



Conference Proceeding

The 3rd INTERNATIONAL NURSING, HEALTH SCIENCE STUDENTS & HEALTH CARE PROFESSIONALS CONFERENCE 2019

“Translating nursing and health science research into evidence-based practice in achieving SDGs”

Faculty of Nursing - Universitas Hasanuddin

**6 - 7 November 2019
Makassar, South Sulawesi**



Proceeding

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*“Translating nursing and health
science research into
evidence-based practice in
achieving SDGs”*

**November 6-7, 2019
Novotel Hotel Makassar
South Sulawesi Indonesia**



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Indonesia

PROCEEDING

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Novotel Hotel Makassar, South Sulawesi, Indonesia

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Makassar, South Sulawesi, Indonesia

PROCEEDING

THE 3rd INHSP 2019

Translating Nursing and Health Science Research into Evidence -Based Practice in Achieving SDGs

OPENING REMARKS

FROM CHAIRMAN OF THE ORGANIZING COMMITTEE

Bismillahir Rahmanir Rahim.

Assalamu'alaikum Warahmatullahi Wabarakatuh

Good morning everyone

Your Excellency,

- Rector of the Universitas Hasanuddin,
- Dean of Faculty of Nursing,
- Head of Bachelor Science in Nursing Program,
- Head of Professional Nurse Program,
- Head of Bachelor of Physiotherapy Program,
- Head of Master of Nursing Program,
- Invited Foreign and National Speaker,
- Distinguished guests from the Indonesian Nursing Professional Organizations and Collegium,
- Our wonderful participants,
- Ladies and Gentlemen.



It is a great honor to extend our warm greeting to every one of you who will attend the 3rd International Nursing & Health Science Student & Health Care Professional Conference (INHSP) 2019, which will be held on November 6-7, 2019, in Makassar, Indonesia.

Makassar is a center point of Indonesia, which connecting peoples between east and west. Also, Makassar strait has a long history to become an international trade route, where Europe, South Asia, North Asia, and Australia interact with multi-cultural diversity.

Now, through The 3rd INSP conference, we believe will be a great moment which stimulates interaction both students and clinicians, national and international participants interact in multi-disciplinary to improve quality of health-care services based on current evidence research,

It is our pleasure to have your attendance, wish you would become the witness of historical meeting.

Sincerely yours,

Saldy Yusuf, PhD

Chairman of The Organizing Committee

PROCEEDING

THE 3rd INHSP 2019

Translating Nursing and Health Science Research into Evidence-Based Practice in Achieving SDGs

OPENING REMARKS

FROM DEAN OF FACULTY OF NURSING, UNIVERSITAS HASANUDDIN

Bismillahir Rahmanir Rahim.

Assalamu'alaikum Warahmatullahi Wabarakatuh

Good morning everyone

Your Excellency,

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- Head of Bachelor Science in Nursing Program,
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- Head of Bachelor of Physiotherapy Program,
- Head of Master of Nursing Program,
- Invited Foreign and National Speaker,
- Distinguished guests from the Indonesian Nursing Professional Organizations and Collegium,
- Our wonderful participants,



Dear friends, and colleagues

On behalf of the Nursing Faculty at Universitas Hasanuddin, it is an honour to welcome you to the beautiful city of Makassar.

In the lead up to the 3rd INHSP 2019, there has been growing excitement from both staff and students, not only in healthcare but across disciplines, all eager to embrace, driving the agenda of the UN Sustainable Development Goals (SDGs)

Participation in this important event provides many opportunities for knowledge exchange, deliberation and debate regarding priorities for the global network and its work plans. To that end, without these collaborations, as health care professionals we cannot truly achieve equity in health disparity

Best wishes,

Dr Ariyanti Saleh, S.Kp., M.Si

Dean of Nursing Faculty, Universitas Hasanuddin

PROCEEDING

THE 3RD INHSP 2019

Translating Nursing and Health Science Research into Evidence-Based Practice in Achieving SDGs

OPENING REMARKS

RECTOR OF THE UNIVERSITAS HASANUDDIN

Bismillahir Rahmanir Rahim.
Assalamu'alaikum Warahmatullahi Wabarakatuh
Good morning everyone

On behalf of Universitas Hasanuddin, I would like to wish you a warm welcome to the 3rd I International Nursing and Health Science Student & Health Care Professional Conference 2019. It is truly an honour and privilege for us to have you all to participate and share in this scholarly forum in the city of Makassar.

In the past, Makassar had a long history as a trading and cultural heritage city. From Makassar port, Makassarese and Buginese mariner has travelled the oceans with a hand-made, two-masted traditional ship (Phinisi). Meanwhile, European, Arabian, Indian and other Asian countries have founded Makassar sea as an International shipping line and Makassar as the centre point of Indonesia.

Nowadays, Makassar has transformed as a centre of higher education in eastern Indonesia. Universitas Hasanuddin (UNHAS) is one of the biggest state-owned universities in Indonesia, based in Makassar, the capital of South Sulawesi province. Our vision is the Center of Excellence in Developing Human Resource, Science, Technology, Art and Culture based on the Maritime continent of Indonesia which in line with the history of Makassar. As the Rector of Universitas Hasanuddin, one of the biggest universities in Indonesia, I am definitely very honoured by your presence.

I am pleased to inform you that I am fully committed to transforming Universitas Hasanuddin into a prestigious higher learning institution. With such transformation, this university will play essential roles in increasing our nation's competitiveness in the global knowledge economy. The 2030 Long Term Strategy of Universitas Hasanuddin has clearly outlined various reforms and development strategies of this institution. Among others, improving the quality and relevance of the research activities, including actively engaging national or international seminar, is one of the main strategies. In line with this strategy, the activities of the 3rd I International Nursing and Health Science Student & Health Care Professional Conference 2019, will contribute to the Universitas Hasanuddin in achieving its status.

I do believe that this event with the theme of "Translating nursing and health science research into evidence-based practice in achieving SDGs" will be a unique and meaningful experience as we are going to learn from some of the best experts in the field of nursing and health science. The conference brings together student, health care practitioner, educator, patient, patient advocate, system leader, or policy-maker to share experience related to research and evidence-based practice in nursing worldwide to improve health outcomes. I am sure that the selected topics will provide you with a wealth of information and many opportunities for discussions.

See you soon in Makassar

Prof. Dr Dwia Aries Tina Pulubuhu, MA
Rector of Universitas Hasanuddin



PREFACE

This proceeding includes the written version of contributions presented and the process of event during the 3rd of International Nursing & Health Science Student & Health Care Professional Conference 2019 (INSHP 2019). This program was conducted in Novotel Hotel Makassar-Indonesia from November 6 to 7, 2019.

The conference offered and provided a setting for presenting and discussing recent issues, topics, and developments in variety of themes including health promotion & disease prevention; patient centred care; specialty nursing; transcultural nursing; global health nursing; health care system & policy; information & communication technology; and interprofessional education. This conference gave excellent chances for speakers and participants who come from the United Kingdom (the UK), Australia, Japan and some areas and provinces in Indonesia to present and to discuss topics in their expertise and interested research areas.

The brief session of presentations on themes “Translating nursing and health science research into evidence-based practice in achieving SDGs”, has been highly appreciated for the efforts of keynote speakers in presenting their ideas and sharing their knowledge in lively and interesting ways. Huge appreciation is also given to the facilitators for sharing the materials in the Workshop of Writing for International Publication in accessible and interactive methods.

We would like to thank very much all the participants for their contribution to the Conference Program and to this Proceeding. Many thanks to the Indonesian participants and the committee for their support and hospitality, in which the overseas participants to feel home in Makassar-Indonesia. Sincerely thanks are also expressed to all the reviewers of abstract for their help by commenting and giving their feedback to get better version of abstract to be published in this proceeding.

We are also pleased to acknowledge the informational support from the reviewer of the Conference Program and the financial support from Universitas Hasanuddin (UNHAS). Additionally, thank to all the support given by the other education and health services institutions such as University of Salford-Manchester, La Trobe University- Australia, The University of Newcastle-Australia, and Komatsu University-Japan. The most importantly, we would like to acknowledge our countless thanks to our God who always gives all the best of this life.

We are looking forward to the next conference of nursing and health science that will be held in Makassar. We hope it will be an interesting and beneficial event for all participants.

The Editors

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CONFERENCE SCHEDULE

The 3rd INTERNATIONAL NURSING & HEALTH SCIENCE STUDENT & HEALTH CARE PROFESSIONAL CONFERENCE (The 3rd INHSP 2019)

Day 1: Wednesday, November 6, 2019

TIME	ROOM	ACTIVITIES
07.30-08.30	Ballroom	Registration Desk Open for Seminar Day 1
08.30-09.15	Ballroom	Opening Ceremony <ul style="list-style-type: none"> Introducing Faculty of Nursing Universitas Hasanuddin Welcome dance (Faculty of Social and Political Science Universitas Hasanuddin) Opening by MC (Andi Fajrin Permana, S.Kep.,Ns.,M.Sc and Nur Fadilah, S.Kep.,Ns.,MN) Reciting holy Qur'an (Muhammad Hisyam S.Kep.,Ns) Prayer (Jikrun Jaata S.Kep.,Ns) Singing Indonesia Raya and MARS Unhas (HIMIKA Choir Faculty of Nursing Universitas Hasanuddin) Opening from Organizing Committee (Saldy Yusuf, S.Kep.,Ns., MHS.,Ph.D) Official Remark from the Dean of Faculty of Nursing Universitas Hasanuddin (Dr. Ariyanti Saleh, S.Kp.,M.Si) Official Remark from Rector of Universitas Hasanuddin followed by Opening Ceremony (Prof. Dwia Ariestina Pulubuhu)
09.15-09.30	Ballroom	Coffee Break
09.30-10.00	Ballroom	Invited Speaker Prof. Jamaluddin Jompa <i>Dean of Postgraduate School Universitas Hasanuddin</i> Moderator : Rini Rachmawaty, S.Kep.,Ns.,MN.,Ph.D
10.00-12.00	Ballroom	Keynote Speakers Session 1: <ol style="list-style-type: none"> Prof. Lisa McKenna <i>Professor and Head of the School of Nursing and Midwifery at La Trobe University, Australia</i> Prof. Kazuyo Kitaoka <i>Dean of Faculty of Health Sciences Department of Nursing Komatsu University, Japan</i> Dr. Margaret Harris <i>Senior Lecturer and Academic Researcher Newcastle University Australia</i> Panel Discussions Moderator: Rini Rachmawaty, S.Kep.,Ns.,MN.,Ph.D
12.00 - 13.00	Ballroom	Lunch Break
13.00 – 15.00	Ballroom	Keynote Speakers Session 2: <ol style="list-style-type: none"> Dr. Gulzar Malik <i>Consultant and Expert of EBP in Nursing and Senior Lecturer, School of Nursing and Midwifery La Trobe University, Australia</i>

TIME	ROOM	ACTIVITIES
		2. Prof. Alison Brettle <i>Professor in Health Information and Evidence Based Practice</i> <i>University of Salford, Manchester UK</i> 3. Kusrini S. Kadar, PhD <i>Faculty of Nursing, Universitas Hasanuddin</i> Panel Discussions Moderator: A. Masyitha Irwan, S.Kep.,Ns.,MAN.,Ph.D
15.00 – 15.30	Ballroom	Coffee Break
15.30 – 17.30	Mezzanine	Concurrent Session 1a Moderator: Yudi Hardianto, S.Ft.,Physio, MclinRehab Reviewer: Prof. Lisa McKenna
	Somba	Concurrent Session 1b Moderator: Andi Fajrin Permana, S.Kep.,Ns.,M.Sc Reviewer: Prof. Kazuyo Kitaoka
	Bone	Concurrent Session 1c Moderator: Silvia Malasari, S.Kep.,Ns., MN Reviewer: Dr. Margaret Harris
	Eureka	Concurrent Session 1d Moderator: Framita Rahman, S.Kep.,Ns.,M.Sc Reviewer: Dr. Gulzar Malik
	Mangkau	Concurrent Session 1e Moderator: Nurhaya Nurdin, S.Kep.,Ns.,MN.,MPH Reviewer: Prof. Alison Brettle

Day 2: Thursday, November 7, 2019

TIME	ROOM	ACTIVITIES
07.30-08.00	Ballroom	Registration Desk Open for Workshop
08.00-10.00	Somba-Bone	Concurrent Workshop 1 Speaker: Prof Lisa Mc.Kenna Moderator: Rini Rachmawaty, S.Kep.,Ns.,MN.,Ph.D
	Eureka	Concurrent Workshop 2 Speaker: Dr Gulzar Malik Moderator: Nur Fadilah, S.Kep.,Ns.,MN
	Mangkau Hall	Concurrent Workshop 3 Speaker: Prof. Kazuyo Kitaoka Moderator: A. Masyitha Irwan, S.Kep.,Ns.,MAN., Ph.D
10.00-12.00	Mangkau Hall	Concurrent Workshop 4 Speaker: Dr Margaret Haris Moderator: Silvia Malasari, S.Kep.,Ns.,MN
	Eureka	Concurrent Workshop 5 Speaker: Prof. Alison Brettle Moderator: Yudi Hardianto, S.Ft. Physio, MclinRehab
12.00-13.00	Ballroom	Lunch Break

TIME	ROOM	ACTIVITIES
13.00-14.00	Bone	5 Minute Oral Presentation Challenge Moderator: Kusrini Kadar, S.Kp.,MN.,Ph.D
14.00-14.30	2 nd floor	Poster Presentation
14.30-16.00	Bone	Concurrent Session 2a Moderator: Silvia Malasari, S.Kep.,Ns.,MN Reviewer: Prof. Lisa McKenna
	Somba	Concurrent Session 2b Moderator: Nurmaulid, S.Kep.,Ns.,M.Kep Reviewer: Prof. Kazuyo Kitaoka
	Eureka	Concurrent Session 2c Moderator: Yudi Hardianto, S.Ft.,Physio, MclinRehab Reviewer: Dr. Gulzar Malik
	Mangkau	Concurrent Session 2d Moderator: Andi Fajrin Permana, S.Kep.,Ns.,M.Sc Reviewer: Prof. Alison Brett
16.00 -17.00	Mangkau	Announcement for Best Oral presentation and Poster Presentation Closing ceremony

CONCURRENT SESSION SCHEDULE**SCHEDULE OF ORAL PRESENTATION : DAY I, WEDNESDAY, November 6TH 2019**

NO	SUBMISSION	TIME	ROOM	AUTHORS	AFFILIATION	COUNTRY	TITLE	TOPIC
1	28	15.30 - 15.40	Mezanine	Utami Sasmita Lestari, Asdar Fajrin Multazam and Arisandy Ahmad	Univ. Sam Ratulangi	Indonesia	The Description of Knowledge and Attitude to Prevent the Risk of Low Back Pain in Bantimurung Sub-district People	Health Promotion & Disease Prevention
2	20	15.40 - 15.50	Mezanine	Bina Melvia Girsang and Eqlima Elvira	Univ. Sumatera Utara	Indonesia	Characteristics Of Post Partum Perineum Wounds With Infra Red Therapy	Health Promotion & Disease Prevention
3	54	15.50 - 16.00	Mezanine	Aswedi Winardi, Saldy Yusuf and Yuliana Syam	Univ. Hasanuddin	Indonesia	Cost-Effectiveness of Treatment for Diabetic Foot Ulcer: A Literature Review	Health Promotion & Disease Prevention
4	65	16.00 - 16.10	Mezanine	Sitti Nurjannah, Yuliana Syam and Saldy Yusuf	Univ. Hasanuddin	Indonesia	Effectiveness Of Inspiratory Muscle Training (Imt) And Six Minute Walk Test (6mwt) On Functional Capacity Of Heart Failure (Hf) Patients: A Literature Review	Health Promotion & Disease Prevention
5	68	16.10 - 16.20	Mezanine	Mikawati, Sitti Syamsiah and Apyradno Jose Al Freadman Koa	Univ. Hasanuddin	Indonesia	Strategies to Promote Physical Activity of Adolescents': A Systematic Review of Random Control Trial	Health Promotion & Disease Prevention

NO	SUBMISSION	TIME	ROOM	AUTHORS	AFFILIATION	COUNTRY	TITLE	TOPIC
6	89	16.20 - 16.30	Mezanine	Muhammad Syikir, Elly L Sjattar and Kusrini Kadar	Univ. Hasanuddin	Indonesia	The Health Coaching Method Played by Nurses in patients with type 2 diabetes mellitus? : A Scoping Review	Health Promotion & Disease Prevention
7	92	16.30 - 16.40	Mezanine	Andi Rizky Arbaim Hasyar, Irfan Idris and Irawan Yusuf	Univ. Hasanuddin	Indonesia	Carbon Dioxide (CO2)-rich Water Immersion Enhance Peripheral Blood Flow in Healthy People	Health Promotion & Disease Prevention
8	98	16.40 - 16.50	Mezanine	Yosefina Dhale Pora, Yuldensia Avelina and Maria Susana Ine Nona Ringgi	Univ. Nusa Nipa	Indonesia	The Effectiveness of socialization of billings ovulation method on the improvement of knowledge fertile age couple in the marriage preparation course activities in parish st. Thomas morus maumere.	Health Promotion & Disease Prevention
9	99	16.50 - 17.00	Mezanine	Reginus Tertius Malara, Syahrul Syahrul and Rosyidah Arafat	Univ. Hasanuddin	Indonesia	The Literature Examining The Association Between Physical Activity And Coronary Heart Disease.	Health Promotion & Disease Prevention
1	2	15.30 - 15.40	Somba	Lestari Makmuriana, Wuriani, Lilis Lestari and Usman	Univ. Hasanuddin	Indonesia	The effectiveness of chlorhexidine and honey as mouthwash liquids in reducing halitosis on stroke patients at rsud dr. soedarso pontianak.	Patient-centred care
2	12	15.40 - 15.50	Somba	Masriani Zainuddin, Yuliana Syam and Saldy Yusuf	Univ. Hasanuddin	Indonesia	Translation Of Ostomy Adjustment Inventory-23 (OAI-23) Instruments	Patient-centred care

NO	SUBMISSION	TIME	ROOM	AUTHORS	AFFILIATION	COUNTRY	TITLE	TOPIC
							Indonesia Version: Test Validity And Reliability	
3	18	15.50 - 16.00	Somba	Eli Zuraida, Andi Masyitha Irwan and Elly Lilianti Sjattar	Univ. Hasanuddin	Indonesia	Updated Self-Management Education Program Delivered to the Patient with Heart Failure: A Systematic Review	Patient-centred care
4	19	16.00 - 16.10	Somba	Eqlima Elfira, Bina Melvia Girsang and Sry Elsani Pakpahan	Univ. Sumatera Utara	Indonesia	Activities of Daily Living Stroke Patients Following Rehabilitation in Medan City, Indonesian	Patient-centred care
5	21	16.10 - 16.20	Somba	Nurfika Asmaningrum and Yun-Fang Tsai	Univ. Jember	Indonesia	Dignified Care Scale_Patient Version: A Scale Development and Psychometric Testing	Patient-centred care
6	23	16.20 - 16.30	Somba	Meutiah Mutmainnah Abdullah and Andi Besse Ahsaniyah	Univ. Hasanuddin	Indonesia	The relationship between leukocyte counts, hemoglobin levels, and functional impairment in patients with acute ischemic stroke	Patient-centred care
7	24	16.30 - 16.40	Somba	Nurul Afrilah Mahkota, Irfan Idris, Arif Santoso and Djohan Aras	Univ. Hasanuddin	Indonesia	The Different Effect of Intensive and Conventional Proprioceptive Neuromuscular Facilitation on Lung Function in Chronic Stroke Sufferers	Patient-centred care

NO	SUBMISSION	TIME	ROOM	AUTHORS	AFFILIATION	COUNTRY	TITLE	TOPIC
8	29	16.40 - 16.50	Somba	Fera Yosefina Pattikawa, Rosyidah Arafat and Rini Rachmawaty	Univ. Hasanuddin	Indonesia	Physical Exercise Intervention Forovercoming Fatigue On Hemodialysis Patients : A Literature Review	Patient-centred care
9	71	16.50 - 17.00	Somba	Alfrina Hany, Anak Agung Istri Catur Dyah Ferinasmara and Rini Ika Setyo	Univ. Brawijaya	Indonesia	Do Heart Failure Patients feel depressed in doing self care?	Patient-centred care
10	16	17.00 – 17.10	Somba	Anggia R Wijayanti, Yuliana Syam, and Rini Rachmawaty	Univ. Hasanuddin	Indonesia	Management Complementer Therapy in overcome Fatigue in Hemodialysis Patients: A Systematic Review	Patient-centred care
1	31	15.30 - 15.40	Bone	Suhrman Suhirman, Takdir Tahir and Saldy Yusuf	Univ. Hasanuddin	Indonesia	Effectiveness Of Jatropha Curcas Extract As A Washer Wound Again Changes In Bacterial Colonisation And Diameter Wound On The Dm Wistar Model ; Pilot Study	Specialty Nursing
2	39	15.40 - 15.50	Bone	Rosita Yunus, Takdir Tahir and Yuliana Syam	Univ. Hasanuddin	Indonesia	Effectiveness Of Jatroha Curcas Extract As Washer Injuries Of Biofilm Reduction In The Mellitus Diabetes Model Wistar: Preliminary Study	Specialty Nursing
3	56	15.50 - 16.00	Bone	Satria Hanggara, Rosyidah Arafat and Yuliana Syam	Univ. Hasanuddin	Indonesia	The Effects of Pursed Lips Breathing on Peripheral Oxygenation and Lung	Specialty Nursing

NO	SUBMISSION	TIME	ROOM	AUTHORS	AFFILIATION	COUNTRY	TITLE	TOPIC
							Ventilation Function : A Literature Review	
4	61	16.00 - 16.10	Bone	Iis Rahmawati	Univ. Jember	Indonesia	Theory of Character Systems As A Basis of Adolescent Character Education Toward Premarital Sexual Prevention in Jember District	Specialty Nursing
5	63	16.10 - 16.20	Bone	Dartiana Darti, Kadek Ayu Erika and Andi Masyitha Irwan	Univ. Hasanuddin	Indonesia	Effectivity of Mirror Therapy To The Recovery of Limb Function In Post Stroke Patients: Systematic Review	Specialty Nursing
6	69	16.20 - 16.30	Bone	Baiq Fitrihan Rukmana, Kuswantoro Rusca Putra and Ahsan Ahsan	Univ. Brawijaya	Indonesia	Effects of nursing practice environment, experience, and level of education on decision making triage among nurses' in general hospital at Lombok Island.	Specialty Nursing
7	83	16.30 - 16.40	Bone	Herlina Pasolang, Takdir Tahir and Saldy Yusuf	Univ. Hasanuddin	Indonesia	The Comparison Of The Effectiveness Of Respiratory Muscle Exercises (Rme) And Incentive Spirometry Exercises (Ise) On Improvement Of Lung Function Post Mechanical Ventilation: A Literature Review	Specialty Nursing

NO	SUBMISSION	TIME	ROOM	AUTHORS	AFFILIATION	COUNTRY	TITLE	TOPIC
8	96	16.40 - 16.50	Bone	A. Saputri Mulyana, Fhirawati Fhirawati and Mirnawati Mirnawati	Univ. Patria Artha	Indonesia	The Experience Of Patients With Pulmonary Tuberculosis With Treatment Failure In Labuang Baji Hospital, Makassar	Specialty Nursing
1	114	15.30 - 15.40	Eureka	Indargairi, Dewi Irawati and Sri Yona	Univ. Hasanuddin	Indonesia	Correlation of Family Support and Cancer Support Group towards Self Efficacy of People Undergoing Chemotherapy in Makassar, Indonesia	Transcultural Nursing
2	66	15.40 - 15.50	Eureka	Agianto and Khanitta Nuntaboot	Univ. Lambung Mangkurat	Indonesia	Muslim Believe On Stroke Management In Community: An Ethnography Study	Transcultural Nursing
3	100	15.50 - 16.00	Eureka	Andi Buanasari, Sriyani Masita, Ariyanti Saleh and Wico Silolonga	Univ. Hasanuddin	Indonesia	Beliefs Toward mental Illness and Perceived Stigma: A Cross - Sectional Study Among Family Caregivers in Ternate	Transcultural Nursing
4	25	16.00 - 16.10	Eureka	Desy Annisa Perdana, Arif Santoso, Irfan Idris and Djohan Aras	Univ. Hasanuddin	Indonesia	Effects of High-Intensity Interval Training on Kidney Function in Healthy People in Makassar Freeletics Community Members	Global Health Nursing
5	38	16.10 - 16.20	Eureka	Indah Restika Bn, Kadek Ayu Erika and Ariyanti Saleh	Univ. Hasanuddin	Indonesia	Experiences, Impacts, and Strategies for Overcoming Nurse's	Global Health Nursing

NO	SUBMISSION	TIME	ROOM	AUTHORS	AFFILIATION	COUNTRY	TITLE	TOPIC
							Moral Distress: Systematic Review	
6	70	16.20 - 16.30	Eureka	Nursamsi Nursamsi, Syahrul Syahrul and Yuliana Syam	Univ. Hasanuddin	Indonesia	Evaluation of Self-Care Management in Tuberculosis Patients: A Literature Review	Global Health Nursing
7	102	16.30 -16.40	Eureka	Basso Palingrungi, Kusrini S. Kadar and Elly Lilianty Sjattar	Univ. Hasanuddin	Indonesia	Effect of Using Spritual Emotional Freedom Technique Modifacation of Emotional Freedom Technique in Health: A Literature Review	Global Health Nursing
1	27	15.30 - 15.40	Mangkau	Nur Isriani, Elly L Sjattar and Kusrini Kadar	Univ. Hasanuddin	Indonesia	How can coaching improve the positive performance of both nurse managers and organizations? : a scoping review	Health Care System & Policy
2	47	15.40 - 15.50	Mangkau	Sartikasari, Kusrini S. Kadar and Takdir Tahir	Univ. Hasanuddin	Indonesia	Impact of the coaching program in nursing management: a scoping review	Health Care System & Policy
3	48	15.50 - 16.00	Mangkau	Abdul Latif, Kusrini Kadar and Kadek Ayu Erika	Univ. Hasanuddin	Indonesia	Effect of Manager Coaching Program on Staff Motivation and Job Satisfaction: A Scoping Review	Health Care System & Policy

NO	SUBMISSION	TIME	ROOM	AUTHORS	AFFILIATION	COUNTRY	TITLE	TOPIC
4	78	16.10 - 16.20	Mangkau	Immawanti Immawanti, Munadiah Wahyuddin and Junaedi Yunding	Stikes Marendeng Majene, Unsulbar	Indonesia	Effect of Antenatal Care Quality on Pregnant Woman Satisfaction	Health Care System & Policy
5	67	16.20 - 16.30	Mangkau	Sri Wahyuni and Framita Rahman	Univ. Hasanuddin	Indonesia	Early Detection of Pulmonary Function Disorders on Active Smokers whom Regulary Play Wind Instrument “Pui-Pui”	Information & Communication Technology
6	85	16.30 - 16.40	Mangkau	Kasmawati Kadir, Yuliana Syam and Saldy Yusuf	Univ. Hasanuddin	Indonesia	Effect of Ozone Therapy On Chronic Wound Healing: Systematic Review	Information & Communication Technology
7	8	16.40 - 16.50	Mangkau	Harni Harniati, Syahrul Syahrul and Takdir Tahir	Univ. Hasanuddin	Indonesia	The Effectiveness of Pursed Lips Breathing and The Education Program of Self Management To The Forced Expiratory Volume In 1 Second (FEV1) And The Pulse Oxygen Saturation (SpO2) in Patient with Chronic Obstructive Pulmonary Disease (COPD)	Interprofessional Education

SCHEDULE OF ORAL PRESENTATION: DAY II, THURSDAY, NOVEMBER 7TH 2019

NO	SUBMISSION	TIME	ROOM	AUTHORS	AFFILIATION	COUNTRY	TITLE	TOPIC
1	44	14.30 - 14.40	Bone	Halida Handayani and Yunita Nurmalasari	Hasanuddin University Educational Hospital	Indonesia	The Effect of Nursing Intervention: Regular Assessment of Pain and Analgesic Side Effects on Adequate Pain Relief In Postoperative Patients	Patient-centred care
2	115	14.40 - 14.50	Bone	Irfani Syafri, Nurhaya Nurdin, Wa Ode Nur Isnah and Kusrini Kadar	Univ. Hasanuddin	Indonesia	Health Literacy Practices of Health Professionals Members in Makassar Public Health Centers, Indonesia.	Health Promotion & Disease Prevention
3	125	14.50 - 15.00	Bone	Andriani Andriani, Kusrini S Kadar, Hapsah Hapsah and Luspianti Suardi	Univ. Hasanuddin	Indonesia	Level of Prevention Practice among Community Mental Health Nurses in Urban City Indonesia	Health Promotion & Disease Prevention
4	126	15.00 - 15.10	Bone	Ariyanti Saleh, Hapsah Hapsah and Wiwik Krisnawati	Univ. Hasanuddin	Indonesia	Parenting and Bullying Behavior in Adolescents	Health Promotion & Disease Prevention
5	129	15.10 - 15.20	Bone	Nour Sriyanah and Kusrini Semarwati Kadar	Univ. Hasanuddin	Indonesia	Knowledge, Attitude and Perceived Barriers in Health Literacy Among Health Care Professionals Working At The Hospital In Urban City	Health Promotion & Disease Prevention
6	103	15.20 - 15.30	Bone	Indra Junsen Asri, Elly Lilianty Sjattar and Andi Masyitha Irwan	Univ. Hasanuddin	Indonesia	Effectiveness of Foot Care on the Risk of Diabetic Foot Ulcer : A Literature Review	Health Promotion & Disease Prevention

NO	SUBMISSION	TIME	ROOM	AUTHORS	AFFILIATION	COUNTRY	TITLE	TOPIC
7	9	15.30 - 15.40	Bone	Ferry Adref, Syahrul Syahrul and Ariyanti Saleh	Univ. Hasanuddin	Indonesia	The Effect Of Intervention Of Collaborative Nutrition Programs Involving Family Against Nutritional Status, Self Management And Involvement Of Hemodialysis Patient Families	Health Promotion & Disease Prevention
8	11	15.40 - 15.50	Bone	Siti Yartin, Syahrul Syahrul and Elly L Sjattar	Univ. Hasanuddin	Indonesia	Low Salt Diet Intervention To Control Salt Intake Through Self Efficacy Theory Approach To Hemodialysis Patients In Undata Hospital Palu	Health Promotion & Disease Prevention
9	109	15.50 - 16.00	Bone	Syaiful Rustam Tahir, Takdir Tahir and Yuliana Syam	Univ. Hasanuddin	Indonesia	The Effect of Buerger Allan Exercise on Improving Peripheral Tissue Perfusion in Diabetic Foot Ulcer (DFU) : Literature Review	Patient-centred care
10	72	16.00 - 16.10	Bone	Muh. Zukri Malik, Mikawati Mikawati and Riska Riska	Univ. Hasanuddin	Indonesia	The factors related with self-efficacy breast cancer patients which undergoing chemotherapy in dr. Wahidin sudirohusodo hospital	Patient-centred care
11	105	16.10 - 16.20	Bone	Novita Nipa, Hapsah Hapsah and Abdul Majid	Univ. Hasanuddin	Indonesia	Deep Breathing Relaxation Exercise Minimize Anxiety Score Level Of Patients With Chronic Kidney Disease Undergoing Hemodialysis.	Patient-centred care

NO	SUBMISSION	TIME	ROOM	AUTHORS	AFFILIATION	COUNTRY	TITLE	TOPIC
1	13	14.30 - 14.40	Somba	Fitrawati Arifuddin, Yuliana Syam, Rosyidah Arafat and Andi Budiyanto Adiputra	Univ. Hasanuddin	Indonesia	Light-based Therapy to Enhance Peripheral Blood Circulation on Patient with Diabetes Wound: A Literature Review	Health Promotion & Disease Prevention
2	14	14.40 - 14.50	Somba	Fanny Dewi Sartika, Andi Masyitha Irwan, Kadek Ayu Erika and Suharno Usman	Univ. Hasanuddin	Indonesia	Comparison of the Effectiveness of Foot Massage and Active Lower Range Of Motion Exercise Against Fall Risk in the Older People in Indonesia	Health Promotion & Disease Prevention
3	15	14.50 - 15.00	Somba	Nursanti Anwar, Andi Masyitha Irwan, Ariyanti Saleh and Suharno Usman	Univ. Hasanuddin	Indonesia	Effect of foot massage on decreasing blood pressure and anxiety in the older people with hypertension	Health Promotion & Disease Prevention
4	17	15.00 - 15.10	Somba	Nunung Doa, Elly Sjattar and Syahrul Syahrul	Univ. Hasanuddin	Indonesia	Development of Video Based Education to Prevent Complications of Bed Rest For the Caregiver Of Community Dwelling Post- Stroke Patients : A Delphi Study	Health Promotion & Disease Prevention
5	22	15.10 - 15.20	Somba	Rijal Rijal, Yudi Hardianto, Syahrul Syahrul, Rabia Rabia and Andi Dhedie Prasatia Sam	Univ. Hasanuddin	Indonesia	The plyometric exercise effect on bone mineral density in adolescents: a scoping review protocol	Health Promotion & Disease Prevention

NO	SUBMISSION	TIME	ROOM	AUTHORS	AFFILIATION	COUNTRY	TITLE	TOPIC
6	101	15.20 - 15.30	Somba	Musfirah Ahmad, Syamsudin Tuburpon, Maryunis Maryunis and Elly Lilianty Sjattar	Univ. Hasanuddin	Indonesia	Analysis Correlation Between ARV Therapy And Symptoms of HIV / AIDS	Patient-centred care
7	33	15.30 - 15.40	Somba	Rasnah Rasnah, Elly Lilianty Sjattar and Saldy Yusuf	Univ. Hasanuddin	Indonesia	Effectiveness of Family Empowerment on Hba1c Levels And Healing of Wounds in DM Type 2 Patients	Health Promotion & Disease Prevention
8	46	15.40 - 15.50	Somba	Irna Megawaty, Elly Lilianty Sjattar and Andi Masyitha Irwan	Univ. Hasanuddin	Indonesia	The Effects of Caregiver Empowerment in Self Care Fulfillment: Range Of Motion Exercises On The Strength Of Muscle In Stroke Patients	Health Promotion & Disease Prevention
2	82	15.50 - 16.00	Somba	Nur Wahyuni Munir, Rahmat Hidayat, Ade Irma Suryani, Fatma Jama, Yusrah Taqiyah and Wa Ode Sri Asnaniar	Univ. Hasanuddin	Indonesia	Factors associated with the risk of pressure ulcers in patients at Makassar City Hospital	Patient-centred care
3	84	16.00 - 16.10	Somba	Reni Astuti, Takdir Tahir and Kusri S. Kadar	Univ. Hasanuddin	Indonesia	Impact of Incident Reporting Culture in Improving The Quality of Hospital Services : A Literature Review	Patient-centred care
1	49	14.30 - 14.40	Eureka	Dan Tandi, Syahrul Syahrul and Kadek Ayu Erika	Univ. Hasanuddin	Indonesia	Quality of nursing care documentation in hospital : A literature review	Patient-centred care
2	50	14.40 - 14.50	Eureka	Ardiansyah Rasyid, Syahrul Syharul and Takdir Tahir	Univ. Hasanuddin	Indonesia	Factors related to the 30- Day Readmission among Congestive Heart Failure	Patient-centred care

NO	SUBMISSION	TIME	ROOM	AUTHORS	AFFILIATION	COUNTRY	TITLE	TOPIC
							Patients: A Literature Review	
3	86	14.50 - 15.00	Eureka	Elly Lilianty Sjattar, Kusrini Semarwati Kadar, Nurhaya Nurdin and Abdul Majid	Univ. Hasanuddin	Indonesia	Analysis among Self Efficacy and Self Care Activities People with Diabetes Mellitus Type 2 in Batua Health Center in Batua Health Center	Health Promotion & Disease Prevention
4	58	15.00 - 15.10	Eureka	Daniel Dady, Kadek Ayu Erika and Rini Rachmawaty	Univ. Hasanuddin	Indonesia	Support System Clinical Decision to Decision Making Support Clinical Nurses : A Literature Review	Patient-centred care
5	60	15.10 - 15.20	Eureka	Djohan Aras, Nur Asmi, Yudi Hardianto and Rabia Rabia	Univ. Hasanuddin	Indonesia	Quantum Movement Technique versus William Flexion Exercise on Pain and Walking Ability in Patients with Low Back Pain	Patient-centred care
6	77	15.20 - 15.30	Eureka	Takdir Tahir, Alfian Mas'Ud, Muhammad Thalib and Maryunis Maryunis	Univ. Hasanuddin	Indonesia	The Potential of Topical Cream of Red Dragon Fruit Extract (Hylocereus Polyrhizus) Accelerates Wound Healing Through Increased Hydroxyproline and FGF-2 Levels: a Pilot Study	Specialty Nursing
7	122	15.30 - 15.40	Eureka	Nina Nisrina Badrin, Rini Rachmawaty and Kusrini Kadar	Univ. Hasanuddin	Indonesia	Development and Psychometric Testing of Caring-Based Patient Satisfaction Instrument	Health Care System & Policy

NO	SUBMISSION	TIME	ROOM	AUTHORS	AFFILIATION	COUNTRY	TITLE	TOPIC
8	76	15.40 - 15.50	Eureka	Yuliana Syam, Prihantono Prihantono, Elly L Sjattar, Arnis Puspitha and Sintawati Majid	Univ. Hasanuddin	Indonesia	Effect of dorsata honey complementer therapy on il- 37 levels and fatigue in breast cancer patients undergoing chemotherapy in Indonesia.	Patient-centred care
9	42	15.50 - 16.00	Eureka	Yulta Kadang, Ariyanti Saleh and Kusrini Kadar	Univ. Hasanuddin	Indonesia	Experience Of Cancer Patients With Chemotherapy About Nursing Caring Behavior In Chemotherapy Room, Stella Maris	Patient-centred care
10		16.00 -16.10	Eureka	La Masahuddin	Univ. Hasanuddin	Indonesia	The Relationship between the Implementation of the Management of the Room Head and the Implementation of Patient Safety in the Treatment Room of the Makassar City Hospital	Patient-centred care
1	34	14.30 - 14.40	Mangkau	Muhammad Abu, Rosyidah Arafat and Syahrul Said	Univ. Hasanuddin	Indonesia	Readiness of Stroke Patient Caregiver in The Transition Phase: Descriptive Qualitative	Specialty Nursing
2	41	14.40 - 14.50	Mangkau	Nurun Salaman Alhidayat, Rosyida Arafat and Kusrini S.Kadar	Univ. Hasanuddin	Indonesia	The Experiences of Stroke Patient and Their Caregiver After Discharge From Hospital. A Literatur Review	Specialty Nursing
3	97	14.50 - 15.00	Mangkau	Kadek Ayu Erika, Nur Fadhilah and Ilham Trinandi	Univ. Hasanuddin	Indonesia	Child Eating Behavior Based on BMI-for-age and Height-	Specialty Nursing

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							for-age in Primary Schools: A Cross-Sectional Study	
4	26	15.00 - 15.10	Mangkau	Andi Wahyuni, Kadek Ayu Erika and Rini Rachmawaty	Univ. Hasanuddin	Indonesia	Effectiveness of Oral Cryotherapy on Mucosital Events: A Systematic Review	Specialty Nursing
5	53	15.10 - 15.20	Mangkau	Nurpadila Nurpadila, Ariyanti Saleh and Rosyidah Arafat	Univ. Hasanuddin	Indonesia	The role of spiritual therapy on spiritual well-being and quality of life in breast cancer patients: A Literature Review	Specialty Nursing
6	79	15.20 - 15.30	Mangkau	Nurpadila Nurpadila, Moh Syafar Sangkala and Mulhaeria Mulhaeria	Univ. Hasanuddin	Indonesia	Effects of Massage Therapy on Cancer Related Fatigue: A Systematic Review	Specialty Nursing
7	80	15.30 - 15.40	Mangkau	Erfina, Widyawati and Djauhar Ismail	Univ. Hasanuddin	Indonesia	Evaluation of Maternal Functioning in Indonesian Adolescent mothers	Specialty Nursing
8	118	15.40 - 15.50	Mangkau	Bahtiar Bahtiar, Junaiti Sahar and Wiwin Wiarsih	Univ. Hasanuddin	Indonesia	Coping patterns of the elderly with chronic diseases who live with families in the meaning of life: a phenomenological study	Specialty Nursing
9	111	15.50 - 16.00	Mangkau	St Rusdianah, Takdir Tahir and Saldy Yusuf	Univ. Hasanuddin	Indonesia	Allen Exercise Buerger Against Perfusion Improvement Diabetic Foot Welding Perifer On Patients Diabetes Mellitus Type 2: Riview Literature	Patient-centred care

NO	SUBMISSION	TIME	ROOM	AUTHORS	AFFILIATION	COUNTRY	TITLE	TOPIC
10	57	16.10 - 16.10	Mangkau	Sumarni Mawang, Jumrah Sudirman, Nurqalbi Sampara, Fadjriah Ohorella, Rismawati Simbung and Hasriani Saleng	Univ. Hasanuddin	Indonesia	The Effectiveness Of Benson Relaxation On Pain Reduction In Post Partum Mother Of Caesarea At Mother And Child Hospital St Khadijah III Makassar	Patient-centred care
10	93	16.10 - 16.20	Mangkau	Bahtiar Yusuf, Takdir Tahir and Kadek Ayu Erika	Univ. Hasanuddin	Indonesia	The Effect Of The Use Of Alternative Dressing As A Secondary Dressing Towards The Chlorine Residual And Diabetic Foot Healing Process : A Pilot Study	Patient-centred care

POSTER PRESENTATION**SCHEDULE: DAY II, THURSDAY, NOVEMBER, 7TH 2019**

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1	108	Nurlia Rahma, Ilkafah Ilkafah and Abdul Majid	Univ. Hasanuddin	Indonesia	Documentation Of Nursing Care In Makassar	Health Care System & Policy
2	116	Kasma Yuliani, Ilkafah Ilkafah and Syahrul Ningrat	Univ. Hasanuddin	Indonesia	Implementation Of Discharge Planning on Health Workers	Health Care System & Policy
3	117	Ilkafah Ilkafah, Titi Iswanti Afelia and Kadek Ayu Erika	Univ. Hasanuddin	Indonesia	Nurses' Performance in Applying Ethical Principles of Nursing Care in South Sulawesi, Indonesia	Health Care System & Policy
4	123	Rasdiana Rasdiana, Rini Rachmawaty and Ilkafah Ilkafah	Univ. Hasanud	Indonesia	Barriers and Inhibiting Factors of Nursing Care Documentation in Inpatient Wards of Indonesian Teaching Hospital	Health Care System & Policy
5	87	Elly Lilianty Sjattar, Sarnida Sarnida and Titi Iswanti Afelya	Univ. Hasanuddin	Indonesia	Analisis level of Knowledge Care Provider's Among Diabetic Foot Care	Health Promotion & Disease Prevention
6	107	Fitra Ardillah, Kusrini S Kadar and Arnis Puspitha	Univ. Hasanuddin	Indonesia	Home Care Program in Community Health Centre Makassar City: A Qualitative Study	Health Promotion & Disease Prevention
7	110	Andi Suriani, Andriani Andriani and Hapsah Hapsah	Univ. Hasanuddin	Indonesia	Descriptive of Cognitive Function and The Level of Autonomy in Elderly in Doing Activity Daily Living in The Work Area of Puskesmas Kassi-Kassi Makassar	Health Promotion & Disease Prevention
8	113	Andi Umi Hani Sahra, Andriani Andriani and Hapsah Hapsah	Univ. Hasanuddin	Indonesia	An Overview of Psychosocial Development Task Achievement of Elderly In Working Area Of Puskesmas Kassi-Kassi Makassar	Health Promotion & Disease Prevention
9	120	Rifca Ayunila, Akbar Harisa and Hapsah Hapsah	Univ. Hasanuddin	Indonesia	Body Shaming among High School Students in Maros Regency	Health Promotion & Disease Prevention

NO	SUBMISSION	AUTHORS	AFFILIATION	COUNTRY	TITLE	TOPIC
10	121	Debi Sambak, Tuti Seniwati and Akbar Harisa	Univ. Hasanuddin	Indonesia	The Language And Social Interaction Skills In Children With Autism And Story Telling Stimulation Therapy At Pusat Terapi Pelita Mandiri In Makassar	Health Promotion & Disease Prevention
11	127	Kadek Ayu Erika, Andina Setyawati, Nuurhidayat Jafar and Moh. Syafar Sangkala	Univ. Hasanuddin	Indonesia	Psidium Guajava Lynn Soaking Therapy on MMP-9 Levels throught RT-PCR of Patients with Infective Diabetic Foot Ulcer	Health Promotion & Disease Prevention
12	128	Yulinar Syam, Kadek Ayu Erika and Nur Fadilah	Univ. Hasanuddin	Indonesia	Physical activity among obese school-age children: A cross-sectional study	Health Promotion & Disease Prevention
13	104	Monalisa Monalisa, Moh Syafar Sangkala and Syahrul Ningrat	Univ. Hasanuddin	Indonesia	Evaluation of Clinical Learning in Professional Nurse Education Program at the Faculty of Nursing of Hasanuddin University	Interprofessional Education
14	106	Andi Juniarti Fahmi, Takdir Tahir and Titi Afelya	Univ. Hasanuddin	Indonesia	Differences of Family Support in Diabetes Mellitus Type 2 Patients with foot ulcer and without foot ulcer in Wahidin Sudirohusodo Hospital	Patient-centred care
15	112	Risqi Wahyu Susanti and Kusrini S Kadar	Univ. Hasanuddin	Indonesia	The effect of qur'anic auditory stimulus on anxiety decrease on breast cancer patients	Patient-centred care
16	124	Andi Nurfadilah Rezky, Andi Masyitha Irwan and Silvia Malasari	Univ. Hasanuddin	Indonesia	Self efficacy of elderly people with hypertension in the working area of public health centre of jumpandang baru-makassar.	Patient-centred care
17	95	Naimah Hargianti Abdurahman, Kusrini Kadar and Silvia Malasari	Univ. Hasanuddin	Indonesia	Knowledge and attitudes of nurses in providing geriatric nursing care at Ende District General Hospital in East Nusa Tenggara	Specialty Nursing

FIVE MINUTES PRESENTATION**SCHEDULE: DAY II, THURSDAY, NOVEMBER, 7TH 2019**

NO	SUBMISSION	TIME	AUTHORS	AFFILIATION	COUNTRY	TITLE	TOPIC
1	7	13.00 - 13.05	Suharno Usman, Andi Masyitha Irwan and Rosyidah Arafat	Univ. Hasanuddin	Indonesia	Development of family empowerment and low-salt diet adherence program for older people with hypertension in Indonesia	Health Promotion & Disease Prevention
2	10	13.05 - 13.10	Endah Fitriyanti, Elly Lilianty Sjattar and Kusrini S. Kadar	Univ. Hasanuddin	Indonesia	Validity and Reliability Knowledge and Skills Instruments for Nurses in Providing Oral Care to Unconscious Patients: A Pilot Study.	Health Promotion & Disease Prevention
3	37	13.10 - 13.15	Juhelnita Bubun, Saldy Yusuf and Yuliana Syam	Univ. Hasanuddin	Indonesia	Effects of Diabetes Foot Check Up Training on Caregiver As An Early Detection of Diabetes Foot Injury In The Community	Health Promotion & Disease Prevention
4	59	13.15 - 13.20	Muh Jasmin, Saldy Yusuf and Syahrul Syahrul	Univ. Hasanuddin	Indonesia	Full Text_Detection of Peripheral Neuropathy Using Vibration in Patients with Diabetes Mellitus : A Literature Review	Health Promotion & Disease Prevention
5	62	13.20 - 13.25	Jikrun Jaata, Yuliana Syam and Andi Masyitha Irwan	Univ. Hasanuddin	Indonesia	Effects of Enhanced Recovery After Surgery Interventions on Postoperative Against Length of Stay: A Literature Review	Health Promotion & Disease Prevention
6	30	13.25 - 13.30	Aulia Insani Latif, Elly Lilianty Sjattar and Kadek Ayu Erika	Univ. Hasanuddin	Indonesia	Models and Benefits of Mobile Health Application to Support Patient with Tuberculosis: A Literature Review	Information & Communication Technology
7	94	13.30 - 13.35	A. Sri Ulfi Nofriati, Kusrini Kadar and Ariyanti Saleh	Univ. Hasanuddin	Indonesia	How Health Coaching Can Improves Self-efficacy and Medication Adherence in Patients with Chronic	Information & Communication Technology

NO	SUBMISSION	TIME	AUTHORS	AFFILIATION	COUNTRY	TITLE	TOPIC
						Respiratory Disease? : A Scoping Review	
8	32	13.35 - 13.40	Tri Ayu Yuniyanti, Kusrini Kadar and Ariyanti Saleh	Univ. Hasanuddin	Indonesia	Factors That Influence The Interprofessional Education Competencies In The Pkl Desa Terpadu Poltekkes Kemenkes Maluku	Interprofessional Education
9	6	13.40 - 13.45	Hayyu Sitoresmi, Andi Masyitha Irwan, Elly Lilianty Sjattar and Suharno Usman	Univ. Hasanuddin	Indonesia	Effect of Foot Massage to Lowering Intradialytic Blood Pressure at Hemodialysis Unit in Indonesian Hospital	Patient-centred care
10	35	13.45 - 13.50	Haslinda Haslinda, Rini Rachmawaty and Ariyanti Saleh	Univ. Hasanuddin	Indonesia	Strategies to Improve Patient Involvement For Achieving Patient Safety Goals: A Systematic Review	Patient-centred care
11	36	13.50 - 13.55	Syanti Dewi Tamher, Rini Rachmawaty and Kadek Ayu Erika	Univ. Hasanuddin	Indonesia	The Effectiveness of Plan Do Check Act (PDCA) Method Implementation in Improving Nursing Care Quality: A Systematic Review	Patient-centred care
12	40	13.55 - 14.00	Hadira Hadira, Syahrul Syahrul and Rini Rachmawaty	Univ. Hasanuddin	Indonesia	Effectiveness of Clinical Pathway Management Related to Risk Management for Quality of Care in Hospital; A Literature Review	Patient-centred care

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CREATING A CULTURE OF NURSING RESEARCH FOR EBP IN THE ACADEMIC SETTING

Professor Lisa McKenna

La Trobe University, Australia

Health care and education is rapidly changing. It is no longer appropriate to do something the way we always have. Today, there is increased focus on patient safety and quality of health care delivery. In addition, with the ready availability of information through the Internet, consumers are more informed about their health issues and options for care. There is a need for evidence-informed practice to ensure we deliver the best care possible, reduce risk for errors and litigation, and we can defend the way we deliver care. Evidence in health care comes in different formats including research studies, clinical practice guidelines and quality audits. Evidence-based practice (EBP) involves the use of research evidence in assisting best practice decision making. In clinical nursing practice, it involves incorporating scientific evidence, clinical judgement and the patient's values and preferences. Nursing standards for practice in many countries require nurses to be able to practise using an evidence-based approach. To be able to apply EBP, the individual needs to be able to identify the need for research evidence, to be able to locate, understand and critically appraise it and implement the most appropriate research findings. Nurses and other health professionals report a range of challenges in implementing EBP. These include such things as poor knowledge of research methods and ability to appraise research. Often, there is a lack of organisational support for inquiry and asking questions of practice. In many areas, there is also insufficient good quality research evidence available. It is therefore, important, to create and foster a culture for EBP. This should include a culture that promotes questioning the way we do things, regularly talking about research, building the research capacity of all staff and removing barriers that impact on the implementation of EBP. To enable this, it is important to work towards changing the culture and reinforcing the positive behaviours that we need.

Reference

McKenna L, Copnell B. (2019) *Fundamentals of Nursing Research: A Practical Guide for Evidence-Based Practice*. Allen & Unwin, Sydney.

EVIDENCE-BASED PRACTICE OF BURNOUT AMONG HEALTH PROFESSIONALS**Kazuyo Kitaoka, RN, PhD¹, Huong Thi Thu Nguyen, RN, PhD²**¹Department of Nursing, Faculty of Health Sciences, Komatsu University, Japan²Faculty of Nursing, Hai Phong University for Medicine and Pharmacy, Vietnam.**ABSTRACT**

I want to introduce the study performed in Vietnam targeting clinical nurses. I will explain to the detail about the measurements, the method of classification to assess the burnout state, causal model of burnout, and so on. I hope that my speech is informative for you all. **Purpose:** We had three objectives. The first one was to create the Vietnamese version of MBI-GS (Maslach Burnout Inventory-General Survey) and AWS (Areas of Worklife Survey). The second one was to assess the burnout state of Vietnamese clinical nurses. The last one was to develop a causal model of burnout. **Methods:** We conducted a descriptive design using a cross-sectional survey. The questionnaire was delivered to 500 clinical nurses in three hospitals. The Vietnamese MBI-GS and AWS were examined for reliability and validity. Then, we classified scores on the three subscales (exhaustion, cynicism, professional efficacy) of the MBI-GS according to the revised exhaustion+1 criterion. Lastly, we performed path analysis to develop a causal model of burnout among clinical nurses in Vietnam using the MBI-GS and AWS. The Leiter and Maslach's theory was applied to our frame work. **Results:** We found that both scales were reliable and valid for assessing burnout and workplace stressor. Among nurses, 0.7% was severely burned out and 15.8% was burned out. The percentage on nurses in exhausted and in depression was 17.2% and 3.5% respectively. Among participants, 62.8% was in good health. The best predictor of burnout regarding job occupational factors was "on-duty work schedule" that clinical nurses have to work for 24 hours. In the causal model, we found similarity and difference pathways in comparison with the original model. **Discussion:** I want to discuss with you based on the study I introduce at the conference. I appreciate your involvement.

NURSING AND MIDWIFERY: USING RESEARCH EVIDENCE IN PRACTICE

Dr Margaret Harris

The University of Newcastle, Australia

This presentation will remind participants of the process of using evidence for clinical practice. Both quantitative and qualitative evidence form the backbone of evidence based best practice.

A practical example of the author's public health research will be applied to demonstrate the application of this process.

INTEGRATION OF EVIDENCE-BASED PRACTICE IN HEALTH PROFESSIONS EDUCATION: IS THERE A GAP?

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ABSTRACT

Introduction: Considering the growing need to adopt an evidence-based practice (EBP) approach in response to increasing complexities in healthcare, nurses must be adequately prepared in their undergraduate degrees to implement EBP in clinical practice (Eizenberg, 2010). There is a plethora of studies reporting that nurses' educational preparation for embracing EBP is consistently inadequate (Malik, McKenna & Plummer, 2015). However, its inclusion in nursing education is limited and represents an area of crucial investigation.

Methods: A constructivist grounded theory was employed to examine the processes undertaken by nurse academics when considering to incorporate EBP into their teaching and learning practices. Using purposive sampling, nursing academics across Australian educational institutions offering undergraduate nursing programs were invited to participate. Twenty three nursing academics were interviewed until emerging categories were saturated. Nine participants consented to be observed during lectures, tutorials or laboratory teaching with undergraduate students. Additionally, twenty unit guides were analysed to add richness to data that were shared by some participants. Data were analysed using open, focused and theoretical coding.

Results: The theoretical construct "*On a path to success: Endeavouring to contextualise curricula within an EBP framework*" explicates a core process utilised by all participants and offers understanding of participants' actions and processes when striving to embed EBP into their teaching practices. The theoretical construct overarches the existing processes identified in three transitional stages: *Embarking on a journey-Being prepared, Encountering challenges and Moving ahead-Linking EBP theory to practice*. A core process reflects academics' endeavours towards linking EBP concepts to practice, aiming to contextualise curricula in a manner that engages students within an EBP framework. However, these processes are moderated by several contextual determinants found to be influential that requires strategies to accomplish their endeavours.

Conclusion: Current study findings create a call for educational institutions and practice settings to employ strategies such as including EBP as an integral part of a school's philosophy, infusing EBP principles and concepts into academics' ongoing developmental opportunities, mentoring in designing and implementing an EBP embedded curricula, creating academia-practice partnerships, and provision of sufficient resources within school and clinical settings serve as effective means for successful EBP integration. This theory highlights obstacles, which require attention at school, clinical site and accreditation body levels to ensure academics are prepared, engaged and committed to incorporate EBP concepts in their teaching practices.

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HOW TO JUMP START YOUR EVIDENCE BASED PRACTICE

Professor Alison Brettle

Director Centre for Applied, Health, Welfare and Policy (CARE), University of Salford

Evidence-based practice (EBP) has gained in popularity over the last 30 years and is now embedded in a wide range of professions. This presentation provides a general overview and introduction to the concept of evidence-based practice. The process of EBP appears simple, but the clinical context we work in can make it complex or difficult to implement. A range of tips and techniques are introduced to help you begin to make your practice evidence based and overcome the barriers.

IMPLEMENTING EBP IN NURSING PRACTICE: AN INDONESIAN CASE**Kusrini S. Kadar, SKp. MN. PhD**

Faculty of Nursing, Universitas Hasanuddin, Indonesia

ABSTRACT

Historically, nurses provide nursing care based on experiences and opinions from their senior or other health care professionals such as a physician. Currently, health care services change rapidly in terms of more new and effective medicine, medical devices, & procedures are invented. As a result, besides using traditional and usual procedures and practices, health care practitioners including nurses are adopting new innovative interventions that are based on best practice and research-based evidence. Evidence-based practice (EBP) makes a change among health care professionals from traditional treatment and based on authority opinions to focus more on data resulted from previous studies and research. However, despite the potential benefits of EBP in managing clinical issues and provide better care for the patients, the organization and the staff should prepare for the implementation of EBP and assessing the readiness of the health care personnel including nurses are important. Knowledge, attitudes, organizational culture and level of educational background are some of among readiness factors for implementing EBP. These factors also become barriers for nurses in Indonesia to implement EBP. Studies in Indonesia related to EBP implementation show that some barriers faced by nurses in implementing EBP in hospitals including lack of knowledge regarding EBP, lack of organizational support, lack of time, lack of human resources and literature not readily available. It is understandable since the topic of EBP just recently known among health care professionals in the last ten years. It is time for Indonesia to improve the use of EBP in health care settings as this method has been proven to be more effective in solving the medical and health problems of the patients. The organization needs to be more supportive in implementing EBP including providing facilities to facilitate EBP practice in the hospital as well as to train the health care professionals including nurses about EBP.

ACHIEVING SDGs TARGETS FOR COASTAL COMMUNITY HEALTH AND WELL-BEING: IRONY IN ABUNDANCE

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ABSTRACT

The Sustainable Development Goals (SDGs) are often closely linked with one another. This is especially evident in the case of coastal and small island communities around the world, and in particular in the Coral Triangle, where meeting targets related to SDG 3 (Good Health and Well-being) depends on several other SDGs, in particular SDG 14 (Life below Water), but also SDG 7 (Affordable and Clean Energy) and others. There is an ironical Indonesian proverb about mice starving in a rice warehouse. It is similarly ironic that poverty and poor health should be prevalent in communities surrounded by what anthropologist Celia Lowe called "wild profusion". In the global centre of marine biodiversity with a equable equatorial to tropical climate, most Indonesian islands were naturally blessed with abundant natural resources. Despite the growing degradation of natural resources, accelerated by global climate change, many coastal communities can still be likened to the proverbial mice. Many different sectoral approaches have been tried to address the "resistant" poverty traps of coastal communities, mostly with partial and short-lived success. We propose that traditional health and welfare agents and institutions need to engage with other sectors to address these complexities in our changing world, with socio-ecological resilience and optimising the use of locally abundant resources as key concepts. Communities often have local or internal resources which are being forgotten or undervalued in a modernist society, where what is new and from outside often seems better. Conversely, advances in science, technology as well as "well-being" science are often not made known or made available to communities which could benefit from them. Scaling sometimes mean scaling down as well as up, in order to serve smaller or geographically isolated communities. We present examples where local abundance, traditional wisdom and innovation could be combined to help meet SDG targets, with positive impacts on the health and wellbeing of coastal communities, especially in Eastern Indonesia.

HOW TO WRITE A GOOD SCOPING REVIEW FOR PUBLICATION

Professor Lisa McKenna

La Trobe University, Australia

Scoping reviews are becoming a popular way of systematically searching for what is known about a research topic and useful for exploring topics where little is known, particularly in disciplines such as nursing, identifying gaps for further research development. As a methodology, scoping review is evolving rapidly and developing. In 2005, Arksey and O'Malley developed a framework for scoping reviews, involving steps of identifying the research question, identifying relevant studies, study selection, charting data and collating, summarising and reporting results. More recent authors, such as Cooper et al. (2019) have continued to develop the methodology providing guidelines for further improving scoping review quality. This workshop will take a step-by-step approach to developing a thorough scoping review that can be executed effectively. It will also provide discussion of the considerations in preparing the scoping review for successful publication.

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WRITING FOR PUBLICATION

Dr Margaret Harris

The University of Newcastle, Australia

Background

Increasingly, health professionals are required to engage in research and publish their findings. There may also be a requirement to publish discussion papers, literature reviews or opinion articles. Solid writing skills are also a requirement for health professionals who are engaged in further study.

The focus of this interactive workshop is on academic writing skills necessary for reporting on research in scientific journals as well as conference presentations, including posters. The logistics of writing will also be addressed, such as time management and motivation. One section of the workshop will address critical appraisal of the literature and include a practice activity.

DEVELOPING A SYSTEMATIC REVIEW CAPACITY IN THE HEALTH PROFESSIONS?

Professor Alison Brettle

Director Centre for Applied, Health, Welfare and Policy (CARE), University of Salford

This workshop provides an overview and introduction to systematic reviews and systematic review methods. Participants will be introduced to the concept of critical appraisal – a key component of conducting systematic reviews by completing a critical appraisal of a systematic review within small groups.

HOW TO CONDUCT TOOL DEVELOPMENT STUDY

Kazuyo Kitaoka, RN, PhD

Department of Nursing, Faculty of Health Sciences, Komatsu University, JPN

This is what I am going to do with you in the workshop:

1. You respond to the MBI-GS in English.
2. You know your state of burnout.
3. How to complete the Indonesian MBI-GS?

The MBI-GS has been translated in languages: Bahasa (Malaysia), Chinese, Croatian, Czech, Dutch, Finnish, French, German, Hebrew, Hungarian, Italian, Japanese, Korean, Lithuanian, Polish, Portuguese, Serbian, Sinhalese, Slovene, Spanish, Swedish, Thai, Turkish, Vietnamese. Those versions are registered by each researcher to the Mind Garden, a publisher of psychological instruments. I find out that Indonesian HSS exists, but not sure about GS.

So if you want to create the MBI-GS Indonesian version, this is what you are going to do.

- 1) Since the Mind Garden is a copyright holder, you get permission from Mind Garden for translation. You can do this all on-line now.
 - 2) The researcher, probably you, who is good at English, translates the 16 items of MBI-GS into Indonesian.
 - 3) The resulting Indonesian version was back-translated by a bilingual speaker, hopefully translator.
 - 4) By comparing the back translation and the Indonesian translation, you and the translator re-evaluate the Indonesian translation to prepare the final Indonesian MBI-GS.
 - 5) When you create the Indonesian version, you never revise the original instrument including instruction and responding style.
4. Survey and collect the data
 5. Analysis
 - 1) Both exploratory factor and confirmatory factor analyses are conducted to investigate the “factorial validity” of the scale. Once the exploratory factor analyses are conducted, hypothetical models are constructed and verified by the confirmatory factor analysis.
 6. Results
 - 1) Exploratory factor analysis: You see if there is the same factor structure as the original one?
 - 2) Based on the results of the exploratory factor analysis, you propose hypothetical models.
 - 3) Then, you perform the analysis for each model. From the viewpoint of fitness indices, such as, goodness of fit index (GFI) and root mean square error of approximation (RMSEA), you accept the model.
 7. Issues you see in the process of creation of Indonesian MBI-GS
 - 1) Different factor structure from the original one.
 - 2) The factor loadings for some items are insufficient.
 - 3) Or one item load on two factors.

Do not decide everything in one study targeting particular subjects.

TRANSLATING EVIDENCE INTO PRACTICE WORKSHOP

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ABSTRACT

Introduction:

Translating evidence into practice workshop aims to provide practical strategies to participants endeavouring to adopt evidence-based practice in their area of practice.

Objectives:

Following the workshop, participants will be able to:

- Explore what evidence translation is,
- Discuss the processes of transferring evidence into practice,
- Examine the types of barriers and facilitators to successfully implementing evidence,
- Discuss strategies for enabling successful implementation of evidence, using COM-B Model of Change.
- Outline EBP models that can inform implementation strategies.
- Design an EBP project and discuss the implementation plan using EBP models.

Workshop Activities:

A workshop covering several topics including evidence-based practice process, APEASE criteria, contextual factors influencing EBP, models of EBP and resources available to access EBP resources. In a group setting, the first activity will assist students to review their knowledge and understanding about EBP process by engaging into EBP process pentagon. The second activity will promote students to reflect on the barriers and facilitators within Indonesian clinical practice context. Students will then be introduced to the models of EBP, in particular, COM-B model by Michie et al, 2012 will be explained and contextualised by a clinical example. Students will then be directed the resources to access evidence-based resources. The final activity will engage students to design EBP project and make the plan of implementation using COM-B model.

Outcome of the Workshop:

By the end of the workshop, first, participants will be able to review their knowledge about EBP process and will be more aware of accessing evidence-based resources. Finally, the workshop activities will stimulate participants to think and design an evidence-based practice project along with its implementation strategies at individual and organisational level.

**THE EFFECTIVENESS OF CHLORHEXIDINE AND HONEY AS MOUTHWASH
LIQUIDS IN REDUCING HALITOSIS ON STROKE PATIENTS
AT RSUD DR. SOEDARSO PONTIANAK**

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ABSTRACT

Introduction: Halitosis cases are commonly found in society especially in patients who suffer some illness that lead them to be in low consciousness stages or limited body movement like stroke. In this situation, the rule of a nurse is giving knowledge of oral hygiene and helping the patients when they are being hospitalized. Oral care is a key component of nursing care. One of the common things to do is mouthwash by using mouth wash liquids. In practice, the common liquid used for mouthwash is normal saline. Yet, the normal saline is believed to be not effective anymore and there are others liquids that possible to be used, those are Chlorhexidine and honey. **Objective:** This research aims to know the effectiveness of Chlorhexidine and honey as mouthwash liquids to reduce the halitosis problem. **Method:** Pretest-posttest randomized control group design was used to obtain the data. The research was conducted on 102 patients at RSUD. Dr. Soedarso that were divided again into three groups based on the treatment gotten. The treatment meant in this research is oral hygiene with different mouthwash liquids; normal saline, Chlorhexidine and honey. The result was analyzed by univariate and bivariate analysis. **Result:** Most of the halitosis cases were suffered by male patients with an average age about >54 years old. The average halitosis score of the patients before any treatment was 4 (estimated by using *Tanita Breath Checker* with the score range 0 (lowest score) to 5 (highest score)). After the treatment, both Chlorhexidine and honey showed positive results in reducing halitosis. The average Halitosis score before treatment in the Chlorhexidine group was 4 and after treatment, it turned into 1.5. In Honey group, the average Halitosis score before treatment was 4 and after treatment reduce to 1. The average analysis of the number of halitosis scores after treatment in the Honey group was higher than in the Chlorhexidine group of that us 2,305, whereas in the Chlorhexidine group was 2,277. **Conclusion:** Chlorhexidine and honey have similar characters with saline as antibacterial. They are effective in reducing halitosis problems, and the result is significant compared to saline.

Keyword: *Chlorhexidine, Halitosis, Honey, Mouthwash Liquids*

EFFECT OF FOOT MASSAGE TO LOWERING INTRADIALYTIC BLOOD PRESSURE AT HEMODIALYSIS UNIT IN INDONESIAN HOSPITAL

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ABSTRACT

Objective: This study aimed to determine the effect of foot massage on reducing blood pressure in patients who experience intradialytic hypertension. **Method:** Experimental design with Randomized Controlled Trial (RCT). The subjects in this study 32 hemodialysis (HD) patients were divided into two groups: control group and intervention group. Foot massage is performed three times in intradialytic phase of 10 minutes in the first, second, and third HD hours. Blood pressure measured every hour. To find out the effect of foot massage on blood pressure using the Mann Whitney test. Compare the control and intervention groups using the Friedman test with Post Hoc Wilcoxon. Data analysis using SPSS version 24.0 (IBM Corp.). **Results:** There are different effect of foot massage on systolic and diastolic blood pressure between the control group and intervention group with $p < 0.05$. The difference in median value for systolic blood pressure between the two groups was 25 mmHg ($p = 0.000$) and the diastolic was 10 mmHg ($p = 0.001$). **Conclusion:** The effect of foot massage during the intradialytic phase is beneficial to control intradialytic hypertension and can be applied by nurses in the management of hemodialysis patients.

Keywords: *Foot Massage, Nursing Interventions, Hemodialysis, Intradialytic Hypertension*

**DEVELOPMENT OF FAMILY EMPOWERMENT AND LOW-SALT DIET
ADHERENCE PROGRAM FOR OLDER PEOPLE WITH
HYPERTENSION IN INDONESIA**

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ABSTRACT

Introduction: There are 60% of people with hypertension ending in stroke, blindness, kidney failure, and various heart diseases. Treatment and prevention of hypertension will be successful if medical treatment is combined with changes in a regular diet. **Objective:** The aim of the study to know the effectiveness of education and family empowerment for older people with hypertension compliance in the adoption of a low salt diet. **Method:** We conducted a randomized, controlled trial to obtain the data. The number of respondents was 30 older people respondents with hypertension and their families in Indonesia. The respondents were randomized and divided into two groups. Group one acted as an intervention group that received educational training program and regular meeting with families, group two acted as a control group. The intervention group received regular health education, and the development of knowledge, psychomotor and increased adherence, as well as understanding the importance of family involvement in implementing a low salt diet, while the control group received standard educational procedures. **Result:** The intervention group showed a significantly increased level of compliance subscale attitudes (knowledge), and subjective norms (psychomotor and family support). Perceived obstacle control subscale in the form of negative statements significantly decreased, after educational training and regular meetings conducted. Cognitive function of the two groups was still good. The concentration of salt in food and the excretion of urine also showed significant results. No significant improvement was found in the control group. Blood pressure in both groups statistically showed insignificant results. But in the intervention group, clinically there was a decrease in systolic blood pressure. **Conclusion:** The intervention group report that reducing salt while cooking can make feelings feel lighter and healthier. Through periodic educational training and regular meetings accompanied by empowerment and good family involvement effectively increases adherence in the application of a low salt diet. Can be applied to family communities that have older people with hypertension at home.

Keywords: *Empowerment of family, educational training, regular meetings, low-salt diet adherence, older people, hypertension*

THE EFFECTIVENESS OF PURSED LIPS BREATHING AND SELF-MANAGEMENT EDUCATION PROGRAMS FOR FORCED EXPIRATORY VOLUME IN 1 SECOND (FEV1) AND OXYGEN SATURATION (SPO2) IN CHRONIC OBSTRUCTIVE PULMONARY DISEASE PATIENTS

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ABSTRACT

Objective: This study aimed to the effect of pursed lips breathing and self-management education programs have on forced expiratory volume in 1 second, oxygen saturation, self-efficacy and self- management behaviour in chronic obstructive pulmonary disease patients. **Design:** The study was quasi-experiment. **Methods:** The sample (n=50) that meets the inclusion criteria: control (n = 25) and intervention (n = 25). The control group was given pursed lips breathing and the intervention group was given pursed lips breathing and self-management education programs. The instruments used were Vitalograph COPD- 6, Pulse Oximetry, Self-efficacy COPD Questionnaire and Partner in Health, to see changes before and after the intervention in both groups. The data were analysed using the Wilcoxon and Mann Whitney test with SPSS version 21.0 (IBM Corp). **Results:** After six weeks the intervention group that got pursed lips breathing and self-management education programs significantly increased forced expiratory volume in 1 second, oxygen saturation, self-efficacy and self-management behaviour p-value <0.05 compared to the control group. **Conclusion:** Pursed lips breathing and self-management education programs have an influence on the increase in forced expiratory volume in 1 second, oxygen saturation, self-efficacy and self-management behaviour in chronic obstructive pulmonary disease patients.

Keywords: *Chronic obstructive pulmonary disease, self-management education programs, pursed lips breathing*

THE EFFECT OF INTERVENTION OF COLLABORATIVE NUTRITION PROGRAMS INVOLVING FAMILY AGAINST NUTRITIONAL STATUS, SELF MANAGEMENT AND INVOLVEMENT OF HEMODIALYSIS PATIENT FAMILIES

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ABSTRACT

Introduction: One of the most common complications in patients with hemodialysis is malnutrition. This condition requires the management of basic nutrients because a number of patients have difficulty managing diets that adversely affect mortality and morbidity. The purpose of this study was to identify the effect of collaborative nutrition program interventions by involving families on nutritional status, self-management and family involvement. **Method:** The Randomized Control Trial research design with intervention group (n = 20) was given a collaborative nutrition program including nutritional assessment, diet management, education, and counselling every 2 weeks for 8 weeks and the control group (n = 19) was given education according to the standard. **Results:** In the intervention group, the Malnutrition Inflammation Score decreased from the initial measurement of 9.0 ± 1.94 to 5.2 ± 1.0 with a significance of p-value <0.001 compared to the results of the control group. Laboratory parameters Self-management increased from the initial measurement of 25.15 ± 2.66 to 31.95 ± 2.08 at eight weeks with a value of p-value <0.001 compared to the control group. Family involvement increased from the initial measurement of 23.10 ± 3.52 to 31.20 ± 2.11 with a p-value <0.001 compared to the control group. **Conclusion:** Hemodialysis patients who are given a collaborative nutrition education program involving the family can improve nutritional status, self-management and family involvement

Keywords: *Hemodialysis, Education, Nutrition Status, Self-Management, Family Involvement*

**VALIDITY AND RELIABILITY KNOWLEDGE AND SKILLS INSTRUMENTS FOR
NURSES IN PROVIDING ORAL CARE TO UNCONSCIOUS PATIENTS:
A PILOT STUDY**

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ABSTRACT

Objective: This study aims to assess the validity and reliability of the instrument to access the knowledge and skills of nurses in providing oral care of unconscious patients. **Method:** This was a pilot study, and data were collected from 50 nurses working at Hospital Level II in Ambon City, Indonesia. Data were analyzed using judgment by the expert, construct validity and internal consistency. **Results:** Findings showed that content validity index (CVI) value of 0.93, the correlation coefficient > r table (0.2353) with a value of Cronbach's Alpha (0.719) for N = 50. **Conclusions:** The results showed that the instrument could be used as a standard instrument for assessing of nurse's knowledge and skills in providing oral care to unconscious patients.

Keywords: Oral Care, Validity and Reliability, Instrument development

LOW SALT DIET INTERVENTION TO CONTROL SALT INTAKE THROUGH SELF-EFFICACY THEORY APPROACH TO HEMODIALYSIS PATIENTS IN UNDATA GENERAL HOSPITAL, PALU

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ABSTRACT

Objective: This study aims to determine the effect of low salt diet intervention through a self-efficacy theory approach to clinical parameters. **Method:** Design of a self-efficacy controlled trial study. The number of respondents was 50 patients who underwent hemodialysis (HD) in Undata General Hospital, Palu, Central Sulawesi. The intervention group that received a low salt diet intervention through the theory of self-efficacy approach included education, motivational demonstration role models and sharing experiences. The control group received routine HD services and booklets containing low salt diets for HD patients. The instrument used was the Self-Efficacy Restricting for Dietary Salt in Hemodialysis Scale questionnaire that had gone through the translation process and tested the reliability of Cronbach alpha 0.73, Indonesian language low salt behaviour questionnaire, KME-03 Salinity Checker, sphygmomanometer, Littmann stethoscope and weight scales. **Result:** The intervention group showed significant results on the variable sodium in urine, self-efficacy and low salt behaviour in the first and second post-intervention measurements ($p < 0.05$), the variable systolic and diastolic blood pressure experienced a significant change in the second measurement ($p < 0.05$). However, the IDWG variable showed no significant change ($p > 0.05$). The control group of all variables showed no significant change ($p > 0.05$). **Conclusion:** Low salt diet intervention through the theory of self efficacy approach is clinically proven to reduce levels of natruim in urine, lower blood pressure, increase self efficacy and low salt diet behavior in hemodialysis patients.

Keywords: *dietary sodium, self efficacy, hemodialysis patient*

**TRANSLATION OF OSTOMY ADJUSTMENT INVENTORY-23 (OAI-23)
INSTRUMENTS INDONESIA VERSION: TEST VALIDITY AND RELIABILITY**

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ABSTRACT

Background: The process of advanced nursing after hospitalization has an important role to assist patients with a stoma (ostomate) undergoing the process of adjusting physical function changes or psychological changes. An accurate assessment is imperative to carry out a nursing process in assessing the level of adjustment for an ostomate. In Indonesia, there are no instruments to evaluate the level of ostomate adjustments; however some countries have developed and used instruments to evaluate this condition. There are several aspects that need to be considered in the process of developing an instrument such as local conditions, language, and culture. **Objective:** To perform the translation process and to test the validity and reliability of the Indonesian version of the Ostomy Adjustment Inventory-23 (OAI-23) instrument. **Method:** The study design used a cross-sectional study. The original OAI-23 instrument translation process into Indonesian applied a standard procedure. The translation process consists of forward translation and back translation and then processing the synthesis of each translation result to validate the translation results and finally change the meaning of the original version with the translation results. Convenience purposive sampling is used to proceed to a pilot study with sampling techniques. The final step is to do the validity test by assessing content validity and reliability testing by measuring internal consistency (Cronbach's alpha) using the IBM SPSS Statistics 25 application. **Results:** There are some differences in the use of words in the results of the translation, without changing the meaning of the whole question items from the original instrument. Value of Content Validity Index (CVI) for OAI-23 instruments ≥ 0.78 amounts to 0.924 while the value of Cronbach's alpha > 0.70 amounts to 0.827 which is obtained and stated reliable in the results of the internal consistency test. **Conclusion:** The translation result of the Indonesian version of the OAI-23 Instrument can be valid and reliable for use in the assessment process to apply nursing care towards ostomates. The OAI-23 instrument can be used to determine the level of self-adjustment of the ostomate psychologically.

Keywords: *Ostomate, Ostomy Adjustment, Instrument, Translation.*

LIGHT-BASED THERAPY TO ENHANCE PERIPHERAL BLOOD CIRCULATION ON PATIENT WITH DIABETIC WOUND: A LITERATURE REVIEW

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ABSTRACT

Objective: To identify research on the topic and areas of need for future research aimed at the use of light-based therapy (LBT) to enhance diabetes peripheral blood circulation (PBC).

Method: Electronic article searching from journals databases published through PubMed, Cengage, and ScienceDirect. We included studies that focused on the topic as aimed.

Result: We found that LBT significantly promotes blood flow, prepares the wound bed and tissues, repair neuropathic sign and symptom and increase granulated mast cells to accelerate the wound-healing process. The irradiation device, wavelength, and distance used were varied. Light Emitting Diode, Laser, to Low-Level Laser Therapy, the wavelength ranges from 625 to 900 nm, and contact technique to a gap in between was utilized based on the device. Further research need is about the most effective parameter that more responsive to the treatment of microangiopathy and neuropathy. **Conclusion:** LBT promotes PBC and improves diabetes patients wound healing.

Keywords: *Light-based therapy, Peripheral blood circulation, angiopathy, neuropathy, Diabetes*

EFFECTIVENESS COMPARISON BETWEEN FOOT MASSAGE AND ACTIVE RANGE OF MOTION EXERCISE IN REDUCING THE RISK OF FALLING AMONG OLDER PEOPLE IN INDONESIA

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ABSTRACT

Introduction: Older people who suffered injuries due to falls have varying severity. About 40 - 60% of falls results in significant lacerations, fractures, brain injuries, and even death. **Objective:** This study aimed to compare the effectiveness of foot massage (FM) and active range of motion exercise in lower extremities (Lower ROM) in reducing the risk of falling among older people. **Method:** This study used a quasi-experimental approach with time-series design. Subjects were 29 older people with risk of falling living in the community, randomly assigned to the FM group and Lower ROM group. Risk of falling was evaluated using the Timed Up and Go (TUG) test and muscle strength using a handheld dynamometer. Both groups were given intervention every three days for 12 days. **Results:** Significant results were found in both groups in reducing the risk of falling and improving muscle strength ($p < 0.05$). However, there were no different effects of both groups in reducing the risk of falling and improving muscle strength ($p > 0.05$). **Conclusion:** Both FM and Lower Rom are similarly effective in reducing the risk of falling and improving muscle strength among older people.

Keywords: *Foot Massage, Lower ROM, Older people, Risk of falling, Muscle strength*

EFFECT OF FOOT MASSAGE ON DECREASING BLOOD PRESSURE AND ANXIETY IN OLDER PEOPLE WITH HYPERTENSION IN INDONESIA

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ABSTRACT

Introduction: Globally, the prevalence of hypertension in the world is quite high, especially in older people, which is continuously increasing every year. In addition, many of the older people also experience anxiety. Intervention is required to reduce blood pressure and overcome anxiety, and one of which is by giving foot massage interventions. **Objective:** To determine the effect of foot massage on reducing blood pressure and anxiety in older people with hypertension. **Method:** This study was a quasi-experimental study with time-series design for measuring blood pressure and assessing the degree of anxiety after repeated foot massage interventions for 12 sessions. **Results:** A significant decrease in anxiety was observed after six days and 12 days of foot massage intervention ($p < 0.05$). A significant decrease was also found in systolic blood pressure after the 12th intervention compared to baseline and the 8th intervention ($p < 0.05$). **Conclusion:** Foot massage intervention is effective in reducing blood pressure and anxiety in older people with hypertension.

Keywords: *Foot massage, Anxiety, High blood pressure, Older people*

MANAGEMENT COMPLEMENTARY THERAPY IN OVERCOME FATIGUE IN HEMODIALYSIS PATIENTS: A SYSTEMATIC REVIEW

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ABSTRACT

Introduction: This systematic review aims to examine various therapeutic interventions to reduce symptoms of fatigue in hemodialysis patients. **Method:** This systematic review was carried out through the collection of various scientific publications in the 2007-2017 period based on the PubMed, ProQuest, Science Direct, Garuda databases and secondary search. Search data using the keywords Management Therapy AND Fatigue AND Hemodialysis. **Results:** From nine selected articles, three articles explained the use of foot massage therapy, two articles for each aromatherapy and physical exercise program and one article for each yoga and infrared technique. In general, all therapeutic techniques provide significant results in reducing the level of fatigue, pain and sleep disturbance. **Conclusion:** All therapeutic techniques have their advantages and disadvantages. The application of therapy should consider the amount of cost, use a relatively fast time, can be done independently, and can be done by all nurses and families based on guidelines/protocols that have been clinically tested.

Keywords: *Complementary Therapy Management; Fatigue; Hemodialysis Patients*

**DEVELOPMENT OF VIDEO-BASED EDUCATION TO PREVENT
COMPLICATIONS OF BED REST FOR THE CAREGIVER OF COMMUNITY
DWELLING POST-STROKE PATIENTS: A DELPHI STUDY**

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ABSTRACT

Objective: To reach an agreement in the form of video content. **Method:** The Delphi technique underwent three rounds to reach an agreement. Seven experts participated in all rounds. The first round was begun with giving open-questions to the experts. The second round was the collection and evaluation of answers in the first round to be returned to the experts for the validity assessment using the Likert-scale. Furthermore, the third round was the result of the second round, which was re-evaluated and justified as an agreement. **Results:** The results of the first round of the Delphi technique were 17 topics. The second round produced 11 topics, which resulting in more than 78% and proceeding to the third round. The third round generated 12 topics in which all results were found more than 78% and then agreed as a consensus. **Conclusion:** The assessment was carried out by justifying the results of the presentation, which were accounting for more than 78%. In the third round, the Delphi technique contributed to developing 12 agreed items that were then involved in the educational video content.

Keywords: *Expert, Video, Stroke, Delphi*

UPDATED SELF-MANAGEMENT EDUCATION PROGRAM DELIVERED TO THE PATIENT WITH HEART FAILURE: A SYSTEMATIC REVIEW

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ABSTRACT

Introduction: Heart failure remains the top global health problem as its prevalence keeps increasing. Self-management education is a strategy that has been known to improve patient self-care, which can contribute to reducing readmission rates while at the same time improving the quality of life of patients with heart failure. **Objectives:** To identify and evaluate self-management education intervention programs. **Methods:** This systematic review was conducted by collecting the results of scientific publications around 2015-2019 on five databases, including PubMed, Proquest, ScienceDirect, Wiley, and the Cochrane Controlled Register of Trials (CENTRAL). This search was conducted from July-August 2019. The reviewed studies were only RCTs, in this research included the ones related to RCTs, patients diagnosed with heart failure, full-text paper and written in English, and ones related to self-management education interventions with follow-ups. **Results:** There were 18 articles reviewed in this research which participants were dominated by male patients aged 65 years old. Types of self-management education interventions that could be applied included: education and telephone support, Disease Management Clinics, telemonitoring, Nurse Case Management, Nurse Visit, Multimedia Based Education, and Combination telephone support and telemonitoring. **Conclusion:** A variety of choices for self-management education interventions could be applied to improve patient self-care since patients' conditions, characteristics and needs, follow-up treatment and the readiness of education media and health professionals were important factors that support the success of self-management education for patients with heart failure. A collaboration across multidisciplinary and professions has also been proven to contribute to the success of the program.

Keywords: *heart failure, self-management, self-care, self-management education, patient education*

ACTIVITIES OF DAILY LIVING OF STROKE PATIENTS FOLLOWING REHABILITATION IN MEDAN CITY, INDONESIA

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ABSTRACT

Introduction: Stroke causes interference with autonomy in carrying out daily activities as well as problems with interpersonal relations. Autonomous disorders that occur in stroke patients require rehabilitation to improve their motoric, verbal, and daily activities. The purpose of this study was to determine the daily activities of stroke patients participating in rehabilitation. **Method:** This descriptive study was conducted in 4 hospitals in Medan, namely USU Hospital, Dr. Pirngadi Hospital, Haji Adam Malik Hospital and Haji Hospital Medan in 2018 - 2019. This study used purposive sampling technique with Gpower analysis calculation of 250 people. The instrument in this study is the Barthel Index. **Results:** This study found that the average daily activities of patients who took part in rehabilitation at Medan city hospital, among others; Eating (1.36), Bathing (0.56), Personal care (0.41), Dressing (1.04), Defecating (1.18), Urinating (1.27), Toileting (1.13), Moving (1.78), Movement (1.59) and Up / go down the stairs (0.98). Suggestion are expected that in the future, stroke patients will further optimize their level of independence in carrying out daily activities.

Keywords: *Self-care, Physical Therapy Modalities, Stroke*

CHARACTERISTICS OF POSTPARTUM PERINEUM WOUNDS WITH INFRARED THERAPY

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ABSTRACT

Introduction: Perineal wounds other than their localization in humid feminine areas and can pose a risk of infection. This quantitative study aims to see a description of the characteristics of postpartum maternal perineal wounds with infrared therapy twice a day for three consecutive days with a descriptive-analytic analysis design. **Methods:** Sample selection was conducted with a purposive sampling technique to 20 postpartum mothers with spontaneous parturition and experienced 1-2 degrees of perineal wounds. Perineal wound characteristics were assessed and observed using the Southampton instrument with the results of the instrument trial $r = 0.99$ (Karl Pearson correlation coefficient), and the reliability value of 0.99 (brown spearman). **Results:** The results of this study showed that degeneration of wounds was found only until the first day of post-intervention (1.95 ± 0.22), poor wound regeneration occurred until the second day of pre-intervention (1.95 ± 0.22), and wound regeneration was being encountered changes from the first day to the second day pre-intervention (1.05 ± 0.22). **Conclusion:** These results indicate that infrared therapy does not show significant changes if only done for one day.

Keywords: *Localization, parturition, regeneration*

DIGNIFIED CARE SCALE_PATIENT VERSION: A SCALE DEVELOPMENT AND PSYCHOMETRIC TESTING

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Introduction: Respecting patient's dignity regarded as a part of high quality healthcare. Yet, the concept of dignity is multidimensional and complex. In order to enhance the understanding regards the interpretation of patient's dignity in care, developing measurement is required. Nevertheless, few well-validated instruments are available for measuring dignity during clinical care. The study was aimed to describe the development and psychometrically testing the dignified care scale_patient version (DCS_PV). **Methods:** This study was conducted in two phases: phase one involved item generation, content validity, pilot testing and item analysis; and phase two tested the psychometric properties of the scales including validity and reliability. The validity involved construct validity through exploratory factor analysis and concurrent validity through hypothesis testing; reliability through internal consistency and test-retest reliability. In order to validate the scales, a multi-center cross-sectional study was performed. The participants involving 319 inpatients calculated from the rule of subjects to item ratio of 5:1. It were proportionally recruited from medical and surgical wards across six public hospital centers in the east of Java, Indonesia. **Results:** The initial item generation was both inductively and deductively constructed to the 60 items and eight indicators. Two items were discarded from item analysis. Validity was established with satisfactory content validity index (Item-CVI was $\geq .86$; Scale-CVI was .993). The Exploratory Factor Analysis yielded three factor solution with 22 items namely information and communication (15 items), responsiveness (4 items) and respectful relationship (3 items). The cumulative percentage of variance explained was 54.819%. Positive and significant Pearson's correlation (.458) between dignified care scale with the Ryff Psychological Well-Being Scale (PWBS) for concurrent validity. Properties of reliability was confirmed with excellent Cronbach's alpha coefficient (.906) and moderate intra-class correlation coefficients for test-retest reliability (.826). **Discussion:** The established Dignified Care Scales_Patient Version (DCS_PV) is psychometrically sound and theoretically valid that reliably to evaluate the essential elements of dignified care. The factor structure derived from the DCS_PV scale could be used as standardized indicators of essential elements in dignity care which utilized as a valid generator matrix of specific goals for promoting dignified care during patient's care. Further expansion of DCS_PV is required to test with other frequency Likert scale responses for measuring the practice of dignified care in clinical care settings.

Keywords: *Care, Dignity, Dignified Care, Patient, Scale Development, Psychometric Testing*

THE PLYOMETRIC EXERCISE EFFECT ON BONE MINERAL DENSITY IN ADOLESCENTS: A SCOPING REVIEW PROTOCOL

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ABSTRACT

Introduction: The plyometric exercises have been proven effectively to improve bone health. The peak bone mass at adolescence must be optimized to decrease osteoporotic fracture risks in adulthood. Various methods of plyometric exercises have been explored in published literatures. This article aimed to outline the protocol for a scoping review on literatures on plyometric exercise to improve bone mineral density in adolescents. The review was conducted to present what is known and unknown about the plyometric exercises effects on bone mineral density in adolescents. **Methods:** The scoping review was conducted based on the Arksey and O'Malley framework. The review was initiated by identifying the research question and relevant outcomes (stage 1). It was then followed by identifying relevant studies (stage 2), study selection process based on the eligibility criteria (stage 3), charting the data (stage 4), and reporting the results (stage 5). **Ethics and dissemination:** Since scoping review intends to summarize information from available published literature, the ethical approval is not needed.

Keywords: *Scoping Review, Plyometric Exercise, Bone Density, Adolescents*

THE RELATIONSHIP BETWEEN LEUKOCYTE COUNTS, HEMOGLOBIN LEVELS, AND FUNCTIONAL IMPAIRMENT IN PATIENTS WITH ACUTE ISCHEMIC STROKE

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ABSTRACT

Objective: This study aimed to describe the relationship between leukocyte counts and hemoglobin levels with functional impairment in patients with acute ischemic stroke. **Methods:** This research was analytical observation with a cross-sectional design. The number of samples was 23 patients who diagnosed with ischemic stroke within 72 hours of onset. Leukocyte and hemoglobin levels were measured by laboratory examination. Functional impairment was measured using National Institute of Health Stroke Scale (NIHSS). **Results:** the relationship between high levels of leukocyte and severity of functional impairment were found statistically significant ($p < 0.05$). On the other hand, low hemoglobin levels were significantly related to severity of functional impairment in patient with acute ischemic stroke ($p < 0.05$). **Conclusion:** there was a linear relationship between leukocytes and functional impairment in patients with acute ischemic stroke. Moreover an inverse relationship between hemoglobin levels and functional impairment was shown in patients with acute ischemic stroke.

Keywords : *Leukocyte, Hemoglobin, Ischemic stroke, Functional impairment*

**THE DIFFERENT EFFECT OF INTENSIVE AND CONVENTIONAL
PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION
(PNF) ON LUNG FUNCTION IN CHRONIC STROKE SUFFERERS**

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Introduction: This study aimed to compare the effects of proprioceptive neuromuscular facilitation (PNF) intensively to conventional PNF on lung function in chronic stroke sufferers.

Method: This research was an case control study with cohort design in 15 patients with chronic stroke, in which 7 patients were treated with intensive PNF (≥ 10 times per 3 weeks) and 8 patients were provided with conventional PNF (6-9 times per 3 weeks). The pulmonary functions were measured in terms of FVC and FEV1 parameters using spirometry test.

Results: There was a significant effect following intensive PNF on the FVC and FEV1 ($p < 0.05$). In addition, significant effects were shown in patients treated with conventional PNF on FVC and FEV1 ($p < 0.05$). The intensive PNF was found effectively to increase FVC and FEV1 compared to conventional PNF ($p < 0.05$). **Conclusion:** The intensive PNF significantly increased pulmonary function compared to conventional PNF in chronic stroke sufferers.

Keywords: *Proprioceptive Neuromuscular Facilitation, Lung function, Chronic Stroke*

EFFECTS OF HIGH-INTENSITY INTERVAL TRAINING ON KIDNEY FUNCTION IN HEALTHY PEOPLE IN MAKASSAR FREELETICS COMMUNITY MEMBERS

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Objective: This study aims to determine the effect of high-intensity interval training on renal function. **Methods:** This observational study with time series design involved 30 members of the Makassar Freeletics community who were included in the inclusion criteria and doing high- intensity interval training (HIIT) 3 times a week for 4 consecutive weeks. Blood samples were taken at week 1 and week 4 to assess the levels of urea, serum creatinine (SCr), and glomerular filtration rate (GFR). **Results:** There were 63.3% of male respondents and an average age of 27 years, the average Urea level obtained at week 1 = 22.4 mg / dL and week 4 = 23.3 mg.dL, SCr week 1= 0.89 mg / dL and week 4 = 0.90 mg/ dL, GFR week 1= 106.9 mL / min 1.73m² and week 4 = 104.1 mL / min 1.73m². There was a decrease in kidney function during 4 weeks of HIIT even though the decrease was not significant ($p > 0.05$). **Conclusion:** The effect of HIIT for 4 weeks seemed to reduce kidney function, however the results were not significant. The effects of physical exercise on kidney function vary greatly because they depend on duration, intensity, endurance, resting intervals, and environmental conditions when performing the exercise.

Keywords: *High-Intensity Interval Training, Kidney Function, Serum Creatinine, Urea, GFR.*

EFFECTIVENESS OF ORAL CRYOTHERAPY ON MUCOSITIC EVENTS: A SYSTEMATIC REVIEW

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ABSTRACT

Introduction: Mucocitis is the most common complication experienced by patients undergoing chemotherapy. One of development of oral hygiene nursing interventions is cryotherapy. It is known that cryotherapy (CO) can prevent mucositis. **Objectives:** This systematic review aimed to determine the effectiveness of mucositis in patients undergoing chemotherapy. **Methods:** This systematic review preparation method followed PRISMA guidelines. Pubmed, Science Direct, Wiley Online, Proquest, and Google Scholar were databases used in collecting articles with relevant keywords. **Results:** The results revealed that seven randomized controlled trial research articles fit the inclusion criteria. The research article stated the benefits of CO in dealing with pain due to mucositis, CO on the degree of mucositis and CO on oral parenteral. With the implementation of these interventions, side effects of chemotherapy can be minimized. **Conclusion:** CO is effective in preventing mucositis in chemotherapy patients. But it is essential to be adjusted to patient's condition and coordination with other medical staffs in improving the quality of service.

Keywords: *Oral Cryotherapy, Chemotherapy, Mucositis, Nursing Intervention*

HOW CAN COACHING IMPROVE THE POSITIVE PERFORMANCE OF BOTH NURSE MANAGERS AND ORGANIZATIONS? : A SCOPING REVIEW

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ABSTRACT

Introduction: The presence of a nursing manager will determine the success of staff in doing effective and efficient work. Managers must be able to create a motivational climate in the work environment. Therefore the skill of a manager in guiding and motivating his staff is absolutely necessary. One method that can be used by a manager to achieve it is by coaching for both individuals and within organizations. The purpose in this scoping review is to explore empirically how coaching can positively affect the performance of both nurse managers and organizations? **Method:** From the PubMed, Science direct, Wiley online, and Secondary Search databases, 14 articles were obtained which consisted of a survey methodology design research, qualitative analysis, case study, pre and post study that discusse the model of coaching implementation by the leader in health services which hass been published from 2009-2019. The articles included in this scoping review have been published in 7 countries with an average of participants described as nurse managers, nursing staff, nurse educators and clinical facilitators / mentors. The type of intervention focused on the coaching as leader model for the development of nurse manager skills in leadership. **Results:** There are two main themes are determined to be identified in accordance with the objectives of the study. The first is "coaching with improved performance", which consists of positive perceptions from coachees, coaches and organizations participating in coaching training. The second main theme of coaching is provides skills to leaders and managers, namely coach as leaders or coaching of managers. This review proves that the impact of the coaching model is very positive on managerial abilities of nurse managers based on the perception of nursing staff and nurse managers themselves. This is proven to be empowering through the coaching model providing greater involvement in HR development in terms of performance and motivation, Hospitals are required to have staff who are creative, productive, performing well, able to find solution to existing problems, adaptive to change and independent. Those skills become prerequisites for staffin carrying out their duties and obligations that will impact on the quality y nursing services. **Conclusion:** This scoping review has explained the implications of efforts to develop nurse managers to carry out their role with coaching methods which are known to affect performance positively both nurse managers and organizational staff. Increasing expertise and skills in nurse manager leadership can be maximized if the leaders are equipped with coaching as leader skill that has been proven from the results of evaluations using systematic research

Keywords: *Effectiveness, Coaching, Leadership, Nurse Manager, Organization*

THE DESCRIPTION OF KNOWLEDGE AND ATTITUDE TO PREVENT THE RISK OF LOW BACK PAIN IN BANTIMURUNG SUB-DISTRICT PEOPLE

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ABSTRACT

Introduction : Low back pain is one of the major health problem. Knowledge is a very important domain in influencing a person behaviour. It is a kind of process to change people's attitude, which with this attitude will influence them to prevent the risk of low back pain appropriately. The problem of preventing low back pain had been seen by researcher while running a community service programme in Bantimurung district. Researcher had collected data and found a lot of people who were at risk of suffering from low back pain but could be reduced by forming the tendency to reduce the risk of low back pain by influencing precautions that they could do. This problem attracted researcher to know how is the knowledge and attitude of low back pain risk's prevention in Bantimurung district. **Methods:** The method in this study was descriptive analytic by using cross sectional study design with a sample size of 90 participants. The participants were collected by using systematic random sampling. The study was conducted on November in Bantimurung district. Instrument in this study was a questionnaire which could identify the characteristics of the participants, their knowledge by asking questions about the risk of low back pain prevention, and their attitude in the form of a statement about low back pain's risk prevention. **Results:** The study showed that most of participants had a high level of knowledge (43,3%) and also a high level of attitude (65,6%) about low back pain risk's prevention. They were expected to perform proper prevention. People's awareness will grow if they have a good level of knowledge. **Discussion:** There were no participants had a low level of attitude, it was because they had a high level of attention for their healthy so they could anticipate any risks which could occur. People were expected to maintain their active role of participating in all health centers activities and also actively looked for information about low back pain risk's prevention.

Keywords: *Attitude Of Low Back Pain Risk's Prevention, Knowledge Of Low Back Pain Risk's Prevention, Low Back Pain*

PHYSICAL EXERCISE INTERVENTION FOR OVERCOMING FATIGUE ON HEMODIALYSIS PATIENTS : A LITERATURE REVIEW

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ABSTRACT

Introduction Fatigue is the most common symptom experienced by patients with Chronic Kidney Failure (CRF) and is subjective with a prevalence of 84% in CRF patients who have performed hemodialysis (HD). Fatigue can be overcome by 62.3% through physical exercise. Purpose of writing this review literature is to find out the appropriate physical exercise intervention in hemodialysis patients in overcoming fatigue. **Methods** used in collecting this article are using the Pubmed, Wiley, Google Scholar database with limitations on the publication of articles in 2009-2019, with relevant keywords. **Results** obtained are nine randomized controlled trial research articles that fit the inclusion criteria. The research article states that physical exercise interventions are Aerobic Exercise, Resistance, Flexibility and a combination of each exercise. The physical exercise intervention proves it can reduce fatigue complaints. **Conclusion** physical exercise can reduce complaints of fatigue, the type of exercise performed effectively and efficiently for patients undergoing hemodialysis.

Keywords: *Fatigue, Physical Exercise, Hemodialysis*

MODELS AND BENEFITS OF MOBILE HEALTH APPLICATION TO SUPPORT PATIENT WITH TUBERCULOSIS: A LITERATURE REVIEW

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Introduction: Tuberculosis (TB) remains one of the deadliest infectious diseases that is responsible for millions of deaths each year worldwide and is the target of Sustainable Development Goals (SDGs) to end the TB epidemic in 2030. The aim of this study is to systematically evaluate and described the model and benefits of mobile health application to support patients with tuberculosis. **Methods:** The systematic literature search was conducted with PICO keywords on four databases PubMed, Scopus, ScienceDirect and ProQuest articles reported in English for the last five years and M-health related to tuberculosis patients. **Results:** Based on six articles that have been analyzed, most patients and health workers responded to the use of M-health as a solution in tuberculosis care, especially medication adherence aspect. The results of the study also show that m-health can optimize tuberculosis care through mobile services. **Conclusion:** M-health is needed in patients with care that requires a long period of time and requires routine and appropriate monitoring such as TB especially for medication adherence. Further, the absence of RCT methods becomes the main consideration and suggestion for further research.

Keywords: *Tuberculosis; Mobile Health; Support TB; Medication Adherence*

EFFECTIVENESS OF JATROPHA CURCAS EXTRACT AS A WASHER WOUND AGAIN CHANGES IN BACTERIAL COLONISATION AND DIAMETER WOUND ON THE DM WISTAR MODEL ; PILOT STUDY

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ABSTRACT

Introduction: The content of the chemical compound *Jatropha Curcas* has the potential to inhibit the growth of gram-negative and gram-positive bacteria, and has anti-inflammatory, anticoagulant, antiviral, antidiabetic, and anticancer activities. Potential also in wound healing which can increase the angiogenesis, fibroblast cells, and collagen fibers. This study aims to know the effectiveness of *Jatropha Curcas* extract 25% with *Jatropha Curcas* extract 50% to changes in bacterial colonization and wound diameter. **Method:** The design of this research is quasi experiment with subjects 5 STZ induced wistars, divided into 2 groups of wounds namely the *Jatropha Curcas* extract group 25% and 50%. Wounds made using punch biopsy 1 cm (10 mm) in diameter and washing the wound with irrigation technique for 14 days on each DM wistar wound. Measurement of bacterial colonization through swab techniques on the wound surface and measurement of wound diameter by using digital calipers on days 0, 7, 14. **Results:** Statistically *Jatropha Curcas* extract 25% did not significantly reduce the number of bacteria with a significant value ($p = 0.449$) the value for *Jatropha Curcas* extract is 50% ($p = 0.056$) but it does not mean that it is not effective in decreasing the number of bacteria because clinically there is a decrease in the number of bacteria from time to time (day-0 to day-14), namely extract *Jatropha Curcas* 25% (4×10^7 CFU / mL; 63×10^7 CFU / mL; 1×10^4 CFU / mL), in the *Jatropha Curcas* extract group 50% (37×10^7 CFU / mL; 5×10^7 CFU / mL; 17×10^4 CFU / mL). The types of bacteria identified were: Coagulase negative staphylococcus (-), *Klebsiella pneumonia* (-), and *Staphylococcus aureus* (+). Statistically the wound diameter in both groups was found to be significant where the *Jatropha Curcas* extract group was 25% ($p=0.007$) while the *Jatropha Curcas* extract group was 50% ($p = 0,000$) and clinically there was a decrease in the mean wound diameter over time where the extract *Jatropha Curcas* 25% (9.99 mm; 6.46 mm; 3.96 mm), and *Jatropha Curcas* extract 50% (9.53 mm; 5.79 mm; 3.73 mm). **Conclusion:** *Jatropha Curcas* Extract 50% effective in decreasing the number of bacteria and the diameter of the wound.

Keywords: *Jatropha Curcas* Extract, Bacterial Colonization, Wound Diameter.

**FACTORS THAT INFLUENCE THE INTERPROFESSIONAL EDUCATION
COMPETENCIES IN THE PKL DESA TERPADU POLTEKKES KEMENKES
MALUKU**

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ABSTRACT

Introduction: Changing trends in health care requires competencies from health professionals like critical thinking, communication, and collaboration can be achieved if interprofessional education (IPE) started early. Study aims to analyze factors that influence the IPE competencies in PKL Desa Terpadu using a presage (characteristics and perceptions of IPE), process (readiness of IPE learning) and product (achievement of IPE competencies). **Methods:** This study was a quantitative method with cross-sectional design. Questionnaire using Interdisciplinary Education Perception Scale (IEPS), The Readiness Interprofessional Learning Scale (RIPLS), The Attitude Toward Health Care Teams Scale (ATHCTS), Interprofesional Teamwork Evaluation (ITE) distributed to 251 respondents (25 facilitators and 226 students) from five study programs (Nutritionists, Health Analyst, Nursing, Environmental Health and Midwifery) in Poltekkes Kemenkes Maluku. **Results:** There is a strong (0.851) and significant ($p = 0,000$) relationship between fasilitator's characteristics and readiness toward IPE competency with 58.6% influence; there is a strong (0.799) and significant ($p = 0,000$) relationship between fasilitator's perception and readiness toward IPE competency with 60.5%; there is a moderate (0.598) and significant relationship ($p = 0.000$) between student's characteristics and readiness toward IPE competency with 34% influence; there is a moderate (0.596) and significant relationship ($p = 0.000$) between student's perception and readiness toward IPE competencies with 34.9%. **Conclusion:** The results showed a strong and significant relationship between presage (perception) and process (readiness) towards the achievement of IPE competence in PKL Desa Terpadu Poltekkes Kemenkes Maluku.

Keyword: *Presage, Process, Competency Achievement, Interprofessional Education*

EFFECTIVENESS OF FAMILY EMPOWERMENT ON HbA1c LEVELS AND HEALING OF WOUNDS IN DM TYPE 2 PATIENTS

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ABSTRACT

Introduction: Neuropathy, angiopathy, retinopathy, and nephropathy are complications of type 2 DM, proper management is needed, wrongly accessed through education by obtaining family empowerment. **Objective:** To analyze differences in HbA1c levels and wound healing in type 2 DM patients through family empowerment interventions. **Method:** Pre-post and post-test Quasy design involving 33 patients from four clinics in the wound care center in Makassar. The intervention group consisted of 17 patients involving families in each educational intervention for 4 weeks while the control group as many as 16 patients received standard education from health services. HbA1c levels were examined in the first and third months in a standardized laboratory (Prodia), wound healing was measured using the Diabetic Foot Ulcer Assessment Scale (DFUAS). Family empowerment was measured by the Indonesian version of the Family Empowerment Scale (FES) instrument with Alpha-Cronbach = 0.863. The statistical test used; Paired T- test and Independent T-test on the HbA1c, Mann-whitney and Friedman post hoc-wilcoxon test on the wound healing variable. **Results:** HbA1c levels between the intervention and control groups (p 0.048). DFUAS wound healing between intervention and control groups (p 0,000). In the FES measurement control group found behavioral items (0.001) and total family dimension score items (0.001); service dimension there is one item that is meaningful namely knowledge (0.002); and in the community dimension, there are two meaningful items namely behavioral items (0.006) and total dimensions of the community dimension (0.009). Whereas in the intervention group, all dimensions (family, service, and community) had meaningful findings with significance values (p <0.05). **Conclusion:** Empowering the family through education effectively reduces HbA1c levels and the faster of the healing process.

Keywords: *Family empowerment; DM type 2; HbA1c; Wound healing*

READINESS OF STROKE PATIENT CAREGIVER IN THE TRANSITION PHASE: DESCRIPTIVE QUALITATIVE

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Objective: To identify and explore the caregiver of stroke patient's readiness on the transition phase. **Methods:** A qualitative approach was used, with in-depth interviews of seven-caregivers of stroke patient in the stroke center of Dadi hospital Makassar. Data were analyzed with Colaizzi method by listening to respondent recordings, then making transcripts of words produced from the recordings, and then grouping and categorizing data to produce important theme. **Result:** There are four themes identified in this study: Knowledge of stroke, Physical and psychological response of caregiver in treating stroke patients, Caregiver readiness in treating stroke patients, Caregiver support assistance for stroke patients. **Conclusion:** Caregiver knowledge about stroke patients care on the transition phase is considered to be lacking. It was because the health workers have not provided maximum information, so this has an impact on the readiness of caregivers in caring for stroke patients at home. Therefore, it is important to carry out a comprehensive education.

Keywords: *Readiness, Caregiver, Stroke*

STRATEGIES TO IMPROVE PATIENT INVOLVEMENT FOR ACHIEVING PATIENT SAFETY GOALS: A SYSTEMATIC REVIEW

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ABSTRACT

Objective: Involving patients in achieving patient safety goals can reduce medical errors. However, patients had some limitation to be actively involved in patient safety activities, such as a deficit in knowledge and physical activities. Thus, strategies are highly needed to increase their involvement. The purpose of this study is to examine strategies to improve patient involvement in attaining patient safety goals. **Method:** Two databases (PubMed and Wiley Online Library) was used to search for articles. **Results:** Sixteen articles (8 cross-sectional & 8 qualitative studies) that focused on patient safety goals were reviewed. There were three main strategies to actively involve patients in achieving patient safety goals: 1) Educating patients and health care providers about patient safety goals; 2) Obtaining patients' feedback about patient safety practice through surveys and incident reports; 3) Involving patients in their care planning by implementing patient-centred care and providing an environment that supports patient care. **Conclusion:** All strategies are useful to enhance patient involvement in attaining patient safety goals by adjusting with the needs of patients.

Keywords: *Patient Centered Care, Patient Involvement, Patient Safety Goals.*

**THE EFFECTIVENESS OF PLAN DO CHECK ACT (PDCA) METHOD
IMPLEMENTATION IN IMPROVING NURSING CARE QUALITY:
A SYSTEMATIC REVIEW**

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ABSTRACT

Objective: Providing a decent care is one of professional nursing standard that must be performed by nurses. Today, the main focuses of nursing care quality in Indonesia are for patient centered care, high quality of nursing management, and affordable medical costs. This systematic review is conducted to investigate the effectiveness of the PDCA method application for enhancing the quality of nursing care. **Method:** This systematic review was guided by PRISMA Flow diagram and three databases (PubMed, ProQUEST, and Science Direct) searched the literatures. **Results:** Nine articles were included in this review and tested for its quality with regards to the application of the PDCA method in nursing care by using Critical Appraisal Skills Program (CASP) and Joanna Briggs Institute (JBI). This review confirmed that applying the PDCA method in nursing care can improve the quality of patient life; reduce anxiety, depression, and emotional problems; overcome digestive disorders; reduce pain; adhere to critical value reporting; and increase medical compliance. **Conclusion:** The PDCA method effectively improves the quality of nursing care.

Keywords: *Nursing Care, Quality Improvement, PDCA Method.*

EFFECTS OF DIABETES FOOT CHECK UP TRAINING ON CAREGIVER AS AN EARLY DETECTION OF DIABETES FOOT INJURY IN THE COMMUNITY

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ABSTRACT

Introduction: The limited knowledge and skills of caregivers in detecting neuropathy and angiopathy in diabetic feet are the basic for training the Ipswich Touch Test (IpTT) and palpation of the dorsalis pedis and posterior tibial arteries. This study aims to improve the ability of caregivers to check the diabetic foot check-up. **Method:** Quantitative research with cross sectional approach. The sampling technique used was purposive sampling with a sample of 144 people. Criteria for inclusion of DM patients with DM prolans without diabetic foot ulcer (DFU). Criteria for inclusion of caregivers aged 20-60 years, not deformed by hands and vision, have never received training in IpTT examination and palpation of the dorsalis pedis and posterior tibial arteries. Knowledge of the IpTT examination questionnaire and dorsalis pedis and posterior tibial artery palpation assessed caregiver knowledge. Content validity index (CVI) = 91.6 with alpha cronbach's 0.71. The observation sheet assesses the caregiver's skill of performing an IPTT foot examination and palpating the dorsalis pedis and tibial posterior pulses by validating using a 10 G monofilament for neuropathy detection and ankle brachialis index (ABI) for the detection of angiopathy. **Results:** The results of IpTT examination and palpation of dorsalis pedis and tibialis posterior showed no difference between nurse and caregiver examinations, both on the right foot and left foot ($p > 0.05$) with good knowledge (88.9%). **Conclusion:** A simple test for the detection of neuropathy and angiopathy of the IPTT and palpation of the dorsal pedis and posterior tibial arteries can be performed by the general public for early detection of diabetic foot ulcer (DFU).

Keywords: *Caregiver, IpTT, dorsalis pedis pulse palpation, tibial posterior palpation*

EXPERIENCES, IMPACTS, AND STRATEGIES FOR OVERCOMING NURSE'S MORAL DISTRESS: SYSTEMATIC REVIEW

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ABSTRACT

Introduction: Moral distress is a problem that is often overlooked in the nursing profession which is a painful psychological imbalance that results from knowing ethically appropriate actions, but cannot do it. The purpose of this systematic review is to thoroughly investigate the experience of nurses' moral distress and the range of impacts that they cause and the strategies for overcoming moral distress to nurses. **Method:** Literature search on electronic databases from journals that have been published through ProQuest, PubMed, ScienceDirect, and Google Scholar from January 1, 2010, to September 1, 2019. **Results:** The intensity and frequency of moral distress experienced by nurses tend to vary. This result is due to differences in individual characteristics as well as workplace characteristics, duties, and responsibilities. **Discussion:** The impact caused by moral distress very much includes the deterioration of the physical and mental health of nurses, provision of care, job satisfaction, and unsustainable care, poor communication, limited patient advocacy, lack of care, decreased job satisfaction, burnout and increased nursing turnover. Strategies that can be done to overcome the problem of moral distress are the application of adaptation models and individual approaches and collaborative approaches by providing ethical education to nurses and professionals in hospitals. **Conclusion:** Moral distress has many negative effects on both the nurse, patient and the quality of nursing care. Various strategies can be applied to overcome the problems of moral distress experienced by nurses, namely the adoption of adaptation models and individual approaches and collaborative approaches by providing ethical education to nurses and professionals in hospitals.

Keywords: *Moral Distress, Moral Conflict, Moral Problems, Nurses*

EFFECTIVENESS OF JATROPHA CURCAS EXTRACT AS WASHER INJURIES OF BIOFILM REDUCTION IN THE MELLITUS DIABETES MODEL WISTAR: PRELIMINARY STUDY

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ABSTRACT

Objective: Identifying the comparison of the effectiveness of using 25% and 50% jatropha curcas extracts as wound washing against biofilm reduction. **Method:** The study design used a quasi experiment with post test with group design, a sample of 10 male Wistar -induced STZ 40-50mg/kgBB and grouped into 2 namely Jatropha curcas extract 25% and 50%. The wound is made in a square with a size of 1.5 cm x 1.5 cm in the dorsal dorsal area, Pseudomonas Aurogenosa bacteria were inoculated after injury, biofilm observations were made on day 0 (bestline) 24 hours after inoculation, 3,7 and 14. **Results:** There was no difference in wound washing to the biofilm picture between extracts of jatropha curcas 25% and 50% where the significance value of all variables > 0.05, as seen in the extract area of jatropha curcas 25% (p 0.203) and 50% (p 0.470) and the extract density of jatropha curcas 25% (p 0.343) and 50% (p 0.474), but clinically there are significant changes in wound diameter where extracts of jatropha curcas are 25% day 0 -3 (p 0.014), 3rd-7 (p 0.026) and 7th-14 (p 0.006) and 50% day 0 -3 (p 0.002) day 3 7 (p 0.006) and day 7 14 (p 0.007) **Conclusion:** Wound washing with extracts of jatropha curcas 25% and 50% there is no difference in the reduction in biofilm on the wound surface.

Keywords: *Diabetic ulcer, Jatropha Curcas, Biofilm*

**EFFECTIVENESS OF CLINICAL PATHWAY MANAGEMENT RELATED TO RISK
MANAGEMENT FOR QUALITY OF CARE IN HOSPITAL:
A LITERATURE REVIEW**

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ABSTRACT

Introduction: Clinical pathway is a process that involves multidisciplinary health professionals focusing on patient care in accordance with procedures on an ongoing basis, and with the plan in treating patients so that services are expected to be more effective, quality maintained with controlled costs. The purpose of writing this literatur review is to see the effectiveness of the application of clinical pathways related risk management to quality of care. **Methods:** The search was carried out using a data base in ; Pubmed,, Willey and secondary searching, journals restricted to the last 15 years and other publications related to the topic surveys and statistical descriptions about clinical pathways. **Results:** Overall the results of several research surveys showed a significant positive correlation between the application of clinical pathways and the reduction in clinical risk of patient care in hospitals. There has been a stratification of reduction the length of stay and index costs of patients in the hospital on the application of clinical flow so that it explicitly prevents over procedures such as the number of laboratory tests, number of consultations and medicines. **Conclusion:** The development of clinical pathway is proven to be able to improve multidisciplinary intra and inter communication, good teamwork and efficient maintenance planning. To maintain optimal results and prevent the possibility of the impact of risks in clinical procedures, it is necessary to have intens, ongoing monitoring and commitment from the hospital and health workers in the implementation of clinical pathways in hospitals.

Keywords: *Clinical pathway, Risk Management, Quality of Care*

THE EXPERIENCE OF STROKE PATIENT AND THEIR CAREGIVER AFTER DISCHARGE FROM HOSPITAL: A LITERATURE REVIEW.

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ABSTRACT

Introduction: Stroke is the second leading cause of death in the world that occurs at the age of more than 40 years. Stroke causes long-term disability that requires caregiver after discharge from the hospital. **Objective:** The purpose of this scoping review was to see a description of the experience of stroke patients and caregivers after being discharge from hospital **Method:** A literature review was conducted sing Pubmed, Wiley, and Sciencedirect using keywords in accordance with the PICO published in the last five years, full text, English, a type of qualitative research with aim to see experience of stroke or caregiver patients. **Result :** Stroke and caregiver patients have problems after discharge from the hospital. Stroke sufferers are unable to perform activities independently and caregiver also does not have the ability to care for stroke patients. This resulting in psychological problems. This is due to lack of knowledge and skills given when going home from the hospital. And the lack of support from health workers during the recovery process. **Conclusion :** From the experience of stroke patients and caregivers after returning from the hospital found problems such as a lack of information and skills that indicates being unprepared for a new role.

Keywords : *Experience; Stroke; Caregiver; Transition*

**EXPERIENCE OF CANCER PATIENTS WITH CHEMOTHERAPY ABOUT
NURSING CARING BEHAVIOR IN CHEMOTHERAPY ROOM, STELLA MARIS
HOSPITAL MAKASSAR : A QUALITATIVE RESEARCH**

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ABSTRACT

Introduction: In oncology care, the number of cancer patients significantly continues to increase. Therefore, it is very important to maintain quality oncology nursing services. Quality nursing services can be achieved through the provision of nursing care based on nurses caring behavior. Swanson's caring theory provides a good start to the habits and characteristics of service processes. **Objective:** To explore the perspectives and experiences of cancer patients undergoing chemotherapy about nurses caring behavior based on Swanson's 5 component approach (1991) middle range theory of caring. **Method:** Using a phenomenological approach, in-depth interviews were conducted with five openended questions given to 10 participants. Interviews are digitally recorded and transcribed. Then the data are analyzed using thematic content. **Results:** Based on patient experience, five themes were identified as core components of nurses caring behavior. The most important overall theme is to provide an explanation, and followed by 4 other themes: responsiveness, skills and competencies, provision of motivation and spiritual support. **Conclusion:** Patient's perspective and experience regarding nursing caring behaviour provides valuable information that can help understand what is actually expected by a patient to improve oncology nursing practice.

Keyword: *cancer, chemotherapy, nurse, caring*

**THE EFFECT OF NURSING INTERVENTION: REGULAR ASSESSMENT OF PAIN
AND ANALGESIC SIDE EFFECTS ON ADEQUATE PAIN RELIEF IN
POSTOPERATIVE PATIENTS**

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ABSTRACT

Introduction: Pain is one component of vital signs. The patient's pain complaints must be assessed and observed as do the four other vital signs components (blood pressure, pulse, respiration and temperature). **Objective:** This study aims to determine the effect of regular assessment of pain and analgesic side effects on adequate pain relief in postoperative patients. **Method:** Quantitative research using quasi-experimental design with the approach a pre-posttest design without a comparison group. Sample was 15 obtained through of convenience/ accidental sampling. Primary and secondary data collected from the measurement results using daily pain assessment with Numerical Rating Scale (NRS), The Numerical Opioid Side Effect (NOSE) and medical record. Data were analyzed using statistical paired t-test using a computerized system. **Result:** The results showed that there was a change in pain scale and NOSE score ($p = 0,000$; $0,000$). There was a decrease in pain scale (2.67; 1.53) and NOSE scores (4.47; 2.27) sequentially on the second and third days after intervention. **Conclusion:** Regular assessment of pain and analgesic side effects can reduce acute pain adequately after surgery. In addition to assessing the scale of pain, nurses also need to examine the side effects of opioid analgesics to help patients achieve a balance between pain and analgesic side effects according to the nursing theory developed by Marion Good.

Keywords: *Regular Pain Assessment, Analgesic Side Effects, Postoperative Pain.*

**THE EFFECTS OF CAREGIVER EMPOWERMENT IN SELF CARE FULFILLMENT:
RANGE OF MOTION EXERCISES ON THE STRENGTH OF MUSCLE IN STROKE
PATIENTS**

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ABSTRACT

Introduction:-

Objective: To determine the effect of caregiver empowerment on self-care fulfillment: range of motion exercise on the muscle strength of stroke patients at home. **Methods:** The research applies quasi experimental design with one group pretest-posttest design. It involved 18 patients and caregivers who had previously been undergoing treatment in Region Public Hospital, Indonesia. The ROM intervention of education and training were conducted three times a week by home visiting. The samples were taken using purposive sampling technique. Muscular strength was measured by Griptrack Commander (Japan Media) for the upper limb muscle strength and Hand Held Dynamometer (µTas MT-1) for the lower extremity. **Results:** Statistical tests show a significant effect on caregiver empowerment in self-care fulfillment: range of motion exercise on upper limb muscle strength using the Wilcoxon test has p value (0.004) and lower extremity using Paired sample T-test has p value (0.001). **Conclusion:** Caregiver empowerment in fulfilling self-care: The range motion exercises have significant impacts to increase of muscular strength of stroke patients at home.

Keywords: *caregiver, empowerment , muscular strength, range of motion exercise, stroke.*

IMPACT OF THE COACHING PROGRAM IN NURSING MANAGEMENT: A SCOPING REVIEW

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ABSTRACT

Introduction : Nursing care is one of the determinants of service quality in a health service. To improve outcomes for better nursing care, it is necessary to develop a nursing management system including developing potential of the staff. In order to increase staff potential, one method of staff development that can be used is the coaching method. **Objective:** The purpose of this scoping review is to look at the impact of the coaching program in nursing management. **Methods:** A Scoping review. A range of databases were searched using Pubmed, Science Direct, Wiley, CINAHL and Proquest. The review method using articles published in the last 10 years, English language, and full text, qualitative or quantitative studies and a review that focus on the impact of the coaching program in nursing management **Result :** A total of 15 articles included in this review. Several impacts of the coaching program in nursing management were identified. Among them, the impact on nurse manager's leadership is increasing performance, competence, effective communication between leader and staff. In addition this program also impacting on development of managerial and leadership skills such as effective communication. Coaching can also be used to resolve conflicts on staff. **Conclusion :** Coaching program is one of the effective methods in developing nurse manager skills that has an impact on the performance of nursing staf. Improved nurse performance contributes to improving patient care.

Keywords : *Coaching, Nurse Manager, Nurse Leader, Nursing Management*

EFFECT OF MANAGER COACHING PROGRAM ON STAFF MOTIVATION AND JOB SATISFACTION: A SCOPING REVIEW

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ABSTRACT

Introduction: Hospitals as health care facilities should be able to prepare productive managers so they can help to develop their staff or subordinates. Coaching programs are given to empower individuals as human resources in organizations and preparing the managers to develop their staff. **Objective:** The purpose of this scoping review is to find out the effect of coaching programs on managers on increasing staff motivation and job satisfaction. **Method:** Various databases used in systematic article searching include ProQuest, EBSCO Host, PubMed, Google scholar and secondary search. This scoping review focuses on effect of coach program for manager on staff. **Result:** There were 11 articles that met the inclusion criteria. There were 9 articles suggesting that coaching program for manager can increase staff motivation and their job satisfaction because they feel more supported. Two other articles show that this program can also improve staff professional development. **Conclusion:** From this scoping review, it is proven that the coaching program for managers provides many benefits not only for managers but also for their staff namely increasing staff motivation and their job satisfaction.

Keywords: *Coaching, coaching program, managers, staff*

QUALITY OF NURSING CARE DOCUMENTATION IN HOSPITAL : A LITERATURE REVIEW

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ABSTRACT

Introduction: Nursing care documentation is written evidence of the care given by nurses to patients. **Objective:** To determine the quality of nursing care documentation in hospital. **Methods:** The literature review with the approach of using four databases that PubMed, ProQuest, Wiley Online Library and Google Scholar use search keywords "nursing documentation", "nursing care" "quality" and "completeness of documentation" with the inclusion criteria, namely the search is limited from the period 2009 to 2019, full text, English and Indonesian. **Results :** 6 articles were obtained according to the inclusion criteria, there are 2 articles that explain the quality of nursing care documentation, 2 articles that describe the implementation of nursing care documentation and 2 articles describing the factors related to the completeness of nursing care documentation. **Conclusions :** training on documentation of nursing care nurse, working period, the workload, the development of awareness, direction and control, monitoring and continuous control as well as incentives from the hospital management can improve documentation quality of nursing care in the hospital.

Keywords: *quality, documentation, nursing care*

FACTORS RELATED TO THE 30-DAY READMISSION AMONG CONGESTIVE HEART FAILURE PATIENTS: A LITERATURE REVIEW

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ABSTRACT

Introduction: Congestive heart failure (CHF) is the main cause of readmissions in many hospitals around the world which is predicted to increase by 46% by 2030, also creating a huge economic burden on the health care system. **Objective:** We conducted a literature review to evaluate the relationship between the LACE index (Length of stay, Acuity of admission, Comorbidity, and Emergency department visit) and hospital costs on the incidence of unplanned CHF readmission patients within 30 days after the patient was discharged from the hospital in the administrative database. **Methods:** A literature review was conducted using PubMed, ProQuest, and Google Scholar with keywords by following the PICO principle in the last five years, full text in English, retrospective cohort study to investigate contemporary causes, time, using the LACE index method and the CHF 30-day readmission fee. **Results:** CHF has a problem that causes readmission because it is influenced by a factor in declining patient health after being discharged from the hospital due to inadequate post-discharge support, follow-up, and inadequate handoffs, so it requires expensive costs, often occurs and most can be prevented and can be done scoring system with the LACE index, which is associated with hospital costs. **Conclusion:** Existing routinely-captured data can be used to develop the LACE index on readmissions, potentially helping to support clinical decisions and prevent such readmissions, where LACE index score is higher, then the incidence of readmission over a period of 30 days is higher and so is the higher costs paid by insurance and hospitals.

Keywords: *Congestive Heart Failure, Hospital Cost, LACE index*

THE ROLE OF SPIRITUAL THERAPY ON SPIRITUAL WELL-BEING AND QUALITY OF LIFE IN BREAST CANCER PATIENTS: A LITERATURE REVIEW.

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ABSTRACT

Introduction: Breast cancer is the main cancer in women and the second after lung cancer from all cancers. Having breast cancer can cause spiritual stress and poor quality of life. **Objective:** The aim of this study is to determine the role of spiritual therapy towards spiritual well-being and the quality of life of people with breast cancer. **Method:** A systematic literature search was performed with the PICO keywords in five databases PubMed, Scholar, ScienceDirect, Ebsco Host and ProQuest. The type of articles accepted were the ones published in 2009-2019 and fulfill the inclusion requirements. **Results:** from the 5 articles analyzed, they show the same results that the role of spiritual therapy can improve the spiritual well-being and quality of life of breast cancer patients. **Conclusion:** The role of spiritual therapy is effective in improving the spiritual well-being and quality of life of breast cancer patients, but further research is still needed to confirm the results of the study and the use of more stringent research designs.

Keywords: *Breast cancer, spiritual therapy, spiritual well-being, quality of life.*

COST-EFFECTIVENESS OF TREATMENT FOR DIABETIC FOOT ULCER: A LITERATURE REVIEW

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ABSTRACT

Introduction: DFU is a complication of Diabetes Mellitus (DM). The majority of DFU were plantar1 and most patients have repeated DFU, even more than a quarter of patients have amputations in the lower limbs. Previous studies report that, DFU risk factor is 55.4% and DFU prevalence is 12% **Objectives:** To explore the cost-effectiveness of Diabetic Foot Ulcer (DFU) treatments. **Methods:** We used a PRISMA checklist to literature review articles in the following databases PubMed, ProQuest, Wiley, Science Direct, CINAHL, DOAJ, Google Scholar, and secondary search. **Results:** A total of 11 articles were identified using the decision model, Markov model, three phase trials, and randomized controlled trial (RCT). 7 studies evaluating the cost-effectiveness of DFU treatment in the use of dressings; 3 studies evaluating the cost-effectiveness of optimal care in DFU prevention; 1 study evaluated the cost-effectiveness of foot temperature measurement to reduce DFU recurrence. **Conclusions:** The use of dressings discussed in this review literature in DFU treatment shows a costeffective and greater wound healing rate. Optimal care is a cost-effective choice compared to standard care in preventing DFU. In addition, monitoring of plantar foot temperature with infrared temperature at home can reduce the incidence of DFU recurrence.

Keywords: *Diabetic Foot Ulcer; Cost-effectiveness; Cost utility; Cost benefit; Treatment*

THE EFFECTS OF PURSED LIPS BREATHING ON PERIPHERAL OXYGENATION AND LUNG VENTILATION FUNCTION: A LITERATURE REVIEW.

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ABSTRACT

Introduction : Respiratory disease is the enhancement problem in a world that really needs a solution. **Objectives:** The purpose of this literature was conducted to evaluate the effect of Pursed Lips Breathing on Peripheral Oxygenation and Lung Ventilation Function **Methods:** Relevant studies were searched for in 4 data bases Pubmed, Willey, Science direct and Google Scholar, publication dates 5 years. Journal search is done using the keyword lung disease AND Pursed lips breathing AND Kochs disease approach according to PICO. Initially, 83 articles were identified. After analyzing all primary documents, 73 studies were excluded. Only 10 studies were relevant to this review. **Results:** Based on the articles that have been obtained Pursed Lips Breathing is effective in increasing ventilation and Peripheral oxygenation and effective in increasing lung activity for the respiration process. As for the monitoring criteria for the effectiveness of respiration status by looking at the FEV1 and Spo2 indicator **Conclusion:** The pursed lips breathing intervention is carried out continuously to the patient every day to get optimal results for the respiration process.

Keyword: *pursed lips breathing, Peripheral oxygenation, Lung Ventilation Function*

THE EFFECTIVENESS OF BENSON RELAXATION ON PAIN REDUCTION IN POST PARTUM MOTHER WITH CAESAREA AT MOTHER AND CHILD HOSPITAL ST. KHADIJAH III MAKASSAR.

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ABSTRACT

Introduction: Benson's Relaxation Technique is breathing technique commonly used in nursing hospitals experiencing pain and Benson's relaxation removes the element of trust of the heart to form words. **Objective:** The purpose of this study was to determine the effectiveness of Benson's relaxation in pain reduction in postpartum section caesarean mothers at the women's and children's hospital St Khadijah III Makassar. **Method:** The research design used quasi experiments. The samples used a formula design with pre and post test without a control sample with 30 people. Benson's Relaxation Technique is performed for 15 minutes, on the second postoperative day to ensure the effects of anesthesia disappear. And after being given a relaxation benson technique, it brought a measurement scale with visual descriptive scale. **Result:** The results of this study showed that Wilcoxon Sign Rank statistical test result with a confidence level of 95% ($\alpha = 0.05$) and p value obtained 0.000 < 0.05. There was an effectiveness of Benson's Relaxation in pain reduction in postpartum section caesarea mothers at the women's and children's St. Khadijah III Hospital Makassar. **Conclusion:** this Study Concluded that this research can be used as a consideration and increase health promotion in the provision of relaxation techniques to reduce pain scale.

Key words: *Benson Relaxation Technique, Pain Scale, Post Partum Sectio Caesarea.*

SUPPORT SYSTEM CLINICAL DECISION TO DECISION MAKING SUPPORT CLINICAL NURSES : A LITERATURE REVIEW

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ABSTRACT

Introduction : Nurses clinical decisions must be supported by accurate and complete data and a good system in order to answer the patient needs appropriately. **Objectives:** To provide understanding for nurse on the benefits of the support system clinical decision in making clinical decision for patient care. **Method :** A systematic search was performed in several data bases namely PubMed, ProQuest, and Science Direct with relevant keywords. Inclusion criteria, namely publication in the last 5 years from 2015 to 2019, full text, discusses the use of clinical decision support systems by nurses all research methods both qualitative, quantitative, mixed methods, cohorts and surveys and using English. **Results:** Obtained six research articles in accordance with the inclusion criteria. There are two studies on the development of clinical decision support systems, two studies on evaluating the effect and experience of nurses in using clinical decision support systems, one study on the diagnostic accuracy of clinical decision support systems and one study on the barriers to the use of clinical decision support systems. **Conclusion:** The clinical decision support system is easy for nurses to use and increases the level of clinical decision making and the quality of care.

Keywords : *Support System Clinical Decision, Clinical Decision Making, Nurses.*

DETECTION OF PERIPHERAL NEUROPATHY USING VIBRATION IN PATIENTS WITH DIABETES MELITUS: A LITERATURE REVIEW.

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ABSTRACT

Introduction: Diabetes Mellitus (DM) is a type of non-communicable disease which is at risk for complications. The most common complication due to DM is Diabetic Peripheral Neuropathy (DPN), which can affect the autonomic, motor, and sensory nerves of the peripheral nervous system. **Objective :** This study aims to evaluate vibration sensations in detecting peripheral neuropathy in patients DM. **Methods :** The design of this study was a literature review and was prepared based on the 2009 PRISMA guidelines checklist. Literature search was carried out with the keyword "diabetes mellitus AND vibration AND peripheral neuropathy". The databases used are PubMed, ScienceDirect, ProQuest, Google Scholar, and DOAJ which have been reported in English for the past eight years. **Results :** There were 9 articles included in this study using cross sectional design, quasi experiment, and cohort study. 3 studies evaluated VibraTip, each 1 article evaluating Mobile Vibration, Neuropad, NerveChek, VSA-3000, and 1 article comparing ESC with VPT. From the results of the assessment in the inclusion article it was found that vibration can be significantly used to detect peripheral neuropathy in patients DM. **Conclusion :** The findings from this review indicate that vibration is very useful for detecting peripheral neuropathy.

Keywords : *Peripheral neuropathy, Vibration, Diabetes Mellitus*

QUANTUM MOVEMENT TECHNIQUE VERSUS WILLIAM FLEXION EXERCISE ON PAIN AND WALKING ABILITY IN PATIENTS WITH LOW BACK PAIN.

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ABSTRACT

Introduction: Low back pain (LBP) is the pain experienced in lower back. LBP is not including pain, but also muscle spasm of lower back, which results in muscle imbalance thus leads to the decrease of abdominal stability and restriction of lumbar mobility. **Objective:** Our study aimed to compare between quantum movement technique (QMT) and William flexion exercise (WFE) in patients with low back pain (LBP) based on pain and walking ability. **Methods:** Six-session QMT and WFE were provided for two groups of participants. Frequency of intervention was six times/week. Twenty patients (aged 25-65 years) with low back pain were randomly assigned into QMT group (n=10) or WFE group (n=10). The primary outcome of the intervention was pain, measured using numeric pain rating scale, while the secondary outcome was walking ability, measured using Oswestry disability index. The measurements were conducted at baseline and the end of the intervention. **Results:** Pain reduction were significantly shown in both groups (p<0.05). **Conclusions:** QMT is more effective than WFE for reducing pain in patients with low back pain.

Keywords: *Quantum movement technique; William flexion exercise; Pain; Walking ability; Low back pain*

THEORY OF CHARACTER SYSTEMS AS A BASIS OF ADOLESCENT CHARACTER EDUCATION TOWARD PREMARITAL SEXUAL PREVENTION IN JEMBER DISTRICT

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ABSTRACT

Introduction: Currently, the issue of adolescent characters in Indonesia in the spotlight sharp by the community. The existing problem that arises in the community is the occurrence of premarital sexual behavior. By the time, cases of pre-marital sexual behavior in adolescents are increased. At the same time, there is a shifting moral value regarding the premarital sexual problem which becomes a common, even though the behavior must be avoided by individual. Hence, the character educational is a mandatory for adolescent to prevent the premarital sexual behavior through educational character based on character system theory which incorporating three interrelated domains: knowing the good, loving the good and acting the good. **Objective:** The purpose of this research was to analysis adolescents' character education based on the character system theory as premarital sexual prevention. **Method:** The research samples were 229 students in six high schools in Jember Regency. The study used a *multistage random sampling technique*. Adolescent educational character variables were included three indicators of moral knowledge, moral feelings, and moral actions. Data analysis uses *Confirmatory Factor Analyze (CFA)* with data estimation parameters using software (*Analysis of Moment Structures / AMOS version 21*). **Result:** *p-value* parameter of adolescent character to moral knowledge (0,000), *p-value* parameter of adolescent character to moral feeling (0,000), *p-value* parameter of adolescent character to moral action (0,000). Fit model values in the *comparative fit index / CFI* (1,000). Moral feeling was the highest influential factor, which is about self-control of adolescents that is equal to 86% toward pre-marital sexual behavior amongst adolescent. **Conclusion:** moral knowledge, moral feelings and moral actions are expressed as significant measures of the construct of adolescent character and the CFI fit index value generated by 1,000, thus indicating that the model fit, this means that adolescent character can be formed through moral knowledge, moral feelings, moral actions and self-control have contributed to prevention of premarital sexual behavior.

Keywords: *adolescent character education, moral knowledge, moral feelings, moral actions*

EFFECT OF ENHANCED RECOVERY AFTER SURGERY INTERVENTIONS ON POSTOPERATIVE AGAINST LENGTH OF STAY: A LITERATURE

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ABSTRACT

Introduction: Health problems arising in the post-operation must be addressed immediately to speed up the recovery process and minimize surgical complications thereby reducing the length of stay in hospital. Enhanced Recovery After Surgery (ERAS) interventions have been introduced to perioperative to reduce hospitalization days. **Objective:** this study aims to determine the effect of postoperative ERAS interventions on Length of Stay (LOS). **Method:** This systematic review was carried out in several international data bases published from 2010 to 2019 on Pubmed, Proquest, Google Scholar, and Science Direct which began searching on 01 to 31 July 2019. A systematic review using the PRISMA checklist, then the research questions were arranged using PICO in the search for articles so that 11 articles met the inclusion criteria and then analyzed using CASP. **Result:** There were 7 out of 11 articles that had reviewed ERAS protocol interventions in the postoperative phase reducing the length of stay after the intervention was given and there were differences between the treatment group and the conventional group. While 4 articles were given early mobilization interventions which were part of ERAS in the postoperative phase there were 2 articles which after given the intervention also reduced the length of stay and the remaining 2 articles there was no difference in length of stay. However, the articles that have been reviewed are not known which items in the postoperative phase ERAS protocol cause a reduction in length of stay so that they become recommendations for research by looking at the effect of each item on the postoperative phase ERAS protocol. **Conclusion:** ERAS intervention in the postoperative phase reduces the length of stay.

Keywords: laparotomy, abdominal surgery, colorectal surgery, ERAS, early mobilization, length of stay.

EFFECTIVITY OF MIRROR THERAPY TO THE RECOVERY OF LIMB FUNCTION IN POST STROKE PATIENTS: SYSTEMATIC REVIEW

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ABSTRACT

Introduction: Stroke is a major cause of loss independence in activity of daily living.

Objective: Stroke is a major cause of loss of independence in activity of daily living. This systematic review aims to identify the effectiveness of mirror therapy on the recovery of limb function in post stroke patients. **Methods:** Systematic review was carried out based on PRISMA guidelines with the use of the PubMed, ProQuest, CINAHL and ScienceDirect databases (research searches between 2014 and 2019). Search for problems using the PICOT keyword. The subject selection criteria used a randomized controlled trial (RCT) that compared mirror therapy with other interventions besides transcranial magnetic stimulation, and electromyographic stimulation in post stroke patients. **Results:** This review identified 16 articles that fit the inclusion criteria and there is consistent evidence in high quality RCT research. Mirror therapy is more effective than other interventions as an exercise in improving the recovery of limb function in patients with stroke with a confidence interval (95%; 0.05) on motor function and daily living activities. **Conclusion:** Mirror therapy is more effective as an exercise in post-stroke rehabilitation than other interventions to improve limb function recovery, and can be used in daily care. Further studies are needed to evaluate the optimal follow-up treatment program of mirror therapy and the frequency of efficient and effective training in clinical practice.

Keywords: *Stroke; rehabilitation; mirror therapy; limb function*

**EFFECTIVENESS BETWEEN SIX MINUTE WALK TEST (6MWT) AND
INSPIRATORY MUSCLE TRAINING (IMT) ON FUNCTIONAL CAPACITY OF
HEART FAILURE (HF) PATIENTS: LITERATURE REVIEW**

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ABSTRACT

Introduction: Several studies have reported the benefits of six minute walk tests (6MWT) and inspiratory muscle training (IMT) in patients with heart failure (HF). However, there is no literature review on the effectiveness between 6MWT and IMT on functional capacity in HF patients. **Objective:** This study aims to determine the effectiveness between 6MWT and IMT to increase functional capacity in HF patients. **Methods:** The design of this study is a systematic literature review. The database used PubMed, Science Direct, Wiley, Google Scholar and DOAJ with the keywords "heart failure or congestive heart failure AND inspiratory muscle training or IMT AND six minute walk test or 6MWT AND functional capacity". After identification, published in the last five years from 2014 to 2019, screening based on the research statement obtained 9 research articles. **Result:** There were nine articles that met the research criteria that were more likely to use the A randomized controlled trial design. Significant differences were observed in increased exercise capacity, increased inspiratory muscle strength and increased walking distance. No serious side effects were reported. **Conclusion:** Some of these studies conclude that 6MWT and IMT can increase exercise capacity and increase work capacity of inspiring muscles in HF patients and can be applied in cardiac rehabilitation programs.

Keywords: *Heart Failure, Six Minute Walk Test, Inspiratory Muscle Training, Functional Capacity*

MUSLIM BELIEVE ON STROKE MANAGEMENT IN COMMUNITY: AN ETHNOGRAPHY STUDY

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ABSTRACT

Introduction: Religion as one of aspects to care the stroke patients is necessary to involved in management. However, no study has been conducted to explore muslim believe in stroke management in Indonesia, especially in Banjarmasin. **Objective:** The objective of this study was to explore muslim believe on stroke management in community. **Method:** A critical ethnography was used with 64 key informants using purposive sampling until saturated data. Participant observation, in-depth interview, and focus group were used to employ the data. Content analysis was used to find themes. Rigorous was conducted during the study. **Result:** There were five themes of muslim believe in stroke management: take a prayer for five times a day, Yasinan and Burdahan, accept the disease as a reminder, keep doing treatment, and involve ustadz or ustadzah. **Conclusion:** The fit interventions for stroke in community are better when it follows the community need particularly in spiritual aspect.

Keywords: *Muslim believe; Stroke; Community; Critical Ethnographic*

EARLY DETECTION OF PULMONARY FUNCTION DISORDERS ON ACTIVE SMOKERS WHOM REGULARLY PLAY WIND INSTRUMENT.

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ABSTRACT

Introduction: The radical effects of the contents of the cigarettes that can result any intervention to the vascular system that can cause the decrease of pulmonary function values in smokers. Thus, it will affect blood flow to the muscles of respiration which will be interfere the work of these organs. Inhalation of smoke may lead to acute pulmonary function impairment, changes in resistance to air flow, coughing, and irritation of the airways. It is believe that playing a wind instrument will be able to train the breathing muscles to experience greater expansion. **Objective:** to detect early onset of lung function disorder in smokers who have the ability to play a wind instrument "Pui-Pui". **Method:** The method use analytic descriptive design to 27 respondent **Results:** respondents in this study were "pui-pui" inflatable music artists for more than 10 years. This study shows that smokers who have a habit of playing the wind instrument "Pui-Pui" there are 24 people (89%) who have a normal lung impression, 2 people (7.4%) mild obstruction, and 1 person (3.7) mild restriction. **Conclusion:** the occurrence of pulmonary dysfunction due to smoking is minimized by the habit of playing a wind instrument "pui-pui", so that this can be used as a media of prevention or treatment to improve lung function of those who have smoking habits

Keywords: *lung function, "pui-pui" wind instrument, cigarettes*

INSTRATEGIES TO PROMOTE PHYSICAL ACTIVITY OF ADOLESCENT'S: A SYSTEMATIC REVIEW OF RANDOM CONTROL TRIAL.

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ABSTRACT

Introduction: Physical inactivity among adolescents' responsible for 6% of deaths globally and has been described as one of the greatest public health challenges. Health benefit of physical activity (PA) are well documented include improved body composition and prevention of overweight and obesity, improved skeletal, metabolic and cardiovascular health. However, lifestyle changes, including reduced PA opportunities in multiple settings have resulted in an escalation of overweight and obesity and related health problems. Therefore, promoting PA in adolescents' is a priority that also provides an opportunity to help them establish lifelong active habits. In addition, may environmental setting allocate resources to PA promotion, expanding the reach of a potential intervention strategy. However, need to identification the intervention components and strategies to promote physical activity among population. **Objective:** This review aims to summarize strategies interventions promoting PA among adolescents' population, describing the quality of the evidence, effective strategies, and deficiencies in the interventions employed, to provide directions for future research and for practical implementations. **Methods:** A systematic review was conducted to search the publications in the databases of PubMed, Cochrane Library, MEDLINE, and Gray search, in a period of during 2014 to 2019. Inclusion criteria were randomized controlled trial or quasi-experimental study, participants in the age 12-19 years old, describing an intervention to promote PA in adolescents' population, when PA was one of the outcomes and results were published in English and Bahasa Indonesia. Excluded criteria were if research recruited participants with chronic diseases, mental diseases, and disability in the study. Finally, 6973 articles were searched. After two reviewers used CASP checklist to evaluate study quality, the findings were extracted from 37 qualified articles. **Results:** The results of systematic review show that using web based physical activity, video exercise group, exercise mobile App, education program with text messages, physical education and school sport, PA during school time, PA before and after school (e.g. walking), involve family members and guardians in evening and weekend significant effectiveness promote participants achieving recommended levels of PA. **Conclusions:** This systematic review provides an evidence base strategy to design the PA program that can help the population to achieving recommended levels of PA. The strategies used is necessary for a better understanding of the interventions. The quantitative outcomes with a qualitative evaluation of the process will enhance understanding of key factors that need to be considered in implementation to assessing individual needs and characteristics of the participants in future studies.

Keyword: *physical activity, health promotions, adolescents, a systematic review*

EFFECTS OF NURSING PRACTICE ENVIRONMENT, EXPERIENCE, AND LEVEL OF EDUCATION ON DECISION MAKING TRIAGE AMONG NURSES' IN GENERAL HOSPITAL AT LOMBOK ISLAND.

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ABSTRACT

Introduction: The triage process was developed to assess patients who need immediate treatment. Triage decision making is an important skill for nurses. Through initial assessment, a nurse must be able to prioritize patient care based on making the right decision. Accurate triage decision has impact on patients' outcomes. **Objective:** The purpose of this study is to identify impact factors of nursing practice environment, experience and level of education on decision-making triage in emergency unit. **Methods:** A survey was conducted from February to April 2019 with self-report questionnaire. Participants were 135 nurses working in emergency unit at five general hospitals in Lombok Island, Indonesia. Data were analyzed using descriptive statistics, Pearson correlation, and multiple regression. **Results:** Decision making triage had a positive correlation with nursing practice environment, level of education, and the experience of nurses ($p < 0.05$) and level of education is the biggest variable that influences the decision making triage ($B=7.149$). Nursing practice environment, experience, and level of education accounted for 33.6% of the variance in decision making. **Conclusion:** The study finding show that decision making triage is influenced by nurse participation in hospital affairs and nursing foundations for quality of care relations of nursing practice environment. Therefore, it's necessary to provide continuing education, mentorship and empowerment program for nurses to reconstruct the organizational culture of nurses and increase decision making ability.

Keywords: *decision making, triage, practice environment, nurses*

EVALUATION OF SELF-CARE MANAGEMENT IN TUBERCULOSIS PATIENTS: A LITERATURE REVIEW

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ABSTRACT

Introduction: Self-care management is a response to signs and symptoms that occur to a person, so it always involves an evaluation of changes both physically and emotionally. These changes are caused due to an ill reaction, medication, or the environment. Specific treatments are performed on the signs and symptoms of chronic disease. **Objective:** It is hoped that this article will be able to evaluate the factors of self-care management in patients with chronic illness, looking at the effects of self-care management on treatment, cure and prevention of recurrence. **Method:** a search through PubMed, Google Scholar, ProQuest, and Wiley with the Critical Appraisal Skills Programme tools / CASP guidelines. **Results:** 5 articles were traced in this discussion. In these articles 12 indicators of self-care management were evaluated which were often used as instruments, extracted and tabulated. These factors include communication with staff, perception of independent care, level of trust, social support, coping behavior, life habits, access to health services, nutrition and diet, medication, physical activity, and awareness of seeking treatment. **Conclusion:** Appropriate and relevant evaluation of self management skills and abilities is very important not only in gathering baseline data but also in testing interventions. The results of this study give researchers a new and better understanding and provide a series of choices in self-care.

Keywords: *self-care management, Chronic disease, Instrument, Systematic Review*

DO HEART FAILURE PATIENTS FEEL DEPRESSED DOING SELF-CARE MANAGEMENT?

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ABSTRACT

Introduction: One of the factors that can affect the ability of self-care in heart failure patients is depression. High levels of depression can affect self-care to be less than optimal. **Objective:** The purpose of this study was to analyze the correlation between the level of depression and self-care in heart failure patients at Cardiac Poly RSI Unisma. **Method:** The research design by observing through the cross sectional approach. The consecutive sampling technique used in sampling was 100 samples. To measure the level of depression, a beck depression inventory II (BDI-II) questionnaire was used and to measure self-care a modified self-care heart failure index (SCHFI) questionnaire was used. The statistical test in this study used the Spearman correlation test. **Result:** The results showed that 51 respondents (51%) had minimal depression levels. A total of 72 respondents (72%) had moderate self-care. The results of the spearman correlation statistical test have a value of p 0.000 which states that there is a significant correlation between the level of depression and self-care. The Spearman correlation coefficient is -0.505. This value indicates the degree of closeness of the relationship between the level of depression and self-care in the medium category where the negative results show that there is a unidirectional relationship which means that the higher the level of depression, the self-care will be lower, and vice versa. **Conclusion:** The results of this study found that the level of depression was associated with self-care in heart failure patients. It is recommended for nurses to be able to provide education related to self-care and provide nursing care holistically so that patients can pay more attention to the condition of depression experienced and improve self-care abilities. For hospitals it is expected to develop a heart educator nurse training program.

Keywords: *Heart Failure, Depression, Self Care*

**THE FACTORS RELATED WITH SELF-EFFICACY BREAST CANCER PATIENTS
WHICH UNDERGOING CHEMOTHERAPY IN DR. WAHIDIN SUDIROHUSODO
HOSPITAL**

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ABSTRACT

Introduction: Breast cancer is a type of cancer that is experienced by many women all over the world, including women in Indonesia. Breast cancer ranks first in hospitalized patients throughout Indonesia. One of the treatments for breast cancer patients is chemotherapy. Side effects arising from chemotherapy can result in patients not continuing the chemotherapy cycle to completion. The success of patients undergoing chemotherapy can be determined by the patient's confidence in healing from his illness or self-efficacy. **Objective:** This study aims to determine the factors associated with self-efficacy in breast cancer patients undergoing chemotherapy. **Method:** This is an observational research that employed the cross-sectional design. The study was conducted at Dr. Wahidin Sudirohusoso Makassar Hospital in 2019, in utilized as many as 40 respondents as the samples. The samples were selected by using purposive sampling method. The data were gathered through questionnaire. The data were processed by SPSS and analyzed by statistical test of statistic chi-square with significance degree of 95% ($\alpha = 0.05$). **Result:** The results showed that there was a significant relationship between age ($p = 0.002$), education ($p = 0.007$), the experience of chemotherapy ($p = 0.014$) and family support ($p = 0.002$) with self-efficacy in breast cancer survivors who undergo chemotherapy. **Conclusion:** Age, education, chemotherapy experience and family support relate to self-efficacy in breast cancer survivors who are undergoing chemotherapy at DR. Wahidin Sudirohusoso Makassar Hospital in 2019. It is recommended that health workers should improve in providing palliative care, involve families in the management of medication and health Education.

Keywords: *The Factors related, Self-Efficacy, Breast Cancer*

**THE RELATIONSHIP BETWEEN THE MANAGEMENT FUNCTION OF THE HEAD
OF NURSES AND THE IMPLEMENTATION OF PATIENT SAFETY
IN MAKASSAR CITY HOSPITAL**

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ABSTRACT

Introduction: Patient safety is an important aspect of the hospital to make sure that health care services provided safely. However, in Indonesia, the number of adverse, near miss and sentinel events is still high. This study aims to see the relationship between head of ward management functional and the implementation of patient safety in the hospitals in Makassar city.

Method: The study was quantitative research with the cross-sectional approach. This research was conducted in the inpatient ward at Makassar City Hospital with 63 head of nurses (simple random sampling) as respondents. Data analysis using the Spearman rho correlation test.

Result: This study shows that there was a significant relationship between the head of nurses' management functions and the application of patient safety by nurses in Makassar City Hospital ($p = 0.009$) and a Spearman's rho correlation value of 0.327. In detail, from all four management functions by the head of nurses, planning and directing function did not have correlation with the implementation of patient safety in the ward. **Conclusion:** The head of nurses need to improve the function of planning and direction to promote the implementation of patient safety so it can create good quality patient safety in service in Makassar City Hospital.

Keywords: *Head of Nurse, Management Function, Patient Safety*

EFFECT OF DORSATA HONEY COMPLEMENTER THERAPY ON IL-37 LEVELS AND FATIGUE IN BREAST CANCER PATIENTS UNDERGOING CHEMOTHERAPY IN INDONESIA.

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ABSTRACT

Introduction: The increasing number of breast cancer sufferers is in line with the increasing interest of the community using complementary therapy. **Objective:** The purpose of this study was to analyze the effect of dorsata honey as a complementary therapy to IL-37 levels and fatigue in patients with Breast Cancer undergoing chemotherapy at RSUP Dr. Wahidin Sudirohusodo Makassar, Indonesia **Method:** a quasi-experimental pre-post test with control group approach. A sample of 30 participants was a concurrent sampling technique divided into two groups of 15 intervention group who were given oral honey for 15 days, a dose of 13 ml (1 tablespoon x 3) and 15 participants as a control group. Random group selection. The side effects of chemotherapy were measured by the Fatigue Symptom Inventory (FSI) instrument. **Results:** the effect of dorsata honey on IL-37 levels was not statistically significant with a p value > 0.05 but clinically there was an increase in IL-37 levels in the group given honey with a mean before (632.37 ± 514.93) and post (1003.02 ± 1248.88), there was a decrease in the level of fatigue in the group given honey mean value before 13.20 ± 5.59 and after 11.80 ± 5.07 with statistically significant differences ($p = 0.004$). **Conclusion:** clinically honey administration increases levels of IL-37 although it is not statistically significant. Giving honey can reduce the level of fatigue as a side effect of chemotherapy in patients with breast cancer.

Keywords: *Honey, IL-37, Breast Cancer, chemotherapy, side effects*

THE POTENTIAL OF TOPICAL CREAM OF RED DRAGON FRUIT (HYLOCEREUS POLYRHIZUS) ACCELERATES WOUND HEALING THROUGH INCREASED HYDROXYPROLINE AND FGF-2 LEVELS: A PILOT STUDY

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ABSTRACT

Introduction: In the wound-healing phase, a high increase in hydroxyproline is an indicator of increased cellular proliferation and increased collagen synthesis. In addition, one of the growth factors that play an important role in wound healing is Fibroblast Growth Factor (FGF). **Objective:** The purpose of this study was to identify the effect of giving 7.5% Red Dragon Fruit Extract (EBNM) on increasing levels of hydroxyproline and FGF-2 levels on wistar rats' diameter healing. **Method:** Albino male Wistar (n = 54), body weight (250-350 gr) were divided into 3 groups (negative control, positive control and 7.5% EBNM). Each group consists of 18 wistars. The wound is made in a circle on the left and right back using 8 mm biopsy punch. Group I (negative control) the wound was treated by applying a 20 µg cream base. Group II (positive positive) the wound was treated by applying 20 µg of *salf povidone-iodine* 10%. Group III (7.5% Topical EBNM) the wound was treated by applying 20 µg EBNM using a cotton bud. Measurement of hydroxyproline and FGF-2 levels using the ELISA method of wound tissue and measured on days 3, 7 and 14. Data were analyzed using independent T-test and paired T-test for hydroxyproline measurement and Mann Whitney test and Pearson Correlation test to see the relationship between FGF-2 levels and wound diameter (SPSS 21, Chicago Inc.). **Result:** On the 7th-day hydroxyproline levels were found to be higher in the Topical EBNM group compared to the established group (p = 0.001). The size of the wound diameter on day 14 found a statistically significant difference of 7.5% EBNM (p = 0.001) with placebo. There was a correlation between FGF-2 levels in the treatment group with wound diameter (p = 0.02) while in the control group there was no correlation between FGF-2 levels and wound diameter (p = 0.42). **Conclusion:** 7.5% EBNM has the potential to be used to accelerate acute wound healing through increased levels of hydroxyproline and FGF-2 growth, but further research is needed regarding other cytokines that play a role in wound healing.

Keywords: *Hylocereus Polyrhizus, Wound Healing, Hydroxyproline, FGF, Wound diameter*

ANTENATAL CARE QUALITY ON PREGNANT WOMAN SATISFACTION.**Immawanti¹, Munadiyah Wahyuddin¹, Junaedi Yunding¹**¹STIKes Marendeng Majene; Fikes Universitas Sulawesi BaratCorrespondence email: immawanti.ch@gmail.com**ABSTRACT**

Introduction: Patient satisfaction is an important component in healthcare, it determines the service quality given by the healthcare provider, especially in antenatal care for pregnant women. The success of antenatal care is assessed by indicators of the initial visit (K1) and fourth-visit (K4) of the pregnant woman. Further, in Totoli public health center, the antenatal care was poor and there was a decreased number of pregnant women visiting in their K1 and K4. **Objective:** this study aimed to identify the effect of antenatal care quality in the satisfaction of pregnant women at Totoli Public Health Center. **Method:** The study was descriptive analytics with a cross-sectional design approach. The sample was 74 pregnant women taken by purposive sampling from June to July 2019. Data analysis utilized the chi-square test with a p-value <0.05.

Results: The results of this study revealed that there were no significant correlations between reliability (0.395) and empathy (0.162) on pregnant women's satisfaction. While the responsiveness (0.046), assurance (0.041) and tangibles (0.002) have significant correlations on pregnant women's satisfaction in their antenatal care.

Conclusions: The quality of services in healthcare is closely related to patient satisfaction that results in repeat visiting of the patients. Improvement of the dimension quality on health services including reliability, empathy, assurance, responsiveness, and tangibles of health care providers is necessary for antenatal care at public health centers to achieve patient satisfaction.

Keywords: *Antenatal care, Pregnant Women, Satisfaction, Quality of service.*

EFFECTS OF MASSAGE THERAPY ON CANCER-RELATED FATIGUE: A SYSTEMATIC REVIEW

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ABSTRACT

Objective: This study aimed to identify and analyse the scientific evidence on the effectiveness of massage therapy toward fatigue on cancer patients. **Methods:** We used a PRISMA checklist for systematic review articles in the following databases: PubMed, Scopus, ProQuest, Science Direct, EBSCO and Wiley Online Library, published from 2009 to 2018. We structured the research questions with the use of PICO elements. Although 2747 articles were obtained from the search, only seven articles met the inclusion criteria. Each article was analysed critically using Critical Appraisal Skills Programs (CASP) then this systematic review was compiled based on the Preferred Reporting Items for Systematic Reviews and Meta Analyses 2009 guide. **Results:** Among the seven shortlisted articles, five were intervention studies (four RCTs and one quasi-experiment), two were cohort studies. The type of intervention used is giving massage therapy. These were associated with the level of evidence 1b and recommendation grade A. Further, other studies were associated with the level of evidence 2a, 2b and recommendation grade B, C. **Conclusion:** All the studies found similar results that suggested massage therapy is effective in reducing fatigue in cancer patients. However, future studies are still required to validate the intervention with larger samples further and to obtain the most effective method of massage therapy to reduce the fatigue of cancer patients.

Keywords: *Cancer, Fatigue, Massage Therapy*

EVALUATION OF MATERNAL FUNCTIONING IN INDONESIAN ADOLESCENT MOTHERS.

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ABSTRACT

Introduction: Adolescent mothers experience an increased burden of responsibility during early motherhood and the changes require the mother's adaptation to her new role. Despite this, studies evaluating maternal functioning for adolescent mothers are limited. **Objective:** This study was to explore the evaluation of maternal functioning in Indonesian adolescent mothers. **Methods:** A quantitative approach was adopted in this study to evaluate maternal functioning in adolescent mother. Data were collected by questionnaire of The Barkin Index of maternal functioning (The BIMF). It was administered at an initial home visit during the 2- or 4-week postpartum period. The BIMF had seven dimensions of maternal functioning, included self-care, infant care, mother-child interaction, psychological well-being, social support, management and adjustment. 218 purposively selected mothers in the immediate postnatal period. **Results:** The average score of maternal functioning in adolescent mother was 115.61 (maximum score 140). This result indicated higher maternal functioning in adolescent mothers. There was no significant correlation between maternal functioning with marital status, levels of education, birth weight baby and the number of family members. However, there was a significant correlation in maternal functioning with the birth method ($p=0.026$). **Conclusions:** The higher maternal functioning in Indonesian adolescent mother is intriguing, considering literature that adolescent mother faces some psychologic problem. The Indonesian adolescent mothers focus on the physical problem that birth method with cesarean section had lower of maternal functioning. Hence, nursing interventions for adolescent mothers are needed to support their maternal functioning.

Keywords: *Adolescent mother; Maternal functioning*

**FACTORS ASSOCIATED WITH THE RISK OF PRESSURE ULCERS IN PATIENTS
AT MAKASSAR CITY HOSPITAL**

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ABSTRACT

Introduction: Providing nursing care to patients with bed rest is to maintain skin integrity. Skin care that is unplanned and inconsistent can result in impaired skin integrity. **Objective:** The primary aim of the present study was to determine the factors associated with the risk of pressure ulcers in patients at Makassar City Hospital. **Method:** This research used cross sectional study with a sample of 43 patients in ward and intensive care unit from Mei to Juni 2019. The research instruments used Braden Scale. This research used Chi-Square test with significance level $\alpha < 0.05$. **Result:** The results showed that there was a significant difference between length of stay and the risk of pressure ulcers in patients ($p = 0.011$), but there is no relationship between age ($p = 0.617$), diagnosis ($p = 1,000$), and smoking ($p = 1,000$) with the risk of pressure ulcers in patients in Makassar City Hospital. **Conclusion:** Nurses are expected to educate patients about how to prevent pressure ulcers such as how to mobilize well and provide foam mattresses for patients at risk of pressure ulcers.

Keywords : *Age, Diagnosis, Length of Stay, Smoking, Pressure Ulcers*

THE COMPARISON OF THE EFFECTIVENESS OF RESPIRATORY MUSCLE EXERCISES (RME) AND INCENTIVE SPIROMETRY EXERCISES (ISE) ON IMPROVEMENT OF LUNG FUNCTION POST MECHANICAL VENTILATION: A LITERATURE REVIEW

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ABSTRACT

Introduction: To compare the effectiveness of Respiratory Muscle Exercise (RME) and Incentive Spirometry Exercises (ISE) to improve lung function after mechanical ventilation.

Method: The design of this study is a systematic literature review by searching through a database; PubMed, Cochrane, Science Direct, Google Scholar, DOAJ. **Result:** After being identified, and screened 9 articles are fulfill the eligibility criteria. screening and eligibility obtained 9 articles, all evaluate the effectiveness of breathing exercises with ISE where in which all articles have significant results in improving lung function; 3 articles that evaluate related to the title directly i.e. RME with diaphragmatic breathing and ISE the results are significant for improvement in lung function. 1 article is obtained which states that exercise program namely diaphragmatic breathing and spirometry flow incentives were more significant $P < 0.001$, compared to only doing one of them. **Conclusion:** Several studies have concluded that breathing exercises by training diaphragmatic breathing muscles include RME and ISE significantly improve lung function.

Keywords: *Post Mechanical Ventilation, Respiratory Muscle Exercises, Incentive Spirometry, Lung Function*

IMPACT OF INCIDENT REPORTING CULTURE IN IMPROVING THE QUALITY OF HOSPITAL SERVICES : A LITERATURE REVIEW

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ABSTRACT

Introduction: Reporting of safety incidents is the core of service quality which is guided by the standard of health service procedures. This is strongly influenced by service systemic factors involving medical personnel, patients, government, hospital management and safety culture itself. One of the strategies in designing a patient safety system is to recognize mistakes made through a good incident reporting system to improve the quality of optimal patient safety. The purpose of this review is to look at the cultural impact of incident reporting on the quality of services in hospitals. **Method:** The search was conducted using a data base review namely: PubMed, ProQuest, Willey, Google Scholar and Science Direct which inclusion criteria including journals published in 2009 to 2019, full paper, peer reviewed, and used Bahasa Indonesia and English. The articles were search using keywords such as patient safety, incident report and quality of care. **Result:** Overall the survey results of the 6 articles reviewed showed significant positive impacts between the culture of incident reporting and organizational climate perceptions of health workers, which were influenced by various factors such as commitment from management and management to support the implementation of incident reporting at hospital and commitment from health workers to run an incident reporting system that has been established without the influence of organizational culture that tends to be blaming. **Conclusion:** Reporting incidents is an important action to ensure adequate safety to prevent serious impacts on the hospital. Various types of incidents can usually occur in hospital services that lead to negative impacts if not reported in a timely manner. This can be controlled through ongoing research, optimal monitoring, socialization of incidents and reporting lines, full hospital support and improvement of organizational culture.

Keywords: *Patient Safety, Incident Report, Quality of Care*

EFFECT OF OZONE THERAPY ON CHRONIC WOUND HEALING: A SYSTEMATIC REVIEW

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ABSTRACT

Introduction: Chronic wounds are injuries that require a lengthy healing time (delay wound healing) caused by biofilms produced by bacteria. These disorders include diabetic foot injuries, pressure sores, venous injuries, arterial injuries and osteomyelitis. Prognosis due to infection is generally poor and will lead to amputation and death. Efforts to control the incidence of infection can be carried out by implementing comprehensive management by combining modern treatment systems and ozone therapy. This study is a systematic review that aims to identify the effects of ozone therapy as a complementary therapy to chronic wound healing. **Method:** Data were collected through a systematic review of scientific publications in the span of 2011- 2019 through searching several online publishers; PubMed, ScienceDirect, Wiley, and ProQuest databases. The search was carried out using the keywords Ozone and Wound healing. **Result:** The search results indicated six randomized controlled trial research articles that met the specified inclusion criteria. Overall review results indicate that ozone therapy significantly provides better healing compared to standard treatments in the control group. **Conclusion:** in general, wound care combined with ozone therapy can accelerate the process of chronic wound healing, and further research is needed to analyse the advantages of this method compared to standard treatments.

Keywords : *Chronic wounds, ozone, wound healing*

SELF-EFFICACY AND SELF CARE ACTIVITIES AMONG DIABETES MELLITUS TYPE 2 PATIENTS IN BATUA HEALTH CENTRE

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ABSTRACT

Introduction: Diabetes Mellitus is a condition that cannot be cured but can be controlled. Self-care activity is a self-care management to control the glycaemic level of the patient. The aim of this study was to analyse the relationship of self-efficacy toward self-care activities on people with Diabetes Mellitus type 2 who visiting Puskesmas Batua Makassar. **Method:** The study used a cross sectional study design. The population in this study was 40 people with Diabetes type 2, which selected through a simple random sampling technique. The study used self-efficacy for Diabetes Scale and SDSCA (Summary Diabetes Self Care Activities) questionnaires, which have been through the process of translation and validity testing. **Result:** The result found the correlation between high self-efficacy and self-care activities ($p = 0.01$) on the Chi-Square test and Pearson correlation value of 0.32 indicating moderate strength. It also found that the self-efficacy and the self-care activity were low, influenced by the age of respondents with an average age value of 61.87 years old. This condition is possible due to the hearing problems, vision, and ability to think of, thus affects the level of understanding of a person in receiving and processing the information they obtained. **Conclusion:** The succeed of self-care activity of people with diabetes depends on self-efficacy level of the patient. Thus, improving self-efficacy of patients will help them to achieve their health outcome.

Keywords: *Self Efficacy, Self-Care Activities,*

THE HEALTH COACHING METHOD PLAYED BY NURSES IN PATIENTS WITH TYPE 2 DIABETES MELLITUS? : A SCOPING REVIEW

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ABSTRACT

Introduction: Health coaching has become a profession in many countries lately and has developed into one of the disciplines related to structured communication. Health coaching has a positive impact on three dimensions of health literacy, namely functional, communicative, and critical as well as glycaemic control in T2DM patients. This intervention facilitates self-care improvement and builds confidence in diabetes management. The purpose of this article is to explore empirically how the health coaching method played by nurses in patients with type II Diabetes Mellitus? **Method:** PubMed, Science direct, Wiley online, and Secondary Search databases obtained 13 articles consisting of a survey methodology design research, qualitative analysis, quasi pre and post study design experiments discussing the model of implementing health coaching by nurses in clinics and communities which was published from 2009-2018. Research from 8 countries has been published and on average coaches are described as clinical nurses, diabetes professional nurses, community nurses. This type of intervention focuses on the health coaching model for developing a DMT2 patient health monitoring program. **Result:** From the results of the analysis of several articles, two main themes were determined to be identified in accordance with the objectives of the study. First is "group coaching", which consists of nurses, doctors, community members, psychologists. The second is done by "executive coaching" nurses. This review proves that the model of applying health coaching has a positive impact on T2DM patients, based on the patient's perception that they are supported and motivated to do better self-care in the community, greater involvement of nurses in the treatment of T2DM patients and providing motivation to maintain better health conditions, which DMT2 sufferers are required to be able to control healthy living behaviours and build confidence in managing their diseases, especially in decision making. **Conclusion:** The health coaching method played by nurses is packaged in the form of structured education which is an interactive process of providing health information that has been arranged neatly to improve patient understanding and optimize behaviour in disease prevention, overcome health problems, and improve patient health status. This review only discusses health coaching methods for T2DM patient.

Keywords: *Health coaching,, Nurse, Diabetes Mellitus Type 2*

CARBON DIOXIDE (CO₂)- RICH WATER IMMERSION ENHANCE PERIPHERAL BLOOD FLOW IN HEALTHY PEOPLE

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ABSTRACT

Introduction: Hot water bathing is an alternative type of bathing which is believed to have benefits in health. Several studies related to water bathing have suggested that adding carbon dioxide to warm water baths affects the improvement in microcirculation. However, some of these studies apply it serially and use animals as the subject, so the effects of acute exposure to peripheral blood flow in humans are not very clear. Therefore, we measured peripheral blood flow in acute exposure to CO₂ rich water immersion and looked for its association with age and gender in healthy people. **Method:** Thirty-nine healthy volunteers consisted of 21 male and 18 female subjects, age (32.90 ± 13.613 years) and body mass index (23.99 ± 5.607) participated in this study. Each subject immersed both of their legs into the mixture of 38°C water and 1300 ppm CO₂ which was mixed through CREA bicarbonate. Peripheral blood flow was measured for 5 minutes before, 10 minutes during, and 5 minutes after immersion using JMS laser doppler flowmetry. All data were analysed using SPSS software version 16. **Result:** Mean peripheral blood flow on legs increases during immersion, while after immersion it decreases near mean value of before immersion. There is no statistical difference in peripheral blood flow during CO₂ rich water immersion based on gender and age. **Conclusion:** CO₂ rich water immersion increases peripheral blood flow in healthy people without consideration of gender and age.

Keywords: *Carbon Dioxide Bathing, Peripheral Blood Flow, Balneotherapy*

THE EFFECT OF THE USE OF ALTERNATIVE DRESSING AS A SECONDARY DRESSING TOWARDS THE CHLORINE RESIDUAL AND DIABETIC FOOT HEALING PROCESS : A PILOT STUDY

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ABSTRACT

Introduction: The use of modern dressings has proven effective in wound healing, but the use of the old one requires a large cost. So that wound practitioners use alternative dressings. However, the use of alternative dressings risks leaving a residue that has an effect on wound healing. The aim of this study is to identify the effect of using alternative dressings as secondary dressings on residual chlorine and the healing process of DFU. **Method:** Quasi Experimental research design with one group pre and post approach, 10 samples were intervened with alternative dressings in the form of sanitary napkins used in DFU after wound care and use of standard primary dressings, with the use of one wound for one type of dressing and based on the area of the wound, which is used for 12 days. Treatment, dressing and chlorine residue replacement at the base of the wound with a swab technique, carried out on days 1, 6 and day 12. Examination of chlorine residue was carried out in a laboratory with Spectrophotometry UV-Vis while the wound healing process was with the Diabetic Foot Ulcer Assessment Scale (DFUAS). **Result :** Based on the sex, ethnicity and occupation of each of the 5 samples (50%). From the results of the examination of chlorine residues in the laboratory obtained an average value on days 1, 6 and 12, namely 0.1682, 0.1441 and 0.1013. While the average DFUAS scores on days 1, 6 and 12 are 0.6837, 2.4477 and 2.7927. There was an increase in chlorine residue in three measurements but the DFUAS score decreased from some samples in the process of healing diabetic foot injury. **Conclusion:** The use of alternative dressings as secondary dressings for chlorine residues and the process of healing diabetic foot wounds is safe and cost-effective because DFUAS scores have decreased in some samples, despite an increase in chlorine residue in three measurements.

Keyword : *Diabetic foot ulcer, Chlorine residue, Wound healing.*

HOW HEALTH COACHING CAN IMPROVES SELF-EFFICACY AND MEDICATION ADHERENCE IN PATIENTS WITH CHRONIC RESPIRATORY DISEASE? : A SCOPING REVIEW

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ABSTRACT

Introduction: Health coaching is a patient-centred method of determining goals related to his health. This method has been proven to improve self-efficacy and medication adherence in patients with chronic respiratory diseases including COPD, TB, and asthma. The aim of this scoping review is to find out how health coaching works in increasing self-efficacy and adherence in treatment in patients with chronic respiratory diseases. **Method:** Various databases used in the journal search method on scoping review are Google Scholar, PubMed, Wiley Online, ProQuest and secondary search. This scoping review focuses on health coaching interventions in patients with chronic respiratory disease (COPD, TB, and asthma). **Result:** There are several techniques used in health coaching so that they can effectively improve self-efficacy and medication adherence in patients with chronic respiratory disease (COPD, asthma, and TB). Among them are the use of ask-tell-ask, teach-back and action planning techniques which are collaborative conversation styles between patients and health coaches who are able to identify patient needs, provide education, feedback and set agreed plans to improve their health. In addition, the involvement of motivational interviews is also able to motivate patients to change their behaviour, increase self-confidence in completing the action plan, self-management and medication adherence. **Conclusion:** This scoping review has explained the implications of techniques in health coaching that can improve self-efficacy and medication adherence in patients with chronic respiratory disease. With the involvement of several techniques used in health coaching so as to be able to change patient behaviour, influence a healthier lifestyle and be able to manage their own chronic diseases.

Keywords: *health coaching, self-efficacy, medication adherence, chronic diseases*

THE EXPERIENCE OF PATIENTS WITH PULMONARY TUBERCULOSIS WITH TREATMENT FAILURE IN LABUANG BAJI HOSPITAL, MAKASSAR

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ABSTRACT

Introduction: Compliance of patients with Pulmonary Tuberculosis in treatment can lead to increased cure rates, decreased mortality, and low recurrence. Termination of treatment prematurely in Indonesia is the biggest factor in treatment failure for Patients with Pulmonary Tuberculosis. The purpose of this study was to explore the experience of Patients with Pulmonary Tuberculosis with treatment failure in Labuang Baji Hospital. **Method:** This study is a qualitative research with a phenomenological approach. Four of participants participated in this research were selected by purposive sampling, were reviews those with a history of having done treatment <2 months, recorded as a patient in the last 6 months in Labuang Baji Hospital. Data collection was carried out through in-depth interviews using interview guidelines and field notes. Results: Data analysis began with coding to form themes. **Result:** The results of this study identified three themes items, namely: 1) Unwilling to take medication and was no longer suffering from TB; (2) Complaints psychologically and physically after treatment; (3) Living in the slum areas with poor ventilation. **Conclusion:** This study shows that with Pulmonary Tuberculosis Patients who experience treatment failure need to have a complete understanding and awareness to be able to increase the cure rate.

Keywords :*Patients' experience; Pulmonary tuberculosis; Treatment failure*

CHILD EATING BEHAVIOR BASED ON BMI-FOR-AGE AND HEIGHT-FOR-AGE IN PRIMARY SCHOOLS: A CROSS-SECTIONAL STUDY

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ABSTRACT

Introduction: This research aims to determine the relationship between children's eating behaviour with nutritional status based on BMI-for-age and Height-for-age school-age children. **Method:** This study used a cross-sectional research design with 365 research subjects, 4,5,6th-grade elementary school students and their parents. The technique used is saturated sampling. Assessment of children's nutritional status based on BMI-for-age (BAZ) and Height-for-age (HAZ) for 5 to 19 years-old children using WHO Anthroplus 2007. Children's eating behaviour is measured using the CEBQ (Children Eating Behaviour Questionnaire) scale. Data were analysed using the Pearson test between eating behaviour and nutritional status of children. **Result:** The results of the study obtained a relationship between eating behaviour of children with nutritional status (BAZ) to tend to overnutrition ($p = 0.036$) and tend to undernutrition ($p = 0.06$) while the relationship between eating behaviour of children with nutritional status (HAZ) tend to be over nutrition ($p = 0.035$) and tend to be undernutrition ($p = 0.06$). **Conclusion:** Children's eating behaviour tends to be more related to BAZ and HAZ. The need for preventive measures for health workers by providing counselling to families to implement good eating behaviour to children.

Keywords: *Children's eating behaviour; BMI-for-age; Height-for-age*

**THE EFFECTIVENESS OF SOCIALIZATION OF BILLINGS OVULATION METHOD
ON THE IMPROVEMENT OF KNOWLEDGE FERTILE AGE COUPLE IN THE
MARRIAGE PREPARATION COURSE ACTIVITIES IN PARISH ST. THOMAS
MORUS MAUMERE**

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ABSTRACT

Introduction: The purpose of this study is to explain the effectiveness of BOM socialization in fertile age couples attending a Marriage Preparation Course in the parish of St.Thomas Morus Maumere. **Method:** This type of research is a quasi-experiment with the research design "pretest and posttest group design". The population is all participants of the Marriage Preparation Course in the parish of St.Thomas Morus, using total sampling 30 fertile age couples. Data collection using a closed questionnaire. Data analysis using Wilcoxon test because the data is known to have an abnormal distribution. **Result:** The results of bivariate analysis using the Wilcoxon Test showed that P value (0.000) $< \alpha$ (0.05) thus H_a is accepted, meaning that the socialization of BOM in the Marriage Preparation Course activities in parish St.Thomas Morus can improve knowledge of fertile age couples and choose to use the BOM as a method of contraception. **Conclusion:** The socialization of the BOM is very effective against increasing the knowledge of the Fertile Age Couple in the Marriage Preparation Course activity at parish St.Thomas Morus.

Keywords: *Socialization, BOM, Knowledge*

REVIEW OF THE LITERATURE EXAMINING THE ASSOCIATION BETWEEN PHYSICAL ACTIVITY AND CORONARY HEART DISEASE

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ABSTRACT

Introduction: Physical activity has become an inseparable component of coronary heart disease (CHD), but the relationship between the two is still unclear. The lack of clarity may be due to the continuing debate about the effects of physical activity on CHD. The main purpose of this review is to evaluate the relationship between physical activity and CHD. Secondary purpose includes evaluating the relationship between sedentary behavior and CHD and evaluating the relationship between physical activity/sedentary behavior and clinical parameters among CHD patients. **Method:** A systematic search of the literature from 2009 to 2018. Out of 232 articles 21 articles met the criteria for inclusion in this review. **Result:** This review shows a significant relationship between physical activity / sedentary habits with heart risk factors, mortality and recurrent events in CHD and there is a beneficial relationship between physical activity and clinical parameters of the heart. **Conclusion:** This review identifies a definite relationship between physical activity and coronary heart disease.

Keywords: *Coronary Heart Disease, Physical activity, Sedentary Behavior, Review*

BELIEFS TOWARD MENTAL ILLNESS AND PERCEIVED STIGMA: A CROSS - SECTIONAL STUDY AMONG FAMILY CAREGIVERS IN TERNATE**Andi Buanasari¹, Sriyani Masita¹, Ariyanti Saleh², Wico Silolong³**¹Nursing Department, Faculty of Medicine, Sam Ratulangi University, Manado, Indonesia²Faculty of Nursing, Hasanuddin University, Makassar, Indonesia³Baramuli Academy of Nursing, North Minahasa, IndonesiaCorrespondence Email: andi.buanasari@unsrat.ac.id**ABSTRACT**

Introduction: Stigma in mental health is not only experienced by the people with mental illness but also by the family as a caregivers. Perceived stigma of the Family is often associated with beliefs toward mental illness and also affected the way the family to seek help for their loved ones. This study aims to investigate the correlation between beliefs and perceived stigma among family caregivers of people with mental illness. **Method:** This cross-sectional study was conducted in six Community Health Centres in Ternate by involving 124 family caregivers. The Data were collected using Demographic Questionnaire, modified Mental Illness Beliefs Inventory (MIBI) and The Perceived Family Stigma Questionnaire. Pearson's Correlation was used to analyse the strength and the direction of correlation between beliefs toward people with mental illness and perceived Family stigma. **Result:** Among 124 family caregivers, 77 (62,1%) respondents were Females, 93 (75%) Respondents were in the 'low' income group and the mean age of the respondents was 54,9 years. The statistical analysis showed there is strong and positive correlation between belief and Perceived stigma of the family caregivers (p-value = 0.000, r = 0.605). **Conclusion:** This study concluded that the Family caregivers with more negative beliefs toward mental illness tend to perceive a higher stigma. Therefore, mental health education should be strengthened to shape the positive belief towards mental illness and to reduce stigma.

Keywords: *Perceived Stigma, Family, Caregiver, Beliefs, Mental Illness*

ANALYSIS CORRELATION BETWEEN ARV THERAPY AND SYMPTOMS OF HIV / AIDS

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ABSTRACT

Introduction: HIV / AIDS is a global health problem which is the 4th highest cause of death in the world. One of the therapies given to patient is by giving ARV and according to WHO more than 19.5 million people receive antiretroviral (ARV) therapy until December 2016. Symptoms of HIV/ AIDS in infected people can occur as soon as 1 to 4 weeks after exposure. **Objective:** This research aim was to analyse the correlation between ARV therapy with symptoms of HIV/ AIDS. **Method:** The type of research used is quantitative research with an analytical approach, and a cross sectional study design. The subjects of the study were 78 HIV / AIDS patients at the Jumpandang Baru public health centre in Makassar City who were selected by purposive sampling. Data analysis was performed by correlational methods to assess significance (p), direction (+/-) and correlation strength (r). The research instrument used a questionnaire and medical record from patients. **Result:** From the 78 respondents, the majority were male (83.3%), aged 26-35 years (51.3%), ARV therapy is long duration (91%), and low symptoms (73%). Based on the Spearman' rho test it was found that there was a negative and weak correlation between duration of ARV therapy with symptoms of HIV / AIDS patients with a value of $p < 0.05$; ($r = -0.271$). That is, the longer of the patients gets ARV therapy will be decrease the symptoms of HIV/ AIDS. **Conclusion:** ARV Therapy is very effective to decrease the symptoms of HIV/ AIDS experienced by the patients, so it is recommended that patients be more orderly and patient in undergoing a therapy program and the healthcare professionals to motivate of patients in managing the therapy provided.

Keywords: HIV, AIDS, ARV, Symptoms, Public Health Centres

**EFFECT OF USING SPRITUAL EMOTIONAL FREEDOM TECHNIQUE
MODIFACATION OF EMOTIONAL FREEDOM TECHNIQUE IN HEALTH:
A LITERATURE REVIEW**

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ABSTRAK

Introduction: Spiritual Emotional Freedom Technique (SEFT) is a method of developing Emotional Freedom Technique (EFT) as a holistic therapy in health that insert spiritual elements as prayer in the therapeutic process combined with EFT. **Objective:** The purpose of this paper is to know the effects of using the spiritual emotional freedom technique that is modified from the emotional freedom technique on health. **Methods:** Articles were collected from varies of databases including PubMed, EBSCO, Clinical key Nursing, Google Scholar, and secondary searches such as e-Books by using the following keywords “Spiritual Emotional Freedom Technique” Or “Emotional Freedom Technique” And “Health” **Results:** This article presents the effects of using the Spiritual Emotional Freedom Technique (SEFT) which is modified from the Emotional Freedom Technique in health. Eleven studies found that the use of SEFT in the health sector was effective and can be used by health practitioners to deal with physical problems such as blood pressure and emotional problems such as stress and anxiety. **Conclusion:** Although the internationally, literature related to the use of SEFT is limited, several studies have shown that SEFT can improve health and minimize some symptoms. SEFT interventions also can be used for holistic therapy in the health sector, especially nursing.

Keywords: *Spiritual Emotional Freedom Technique (SEFT), Emotional Freedom Technique Health (EFT)*

EFFECTIVENESS OF FOOT CARE ON THE RISK OF DIABETIC FOOT ULCER: A LITERATURE REVIEW

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ABSTRACT

Background: Diabetes mellitus is still a major problem in society. Lifestyle factors, heredity and lack of knowledge are the main causes of the prevalence of this disease. **Objective:** This study aims to identify and analyse the effects of foot care on the risk of complications or diabetic foot ulcers of patients with Diabetes Mellitus. **Method:** The study was a literature review using several databases including PubMed, Science Direct, Cochrane, Proquest, Springer Nature, Wiley, and Google Scholar. The reviewed articles that report the intervention to see the effects of foot care published from 2011 to 2019 were eligible for inclusion. Criteria for articles that have a treatment intervention for the risk of foot injury were included and criticized using CASP. **Results:** 9 studies obtained that met the criteria included in this review. The results of a literature review identified that there was an effect after being given foot care is foot care can prevent diabetes foot ulcer. **Conclusion:** There are 9 studies have been included in this review and provide significant results and all of these studies conclude that there is an effect of foot care in preventing the risk of diabetic foot ulcer.

Keywords: *Diabetes Mellitus, Foot Care, Risk of Diabetic Foot Ulcers, Risk of Complications*

**DEEP BREATHING RELAXATION EXERCISE MINIMIZE ANXIETY SCORE
LEVEL OF PATIENTS WITH CHRONIC KIDNEY DISEASE UNDERGOING
HEMODIALYSIS**

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ABSTRACT

Objective: This study was to determine the effect of deep breathing relaxation exercises on anxiety score of patients with chronic kidney disease undergoing haemodialysis. **Methods:** This Quasi Experimental Time Series with Control Group Design study was conducted to intervention and control group (simple random sampling from 48 anxiety patients, 15 samples of each group that were hospitalized in haemodialysis room). A deep breathing relaxation exercise given to intervention group twice a day (10 minutes/exercise) for 2 weeks. Hamilton Anxiety Rating Scale (HARS) for assessing anxiety is conducted and data analysed with Independent t-test, Uji Friedman & Mann Whitney U Test. **Results:** The results showed that mean of anxiety score decreased from 35 to 7,27 in first week intervention and become to 1.4 after two weeks in intervention group ($p=0,001 < \alpha= 0.05$). There was significant different with control group (29.53 to 26.07 (week 1) to 26.07 (week 2) ($P=0.019, \alpha= 0.05$). **Conclusions:** Deep breathing relaxation exercises can minimize anxiety score level of patient undergoing haemodialysis. Therefore, this exercise should be given to haemodialysis patients for helping lowered the anxiety score.

Keywords: *Deep Breathing Relaxation, Anxiety Score, Haemodialysis Patients*

THE EFFECT OF BUERGER ALLAN EXERCISE IN IMPROVING PERIPHERAL TISSUE PERFUSION IN DIABETIC FOOT ULCER: A LITERATURE REVIEW

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ABSTRACT

Introduction: Diabetes mellitus (DM) is a degenerative disease that its prevalence continues to increase in the world. Complications of DM cause impairment of peripheral tissue perfusion so that metabolic requirements are inhibited and DFS occurs. The purpose of this review literature is to identify the effect of Buerger Allen Exercise on changes in peripheral tissue perfusion in diabetic foot ulcer (DFU). **Method:** This review uses Pubmed, Science Direct, Willey, ESCO, Google Scholar databases within the period of 2010-2018. In its preparation using the PRISMA 2009 checklist. **Results:** Of the 15 articles identified, 6 articles met the inclusion criteria. The results showed that Buerger Allen Exercise can improve peripheral perfusion in lower extremities, low cost and low-risk physical activity programs. **Conclusion:** Buerger Allen is an active posture exercise of the foot that can prevent peripheral vascular problems and improve collateral circulation in lower extremities. This exercise is recommended for patients with type 2 diabetes.

Keywords: *Buerger Allen Exercise, peripheral perfusion, diabetic foot ulcer*

EFFECT OF BUERGER ALLEN EXERCISE ON THE INCREASE OF DIABETIC FOOT PERIPHERAL PERFUSION NETWORK ON PATIENTS WITH DIABETES MELLITUS TYPE 2: A LITERATURE REVIEW

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ABSTRACT

Objective: This literature review aimed to identify the effect of Buerger Allen Exercise on changes in peripheral tissue perfusion of Patients suffering on Diabetic Foot Injury (DFS).

Method: This literature review used Pubmed, Science Direct, Cochrane, and Google Scholar databases published from 2010 to 2019. In its preparation, the 2009 PRISMA checklist were used.

Results: There were 20 articles identified; only 8 articles met the inclusion criteria. Those study indicate that Buerger Allen exercise significantly improved peripheral tissue perfusion in diabetic foot injury in the intervention group compared with the control group. **Conclusion:** The Buerger Allen Exercise is an exercise that increases circulation to the peripheral area and can be an alternative procedure for DFS patients.

Keywords: *Buerger Allen Exercise, peripheral perfusion, diabetic foot injury*

**CORRELATION OF FAMILY SUPPORT AND CANCER SUPPORT GROUP
TOWARDS SELF EFFICACY OF PEOPLE UNDERGOING CHEMOTHERAPY IN
MAKASSAR, INDONESIA.**

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ABSTRACT

Introduction: Chemotherapy is a standard treatment of breast cancer patients. Although chemotherapy is an important treatment but can cause side effect that will affect self-efficacy of patient. **Objective:** This study was conducted to determine the relationship between family support and cancer support group toward self-efficacy of people undergoing chemotherapy in Makassar. **Method:** 112 respondents with breast cancer undergoing chemotherapy was involved by cross sectional study with purposive sampling technique. Data was collected by means of Family Support Questionnaires, CARE and Symptom Management Self-Efficacy Scale - Breast Cancer (SMSES-BC). **Results:** There are 56 respondents who have supportive family support as many 56 respondents have non-supportive family support (50%, 50%), good cancer support group (53.6%), and high self-efficacy (81.3%). The chi-squared test determined a significant relationship between family support ($p = 0.026$; $\alpha = 0.05$) and cancer support group ($p = 0.037$; $\alpha = 0.05$) with self-efficacy. Regression analysis showed that cancer support group is an important factor influencing self-efficacy (OR = 2.590). **Conclusions:** Family support and cancer support group become important variable affect self-efficacy of breast cancer patient against the side effects of chemotherapy. This finding can be used for improving self-efficacy in breast cancer patient undergoing chemotherapy. The suggestion is the need for collaboration between community nurses to maintain and improve patient's self-efficacy.

Keywords: *Breast cancer, chemotherapy, family support, cancer support group, self-efficacy*

HEALTH LITERACY PRACTICES OF HEALTH PROFESSIONALS MEMBERS IN MAKASSAR PUBLIC HEALTH CENTERS, INDONESIA.

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ABSTRACT

Introduction: Health professional members as a source of patient information have an essential role in meeting the needs of health information and improving the level of patient health literacy. **Objective:** This study aims to determine the views of health workers related to the practice of four domains of health literacy in the Makassar City Health Center. **Methods:** The study was a cross sectional study design using a health literacy survey consisted of 37 questions. Respondents were 80 health workers who work as doctors, dentists, nurses, midwives, and pharmacists in four Public Health Centers in Makassar. **Results:** Most of the respondents had general idea of what health literacy means, however nurses score were below the average mean. This study also showed various results among health professions for the other three domains. **Conclusions:** Although the average health workers had good knowledge about health literacy, most of them agreed that training and upgrading knowledge on health literacy in the practice of health services are much needed.

Keywords: *Health literacy, health workers, communication, joint decision making, interpersonal skills, Makassar city health center.*

COPING PATTERNS OF THE ELDERLY WITH CHRONIC DISEASES WHO LIVE WITH FAMILIES IN THE MEANING OF LIFE: A PHENOMENOLOGICAL STUDY.

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ABSTRACT

Introduction: physical and psychological issue harm health status among the elderly with chronic diseases. **Objective:** This study aimed to identify the coping patterns of the elderly with chronic conditions to meaning of their life. **Methods:** This study conducted using a descriptive phenomenology method. The population of this study were elderly who lived in Makassar City and had a chronic disease. This study illustrates experience of thirteen older adults with chronic disease minimum of two years suffering. **Results:** The coping patterns used by the elderly with chronic diseases are the behavioral focus coping patterns by doing sports and physical activities; focus on spirituality by fasting, chanting, dhikr and prayer (sholat); cognitive focus by working on hobbies or habitual activities and helping each other, and the focus of social interaction is by interacting with friends, family and neighbors. **Conclusion:** older adults with chronic diseases apply various kinds of coping patterns in interpreting life. The application of coping patterns is carried out to reduce and divert complaints that interfere physically and psychologically from the chronic disease process. Nurse can develop nursing intervention for elderly with chronic disease to stimulate and enhance coping mechanism.

Keywords: *coping pattern, coping mechanism, chronic diseases, older adult, meaning of life*

DEVELOPMENT AND PSYCHOMETRIC TESTING OF CARING-BASED PATIENT SATISFACTION INSTRUMENT

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ABSTRACT

Introduction: Measuring patient satisfaction for nursing care quality improvement requires valid and reliable instruments. The preceding patient satisfaction instruments were developed based on various dimensions. In Indonesia, none of patient satisfaction instruments was developed based on nurse caring behaviour. Hence, the purpose of this study was to develop and test the psychometric of caring-based patient satisfaction instrument. **Methods:** This study used a cross-sectional design with a consecutive sampling approach. There were 120 patients from internal and surgical inpatient wards of hospitals located in Makassar, Indonesia. The caring-based patient satisfaction instrument was tested for its construct validity by conducting two steps of confirmatory factor analysis (CFA) and for its internal consistency by using Cronbach's alpha coefficient. **Results:** The first CFA result showed that ten predetermined factors did not load properly according to Watson's 10 carative factors. Conversely, the analysis of the second exploratory factor with five-factor solution showed more coherent and the contribution of variables exposed more logical. Likewise, the reliability of the instrument by using internal consistency was also good. **Conclusion:** The caring-based patient satisfaction instrument had an acceptable construct validity and good internal consistency. Thus, this instrument can be implemented in the hospitals to measure patient satisfaction towards nursing care quality provided for them.

Keywords: *Carative Factors, Nurse Caring Behaviour, Nursing Care Quality, Patient Satisfaction, Psychometric Testing, Watson's Human Caring Theory*

LEVEL OF PREVENTION PRACTICE AMONG COMMUNITY MENTAL HEALTH NURSES IN URBAN CITY INDONESIA

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ABSTRACT

Introduction: Mental health disorders are not limited to any distinctive group, they can be found in people from all regions, countries and societies. Improving health status requires supports such as health promotion, disease prevention, disease treatment and rehabilitation strategies. Unfortunately, health promotion and illness prevention are still underserved in mental health if compared to physical health. This study aimed to explore the community mental health nurses (CMHNs) in practising level of prevention in an urban area of Indonesia. **Method:** This is a descriptive study using a survey method to all CMHN working in community health centres (Puskesmas) in urban areas of Makassar City, Indonesia. Questionnaire were distributed to 44 CMHNs and 41 responded to this survey. Questionnaires were developed from government guidelines for CMHN practice in Puskesmas and Basic Course Book from CMHN published by Psychiatric Nursing Department Universitas Indonesia. Questionnaires were tested for validity and reliability before it was distributed. **Results:** In general, all CMHNs has implemented three levels of preventions in the mental health program. More than half of them practising secondary prevention (62.7%). However, less than half (33.9%) of them practicing primary prevention activities and only 22.6% practising tertiary prevention. Barriers in implementing the CMHN program are lack of budget, lack of human resources resulting in multitasks and lack of support from head of Puskesmas, **Conclusion:** Three levels of preventives in mental health are important; however, primary prevention is considered more important to prevent mental health incidence in the community. Nurses should pay more attention to this prevention as in community focus practice of community health nurses is health promotion and disease prevention. Support from head of Puskesmas is essential and needed by CMHN to be able to practice according to their roles in community.

Keywords: *Prevention, Community Mental Health Nurse, Mental Problem*

THE RELATIONSHIP BETWEEN PARENTING AND BULLYING BEHAVIOR IN ADOLESCENTS

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ABSTRACT

Introduction: Bullying behaviour is a phenomenon in which its cases continue to grow up rapidly in every year. Bullying often takes place at schools and it is done by students. Parenting has an important role in adolescent involvement in bullying. **Objective:** This study aims to determine the relationship between parenting and bullying behavior in adolescents at school. **Method:** The design of this research was quantitative with a cross-sectional approach. 261 students were selected as sample by using stratified random sampling and systematic random sampling. Data was collected by using a questionnaire. The instrument that used is Parenting Style and Dimensions Questionnaire (PSDQ) and Adolescents Peer Relations Instrument (APRI). The data were analysed with Chi-Square different test technique. **Results:** The results of the study indicated that parenting is significantly related to bullying behaviour in adolescents at school ($p=0,0001$). **Conclusions & Suggestions:** Authoritarian parenting is related to bullying behaviour as bullies. Permissive parenting is related to bullying behaviour as a victim. It is expected for parents to increase their knowledge so that they can apply effective parenting to adolescents for preventing and dealing with bullying behavior in adolescents at school.

Keywords: *Parenting, Bullying Behavior*

**KNOWLEDGE, ATTITUDE AND PERCEIVED BARRIERS IN HEALTH LITERACY
AMONG HEALTH CARE PROFESSIONALS WORKING AT THE HOSPITAL
IN URBAN CITY**

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ABSTRACT

Introduction: Health literacy (HL) is an important aspect of helping patients achieving their health outcomes successfully. Limited HL may lead to poor health outcomes and inappropriate health care. Health care professionals need to have a sufficient understanding of HL to help patients improving their health status. The study aimed to describe knowledge, attitude and perceived barriers towards HL among physicians, nurses, pharmacist and midwives working in one of the hospitals in Makassar City, Indonesia. **Method:** This study used a descriptive study by surveying 77 health care professionals selected using stratified random sampling. The questionnaire used in this study was developed in the previous study in Malaysia. **Result:** In general, majority of health care professionals working in this hospital still have low knowledge, attitude, and did not have experiences related to health literacy. Among all the health care professionals, the Pharmacist was the group that had the lowest knowledge and attitude, followed by midwives. Perceived barriers related to health literacy were more to limited knowledge about health literacy and lack of support from the organisation to implement health education to improve health literacy patients. **Conclusion:** Health literacy plays an important aspect in helping someone in improving their health status. The role of health care professionals is important in assisting patients to achieve their health goals. Thus they must have a good understanding of health literacy to help patients gaining their health status.

Keywords: *Health literacy, health care professionals, health outcome*

FACTORS ANALYSIS OF CARE PROVIDER KNOWLEDGE ABOUT DIABETES FOOT CARE

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ABSTRACT

Introduction: People with diabetes are very susceptible to complications, especially injuries to the feet. It requires knowledge and ability about foot care in diabetes that can be done by patients, health professionals including care providers. In Indonesia, care providers play an important role in improving public health; children, elderly and chronic diseases. This Study aimed to know the care provider's knowledge about foot care and the factors that influence it, they were level of education, age, gender and location of the Puskesmas. **Method:** This study used a quantitative research design using a cross sectional approach. As many as 99 care providers as respondents from 5 Puskesmas in Makassar, participating in this study were selected through purposive sampling. Data were collected by questionnaires and tested statistically using chi square. **Result:** This study found that there was a relationship between education level and Puskesmas location with care provider's knowledge, with each following of P values were $p=0.033$, $\alpha=0.05$ and $p=0.006$, $\alpha=0.05$. While age, gender, occupation, and health education experience were not related with care provider's knowledge. **Conclusion:** Good education and nearby distance to the Puskesmas determined Care Provider's knowledge in providing foot care to diabetes.

Keywords : *Diabetes, foot care, care provider knowledge.*

KNOWLEDGE AND ATTITUDES OF NURSES IN PROVIDING GERIATRIC NURSING CARE AT ENDE DISTRICT GENERAL HOSPITAL IN EAST NUSA TENGGARA

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ABSTRACT

Introduction: Caring for elderly individuals is a challenge, because physical conditions, illness and travel are not the same as other adult populations. This study aims to determine the knowledge, attitudes, obstacles and expectations of nurses in providing nursing services to the elderly in the Ende Hospital in Ende Regency, East Nusa Tenggara Province. **Method:** The research design was descriptive quantitative with a total sample of 162 nurses selected by total sampling. The research instrument used was a knowledge questionnaire developed by Sukhpal Kaur and a nurse attitude questionnaire about elderly care using Kogan's Old People Scale (KOPS). **Result:** This study shows that nurses' knowledge about elderly care in the category is not good (51.9%). The attitude of nurses about the care of the elderly in the good and poor categories respectively (50.0%). The obstacle of nurses in caring for the elderly is caused by several things, namely inadequate facilities, less cooperative elderly and limited number of nurses. The hope of nurses in caring for the elderly is the availability of adequate elderly care facilities. **Conclusion:** There are several factors that influence the knowledge and attitudes of nurses about elderly care, including information, environment and experience. It is expected that with this study nurses will be more motivated to seek information about elderly care and hospitals can provide training or seminars related to elderly care for nurses.

Keywords: *knowledge, attitudes, nurses, geriatric, hospital*

**EVALUATION OF CLINICAL LEARNING IN PROFESSIONAL NURSE
EDUCATION PROGRAM AT THE FACULTY OF NURSING OF
HASANUDDIN UNIVERSITY**

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ABSTRACT

Introduction: Clinical learning is an integral part of nursing education to shape the character of students into professional nurses. Many factors support or inhibit the success of student learning, including the atmosphere in the clinical environment, the role and competence of the preceptors. These factors if not appropriately managed, can impact student learning goals achievement. This study aimed to evaluate the implementation of clinical learning of professional nurse education program at Faculty of Nursing, Hasanuddin University based on the perceptions of students and clinical preceptors. **Method:** This study used a quantitative design with a cross-sectional approach. The participants included 61 students and 88 clinical preceptors that were consecutively sampled. The instruments used were the Quality Clinical Placement Evaluation (QCPE) questionnaire. **Results:** Most of the students (around 70%) perceived well in terms of acceptance at the practice site, clinical and academic preceptors support, and reflection on learning obtained during practice with a mean score of more than equal to 3.80 (± 0.361). Slightly different from clinical preceptors, where the majority (around 90%) perceived well in this regard with a mean score of more than equal to 4.15 (± 0.574). However, around 30% of students stated that clinical preceptors were still lack in giving orientation, feedback and effective evaluation; In addition, they also considered staff nurses, clinical and academic preceptors had a minimum understanding on their learning goals or needs and provided inadequate support to help the students determine the goals. **Conclusions & Suggestions:** Evaluation of the implementation of clinical learning in the professional nurse education program of the Faculty of Nursing, Hasanuddin University, during the clinical practice, has shown good results. However, some issues need to be improved. It is recommended for educational institutions and health services to carry out routine evaluations and provide the facilities needed to optimize the role/performance of the preceptors.

Keywords: *Clinical learning, Professional Nurse Education Program, clinical preceptor, academic preceptor*

**DIFFERENCES OF FAMILY SUPPORT IN DIABETES MELLITUS TYPE 2
PATIENTS WITH FOOT ULCER AND WITHOUT FOOT ULCER IN
WAHIDIN SUDIROHUSODO HOSPITAL**

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ABSTRACT

Introduction: Family is the most important part for everyone as well as people with diabetes. It is one of influential factors in growing patient compliance. Family support is needed to help type 2 diabetes in having the confidence and ability to take care their diabetes. This study aimed to determine whether there are differences in family support in diabetes with foot ulcer and without foot ulcer. Family support studied consisted of information, emotional, appreciation and instrumental support. **Method:** This study used a quantitative research design using a cross sectional approach. 86 patients participated in this study which divided into 2 groups. They were group with foot ulcers (43 respondents) and group without foot ulcers (43 respondents). Data were collected using questionnaires; family support for information, emotional, appreciation and instrumental. **Result:** This Study shown that better information, emotional, appreciation and instrumental family support was found in group with foot ulcers. Statistical test found that there were differences in information, appreciation and intrumental support in patients with foot ulcers and without foot ulcers, with each following of P values were $p=0.00$, $p=0.00$, and $p=0.03$. **Conclusion:** Family counseling needs to increase family support for people with diabetes.

Keywords: *Diabetes, Diabetes Mellitus, Family, Family Support*

HOME CARE PROGRAM IN COMMUNITY HEALTH CENTRE MAKASSAR CITY: A QUALITATIVE STUDY

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ABSTRACT

Introduction: Home care is an essential health services that is needed by the community. Home care is an ongoing program with a focus on long-term care to improve patient care, minimize maintenance costs, and lower hospitalization period. Makassar City government has established home care program since 2015 but until now there is no study to evaluate the implementation of this program. The aim of this study is explore about home care implementation by nurses in community health center (Puskesmas) Makassar City. **Methods:** This study employed qualitative descriptive study by interviewing nurses from Puskesmas in Makassar City who have implemented home care program (15 participants) for at least a year. **Results:** There were three main themes arise from this study namely implementation of home care program, nurses roles in home care program and barriers and expectation in conducting home care program. In general the implementation of this program has been implemented in accordance with the concept of home care as regulated by the government such as the pathway to register for this program and to respond with community needs. Although occasionally there are some people call the center to get this service but their condition is not included in the list of health condition that can be visited. Majority nurses roles in this program generally is to provide health care such as wound care and giving health education. Barriers experienced by the nurses including multitask and lack of guidelines. **Conclusion:** Home care program delivered by health care professional including nurses in Puskesmas has been implemented well, although there are still some barriers in conducting this program. Government should pay more attention to provide more guidelines or refresh the regulation related to this program

Keywords: *Home care, community health centers, nurses roles*

DOCUMENTATION OF NURSING CARE IN MAKASSAR

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ABSTRACT

Introduction: Nursing documentation is a legal aspect that protects nurses in providing nursing services, but incomplete documentation is still found. **Objective:** The aim of this study was to describe the implementation of nursing care documentation in Makassar. **Method:** This study was descriptive survey design. Total sample of respondents was 389 nurses collected from inpatient ward, using observation sheet documentation nursing care as an instrument that consist of 17 items. **Results:** The study showed that the implementation of nursing care documentation were good with mean value was 7.8 and the mean score of documentation observation was 4.2. Study shown that 94.3% respondents wrote in the standard format and can be read clearly (83%), recorded patient data (81.1%), and documented nursing care according to the intervention implemented (79.2%). However, there are still some documented items that have not been implemented such as the diagnosis which not reflect problem and etiology (100%), didn't write initials, names, and time (96.2%), wrote nicknames when documenting interventions (64.2 %), and did not document the nursing evaluation (88.7%). **Conclusions:** Nursing documentation is still incomplete done by nurses. It is recommended to conduct routine evaluations and provide workshop to optimize nurse performance in documenting nursing care

Keywords: *Documentation, Nursing care, Nurses*

**DESCRIPTIVE OF COGNITIVE FUNCTION AND THE LEVEL OF
AUTONOMY IN ELDERLY IN DOING *ACTIVITY DAILY LIVING* IN
THE WORK AREA OF PUSKESMAS KASSI-KASSI MAKASSAR**

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ABSTRACT

Introduction: Cognitive dysfunction is one of the psychological problems that is often experienced by the elderly, mostly by those who are 75 years of age and older. Intellectual impairment, a form of cognitive dysfunction, can give an emotional impact on the role of the older people. In addition, this also will have an impact on the level of independence on performing daily life activities. **Objective:** This study aimed to know the cognitive function and the independence level of the elderly in conducting *Activity Daily Living* in the working area of Kassi-Kassi Puskesmas Makassar. **Method:** This is a quantitative study used descriptive cross-sectional design. The population was 613 elderlies in Puskesmas Kassi-Kassi Makassar. *The proportion of stratified random sampling* was used as the sampling technique, resulting 86 respondents of sample. Data was collected using demographic respondent questionnaire, Isaacs-Walkey Impairment Measurement, and Katz Index instrument. **Results:** More than half of respondents (55.8%) experienced intact intellectual function. The most common cognitive dysfunction was cognitive dysfunction with mild damage (24.4%) and followed by heavy damage (1.2%). Based on the level of independency, 94.2% respondents got A, 4.6% got B and 1.2% got C. **Conclusion and suggestion:** This study showed that more than half of the elderly had intact intellectual function and had A in the level of daily activities independency. Thus, it is really important to make such a promotion in order to persuade people on how to know more about the trigger factors of cognitive dysfunction.

Keywords: *Cognitive Function, Level of independency, Elderly*

THE EFFECT OF QUR'ANIC AUDITORY STIMULUS ON ANXIETY DECREASE ON BREAST CANCER PATIENTS

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ABSTRACT

Introduction: People who have breast cancer usually have psychological problems including anxiety. Anxiety can be reduced with pharmacology and non-pharmacology therapies. The auditory stimulus of the Qur'an is one of non-pharmacology therapy that can decrease anxiety level. The aim of this study was to the differences Al-Qur'an auditory stimulus *Murottal* and *Mujawwad* in decreasing anxiety level on people with breast cancer. **Method:** This study used quasi experiment design with as many as 30 respondents, 10 respondents listened murottal (medium tempo), 10 respondents listened mujawwad (slow tempo) each for 30 minutes and 3 consecutive days, and 10 respondents as control group. State Trait Anxiety Inventory (STAI) questionnaire was used to measure state anxiety in 24 hours before intervention, first, second, and third days after the intervention. Trait anxiety was measured 24 hours before intervention and the third days after intervention. **Results:** The auditory stimulus of the Qur'an using either *Murottal* or *Mujawwad* can decrease the anxiety with p value=0,000. However there is no differences between these two types of auditory and can only change state level of anxiety not for trait anxiety. **Conclusion:** The auditory stimulus of the Qur'an can reduce anxiety level in breast cancer patients for any type of auditory tempo, statistically overcome the anxiety of recent empirical and can cope with anxiety that has happened the last month

Keywords: *Al Qur'an therapy, Spiritual therapy, Anxiety, breast cancer*

IMPLEMENTATION OF DISCHARGE PLANNING ON HEALTH WORKERS.**Kasma Yuliani¹, Ilkafah¹, Syahrul Ningrat¹**¹Nursing Faculty Universitas HasanuddinCorrespondence email: afa_ilkafah@yahoo.com**ABSTRACT**

Introduction: Discharge planning is an urgently needed to patient and must be do by health workers. Many health workers are left incomplete discharge planning and they complete it when the patient is going home. **Objective:** to investigate discharge planning implementation in practice. **Method:** This study used a qualitative method with an exploratory study approach through semistructured and in-depth interviews for 16 participants. Participants of this study were doctors, nurses, physiotherapist, pharmacists, and dietisien who worked in inpatient wards of Universitas Hasanuddin Hospital. **Result:** Three themes emerged from this study. The doctor who is in control of discharge planning, health education was provided before the day of discharge, and the health workers did not submissive in applying discharge planning. **Conclusion:** Discharge planning has not been carried out optimally by all health workers and there has been no collaboration between them need to improve knowledge about discharge planning in health workers.

Keyword: *discharge planning, inpatient wards, health workers*

NURSES' PERFORMANCE IN APPLYING ETHICAL PRINCIPLES OF NURSING CARE IN INDONESIA.

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ABSTRACT

Introduction: The application of ethical principles in nursing care prevent the occurrence of physical and emotional harm to patients. It is one of the 12 basics competencies that must be possessed by a nurse. **Objective:** This study aimed to determine the nurse performance in applying the ethical principles in nursing care. **Method:** This study used quantitative research design with cross sectional approach. Total sample of respondents was 389 nurses collected from several public and private hospitals in Makassar City. The questionnaire from the New Zealand Nurse Association was adopted and developed based on the Indonesian nursing ethics code. **Result:** The study showed that the implementation of ethical principles were very good with mean value was 123.87 (with an average score of 3.46). The best implementation of sub-variable found on autonomy principle (score 3.61) and the lowest was on fidelity (3.27). There was no relationship between the characteristics of respondents with the application of ethical principles but it was between caring behavior with the application of ethical principles ($p = 0.000$ and the correlation coefficient of 0.602). **Conclusion:** Nurses in Makassar City were able to apply the principles of ethical; autonomy, justice, beneficence and non-maleficence in nursing care, but have to improve the fidelity.

Keywords: *Ethical Principles, Nursing Care, Nurses*

BODY SHAMING AMONG HIGH SCHOOL STUDENTS IN MAROS REGENCY**Rifca Ayunila¹, Akbar Harisa², Hapsah²**

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ABSTRACT

Introduction: Body shaming is self-awareness and a negative response to the body appearance, and it has a bad effect on people with body shame. The body shaming identified to occur in adolescents, however, the valid data related to the prevalence is still lack, include in which adolescent level that was predominantly found. **Objective:** to identify the prevalence of body shaming among high schools students both Junior and Senior high schools in Maros regency. **Method:** This study applied a descriptive study design, where 561 respondents recruited (274 junior and 287 high school students) and whose chosen by stratified random sampling, with aged 12-18 years. The questionnaire body shame, adopted from Internalized Shame Scale and Objectified Body Consciousness, applied to measure Body shame. **Results:** nearly 26 % of participants have body shame experience, and the body shame predominantly occur in early adolescence (12-13 years, junior high students) which counted for 23.6% out of the body shame prevalence. The body shaming predominantly found in men, overweight, and living alone, and having peers were counted for around 30,1%, 50%, 36,4%, 26,9%, respectively. **Conclusions:** The body shaming found in adolescents, particularly in men, overweight, living alone and has no peers. In order to prevent and avoid the body shame incidence, prevention by engaging school system is needed.

Key words: *Body shame, Adolescents, Students*

**THE LANGUAGE AND SOCIAL INTERACTION SKILLS IN CHILDREN WITH
AUTISM AND STORYTELLING STIMULATION THERAPY AT
PUSAT TERAPI PELITA MANDIRI IN MAKASSAR**

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ABSTRACT

Introduction: In Indonesia, the number of children who suffer from autism identified around 6,900 children every year. The autism characterized by a communication disorder due to the delay in speech ability that affects not only the children comprehension of language skill but also interference with interaction. Stimulation is an important therapy to improve all the potential skills of the children. A form of stimulation which possibly applies is a storytelling therapy that given since an early age. **Objectives:** This study aims to describe the level of language and social interaction skills among children with autism who were attending a storytelling stimulation therapy class in the center of therapy Pelita Mandiri in Makassar. **Methods:** This study applied a descriptive-analytic research design with a cross-sectional approach. There were 30 children with autism recruited in this study. **Results:** The results of this study shows that children who attend storytelling stimulation therapy class have significant improvement in both language and social interaction skills particularly in 21.9% of participants. The children who able to speak with their own language and understood by others (76.7%), The children who able to mention the sounds (70%). **Conclusions:** Storytelling stimulation therapy program has a potential benefit on language and social interaction skills improvement in children with autism.

Keywords: *Autism, language skills, social interaction, storytelling therapy*

BARRIERS AND INHIBITING FACTORS OF NURSING CARE DOCUMENTATION IN INPATIENT WARDS OF INDONESIAN TEACHING HOSPITAL

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ABSTRACT

Background: Nurses' clinical performances can be evaluated from the nursing care documentation since patients are admitted to hospitals until they are discharged home. Despite nursing care documentation is one of nurses' required tasks, many nursing documentation are left incomplete, leading to poor nursing care quality as nurses cannot evaluate the nursing care that has been delivered to patients. **Aim:** To determine barriers and inhibiting factors of nursing care documentation in inpatient wards of Indonesian Teaching Hospital. **Method:** This study used a qualitative method with an exploratory case study approach through semi-structured and in-depth interviews for 11 participants. Participants of this study were nurses who worked in inpatient wards of Indonesian Teaching Hospital. **Results:** Six themes emerged from this study. The barriers and inhibiting factors to documenting nursing care were high workloads, delayed nursing documentation, lots of paper works, some nursing interventions were forgotten to be recorded, patient medical records used by all health workers at the same time, and time constraint. **Conclusion:** Several factors may inhibit nursing care documentation. To overcome this, nurses should write what they have done in real time.

Keywords: *Barrier in Nursing Documentation, Indonesian Teaching Hospital, Inpatient Wards, Nursing Administration, Nursing Care Quality, Nursing Records*

**SELF-EFFICACY OF ELDERLY PEOPLE WITH HYPERTENSION IN THE
WORKING AREA OF PUBLIC HEALTH CENTRE OF JUMPANDANG BARU-
MAKASSAR.**

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ABSTRACT

Introduction: In Indonesia, non-communicable diseases increasing continuously in recent decades, such as hypertension. Many studies stated that hypertension is the most common disease suffered by elderly people. According to the Information Center of Ministry of Health of Indonesia in 2014, older people who suffered from hypertension was more than 50%. Management of hypertension requires obedience which is one important step to support self-care of individuals. This self-care also needs more key component like self-efficacy. Those who have good self-efficacy can perform several good acts in managing their hypertension such as effectively consume antihypertensive medicines. This study aims to find self-efficacy level on elderly people with hypertension in Public Health Center of Jumpandang Baru-Makassar City. **Method:** The study is quantitative research with a descriptive design. The instrument is a questionnaire about self-efficacy to manage hypertension for elderly people. The study used a sampling quota with 93 respondents who meet inclusion criteria. **Result:** This study found that there are 39 elderly people (41,9%) have good self-efficacy and 54 others (58,1%) have poor self-efficacy. **Discussion:** According to the result, more elderly people still have bad self-efficacy in managing their hypertension. This is probably caused by poor knowledge and lack of support from their family. As for the suggestion to the health community worker, improving self-efficacy of the elderly people could be put as their goals of providing health services and they could use the preliminary data of this study to develop a suitable intervention for managing hypertension in elderly people.

Keywords: *Self-efficacy, elderly, hypertension*

***PSIDIUM GUAJAVA LYNN* SOAKING THERAPY ON MMP-9 LEVELS THROUGH RT-PCR OF PATIENTS WITH INFECTIVE DIABETIC FOOT ULCER**

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ABSTRACT

Objective: This study aimed to identify the effect of *Psidium guajava L.* on MMP-9 level through RT-PCR of patients with Diabetic ulcer infection. **Method:** This was a quasi-experiment study with pre and post-test design with controlled group design. Three subjects of the intervention group and three subjects of the control group were accidentally selected in this study. MMP-9 of wound tissue was evaluated on first and baseline laboratories were taken by RTPCR. The ulcer of the intervention group was soaked with *Psidium guajava lynn* for 10 minutes and dressed with *Psidium guajava lynn*-normal saline combination gauze every three days. The taking of wound tissue for MMP-9 examination was carried out 2 times, that is before the 1st intervention and after the 6th intervention. After 6 times, repeated laboratory examinations were taken, and the observation continued until 10 times caring. No adverse were reported during the trial. **Result:** Paired t-test results showed that there were significant differences in MMP-9 before and after intervention in the intervention group ($p = 0.002$), whereas in the control group there were no differences in MMP-9 before and after ($p = 0.313$). The results of the Independent t-test showed that there were significant differences in changes in MMP-9 in the intervention group with the control group ($p = 0.035$). **Conclusion:** There was a change in MMP-9 after the intervention in which the MMP-9 in the intervention group decreased while the MMP-9 in the control group tended to increase. This study found that *Psidium guajava Lynn* soaking and dressing therapy could stimulate the regeneration and healing of an infective diabetic wound by reducing the MMP-9 level of wound tissue.

Keywords: *Psidium guajava L.*, MMP-9, RT-PCR, Infective Diabetic ulcer

**PHYSICAL ACTIVITY AMONG OBESE SCHOOL-AGE CHILDREN:
A CROSS-SECTIONAL STUDY**

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ABSTRACT

Introduction: Obesity has become an epidemic health problem worldwide. In Indonesia, the prevalence of obesity in children is higher than the prevalence of anorexia. One of the causes of obese is the lack of physical activity. Only 1 in 3 children are active in physical activity every day. **Objective:** To analyze the relationship between physical activity with the incidence of obesity among children. **Method:** The research is quantitative with a cross-sectional approach. The samples were 96 students from 4th, 5th, and 6th grade of elementary school with purposive sampling. The techniques used for determining body mass index were WHO 2007 Anthropometric calculator for children aged 5-19 years and Physical Activity Questionnaire for Children (PAQ-C). Data analysis used was univariate and bivariate analysis using Chi-Square with the significance level of $p < 0,05$. **Results:** The results showed that there was a relationship between physical activity and obese ($p = 0,004$). Children with low physical activity who were obese were 33.3% and who had normal weight were 16.7%. While children with high physical activity who had normal weight were 31.2% and who were obese were 18.8%. **Conclusion:** There is a significant relationship between physical activity and the incidence of obesity among school-age children. Further research is required to explore the factors contributing to the incidence of obesity.

Keywords: *Physical Activity, Obese, School-age Children*

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