
<tr>
<td>Risk Factors for Stunting in Children Age 12-24 Months in Bayat Klaten</td>
<td>55</td>
</tr>
<tr>
<td>Setianingsih, Riska Kurnia Sari</td>
<td></td>
</tr>
<tr>
<td>Implementation Of SBAR Communication during Handover in Inpatient Departement</td>
<td>56</td>
</tr>
<tr>
<td>Isnawati Defi, Qurrotul Aeni, Istioningsih</td>
<td></td>
</tr>
<tr>
<td>Visual Aid in Venipuncture on Anxiety Level among School Age Children</td>
<td>57</td>
</tr>
<tr>
<td>Istioningsih, Hendra Adi Prasetya</td>
<td></td>
</tr>
<tr>
<td>Effectiveness of Using Aloe Vera Therapy towards Gastritis Pain</td>
<td>58</td>
</tr>
<tr>
<td>Eni Kustriati, Ni’matul Fauzi’ah</td>
<td></td>
</tr>
<tr>
<td>Animal Assisted Therapy (AAT) Betta Sp. For Post Appendectomy Pain</td>
<td>59</td>
</tr>
<tr>
<td>Yunani, Widyaningsih</td>
<td></td>
</tr>
<tr>
<td>Effectiveness of Progressive Relaxation, Supportive Therapy and Self Help Group: Case Series in Ansietas Clients with Hypertension</td>
<td>60</td>
</tr>
<tr>
<td>Eni Hidayati, Novy H. C. Daulima, Ice Yulia Wardani</td>
<td></td>
</tr>
<tr>
<td>Quality of Antenatal Care (ANC) and Pregnancy Outcomes</td>
<td>61</td>
</tr>
<tr>
<td>Dwi Haryanti, Rosalinda P., Salustiano</td>
<td></td>
</tr>
<tr>
<td>Preceptorship Training Effective Increasing Nursing Knowledge in RSUD Batang</td>
<td>62</td>
</tr>
<tr>
<td>Achmad Syafudin, Tri Ismu Pujiyanto</td>
<td></td>
</tr>
<tr>
<td>'Natural Healing' Music Therapy Effectively Reduces Anxiety Levels in Preoperative Patients</td>
<td>63</td>
</tr>
<tr>
<td>Iftikha Zain, Lestari Eko Darwati, Madya Sulistro</td>
<td></td>
</tr>
</tbody>
</table>
PLENARY SESSION
Preventing and Managing Chronic Illness to Increase Quality of Life in Philippines Community

Assoc. Prof. Dr. Elizabeth C. Baua
School of Nursing and Allied Health, St.Paul University, Philippines

ABSTRACT

Non communicable diseases (NCD’s) are considered major public health concerns worldwide. Global trends on the nature and causes of different health risks have shifted over the last century. Countries all over the world, including developing ones like the Philippines, are thus challenged to come up with health systems and programs to counter the increasing trend of chronic lifestyle related non communicable diseases. The World Health Organization (2017) estimated that about half of the 56.4 million deaths worldwide can be attributed to non communicable diseases. Among them, ischemic heart disease and stroke, diabetes, cancers and respiratory diseases. Majority of these NCDs are linked to preventable risk factors which include tobacco use, unhealthy diet, physical activity and alcohol use. The Department of Health has formulated the NCD Prevention & Control Program framework using an integrated approach highlighting the roles of health care workers in policy and program development, program implementation & management. Health promotion strategies like promoting healthy lifestyle, promoting healthy settings, building healthy public policies, creating supportive environments, establishing coalitions and partnerships, making services available and accessible, strengthening program management to facilitate multi-sectoral services were emphasized at the local level.
Evidence-Based Nursing Application in Community Empowerment among Taiwan Nurses

Prof. Ching-Min Chen, RN, DNS
Nursing Department, National Cheng Kung University, Taiwan

ABSTRACT

Public/Community health nurses have to face many challenges as a result of the rapidly changing health and political context. Public/Community health nursing used to build a practice model primarily from practical ideas, suggestions, and early theory development. However, recent emphasis has been placed on the development of practice guidelines in public/community health nursing that will provide research-based evidence for interventions and promote improved health outcomes. During this presentation, reasons for public/community health nurses to deliver evidence-based practice will be first elaborated. The competencies needed for public/community health nursing practice will then be explored with the focus on evidence-based practice. Steps on developing evidence-based guidance for community health nursing practice will be examined. Finally, common evidence-based nursing dataset used in Taiwan will be introduced.
Nursing Intervention to Promote Public Health in Pakistan based on Cultural Diversity

David G. Arthur, Ph.D
School of Nursing and Midwifery, Karachi, Pakistan

Introduction

This paper will focus on experiences of my work in Karachi, the Capital of the Sindh province in Pakistan, and highlight how community based public health care in a culturally diverse, LMIC, of 200 million can be influenced by one not for profit organisation: the Aga Khan Development Network and The Aga Khan University.

The aims of the paper are to: highlight the importance of leadership in nursing as we prepare for the new health care epidemics; examine how Pakistan health outcomes are amongst the poorest in the world; how human health as a right is not upheld; and how one organisation is helping to bring about changes through nursing leadership.

Leadership in Nursing: New Health Care Epidemics

It has been a long time coming, but the world is beginning to realise that appropriately qualified and competent nurses are a vital component of health care, whose influence on the economics of health and the well being of populations is undeniably necessary.

It is a criticism of the nursing and medical professions that it has taken a non-nurse, non-medical person to harness the evidence, and initiate the drive to raise the profile and status of nursing worldwide. Fortunately, the movement has the strength of the ICN, and an increasing number of senior nurses from many countries, on board. The world should be grateful to Lord Crisp who, in his term as a British parliamentarian involved in health care, was insightfully aware of the opportunity to develop nursing. With an international board, the Nursing Now movement is advancing the future extensive and influential role of nurses for six ‘powerful’ reasons’ (Crisp & Iro, 2018).

These reasons are related to epidemiological change and service delivery: 1. in an ageing world population with non-communicable diseases globally needing an holistic model; 2. the shift towards primary and community care (ie Alma Ata Declaration 40 years ago); 3. with patient and citizen engagement both in their own care and in disease prevention and health promotion; 4. with innovative technologies, such as telemedicine and improved communications; 5. economics: nurses are better equipped, and 6. societies change and women become more influential, in nursing and midwifery with the insights their philosophy and experiences (Crisp & Iro, 2018).
While this is most welcome and heartening as someone who has devoted a career to advancing nursing, and as satisfying as it is to see the remarkable status of nursing and its place in health care in my home country, there is much to be done to help develop the profession in many other countries, and so the question for my future and for this paper is how do we promote public health in Pakistan?

Pakistan Culture and Health

Firstly, some background. Pakistan has experienced decades of conflict: from the independence of the Muslim Republic of Pakistan from India in 1947, through partition of Bangladesh in 1971, to the more recent conflicts related to extremism. Still the country suffers from political instability, extreme poverty, poor health care and education, yet a well established wealthy class and an emerging middle class. Many live on borders of Afghanistan and India where there is ongoing daily conflict, and the area in the north east is considered disputed territory.

There are several cultures in Pakistan, the main seven of which are: the Punjabis, Kashmiris, Sindhis in the east, Makrani in the south; Baloch and Pashtuns in the west; and the Baltis communities in the north. The culture of these Pakistani ethnic groups have been greatly influenced by many of its neighbours, such as the other South Asians, Turkic peoples as well as the peoples of Central Asia and West Asia. Each of these cultures boasts a wealth and richness of music, art, dance and literature which is centuries old.

Sadly, the poor in Pakistan, who not only have weathered war, terror, and environmental disasters, also have a struggling health care system and public health record. Maternal, Neonatal and Child Health (MNCH) issues are at the forefront of Primary Health Care (PHC), while infectious diseases, TB, Polio, HIV, and a new strain of typhoid complicate the picture. From maternal and neonatal mortality, to infant mortality, to stunting and now NCDs and mental health issues, the uninsured lack access to health care. All of which is complicated by issues of gender inequality, schooling for girls, and pay equality. Pakistan ranks poorly next to neighbours such as Bangladesh, Sri Lanka and India when we look at MNCH measures. Worsening the problem, by 2050 the Pakistani population will reach 342 million people which will make Pakistan the sixth most populated country after India, China, the USA, Indonesia and Nigeria in 2030. Pakistan has indeed the highest population growth (1.49% 2014 est.), highest birth and fertility rates in South Asia.

Nursing Education in Pakistan

The first university nursing school in Pakistan was initiated in 1983 by the His Highness the Aga Khan to help provide a skilled workforce for health care while providing work and empowerment for women. But the image and status of nursing is low and improving it is an issue for the self concept of nurses and further complicated by a culture in which men dominate women and family traditions, in varying cultural enclaves, make it difficult to not only educate the public but also to reach women in their homes.
A scenario indicative of the complicated nature of gender and health care exists in one remote underserved area. In a government hospital of 140 beds (operating at around 200 beds), where there are no qualified nurses on most shifts, females cannot work night shift, and male ‘technicians’ provide care, handle seriously ill patients plus the conflict generated by family members unhappy with the health care service. Compounding this insufficiency of nurses and midwives, Pakistan uniquely has more doctors than nurses.

The nursing education system is poorly regulated, although the standard is for a BScN prepared nurse and there are many midwifery schools producing Diploma Gradauates many of dubious quality. Unfortunately, the majority of schools of nursing lack appropriately qualified faculty. Several nursing schools are emerging, draining the capacity of government schools and most faculty across the country lack Master degrees, work in an unregulated environment and therefore the quality of the graduate is questionable.

Translated into the hospital work environment the problem is clearly that of poor infrastructure, under-skilled nurses, and a lack of well qualified and experienced faculty to provide the necessary education. At the community level the lack of skilled birth attendants and qualified health workers is a large part of the problem, poor health outcomes also related to complex issues such as maternal empowerment, sociocultural taboos, and care-seeking practices and behaviours during pregnancy and child-birth (Bhutta, 2017).

**Human Health as a Right**

With that demographic background, what is the evidence related to public health? For the purposes of this paper, presented in Indonesia I will compare the evidence of some key PHC outcomes, from the latest WHO (2017) data. Pakistan and Indonesia respectively. Antenatal care visits and births (%) by a skilled attendant are 52 in Pakistan, 87 in Indonesia; neonatal mortality 81 and 27 (/1000 live births); the maternal mortality ratio is 178, and 126(WHO, 2017); TB cases 270, and 395(per 100,000); neglected tropical diseases, ieno. of people needing tropical disease treatment 31,000 and Indo 111,000; probability of dying due to NCDs is similar: 24, 26; and vaccine coverage and skilled health worker data are also similar.

Pakistan ranked 149th out of 179 countries in 2015 on the Maternal Mortality Ratio Index, slipping from 147th in 2014. The maternal mortality rate in Pakistan is 170 per 100,000 live births, in contrast to 30 in Sri Lanka. Under-five mortality rate, a proxy indicator reflecting multiple factors (level of nutrition, parents’ education, and access to health services), is 85.5 per 1000 live births (2013), nearly as twice as high as India’s.

Headey et al. (2016) used two standard indicators to assess access to health care over the last two decades (i.e. service coverage indicators): ‘Four or more antenatal visits (%)’, and ‘Born in a medical facility’ (%). Both indicators show a significant improvement when comparing 1991 and 2013 data for Pakistan (N=4,865; cf. table below)
UNICEF reports that Pakistan has the third highest prevalence of stunted children in the world: more than 9.6 million Pakistani children have experienced chronic nutrition deprivation in utero and/or during early childhood. In our province, the government reports that around 50% of children under five have stunting and that only 35% of children are breast fed.

Clearly at best the health care system is struggling, at worst it is out of control. Despite this, brave donor agencies across the world contribute to health care, the public system struggles, and entrepreneurs continue to look for angles while the AKDN remains a beacon in a bleak landscape.

The Aga Khan University and Changes Through Nursing Leadership

The Aga Khan Development Network provides education, health and social development services to the Muslim world. Funded through its economic arm which provides services such as banking, insurance and hotels, the profits are channelled back into its not-for-profit endeavours, such as health services, and the Aga Khan University: a first class university which operates in East Africa and Pakistan, providing degrees in education, medicine and nursing, on a needs blind, merit and inclusive basis. Most nursing students are unable to pay fees up front so are provided scholarships which they pay back through service to the hospital.

Over 35 years the SONAM has pioneered Bachelor, Master and PhDs in Pakistan and produced over 4,000 graduates many of whom take up leadership roles across the country. The impact of the university in one year in Pakistan has been recently measured and its contribution to the community in terms of economic impact has been remarkable: for every one Rupee invested there is a multiplier effect of 7.

The AKU and the School of Nursing and Midwifery have led the way in nursing for 35 years, producing graduates many of whom have benefitted from overseas education and experience. The pressure on the AKU to continue to lead with quality graduates, Master prepared Advanced Practice Nurses and PhD graduates is immense. Added to this the pressure of maintaining bench marked international standards of research, teaching and learning and clinical practices, places the AKU, SoNaMin a prestigious yet precarious position while capacity and sustainability is developed across the country.

Clearly there is a crisis in health care, nursing capacity and leadership in Pakistan. Yet the future is promising if the profession unifies; accepts the importance of a continuum of care form inter- to independent practice; embraces the direction of Nursing Now; and accepts interdependent practice and embraces community bases primary health care (CBPHC).
The leadership, and the requisite evidence for nursing practice espoused in this paper is exemplified in the recent review of which consisted of an analysis of 661 unique reports, including 583 peer-reviewed journal articles, 12 books/monographs, 4 book chapters, and 72 reports from the gray literature. (Black et al, 2017). CBPHC should be a priority for strengthening health systems, accelerating progress in achieving universal health coverage, and ending preventable child and maternal deaths, not forgetting the vigilance necessary for the coverage of family planning services as well as for accelerating progress in the detection and treatment of HIV/AIDS, tuberculosis, malaria, hypertension, and other chronic diseases.

Black et al (2017) highlight the following CBPHC strategies which emerged from their review:

- Involving local leadership
- Clarifying local value systems
- Involving women’s groups in participatory learning and action, peer–to–peer education, and provision of home–based care;
- Involving men and mothers–in–law in creative ways
- Participating in adapting to local realities and local
- Participating in monitoring, evaluation and accountability; and,
- Collaborating in long–term partnerships for robust and sustainable systems.

Clearly the health care issues in Pakistan are complicated by history, the environment, politics and culture. Distilling these variables into a simple solution is difficult. The AKU and its leader has boldly, almost alone, utilised a socialist–capitalist approach to generating then channelling funds into needy areas and has insightfully underpinned health education and civil society as areas which will improve an ailing world.

The AKU and School of Nursing and Midwifery embraces Nursing Now as a way forward for empowering nursing leadership, nursing research, and nursing practice and in the developing world. Pakistan has benefitted from a single source of nursing change, and is ready and waiting to join forces with its international colleagues in the campaign to bring about health care change.

References


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CONCURRENT SESSION
Relationship between Loneliness and Depression among Elderly People at Balai Perlindungan Sosial Tresna Werdha at Ciparay Bandung

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ABSTRACT

Introduction: The mental health problem often occurs in geriatric is depression. Depression increases drastically in the geriatric that live in an institutions. There are 50-75\% of people having any long-term treatment suffer from mild to moderate depression symptoms. One of the causes of depression in the geriatric is loneliness. Loneliness can be defined as a feeling of not being liked due to lack or loss of friendship. Ideally the geriatric is supposed to be in the care and protection of the family. In fact, lots of them do not get treatment and protection properly. The purpose of this study is to determine the relationship between the loneliness and depression in the geriatric at Balai Perlindungan Sosial Tresna Werdha at Ciparay Bandung.

Method: The type of research is descriptive correlation with cross sectional approach. The population is 104 people. Moreover, the sample is 51 people. The sample was taken by purposive sampling. The data collection technique used Loneliness Scale and The Geriatric Depression Scale. The data analysis used univariate analysis with a percentage (\%) dan the bivariate analysis with Spearman rank correlation test (Rho).

Results: The result showed that almost the elderly people experience moderate loneliness, while more than half of the elderly experienced mild depression. There is a relationship between loneliness and depression (r, 0.365) and p value (0.008). Therefore, it requires an specialist nurse to help the elderly to reduce their loneliness and depression at geriatric centre.

Keywords : Geriatric, Depression, Loneliness
Combination Cognitive Behavior Therapy (CBT) and Self Help Group (SHG): Case Series in Adolescence with Anxiety

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ABSTRACT

Introduction: The development of information technology such as internet enables someone to access information efficiently. The negative impact of this is the increase on the access to porn sites. Approximately 80% of teenagers in Indonesia are internet users and most of them are familiar with pornography since the age of 12 years old. The impact of pornography on adolescence leads to the compulsive, addictive and violent behavior. Pornography addiction causes teenagers to experience the mental problems. The most common mental problem experienced by the teenagers is anxiety. Anxiety is an uncertain fear accompanied by the feelings of uncertainty, helplessness, isolation and insecurity. This study aims to describe the cases on anxiety management of the 3 teenagers suffering from pornography addiction.

Method: The method used in this study is case series method by describing the provision of cognitive behavior therapy and self-help group therapy to overcome the anxiety of teenagers suffering from pornography addiction. The anxiety measurement uses HAM-A (Hamilton Anxiety Rating Scale).

Results: The result shows a decreased level of adolescence anxiety from moderate and severe anxiety to mild anxiety. This result suggests that the cognitive behavior therapy and self-help group therapy are able to be an alternative of the anxiety treatment for the teenagers suffering from pornography addiction.

Keywords: Anxiety, Cognitive Behavior Therapy, Pornography Addiction, Self Help Group
A Community Health Project: Health Status of West City Elementary SPED in Dumaguete City, Philippines

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ABSTRACT

Introduction: This paper presents the community health nursing process and how it was utilized to implement a community health project in West City Elementary School Exceptional Child Learning Center (SPED) in Dumaguete City, the Philippines. The research aimed to determine health status among SPED pupils.

Methods: Quantitative method was used during the entire project which transpired for five months from September 2014 to January 2015. SPED pupils in School Year 2014-2015 were given questionnaire such as child health history, review of systems, and child head to toe assessment which were translated into Bisaya language (local language).

Results: common need health problems were malnutrition in SPED pupils, poor hygiene; incomplete immunization status of SPED pupils, high prevalence of dental caries, potential for enhanced capability for healthy lifestyle and health maintenance, and potential for enhanced knowledge on their child’s condition. Among these six health needs, malnutrition was the priority health problem. This data is also supported by the number of SPED pupils (37.23%) who were found to have problems in malnutrition (ranging from Severely Wasted to Obese). Based on the result, researchers conduct a health education “Nutrition in Children with Special Needs, Malnutrition, and Nutritional Statistics of SPED SY 2013” for Parents of Visually Impaired & Mentally Retarded SPED Pupils and Parents of Hearing Impaired Children.

Conclusion: the proliferation of special children enrolled in the SPED demands a need for a more stable health program in school. With this in mind, a community health project that aimed to promote the parents’ awareness of proper nutrition and assist their children to achieve healthy lifestyle through health education was planned and implemented.

Keywords: Community Health Project, Exceptional Child Learning Center
Thought Stopping Therapy to Nomophobia

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ABSTRACT

Introduction: Nomophobia is a syndrome that describes the anxiety of a person while away from his cell phone. From the results of the interview states 7 out of 10 students say will experience if losing from the phone. Thought stopping is therapies to overcome anxiety. The purpose of this study to determine the effect of thought stopping therapy on nomophobia.

Methods: Types of quantitative research design quasi-experiment pre and post test without control. Sampling by simple random sampling technique is by taking the respondent randomly 30 respondents. Nomophobia was measured using a questionnaire and analyzed using frequency distribution. Thought stopping therapy is done by practicing the client's.

Results: Analysis of 30 respondents, before the thought of stopping therapy there were respondents who had medium nomophobia was 22 people (73,3%) and high nomophobia were 8 people (26,7%). After receiving thought-stopping treatment, respondents who had low nomophobia were 13 (43,3%) and respondents who had medium nomophobia were 17 people (56,7%). The results of the Wilcoxon showed that there was a significant decrease in nomophobia with p-value 0.000 (p-value <0,05), Ho was rejected and Ha accepted.

Conclusions: There is the influence of thought stopping therapy on nomophobia on students School of Health, Nursing Program of Widya Husada Semarang with an average decrease of 44%.

Keywords: Nomophobia, Thought Stopping
Optimizing Preceptorship Program in Inpatient Room of Military Hospital Jakarta

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ABSTRACT

Introduction: The success of Preceptorship program relies heavily on the support of the hospital, preceptors, and preceptees that are managed in a structured and sustainable manner. Management functions in the preceptorship program will make the program run effectively and efficiently.

Method: The process of conducting research starts from problem identification, situation analysis, problem determination, action planning, implementation, evaluation and gap analysis using review literature. Samples used in the initial assessment were 10 inpatient rooms which included 10 room heads, 19 preceptors, and 36 preceptees. At the time of implementation involving 25 nurses to be prepared to be preceptor by providing socialization and workshop preceptorship.

Results: The results of identification indicate a problem in the implementation of the preceptorship program, especially in the management function in the implementation of the preceptorship program in the inpatient room. Evaluation results show that 100% of preceptor has a high commitment to performing its role.

Conclusion: The conclusion of the study is the importance of optimizing the function of planning and evaluation during the preceptorship program to ensure the program can run in a structured and achieve the expected objectives.

Keywords: Preceptorship, Military Hospital
The Difference Effectiveness between Tekelan Extract (Chromolaena odorata) 75% and 95% to Bleeding Time A New Wound of White Wistar Rat (Rattus Norvegicus)

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ABSTRACT

Introduction: Tekelan (Chromolaena odorata) is a plant containing such as tannins, phenols, flavonoids, saponins and steroids. Traditionally used as a remedy for bleeding cessation (compound of tannin content). In America, the prevalence of patients with injuries are 3.50/1000 population. According to the Ministry of Health of the Republic of Indonesia, the prevalence of open wound injuries in Indonesia is 25.4%.

Method: The Type of experimental research with post test only control group design. The research was conducted at the Laboratory of the Faculty of Medicine, Muhammadiyah University of Surakarta. Samples were wistar male rats of 16 individuals per group, with random sampling technique. The research instrument is an observation sheet, stopwatch. Research data was analysed using Mann withney test.

Result: The mean of the bleeding time in the control group, tekelan 75%, tekelan 95% were 1.17 seconds, 0.23 seconds, and 0.20 seconds. The average difference bleeding time between control with tekelan 75% group, and tekelan 95% group are 0.92 seconds and 1.15 seconds. The difference between control group with tekelan 75% group and tekelan 95% are 0.000 and 0.000.

Conclusion: The difference between tekelan 75% and 95% is 0.000. tekelan 75% and 95% effective to reduce bleeding time in new wound. Tekelan 95% is the most effective to reduce bleeding time in new wound.

Keywords: Tekelan, Bleeding Time, Wound
Quality Of Nursing Service to Inpatients In Islamic Hospital Of Sultan Agung Semarang

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ABSTRACT

Introduction: As one of the accredited hospitals with Paripurna status, Islamic Hospital (RSI) Sultan Agung Semarang must pay attention to the service quality. One of the services provided by RSI Sultan Agung is hospitalization. By measuring the service quality, RSI Sultan Agung may improve service performance, which relates to customer satisfaction and loyalty. One element of service related to inpatients directly is nurses. The nurse is someone with nursing profession and helps individuals to achieve stable conditions.

Method: Measurement of nurse service quality can be used as a reference to improve better nursing management. Based on the research, using the SERVQUAL method and the Pareto diagram.

Results: it is found that 80% of the problems on the quality of nurse service are caused by P4, P6, P9, P10, P12 and P13, so that these factors require corrective and improvement action by RSI Sultan Agung with priority on factor P9, namely courtesy, friendliness and responsiveness of nurses. The Gap value of that factor is also the largest and the second one is the nurse's ability to convey the information well. Both of these factors can be improved by providing communication skill training for the nurses of RSI Sultan Agung.

Conclusion: From the results of the analysis, it can be concluded that the need for improvement of nurse service quality is a must so that the nursing management of RSI Sultan Agung can run better in inpatients’ perception.

Keywords: Quality of Nursing Service, SERVQUAL
Cognitive Function Perception among Post-Chemotherapy Breast Cancer Survivors, Non-Chemotherapy Survivors and Non-Cancer Woman

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ABSTRACT

Introduction: Cognitive impairment is a common problem complained by breast cancer survivors after receiving chemotherapy. The prevalence of this issue varies greatly according to literature, influenced by factors such as lack of assessment, survivor conditions, population differences, and culture. Data and discussion on this issue in Indonesia are also limited.

Method: This study was a descriptive comparative and cross-sectional design. The respondents consisted of 82 survivors of post-chemotherapy breast cancer, 81 non-chemotherapy breast cancer survivors, and 80 non-cancer woman patients in RS X in Jakarta and RS Y in Bandung, who were recruited using consecutive sampling. The data were collected from October until December 2017 using a FACT-Cog version 3 questionnaire. Data analysis was done using a comparative test of Kruskal-Wallis followed by a Mann-Whitney post-hoc analysis.

Results: The results showed the median of cognitive function perception in breast cancer survivors post chemotherapy, without chemotherapy, and non-cancerous women were 94 (52-122), 113 (53-130), and 121 (69-132), respectively. There were significant differences in perception of cognitive function in those three groups (p <0.001). Mann-Whitney's post hoc analysis showed a significantly different perception of cognitive function among post-chemotherapy survivors with survivors without chemotherapy (p <0.001); also between post-chemotherapy survivors with non-cancer women (p <0.001), and between survivors without chemotherapy with non-cancer women (p <0.001).

Conclusion: Perception of cognitive function by post-chemotherapy breast cancer survivors significantly different from other comparison groups.

Keywords: Cognitive, Perception, Survivor, Breast Cancer, Chemotherapy
The Effectiveness of Play Therapy: Origami to Improve Fine Motor Skills among Children with Down Syndrome in City of Semarang

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ABSTRACT

Introduction: Children with Down syndrome tends to experience delays in fine motor skills. The delays cause the lack of individual self-care. To address such problem, the children need various therapies. One of those is origami which has been proven successfully improve fine motor skills among healthy children. However, there had not been any evidence of its effectiveness in children with down syndrome, whereas there were two schools for children with special needs in Semarang which had not implemented origami regularly. The study aimed to measure the effectiveness of play therapy: origami to improve fine motor skills among children with down syndrome in City of Semarang.

Method: The study employed pre-experimental design by applying one group - pre and post test design. The origami course was provided in five meetings, each one required sixty minutes. The pre and post test allowed the children to insert coins to piggybank and the time they spent to finish the task was measured. The sample of 36 children with Down syndrome was selected using purposive sampling technique. The data normality used Shapiro-wilk test and the analysis utilized paired t-test.

Results: The result showed that the average time to finish the task before being given origami course was 1 minute 53 second (1.89 minutes) and after the course was 1 minute 46 second (1.77 minutes). They had less time to finish the task after the course, which was 7 seconds or 0.12 minutes, than before the course. The paired t-test indicated a significance of p-value, p = 0.017 (p < 0.05).

Conclusion: There was the effectiveness of origami play therapy to improve fine motor skills among children with down syndrome in City of Semarang.

Keywords: Origami, Fine Motor Skill, Children, Self-Care, Down Syndrome
Six Components of Vap Bundle Care Program for Critical Patients with Ventilator Support in Intensive Care Unit: a Systematic Review

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ABSTRACT

Introduction: VAP is the most serious infection that causes morbidity and mortality in Intensive Care Unit. There are many evidence based on clinical practice guidelines to prevent VAP. Strategy to prevent VAP using VAP bundle care. The interventions of VAP bundle care when implemented together will reduce the VAP incidence. The aim of this systematic review to evaluate the evidence based on nursing practices in applying VAP bundle care program for critical patients.

Method: A comprehensive search for primary research articles was conducted using EBSCO, Science Direct, and The World Wide Web. Keywords were ‘Ventilator Associated Pneumonia’, ‘VAP Bundle Care’ which have published from 2010 to 2017 in the English language. We extracted 10 article in quantitative research design and full articles, based on PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-analyses) method.

Results: Based on the results of the review of the articles, it showed that there were six intervention components used in VAP bundle care. Interventions was used independently and dependently. Head of bed elevation 30º-45º, oral care with chlorhexidine, gastric residual volume, were independently implemented by the critical care nurses. Meanwhile, daily sedation vacation measurement, peptic ulcer disease prophylaxis, deep vein thrombosis prophylaxis were conducted by the other healthcare teams. VAP bundle care program significant can be used to manage advanced infection.

Conclusion: This systematic review demonstrates the importance of applying VAP bundle care in critical patients in Intensive Care Unit to prevent or decrease VAP incidence. The independently intervention in VAP bundle care that can be applied by the nurses are elevation head of bed 30º-45º, oral care with chlorhexidine and gastric residual volume. The nurses should apply the independently interventions optimally for evidence based practice.

Keywords: Bundle Care, Ventilator Associated Pneumonia, Critical Patient in Intensive Care Unit.
Cultural Impact towards Health Outcomes in Post Stroke Patients

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ABSTRACT

Introduction: Stroke patients from various social and cultural background have different thoughts and perceptions in accepting the disease process. Professional nurses in performing their role to improve the quality of life of post-stroke patients should use their capabilities about patient’s culture in order to provide the unique and specific nursing care.

Method: This study is a literature review on cultural diversity using PRISMA method with 10 qualified articles from 2010 to 2017. The article’s criterias are English, qualitative and quantitative studies that are obtained through search engines on Science direct, PubMed, EBSCO, Springer link, and E-Journal. The keywords used in obtaining the articles are "Quality of life", "Culture" and "Post-Stroke"

Results: Stroke patients with different culture have different perceptions of the disease and how they accept it. Culture is influenced by tradition, spiritual, and environment. While the quality of life of post stroke patients is influenced by how much patients accept and perceive the impact of the diseases toward their lives. The patient's perceptions of their quality of life are seen from their belief and representation of illness, and their holistic health outcomes

Conclusion: The quality of life of post-stroke patients is influenced by the patient's cultural aspects. Therefore, nurses can help improving the quality of life of post-stroke patients by taking a culture-based approach of each patient during the treatment and recovery process.

Keywords: Cultural Influence, Quality of Life, Post-Stroke
Symptom Cluster and Symptom Alleviation Self-Care in Cancer Patients: a Systematic Review

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ABSTRACT

Introduction: Cancer patients often experience physically or psychologically multiple symptoms related to disease. The management due to the specific symptom characteristics was varied, in accordance with the symptom cluster. The symptom cluster can develop into a serious condition if nurses do not manage them well. The symptom cluster management is known as symptom alleviation self-care. The study that is in accordance with symptom cluster and symptom alleviation self-care will be discussed in the systematic review. This review is aimed to describe the symptom cluster and the symptom alleviation self-care for cancer patients and its impact on the quality of life.

Method: Articles search was conducted through Science Direct, EBSCO, Medline, and PubMed using the keywords of symptom cluster AND cancer, symptom alleviation self care AND cancer, and symptom management AND quality of life of cancer patients. A total of 99 articles have been identified and a total of 79 articles excluded. Finally, there are 20 articles have been extracted based on the inclusion criteria: quantitative research types, English, and published online in 2007-2017.

Results: The results revealed that the symptom cluster were different and varied for each patient, depend on the patient characteristics. It also cause the patients to manage the symptom cluster using symptom alleviation self-care. Indeed, the nurses’ role are crucial in order to give high quality of care for the cancer patients.

Conclusion: The importance to learn about the symptom cluster and symptom alleviation self-care is required to find better study in this issue.

Keywords: Symptom Cluster, Symptom Alleviation Self-Care, Cancer Patients
Knitting as an Art Activity in Nursing Intervention to Reduce Fatigue for Patients Undergoing Hemodialysis: a Systematic Integrative Review

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ABSTRACT

Introduction: Fatigue is a common complaint to hemodialysis patient worldwide. The effect of fatigue could be varying and require a great amount of extra care from nurses to these patients. There are number of non-pharmacological interventions to overcome fatigue but have a lot of obstacle to stumble into. Aims of this study is to explore effects and significance of knitting that later would turned to benefits of art activities to reduce fatigue on a hemodialysis patient.

Method: Systematic Integrated Review with PICOT guideline using 4 search engines such as PubMed, Proquest, CINAHL, Science Direct and selecting articles only from 2009 to 2017, with keywords; knitting, art therapy, art based therapy, dialysis patient, hemodialysis, and fatigue.

Results: There are 3 topics from reviewed articles that are the results of this integrative review as; The sense of art on knitting activity, The advantage of knitting activity for hemodialysis patients, and The Outcome of Knitting Activity as an Art Activities.

Conclusion: Knitting as an art activity offers a huge benefit to reduce fatigue. It has advantage potential to the patients itself.

Keywords: Knitting, Art Therapy, Fatigue, Hemodialysis
Management for Preventing The Impact of Decreasing Attention and Mood of Post-Stroke Patients: a Systematic Review

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ABSTRACT

Introduction: The problem of attention and mood in post-stroke patients may occur early in the onset of stroke. This occurs because there is a damage in the location of the brain due to thrombosis or vascular embolism that can be caused by the rupture of arterial plaque that can cause thrombus, so that cerebral blood flow is decreased or ischemic. Ischemia in the brain affects the various body system. Preliminary screening needs to be done in post-stroke patients to prevent some of the possible effects of both physical, psychological. Purposes of this study is to analyze the impact on attention and mood and to explore the review by interventions to manage the attention and mood of post-stroke patients.

Method: We extracted 20 articles in both qualitative and quantitative studies, in the English language, based on PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-analyses) method. The date and years were limited from January 2008 to 2017 from several databases including research articles, theses/dissertations, and books which met the inclusion criteria’s.

Results: The effects of attention and mood of post-stroke include instability, cognitive impairment and rehabilitation and long term processes of adjustment of post-stroke patients. These impacts affect daily activities (ADL). Interventions overcome attention with Attention Process Training (APT) and natural environment while intervention overcome the mood with motivation interviewing, music, aroma massage and foot bath, but the literature review shows natural environment gives significance impact for attention and music therapy gives implication for patient’s mood.

Conclusion: Attention and mood of post-stroke patients is important to be well thought out to prevent the impact that come about. The natural environment and music provide a new perspective that can broaden the researcher thinking to address the problem.

Keywords: Impact of Attention and Mood, Management of Attention and Mood, Stroke
Nurses’ Caring Co-Creation on Prevention Pressure Ulcer for Critically Ill Patients in ICU

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ABSTRACT

Introduction: The critical patients experienced abundant of critical conditions. The critical care nurses have a set of caring competencies to help the patients. Therefore, caring is the pivotal attitude for the nurses to order to heal the patients. Caring co-creation is an interactive process based on collaboration, trust, knowledge, skills and information between team interprofessional with the patient. Caring and the co-creation of caring then need investigation as it were the essence and creation of the nurses’ caring action. This study aimed to explore the experiences of nurses caring co-creation in the prevention of pressure ulcers in critically ill patients in the ICU.

Method: This study used a qualitative research method with phenomenological approach. Data obtained already reached the saturation of 5 participants. The data collection used in-depth interviews. Results of interviews were analyzed using content analysis consisted of transcribing, meaning unit and the last forming several themes.

Results: The results of this study found four themes caring co-creation include, meet the human needs, sincerity empathy to heal the patient, involving the patient’s family, providing comfort and peace of the body, mind, and spirit.

Conclusion: Caring is the essence of nursing distinguish nurses with other health professionals. Caring is defined as a caring attitude which allows patients to achieve improved health and recovery. Caring co-creation is considered as an important element to achieved balance for the critical patient.

Keywords: Caring Co-Creation, Prevention, Pressure Ulcers
Introduction: Coronary artery disease caused disturb of physical, psychological, and social aspects on quality of life (QOL). The perception of QOL are difference among patient. The purpose of this study was to examine the relationship between demographic characteristic and quality of life in patients with coronary artery disease.

Method: This cross-sectional study surveyed patients with coronary artery disease. Participants were 124 (96 males and 28 female) with purposive sampling. QOL was measured with (SF-36) questionnaire. Multivariate linear regression were used to examine the relationships between the independent and dependent variable.

Results: Multivariate linear regression analysis indicated that demographic characteristics were correlated significant with QOL (p = 0.002) and R = 0.447.

Conclusion: There were statistically significant the relationship between demographic characteristic and quality of life in patients with coronary artery disease.

Keywords: Coronary Artery Disease, Quality of Life, SF-36
Effects of Benson’s Relaxation Response on Physiological Responses in Patients with Acute Ischemic Stroke in Several Regional Hospitals in Semarang

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ABSTRACT

Introduction: Increased physiological responses in patients with acute ischemic stroke describe an adaptation of body to stress due to illness. Increased physiological responses may have a long term ischemic effect which can promote the risk of recurrent complications and strokes. These physiological responses include the motoric, sensory, and visual domains as well as the level of consciousness. Benson’s relaxation response is one of the nursing interventions which can decrease the physiologic response in patients with acute ischemic stroke. Benson’s relaxation response is an intervention which is practiced through a stable body and mind approach to manage stress; it has proven to be useful in various populations. This study aimed to analyze the effects of Benson’s relaxation response on the physiologic responses in patients with acute ischemic stroke.

Method: This study was an experimental study with a pre-posttest control group design. The subjects were 42 acute ischemic stroke patients, consisting of 21 patients in the control group and 21 patients in the intervention group.

Results: The results showed differences in the physiologic responses in acute ischemic stroke patients between the intervention and the control groups. The physiological responses in the intervention group showed better values than the control group with p=0.001.

Conclusion: The study concluded that Benson’s relaxation response was effective in increasing the physiologic responses in patients with acute ischemic stroke. Based on the results of this study, it is suggested that Benson’s relaxation response could be used as a standard operating procedure in nursing care. Further studies could examine the effects of Benson’s relaxation response which is performed as early as possible in acute ischemic stroke patients by involving other interventions.

Keywords: Benson’s Relaxation Response, Physiological Response, Acute Ischemic Stroke
The Correlation between The Perception of Pictorial Warnings on Cigarette Packages and The Motivation to Quit Smoking on Teenagers at State Senior High School 1 Mojotengah Wonosobo

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ABSTRACT

Introduction: Smoking behavior is still easily found among teenagers, one of them is at State Senior High School 1 Mojotengah, Wonosobo. Teenagers are more familiar with that deadly object. Smoking will give negative effects to the health, such as heart and lung diseases. The efforts to regulate and reduce cigarette consumption by the government has been done, one of them is through health warnings on cigarette packages. The purpose of this research is to find the correlation between the perception of pictorial warnings on cigarette packages and the motivation to quit smoking on teenagers at State Senior High School 1 Mojotengah Wonosobo.

Method: The research design used is correlational descriptive with cross-sectional approach. The population of this research is the students of State Senior High School 1 Mojotengah Wonosobo, with the sample of 88 respondents taken by total sampling technique. The research data are collected through questionnaires which its reliability and validity had been tested. The data analyses used are frequency distribution and chi-square test.

Results: The results showed that from the perception of pictorial warnings on cigarette packages, it is found that the majority of the respondents have perceptions in the positive category is amounted to 49 respondents (55,7%). From motivation to quit smoking, it is found that the highest number of respondents with low category is 35 respondents (39,8%). There is a correlation between the perception of pictorial warnings on cigarette packages and the motivation to quit smoking on teenagers at State Senior High School 1 Mojotengah Wonosobo, with p-value of 0,033 (<0,05).

Conclusion: It is suggested that school should cooperate with the public-health center to have a partnership with the school management related to the delivery of health education and the attachment of pictorial warnings addressed to the students, teachers, and school staffs related to the danger of smoking.

Keywords: Perception of The Picture Warnings on Cigarette Packages, Motivation to Quit Smoking, Teenagers
Community Health Village Description

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ABSTRACT

Introduction: Health development is an important investment for a nation for the creation of healthy human resources, smart, skilled, and expert to the success of development. Holistic health development and efforts aimed more at improving, maintaining, and protecting health without neglecting curative and rehabilitative efforts. The research aimed to find out the health picture of rural community.

Method: Quantitative research with descriptive approach. The sample of this research is the entire community of Salari Village, Guntur District, Demak District, which was obtained in October 2017 with the number of 282 heads of family or 916 inhabitants. Sampling data using total sampling technique. Data collection using questionnaires about the health picture. Data analysis is presented in the form of frequency distribution.

Results: The results of the research show that the majority of villagers care about the importance of health.

Conclusion: There needs to be a periodical increase of knowledge so that villagers can also improve clean and healthy life behavior.

Keywords: Health, Community, Village
Relationship between Knowledge and The Ability of Teacher of Junior High School to Providing Basic Life Support to Accident

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ABSTRACT

Introduction: Emergency cases can occur anytime and to anyone. The school environment is a place at risk of emergency. Teachers need to have sufficient knowledge to be able to provide appropriate help during emergency events. This study aims to determine the knowledge and skills of teachers in providing basic life support to accident victims in the school environment.

Method: The research design used in this research is analytical descriptive with cross sectional approach. The sample in this study was the teacher who was willing to be the respondent from the beginning to the end of the study, with a sample size of 38 people. The sampling method is Quota sampling. The research was conducted at Junior high school of Central Klaten sub-district, Klaten. The research time was April - May 2016. The measuring instrument in this research was questionnaire. Data analysis using univariate and bivariate, hypothesis test used was Mc Nemar Test.

Results: The teacher's knowledge in providing basic life support in accidents is mostly sufficient as many as 36 people (90%). The ability of teachers to provide basic life support in accidents is mostly sufficient as many as 27 people (67.5%). There is a significant correlation between knowledge with teacher ability in doing basic life support in accident with p value 0.012 (α = 0.05).

Conclusion: There is a relationship between knowledge and the ability of teachers to provide basic life support to accident victims in the school environment.

Keywords: Knowledge, Skills, Teachers, Basic Life Support
Experiences of Mother and Daughter Communication Responding to Menarche in Rural Area: a Qualitative Study

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ABSTRACT

Introduction: Adolescence is a period of transition from children toward adulthood, in adolescent reproductive organ maturation marked by menarche. Adolescents need information especially regarding menstrual hygiene management. Main source of information comes from the mother, but the culture of the people, especially the rural areas taboo and embarrassing to talk about it. The objective of this study was to know the mother’s communication experience in assisting teenager dealing menarche in rural areas.

Method: Purposive sampling was used to recruit participants 7 mothers of children aged 10-14 years teenage daughter living at home together at least 3 years in the village Simpar, Tretep, Temanggung. The study was conducted from June 2016 to January 2017, through in-depth interviews, observations and FGDs. Data analysis was done manually with content analysis.

Results: Five themes was emerged during an end, therefore 1) information gap about menarche hope and reality, 2) Mother as the second source of information about menstruation for adolescents, 3) The mother’s effort to reduce the negative perceptions of adolescent about menstruation, 4) Mother's response to the negative myths surrounding menstruation, and 5) Expressions of maternal concerns after adolescent menstruation.

Conclusion: The mother needs to prepare her daughter's physical and psychological prior to experiencing menarche. Good Menstrual Hygiene Management (MHM) information and facilities is very important to support adolescent reproductive health. The mother needs to have enough information to explain about menarche and MHM to her daughter in order for effective communication before menarche.

Keywords: Adolescent, Mothers, Communication, Menarche, Experience
The Effect of Red Ginger Extract (Zingiber Officinale Roscoe) Consumption on Blood Pressure in The Elderly with Hypertension

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ABSTRACT

Introduction: Hypertension is a silent killer disease or often referred to as the silent killer, where the patient does not know if he suffered from hypertension. WHO data mention there are 40% of the population died due to hypertension. Therefore, proper management are needed to keep blood pressure normal. One of those is by consuming red ginger extract. It contains gingerol, potassium, calcium and magnesium which might reduce the blood pressure. The aim of this study was to test the effect of red ginger extract consumption on blood pressure in elderly with hypertension.

Method: This study was a pre-experimental design with pretest-posttest design. The population of this study were all elderly people who suffered from hypertension at elderly residential home in Semarang. The sample size was determined by using purposive sampling (n=32). The data was analized by implementing differences in pre- and post- intervention, who red ginger extract consumption after 2 hour, as compared 4 hour.

Results: The statistical test used was paired t test which resulted in blood pressure before and after 2 hours treatment for systolic mean ± s.d 14.344 ± 3.3088 and dyastolic mean±s.d 8.094 ± 2.360 with pvalue 0.000 (p <0.05). Results of blood pressure before and after 4 hours of treatment for systolic mean ± s.d 17.25 ± 3.436 and dyastolic mean±s.d 12.125 ± 3.129 with pvalue 0,000 (p <0.05). Systolic blood pressure after 2 hours and 4 hours treatment of mean ± s.d 2.906 ± 1.174 and dyastolic mean ± s.d 4.031 ± 3.126 with pvalue 0.000.

Conclusion: There was an effect of red ginger extract consumption on blood pressure in elderly with hypertension

Keywords: Red Ginger Extract, Blood Pressure, Elderly, Hypertension
Risk Factors Relating to The Prevalence of Pneumonia among Children Under Five Years Old in Wonolopo Village in The District of Mijen, Semarang

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ABSTRACT

Introduction: Penumonia is ranked second after diarrhea as the cause of mortality among infant and under-five children. In the preliminary study conducted at Mijen Public Health Center, it was found that in Wonolopo Village there were 53 children under five suffering from pneumonia. This study aims to determine the factors associated with the prevalence of pneumonia among children under five in Wonolopo Village, District of Mijen in Semarang City.

Method : This is a descriptive-analytical study using cross sectional research design and quantitative approach. Samples include 53 respondents obtained by total sampling. Analysis was conducted using Chi square statistical test.

Results : The chi square test results showed the followings: gender X²=3.060 and p value=0.080 (>0.05), age in fisher's exact test p value=1.000 (> 0.05) X²=0.244, history of LBW in fisher's exact test p value=1.000 (> 0.05) X²=0.032, history of exclusive breastfeeding X²=0.103 p value=0.748 (>0.05), nutritional status X²=1.192 p value=0.275 (>0.05), history of vitamin A administration in fisher's exact test p value=0.026 (<0.05) X²=5.656, immunization status in fisher's exact test p value=0.026 (<0.05) and X²=2.161 p value=0.142 (>0.05), density of occupancy in fisher's exact test p value=1.000 (> 0.05) and X²=0.244, air ventilation in fisher's exact test p value=0.492 (> 0.05) and X²=1.856, cooking fuel X²=5.311 and p value=0.021 (< 0.05), mosquito coil smoke X²=5.306 p value=0.021 (<0.05).

Conclusion: Factors related to the prevalence of pneumonia among toddler in Wonolopo Village, District of Mijen, Semarang include history of vitamin A administration, immunization status, type of cooking fuel, mosquito coil smoke.

Keywords : Risk Factors, Prevalence of Pneumonia, Toddlers (Children Under Five)
Factors Related to Activity Daily Living (ADL) on Post Stroke Patients at Medical Rehabilitation Tugurejo Hospital Semarang

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ABSTRACT

Introducion: Stroke is the leading cause of disability and number two worldwide. According to WHO, every year, there are 15 million people in the world get stroke. Problems experienced patients with stroke are muscle weakness and inability to make movement that can cause problems in daily activities after getting stroke. This study aimed to investigate the factors related to activity of daily living (ADL) among post stroke patients.

Method: This research used descriptive analytic design with cross sectional approach. This study was conducted on August 2017 with the total number of 30 post stroke patients. Data were collected by using questionnaire and analyzed by Rank Spearman.

Results: Based on the result of the research, there was a relationship between knowledge against the independence of activity daily living (p-value of 0.008), there was relationship between family support with independence activity daily living (p-value of 0.035), there was correlation between motivation towards independence of activity daily living (p-value of 0.000). It is suggested that patients should have continuous therapy to improve recovery.

Keywords: Knowledge, Family Support, Motivation and Independence of Activity Daily Living
Analysis of Determining Status Nutrition for Age 6-36 Months in Semarang

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**ABSTRACT**

**Introduction:** Nutrition problems in Indonesia to date are still of concern, especially in semarang. Nutrition disorders that occur in infants and toddlers affect growth and development, both in infancy and later on. This study aims to analyze the factors that influence the nutritional status of children aged 6-36 months in the work area of Posyandu Melati, Mijen, Sub-district, Semarang.

**Method:** This type of research is correlational analytics. The population of this research is all children aged 6-36 months and mother of toddler in work area of Posyandu Melati Sub-District of Mijen Semarang. The research instrument is questionnaire. Data analysis using Chi Square test.

**Results:** Given the factors associated with nutritional status of children aged 6-36 months in Posyandu Mijen Semarang Region, the mother's nutritional knowledge (p = 0,038), mother care pattern (p = 0,036) and childhood diet (p = 0,008).

**Conclusion:** Suggestions that can be given can be a reference for health service agencies and health personnel to further improve health promotion programs, especially nutrition problems children under five.

**Keywords:** Knowledge, Maternal Care Pattern, Toddler Diet
The Relation of Family Support to The Quality of Life of The Diabetics in Semarang

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Introduction: Diabetes mellitus (DM) poses a major threat to human health in the 21st century. It affects at least 5-7% of the world's population. The diabetes rate index in Indonesia is 2.1% with national prevalence of 5.7%. Appropriate management will improve the quality of life for diabetics. Family support is needed in the management of DM and improves the quality of life for diabetics. This study aims to determine the relationship of family support to the quality of life of diabetics and the factors that affect the quality of life.

Method: Design cross sectional study. The population is the adult population diagnosed with diabetes mellitus by the Health Officer in the working area of Puskesams Mijen. Sample number is 105, sample calculation of proportion estimation with absolute precision. Data collection is collected with HDFSS and SF-36 questionnaires.

Results: There is a relationship between family support and quality of life (p Value = 0,000). Multivariate analysis shows the most correlated factor in quality of life is family support. At a constant value of -74,690, Family support has p value 0,002 and OR 1,815. Every increase of one point on the family support, make the tendency of good quality of life increased 0,596 (59%). It is expected that the family should give support and care to diabetics, in order to improve the quality of life.

Keywords: Family Support, Quality of Life, Diabetiant
The Effect of *Senam Bugar Lansia* (SBL) toward Blood Pressure On Elderly Severe of Hypertension at Posyandu Lansia dk. Jeruk Manis, Ds. Glagah, Kec. Jatinom

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ABSTRACT

**Introduction:** The elderly population is defined as people aged 65 and over. During that time man experienced various setbacks physical, one of them is a setback on system cardiovascular diseases who often causes an increase in blood pressure on elderly. Hypertension in elderly need to handling quick and integrated to avoid from complications posed. Research aims to understand the effect of *Senam Bugar Lansia* (SBL) against blood pressure on elderly hypertension at Posyandu Lansia dk. Jeruk Manis Ds. Glagah, Kec. Jatinom.

**Method:** This research using design quasi experimental with non-equivalent control group pre-posttest design. Technique the sample collection uses the method purposive sampling with the sample 30 respondents which are divided into 15 respondents at group intervention and 15 respondents at the control group. Analysis of differences blood pressure on each group use T-test while the difference blood pressure between intervention and control group use T-test independent.

**Results:** The results showed *p-value* on systolic blood pressure of 0.010 while in diastolic blood pressure showed the *p-value* of 0.039. The results showed a significant value where *p-value* ≤ 0.05, so it can be concluded that there is effect of *Senam Bugar Lansia* Toward Blood Pressure On Elderly Severe of Hypertension at Posyandu Lansia dk. Jeruk Manis, Ds. Glagah, Kec. Jatinom.

**Keywords:** Elderly, *Senam Bugar Lansia*, Blood Pressure
Prevalence of Dysmenorrhea and It’s Impact on Quality of Life among Health Science Students in Central Java

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ABSTRACT

Introduction: Dysmenorrhea refers to painful menstruation which appears in the luteal phase that could affect productivity and quality of life, while dysmenorrhea in adolescents can reduce the concentration of learning. The estimate of dysmenorrhea reporting a range between 28% and 71.7%. The objective was to evaluate the prevalence of dysmenorrhea and determine its effect on quality of life among female health science students.

Method: This cross-sectional study was conducted between July-August 2017 on nursing female students of Institute of Health Science “Karya Husada” Semarang, Central Java, Indonesia. We enrolled 207 students from first until fourth grade used WHOQOL–BREF form to determinate quality of life. Inclusion criteria were primary dysmenorrhea, having regular menstrual cycle (21-35 days), aged 17-22 years, experiencing mild to moderate scale menstrual pain.

Results: Mann whitney test were used for statistical analyses. The average age of the study group was 19.4 ± 1.077 years (range 17–22). Prevalence of dysmenorrhea was found to be 77.7%. Physical health, psychological, social relationship and environment domain were higher in females with dysmenorrhea (for each one \( P < 0.05 \)).

Conclusion: Dysmenorrhea is a common health problem, having negative effects on the quality of life among health collage female students.

Keywords: Dysmenorrhea, Quality of Life, WHOQOL–BREF
Profile of Second Trimester Pregnant Women in Semarang

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ABSTRACT

Introduction: Pregnant women experience various changes with the development of gestational age. Anxiety in pregnant women will affect the health of mothers and babies need to make love from the beginning to get an intervention, especially the 2nd trimester which is a fun period for pregnant women. The purpose of study to describe anxiety in pregnant women and correlated with the characteristic of pregnant women in the Semarang city.

Method: Cross sectional study was conducted in 14 sub-districts of Semarang city with purposive sampling in mothers with 20-24 weeks of pregnancy. Number of respondents 370 pregnant women. The instrument backed up using HARS. Negative score indicated anxiety.

Results: The results showed that characteristics of pregnant women as high as Senior High School (52.4%), Second Pregnancy (37.8%), Islamic Religion (97.3%), Household Care Work (82.4%), average mother 29 years, the mean score of anxiety ( -161 ). The pregnant women showed anxiety are 12.7%. There is no relation between gravida with anxiety (p = 0.051), significant relation between age and anxiety (p=0.001), religion not relation with anxiety (p = 0.374), work unrelated to anxiety (p = 0.372), education unrelated to anxiety (p= 0.533). A fifth of pregnant women experience second trimester and age associated with anxiety of pregnant women.

Keywords: Anxiety, Second Trimester, Pregnant Women
Relationship between The Perceptions of Illness Severity and Depression among Patients with Breast Cancer in Dr. Moewardi Hospital Surakarta-Indonesia

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ABSTRACT

Introduction: Depression is a mood disorder that commonly occurs in breast cancer patients. Perceptions of illness severity are formed when patients believe the disease will cause a severe impact on their life and have negative self-perception. These will lead to depression. The purpose of this research was to understand the relationship between perception of illness severity and level of depression in breast cancer patients undergoing chemotheraphy at Dr. Moewardi General Hospital, Surakarta.

Method: The study was conducted in October 2016. Consecutive sampling used as the sampling technique. A total of 36 respondents consisting of breast cancer patients undergoing chemotherapy, filled out 3 questionnaires; demographic, The Revised Illness Perception Questionaire part consequences IPQ-11, and Beck Depression Inventory II (BDI-II) Indonesian version.

Results: The results showed that all respondents were female. Most of the respondents were in stage 3 of breast cancer (69.4%) and had been undergoing chemotheraphy at least once (33.3%). A total of 52.8% of respondents perceived the illness as not severe and 47.2% perceived the disease as severe. There were also 61.1% of respondents with depression and 38.9% had no depression. The results of Chi Square test found a significant correlation between perception of illness severity and depression (r = 9.972, P value = 0.002).

Conclusion: Nurses as health professional should be able to facilitate patient’s need by providing the right information in accordance with the patient's condition. By providing the appropriate health information, the nurse could aim for establishment of proper perception of illness severity which lead to development of hope and reduce the risk of depression.

Keywords: Perception of Illness Severity, Depression, Breast Cancer
The Application of The Geographic Information System (GIS) in Community Health Nursing Assessment: A Pilot Study of Hypertension Group

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ABSTRACT

Introduction: The community health nursing has closeness with technology utilization. As technology form, GIS provide a detail visualization that related to health problems in the community. GIS provide easy access to understanding well about health status in community especially for community nurse. This study aims to provide a visualization of developmental stages of GIS program for hypertension group.

Method: This study was a part of the case study. Sixty-nine respondents who suffered of hypertension have taken for this study.

Results: The developmental of GIS program consisted of need assessment, the planning of application design, flow chart, the GIS map of hypertension stages. The GIS visualization showed hypertension grades and preventive behavior of the hypertension patients.

Conclusion: Based on this study, students are expected to have skills in critical thinking and analysis to determine the health problems that occur in the community and to be able to develop appropriate interventions.

Keywords: Geographic Information System, Community Assessment, Hypertension
Participation of Indonesian Nursing Students in Providing Care during Disasters

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ABSTRACT

Introduction: Disaster attack many parts of the world frequently resulting in huge numbers of the victims. During disasters, health professionals including nursing and nursing students are involved in providing care.

Method: This qualitative study is conducted in order to understand how Indonesian nursing students taking part in providing care during disasters. Research methodology for this study is a single-case study design. Convenience sampling using in-depth interviews was used as data collection method resulting in seven participants enrolling in Master program of nursing in a east-Java university.

Results: These students were interviewed resulting in two main themes: undergraduate students’ roles and master’s students’ roles. Undergraduate studens roles were focusing their care in disaster settings in assessment form, vital sign, physical task, and assist doctors. Master’s students had more complete roles, providing care to the victims through the application of their technical skills in treatment, also guiding the undergraduate nurses whilst performing their roles. Moreover, these master students also helping their junior in performing their tasks. Overall, undergraduate and master students have different form of tasks in disaster setting. They also confessed that their participation in providing care during disasters, was very crucial. Although all participants of this study were Master of nursing students, and therefore could not provide wide range perspective from undergraduate students directly, this research findings highlights that nursing students’ involvement in providing care during disasters was very significat.

Conclusion: Therefore, Indonesian nursing students should be taught disaster nursing from early year in their universities.

Keywords: Participation of Nursing Students, Indonesian Nursing Students, Providing Care During Disasters
POSTER SESSION
Cultural based Music Interventions for Critical Illness:
a Realized Review

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ABSTRACT

Introduction: Gamelan of Javanese, Sundanese, and Balinese musics is an example of traditional music from Indonesia. The research about the effect of music in critical care patients has frequently been conducted in several countries, Indonesia is one of them. The musical intervention for clinical care patients commonly uses classical music. This article is aimed to explain the perspective of music and music intervention in clinical care patients using gamelan of javanese, sundanese, and balinese musics. To explore the evidence of music and music intervention for psychology and the psychological effect in critical care and to describe the perspective of Gamelan music in therapeutic purposes.

Method: This study uses five bibliography database (CINAHL, Scientdirect, Proquest, Pubmed, and MEDLINE) from their inception in January 2010 to December 2017. The inclusion criteria in this study are articles published in 2010 to 2017 that are available in full text and in English. The methods of the study use RCT and music intervention in critical care. The subject of the study was patients in critical care who are ≥ 17 years old. The articles were screened and excluded based on those criteria in the title and abstract information.

Results: Music assists medication as complementary therapy that brings physiology and psychology effects of patients by processing the musical substances, such as varying tone, rhythm, frequency, and also instruments of the music.

Conclusion: Traditional music can be offered for patients in each region based on their cultural belief. The music can be functioned to decrease heart rate, blood pressure, respiratory response, pain sensation, and anxiety.

Keywords: Music, Music Interventions, Critical Care, Physiology
The Relation of Mother's Knowledge and Attitude about Diaper Rash with Disposable Diapers Usage in Infants Aged 0-12 Months in 1st North of Community Health Center Working Area in The Year 2017

Ida Ariani

ABSTRACT

Introduction: Most of moms prefer disposable diapers for their babies rather than cloth diapers for more practical reasons, so there is no need to change wet diapers frequently. While the use of disposable diapers that are less good can cause diaper rash in infants. The purpose of this research is to know the relation of mother's knowledge and attitude about diaper rash with disposable diapers usage in infants aged 0-12 months in 1st North of Community Health Center Working Area in the year 2017.

Method: The type of this research is descriptive correlation, cross sectional design, cluster sampling technique, sample size are 90 respondents. Data analysis includes univariate and bivariate. Univariate analysis to know the frequency distribution and percentage of each variable. Bivariate analysis using Rank Spearman.

Results: The result of the research shows that there is relationship between mother's knowledge about diaper rash with disposable diapers usage, pv = 0.005 <α (0.05), r = 0.292 (low relation) and there is relationship between mother attitude toward disposable diapers usage with disposable diapersonage, pv = 0.000 <α (0.05), r = 0.537 (intermediate relation).

Conclusion: The conclusion of this research is there are relationship between mother's knowledge and attitude about diaper rash with the disposable diapers usage in infants aged 0-12 months in 1st North of Community Health Center Working Area in the year 2017.

Keywords: Knowledge, Attitude, Disposable Diapers, Diaper Rash
The Effect of Playing Puzzle and Coloring Pictures Therapy Toward Anxiety Level of Preschool Age Due to Hospitalization in RSUD Cilacap

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ABSTRACT

Introduction: Preschool children (3-6 year) who experience pain have different responses where children experience anxiety by not being able to interact with others, it causes the child to undergo hospital treatment process, known as the process of hospitalization. These occurrence can be traumatic for the child thing that was evident at the child's reaction, especially in preschool children. Therefore, it needs to play therapy to reduce anxiety with puzzles and coloring pictures therapy. The aim of this study was to determine the effect of playing puzzles and coloring a picture therapy toward an anxiety level of preschool children as a result of hospitalization in Catelya wardin State Hospital of Cilacap in 2016.

Method: This type of research uses quasi experimental and design used was one group pretest-posttest design and sampling techniques used is purposive sampling. Number of samples 32 preschoolers who experienced a hospitalization in the Catelya ward of state hospital of Cilacap.

Results: The results showed, the age of respondents ranged in mean= 4.53 years, with most levels of education is kindergarten (78, 1%), and the sex most were male (59.4%). Preschoolers anxiety scores before therapy have range of severe anxiety (59.4%), and anxiety scores preschoolers after play therapy in the range of moderate anxiety (62.5%). The results of data analysis using the Wilcoxon signed rank test test showed no significant differences in anxiety in preschoolers before and after therapy puzzles and coloring pictures ($\rho = 0.000; \alpha = 0.05$).

Conclusion: There is effect of playing puzzle and coloring pictures therapy toward anxiety level of preschool age due to hospitalization in RSUD Cilacap

Keywords: Anxiety Preschoolers, Hospitalization, Play Therapy
Habit of Tooth Brushing with The Dental Caries Incidence

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ABSTRACT

Introduction: Dental caries is an infectious disease that damages tooth structure and can cause cavities. Children age under 12 years old who suffer from dental and oral diseases can be affect with student achievement in school. A preliminary study conducted at SDN 2 Ngabean was 7 out of 10 children with dental caries marked with cavities, accumulating plaque and black teeth.

Method: Quantitative research with Cross Sectional study design. The subjects of this research with total sampling there are 80 respondents. Statistical test using Chi Square.

Results: The statistic result show dental caries incidence with habit of tooth brushing less good 55,0% and habit of tooth brushing good 45,0%, while student having dental caries 60,0% and 40,0% did not experience dental caries with p value 0.000 ≤ 0.05, so H0 is rejected and Ha accepted.

Conclusion: There is a correlation of tooth brushing habit with the dental caries incidence of school age children at the elementary school state Ngabean 2 Boja District, Kendal Regency.

Keywords: Dental Caries, Children, Tooth Brushing
Breastfeeding based on IMCI 2015 is Effective to Alleviate Pain Level During Immunization

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ABSTRACT

Introduction: Immunization is a preventive way in infants to prevent the disease through active immune administration, it means the antigen enters the body will stimulate the infant’s body produce the antibody by itself actively until it becomes immune. The effect of immunization by injection is pain. Pain due to immunization injection if not controlled properly will have a negative impact on physical and psychological of the infants.

Method: The design of this study was Quasi Experimental Design with after only nonequivalent control group design. The data were collected using FLACC pain scale assessment sheets. The number of respondents were 32 infants selected by consecutive sampling technique. The data obtained were processed statistically by using Mann Whitney test.

Results: The results of this study showed that the median (minimum-maximum) level of pain in the intervension group was 3 (2-4) whereas in the control group was 6 (4-9) which means that in the intervension group the pain level was lower than the control group. Result of statistical test showed that p value of 0.000 which means that there was an effect of breastfeeding based on IMCI 2015 against pain levels during injection immunization.

Conclusion: There is a significant between breastfeeding on pain level during immunization injection (p = 0.000).

Keywords: Immunization, Breastfeeding
Commercial Sex Workers’ Vigilance Toward HIV/AIDS Enhanced And Work Orientation Was Changed After VCT Process

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ABSTRACT

**Introduction:** VCT is a two-way counseling or continuous dialogue between counselor and client to prevent HIV transmission, give moral support, information and other supports for people with HIV/AIDS, his family and the environment. One of the major purposes of HIV/AIDS counseling in VCT is to prevent HIV transmission by behavior changing. VCT clinic’s service for Commercial Sex Workers (CSW) which includes frequent screening combined with extra information about the methods to prevent Sexual Track Disease’s (STD’s) transmissions has been reported to be able to increase the condom using and decrease STD’s and HIV prevalence among CSWs.

**Method:** The total participants in this research were 7 CSWs selected by purposive sampling in the prostitution area of Sukosari Village, Berokan Sub-district, Semarang Regency. The researcher used in-depth interview to collect the data, which were analyzed by content analysis method.

**Results:** The research showed that the meaning of VCT for CSWs themselves could increase their vigilance about STD’s risk factors and HIV/AIDS by using condom during intercourse, increase daily healthy behavior and do STD’s screening frequently once a month. CSWs changed their life orientation from money oriented to health oriented after following the VCT process.

**Conclusion:** The research concluded that VCT was considered very useful by CSWs and could change their paradigm about health and also increased their vigilance about self-protection from risk factors. The government and the voluntary organizations which are concerned with CSWs and HIV/AIDS should facilitate the CSW’s efforts to keep their health oriented after doing VCT with continuous screening.

**Keywords:** VCT, HIV, AIDS, Sex Worker
Caring Behavior among Nurses and Patient Satisfaction at DR. Adhyatma, MPH Hospital Semarang

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ABSTRACT

Introduction: One of the factors affecting nurse's satisfaction in providing nursing services is empathy (caring). Caring is an interpersonal process, and the relationship between nursing care providers and recipients will be an important intermediary strength. The results of interviews to patients on February 2017, it was obtained that the nurse was not caring (indifference, less give attention to the patient's condition), and the patient was not satisfied with the nursing service. This research examined to know the correlation between caring behaviors of nurse with patient satisfaction at Dr. Adhyatma, MPH Hospital Semarang.

Method: This study used non experimental quantitative with cross sectional design. Sampling was selected by using Purposive Sampling technique. Data were collected through questionnaires, and analyzed using Spearman Rank statistical test with the significance level of 0.05.

Results: The result showed that patients satisfied and caring accounted for 84.8% while patients feel satisfied and not caring up to 67.7%. Thus, it can be concluded that the percentage of satisfied and caring was higher than satisfied and not caring. It means that the more nurses do caring, the more satisfied the patients will be. There were 74.8% nurses did caring and 80.5% of patients were satisfied with the results p-value of 0.039 ≤ α = 0.05 r = (0.187).

Conclusion: There is correlation between caring behavior of nurses with patient satisfaction at Dr. Adhyatma, MPH Hospital Semarang with a positive and very weak relationship.

Keywords: Caring Nurse, Patient Satisfaction
The Effect of The Role of The Family in Use of The Card Towards Healthy on The Level of Skizofrenia Patients in RSJD DR. RM. Soedjarwa in Central Java

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ABSTRACT

Introduction: The low level of self-sufficiency of schizophrenic patients requires support from others. The role of families in helping to establish schizophrenia patients and to monitor the independence of daily activities is still not optimal. Kartu Menuju Sehat Jiwa are useful to help families in carrying out their roles to help improve the independence of schizophrenic patients. This study to know the influence of family role in the use of Card Towards Healthy Soul on the level of independence of schizophrenic patients in RSJD Dr. RM. Soedjarwadi Central Java Province.

Method: This research design uses quasy experiment with One Group Pre Test-Post Test Design. The population in this study were all schizophrenic patients in RSJD Dr. RM. Soedjarwadi Central Java Province at March 2017 as many as 102 people. Sampling technique used Accidental Sampling, data analysis with Wilcoxon Test.

Results: Characteristics of respondents include age of respondents most aged 30-41 years, female gender, high school education and private work. The degree of self-sufficiency of schizophrenic patients prior to the use of the Kartu Menuju Sehat Jiwa is a minimal aid category (60% -79% of activities with the M mark) with a mean of 65.08. The degree of independence of schizophrenic patients after the use of Kartu Menuju Sehat Jiwa is an independent category (80% - 100% of activities with the M mark) with a mean of 80.20.

Conclusion: Here is an influence of the family roles in the use of Kartu Menuju Sehat Jiwa on the level of independence of schizophrenic patients in RSJD Dr. RM. Soedjarwadi Central Java Province.

Keywords: Family Roles, Kartu Menuju Sehat Jiwa, Level of Independence, Schizophrenia
Skinfold Technique to Prevent Insulin-Induced Hypoglycemia

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ABSTRACT

Introduction: The occurrence of hypoglycemia is an indicator of unsafe insulin injection. Thus, nurses need to maintain good techniques in giving insulin injection based on scientific substantiation. One of those techniques is abdominal insulin injection with pinching by using a 5-mm needle which is inserted at 90° angle. This technique ensures the injection to reach subcutaneous area. The aim of this research is to find out the effectiveness of skinfold technique in preventing insulin-induced hypoglycemia.

Method: This research uses quasi-experiment approach with pretest-posttest control group. The subjects were 24 type 2 diabetics patients, consisting of 12 patients in the control group and 12 patients in the intervention group.

Results: The analysis is done by conducting independent t-test. The result of the research shows that skinfold technique is effective at preventing insulin-induced hypoglycemia with the rate of ρ 0.04 < 0.05.

Conclusion: is highly recommended for hospitals and primary health providers to apply skinfold technique in order to maintain the safety of insulin injection.

Keywords: Hypoglycemia, Skinfold Technique, Diabetes Mellitus
Improving Quality of Patient Services with Heart Failure Through SMS Gateway

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ABSTRACT

Introduction: Congestive heart failure is a collection of clinical symptoms due to structural or cardiac abnormalities that cause impaired ventricular filling and blood ejection throughout the body. This condition requires patients with congestive heart failure to undergo rehospitalization. Patients undergoing hospitalization with a history of degenerative diseases are susceptible to re-hospitalization. The arrival of the information technology era is growing very rapid providing opportunities for nurses to reduce patients with heart failure, one of the technology used is the utilization of SMS Gateway technology. This objective study is to analyze SMS gateway application in patients with heart failure in RSUP Kariadi Semarang.

Method: The research design used analysis of literature review design journal as suitable as the search indicator that is patient readmission and SMS gateway.

Results: The result of t-dependent test for the patient's perception of the disease before and after giving health education was obtained p value = 0.001 <0.05.

Conclusion: There is a significant influence between the patient's perception of the disease before and after giving sms gateway. The finding of this research indicates that sms gateway is a strategy to build a more nuanced reminder system based on the patient preferences.

Keywords: Congestive Heart Failure, SMS Gateway, Patient Readmission
Fast Food Consumption As A Risk Factor Constipation For Children

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ABSTRACT

Introduction: Constipation is a common problem for children, but has a major impact on quality of life. Children who are suffering from constipation will have difficulty in defecating. Children who are suffering from constipation will be at risk of hemorrhoid swelling. The cause of constipation is the lack of daily fiber intake. Less daily fiber intake is caused by fast food consumption habits.

Method: The cross-sectional comparative methods was used in this study. The sampling method was simple random sampling. The research instrument was questionnaire. The research instrument validity was tested by using Pearson Product Moment test and its reliability was tested by using Cronbach Alpha test. We used Chi-Square test for data analysis with α (5%)

Results: The results showed 47.4% respondents has been categorized as often at fast food consumption. Respondents who is suffering from constipation was 30.8%. Chi-square analysis showed significant relationship between consumption of fast food with constipation (Pvalue (0,043) < α(0,05) ). Number of odd ratio was 3.143. number of odd ratio means children who often consume fast food have risk 3.143 times of constipation.

Conclusion: Fast food consumption was one of risk factors for constipation among children.

Keywords: Fast Food, Constipation, Children
The Method of Foot Care Education to Increase The Knowledge of Diabetes Mellitus Patients

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ABSTRACT

Introduction: Diabetic foot is one of the complications of diabetes mellitus (DM) that provide a large burden both socially and economically. Foot care education is one of the recommended interventions in preventing diabetic foot through increased knowledge. However, an appropriate foot care education method was little known. This study aimed to determine the differences in the effectiveness of three different methods of foot care education on the knowledge of diabetes patients.

Method: The study used quasi experiment design. 156 hospital-based DM patients were allocated purposively into three groups that were educated with leaflet (group A), demonstration (group B), demonstration and leaflet (group C). Foot care scores were developed by researchers based on international standard of foot care education which was measured before and after education.

Results: The majorities of respondents were women (51%), elderly (77%), and did not highly educated (93%). There was a substantial change (Δ) score of knowledge before and after education in group A (Δ2) vs group B (Δ2) vs group C (Δ4) and there was a significant difference among the three methods of education to knowledge (P <0.001 ).

Conclusion: The method of foot care education using leaflet and demonstration was more effective for improving knowledge. Health workers can provide foot care education with a combination of leaflet and demonstration, and it was recommended for further research to determine the effect of foot care education with leaflet and demonstration of foot care practice and diabetic foot problems.

Keywords: Foot Care, Education, Knowledge, Diabetes Mellitus
Risk Factors for Stunting in Children Age 12-24 Months in Bayat Klaten

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Introduction: Stunting in children is a cumulative process that occurs since pregnancy, childhood and throughout the life cycle. At this time it is the process of stunting in children and the chances of stunting increase occur in the first 2 years of life called the golden period (the first thousand days of life). In the first two years of life a toddler will occur physical development, emotion and communication, on physical development is usually characterized by changes in the body is characterized by height and weight gain, bone and muscle growth, and maturity of sexual organs. This study aims to determine risk factors for stunting in infants (12-24 months) in the village of Krakitan Bayat.

Method: Types of analytical research with non-experimental and cross-sectional approaches. The sampling technique used purposive sampling, the number of samples were 117 children aged 12-24 in the village of Krakitan. The statistical test using chi square and multivariate using logistic regression.

Results: The incidence of stunting in infants at Krakitan Village, Bayat Sub-district, Klaten Regency was 44.4%. Exclusive breastfeeding (p value 0.046), birth weight (p value 0.033), immunization (p value 0.033) and parent income (p value 0.001) influenced stunting incidence in infants at Krakitan Village, Bayat Sub-district, Klaten Regency with p < 0.05) whereas parental education did not affect the incidence of stunting in infants at Krakitan Village, Bayat Sub-district, Klaten Regency with p value of 0.244 (p> 0.05).

Conclusion: The most influencing factor of stunting incidence in children in Krakitan Village, Bayat Sub-district, Klaten Regency is immunization seen with OR (odds ratio) analysis on income factor affecting 4,091 times. Parents should be able to avoid risk factors such as stunting distance children who are too close and provide meet balanced nutrition with a fairly affordable price

Keywords: Stunting, Children
Descriptive Study Implementation of SBAR Communication During Handover in Inpatient Department

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ABSTRACT

Introduction: SBAR communication is a structured communication method for communicating important and effective information when nursing handover in order to improve patient safety.

Method: Descriptive qualitative with technique of sampling sampling stratified random sampling. The sample used in this study amounted to 130 respondents in Dr. H Soewondo Kendal Hospital.

Results: SBAR communication when nursing handover in good category as many as 69 (57.0%) respondents, quite as much as 27 (22.3%) respondents, and less as many as 25 (20.7%) respondents.

Conclusion: Nurses need to improve the implementation of SBAR communication when nursing handover it more effectively for items S nurses mention the age of the patient and the nurse mention the day of patient care, then on item B the nurse explains and identifies the patient's knowledge of the medical diagnosis or illness experienced by the patient and on the item The nurse explains the intervention that has been resolved, has not been resolved and submitted a proposal to solve the problem.

Keywords: SBAR Communication, Handover
Visual Aid in Venipuncture on Anxiety Level among School Age Children

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ABSTRACT

Introduction: Venipuncture procedure often causes anxiety, fear, and behavioral distress among children and their families that intensify their level of anxiety that sometimes interfere giving appropriate medications on time. Nurses need to create different strategies to obtain cooperation from the child as well as parents to perform the procedure in right time without hassle and problem.

Method: The research used quasy experimental method. Purposive sampling as utilized to get the 12 respondents for intervention group and 12 respondents as well to control group.

Results: The result of research showed there was no statistically significant difference of anxiety levels before venipuncture p-value 0.739 and after venipuncture p-value 0.399.

Conclusion: There was no statistically difference of anxiety level using visual aid or verbal aid. It is suggest that similar study conduct to wide sample with combination distraction methods of anxiety that appropriate with all children.

Keywords: Anxiety Level, Venipuncture, Visual Aid
Effectiveness Of Using Aloe Vera Therapy Towards Gastritis Pain

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ABSTRACT

Introduction: From Semarang’s city health office found that in 2015 gastritis occupies the top 10 diseases as much as 1950. Gastritis disease (gastritis) caused by an excessive increase in stomach acid. Aloe vera has a role in the healing process of gastritis, can help the process of metabolism, reduce microorganisms in the stomach, neutralize stomach acidity.

Method: The research was a quantitative with research design used by researcher that is quasy eksperiment. The design of this study was used one group pretest postest. Number of samples were 20 gastritis patients at Kedungmundu Public Health Center Semarang.

Results: The scale of pain prior to aloe vera co-therapy in gastritis patients with p-value = 0.430> 0.05 and an average score of 4.00. While the scale of pain before the therapy is accompanied aloe vera in patients with gastritis p-value = 0.430> 0.05 and the average value 4.00

Conclusion: aloe vera is effective as gastritis pain relief therapy p-value 0.000 (<0.05)

Keywords: Aloe Vera, Gastritis, Pain
Animal Assisted Therapy (AAT) *Betta Sp.* for Post Appendectomy Pain

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ABSTRACT

**Introduction:** Appendicitis is an inflammation of the appendix, and one of the management appendicitis is appendectomy. The most common problem after appendectomy is postoperative pain. Based on data shown that 80% patient experienced pain after surgery, 11% of them experienced severe pain and 24% experienced pain and have long recovery time. Animal Assisted Therapy (AAT) is a therapy using animals for therapeutic purposes. AAT can be used in pain management, this has been demonstrated in several studies in which AAT was able to decrease the perception of pain in hospitalized children. The purpose of this study was to know the effect of Animal Assisted Therapy of Cupang fish *Betta Sp.* for pain level after appendectomy.

**Method:** The research method was quantitative research used quasy experiment with one group pretest posttest design. The sample of research were 20 respondents. The research instruments used Visual (VAS) combination of Numeric Pain Scale (NPS), observation sheet of pain level and Aquarium containing Cupang fish *Betta Sp.*. Patients Post appendiktomi who meet the inclusion criteria was given Animal Assisted Therapy *Betta Sp.*, with given patient the time to see and interact with cupang fish. Data analysis used Wilcoxon Test.

**Results:** There was effect of the Animal Assisted Therapy of Cupang fish *Betta Sp.* toward pain level for patient after appendectomy (p value: 0.001).

**Conclusion:** Animal assisted therapy cupang fish *Betta Sp.* can be used as a therapy of nursing modalities to reduce postoperative pain.

**Keywords:** Animal Assisted Therapy, Cupang Fish *Betta Sp.*, Pain, Post Appendectomy
Effectiveness of Progressive Relaxation, Supportive Therapy and Self Help Group: Case Series in Ansietas Clients with Hypertension

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ABSTRACT

Introduction: Anxiety is a psychiatric problem that is often experienced by a person in everyday life and especially those experiencing physical illnesses such as hypertension. Nursing actions, progressive relaxation, supportive therapy and self help groups are given to anxiety clients with a view to seeing signs of symptom, the ability of the client to control anxiety, and the ability of the group members to care for.

Method: Nursing action against 5 anxiety clients with hypertension reported in case series form.

Results: The results obtained are hillagnya signs of symptoms that focus on the condition of the pain, fear of the consequences are not specific, the physiological changes, less able to solve the problem. While the signs of symptoms that are still found among them is a change in life and troublesome members of the family.

Conclusion: The client's ability has improved in controlling anxiety and family ability to care for sick family members.

Keywords: Anxiety, Progressive Relaxation, Supportive Therapy, Self Help Group, Hypertension
Quality Of Antenatal Care (ANC) And Pregnancy Outcomes

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ABSTRACT

Introduction: ANC improve the health of pregnant women and their baby. Previous indices of antenatal care focus solely on quantifying the use of care. This study aim to determine the relationship between the quality of ANC and pregnancy outcomes.

Method: Correlation design with retrospective approach was performed on 30 low risk pregnant women who had delivery in Kendal government hospital. The Quality of Prenatal Care Questionnaire (QPCQ) used to measured respondens experiences of ANC quality they received. Pregnancy outcomes was collected from secondary data. Yate’s Correlation used to analyse the relationship between quality of ANC and pregnancy outcomes.

Results: Respondens rate ANC they received as ‘High Quality’ (WM >3.50) in the five dimensions and Moderate Quality (WM<3.50) in one dimension of ANC. Majority of responden had no labor complications (70%), ≥7 of APGAR score (76.70%) and normal birth weight (66.70%). There is significant relationship between quality of ANC and pregnancy outcomes of complications in labor occurrence, birth weight and APGAR score (The CV>TV=3.841; df=1; α=0.05)

Conclusion: High quality of ANC prevent the occurrence of labor complications, abnormal baby’s birth weight and low APGAR score. Nurse practitioners should incorporate the benefits of high quality of ANC on pregnancy outcomes in the already existing health education programs.

Keywords: ANC Quality, Pregnancy outcomes
**Preceptorship Training Effective Increasing Nursing Knowledge In RSUD Batang**

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**ABSTRACT**

**Introduction:** Nursing Manager is required to have the responsibility and able to perform quality nursing management so as to produce quality nursing services. In order to implement the management of care in the inpatient room, a nurse who meets the standard of the role of the care manager as well as able to transfer the skill and experience to the junior Nurse or Nursing students who are performing the practice of nursing clinics. Preseptorship Training is an educational process that emphasizes psychomotor aspect although it is based on knowledge and attitude with more interactive teaching method and shorter period of time compared to formal education which gives opportunity for practitioners in giving support to students in understanding their role and relationship welfare. This study aims to analyze the effectiveness of learning media practicum of nurse knowledge about clinical guidance Preseptorship method.

**Method:** Research design Pre-test and Post Test with control group design, where the treatment group was trained with lecture, discussion and practical methods, while the control group was trained with lecture and discussion methods only.

**Results:** There was a significant difference between the intervention group and the control group after the training at RSUD Batang. Preseptorship training with role playing practice method effective improves the knowledge score of nurses in RSUD Batang.

**Conclusion:** Suggestions in this study include applying the results of the training on the process of clinical counseling method of Preseptorship thoroughly in RSUD Batang, improving the supervision of prescribing clinical methods preseptorship and helping improve the role of nurse as a preceptor in the clinic.

**Keywords:** Knowledge, Nurse, Training Preseptorship
'Natural Healing' Music Therapy Effectively Reduces Anxiety Levels In Preoperative Patients

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ABSTRACT

Introduction: Surgery is a medical act that is hard to forget by almost all patients, because it can become anxious. If the patient is not able to control his anxiety, will increase blood pressure and breathing that can cause bleeding either during surgery or postoperatively. One way to deal with preoperative patient anxiety is by listening to music therapy.

Method: This research is Quasy Eksperiment (Pretest Posstest design) with Control Group. The instrument used to measure the anxiety level is the HRS-A questionnaire, the type of music is 'natural healing'. The sample size was 30 respondents in the experimental group and 30 control group respondents. Hypothesis test used is Mann Whitney Test.

Results: Analysis of research data showed that the comparison of anxiety change rate after giving music therapy compared with anxiety level in control group showed that p value: 0.000 (<0.05) which means there is a significant difference.

Conclusion: 'Natural Healing' music therapy effectively reduces anxiety levels in preoperative patients. It is recommended that music therapy be used as an independent nursing intervention to reduce preoperative patient's anxiety levels. Required the development of research that compares the average score of anxiety level patients based on kinds of surgery and illness.

Keywords: Music Therapy, Anxiety