



UNIVERSITAS
GADJAH MADA

JCOEMPH
Journal of Community Empowerment for Health



BOOK OF ABSTRACT

**3rd Conference on Community
Empowerment for Health**

18-19 Juni 2021



(0274)-547490



jcoemph.fk@ugm.ac.id



jurnal.ugm.ac.id/jcoemph

Welcome

The Journal of Community Empowerment for Health (JCOEMPH) is a scientific journal under the Faculty of Medicine, Public Health and Nursing Universitas Mada. The JCOEMPH vision is to become Indonesian journal with international reputation focusing in community empowerment for health. After Successfully organized 1st Conference on Community Empowerment for Health (1st CCE Health) in July 19-20, 2019 and the 2nd CCE in November 28, 2020, JCOEMPH conduct the 3rd CCE Health to increase publication of research finding based on community. The 3rd Conference on Community Empowerment for Health bring a theme “**Community Education in New Normal Era of COVID-19 Pandemic**”. The conference aim to prepare executors of community service activities who are qualified in terms of community service and scientific principles.

The 3rd CCE health invited **Mergan Naidoo MBChB, M.Fam.Med, FCFP, M.Sc, Dip HIV Man, DipPEC, PhD** as the keynote lecture to share about leadership and management in integrated community education in COVID-19 pandemic. He is an Associate Professor and Head of Clinical Unit in the Discipline of Family Medicine at UKZN and Wentworth Hospital. He has a special interest in Maternal Health, Primary Emergency Care, Infectious diseases, clinical governance and Healthcare Worker Education. He has more than thirty peer reviewed publications. He has been actively involved in the COVID 19 response at Wentworth Hospital and has chaired the COVID-19 task team at the hospital which involved mobilizing resources with community assistance and working with the community outreach team in tracking and tracing suspected or confirmed cases of COVID-19. The conference also invited **dr. Ika Dewi Ana, M.Kes, Ph.D** to share Innovate strategies of community education for tackling COVID-19. She is a Vice Rector for Research and Community Service, Universitas Gadjah Mada and she has been actively doing research and community services. In addition there are two panel discussions to exchange perspectives among experts on community empowerment.

The 3rd CCE Health accommodates publications on community empowerment, community services, health facility, medical education based on community, community based education, medical anthropology, health workforce and epidemiology in rural areas. JCOEMPH is delighted to host this year's conference through virtual meeting despite the middle of COVID-19 pandemic. We have one of our biggest programs to date with 39 delegates to talk about their research.

We hope you enjoy this event.

Kind regards,
3rd CCE Health Chairs



Committee

Advisory Board

Dean, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada

Vice Dean for Cooperation, Alumni, and Community Service, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada

Vice Dean for Research and Development, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada

Organizing Committee

Chairperson

dr. Indra Tri Mahayana, Sp.M., Ph.D

Members

dr. Gunadi, Ph.D, Sp.BA

dr. Widyandana, MHPE., Ph.D., Sp.M(K)

dr. Hanggoro Tri Rinonce, Sp.PA(K)., Ph.D

Anggi Lukman Wicaksana, S.Kep., Ns., M.S.

Harry Freitag Luglio M, S.Gz., M.Sc., R.D.

dr. M Nurhadi Rahman, Sp.OG.

Dionita Rani Karyono, S.Kep., Ns.

Hatifah Ihsanda Tien Melati, S.Kep., Ns.

Mia Purnama, S.Kep., Ns.



Schedule of 3rd CCE Health 18 June 2021

Time	Activities
13.20 – 13.30	Registration of participants
13.30 – 13.40	Opening Chairman of the 3rd CCE Health 2021 Committee [dr. Indra Tri Mahayana, Sp.M., Ph.D] Vice Dean for Collaboration, Alumni and Community Service Faculty of Medicine, Public Health and Nursing UGM [dr. Mei Neni Sitaresmi, Sp.A(K)., Ph.D]
13.40 – 13.45	Keynote Speaker Moderator: Harry Freitag Luglio Muhammad, S.Gz., M.Sc., R.D
13.45 – 14.15	1. Innovative strategies of community education for tackling COVID-19 [drg. Ika Dewi Ana, M.Kes., Ph.D]
14.15 – 14.45	2. Leadership and management in integrated community engagement during the COVID-19 pandemic [Dr. Mergan Naidoo]
14.45 – 14.50	Closing keynote speakers
15.00 – 15.05	Session 1 – Panel Discussion Moderator: dr. Widyandana, MHPE., Ph.D., Sp.M(K)
15.05 – 15.25	1. The role of educational institutions in empowering people in the era of the COVID-19 pandemic [Prof. dr. Ova Emilia, M.Med.Ed., Sp.OG(K)., Ph.D]
15.25 – 15.45	2. Interprofessional education (IPE) in the era of COVID-19 pandemic [Prof. dr. Gandes Retno Rahayu, M.Med.Ed., Ph.D]
15.45 – 16.05	Question and answer session and closing panel discussion 1



16.05 – 16.10	Session 2 – Panel Discussion Moderator: Anggi Lukman Wicaksana, S.Kep., Ns
16.10 – 16.30	3. Regulation and networking with stakeholders to empower people in the era of the COVID-19 pandemic [Prof. Ir. Irfan Dwidya Prijambada., M.Eng., Ph.D]
16.30 – 16.50	4. Implementation of a program to empower people in the era of the COVID-19 pandemic [Agus Setiawan, S.Kp., M.N., D.N]
16.50 – 17.10	Question and answer session and closing



Schedule of 3rd CCE Health 19 June 2021

Time	Activities
08.45 - 09.00	Participant join Zoom Cloud meeting
09.00 - 09.15	Opening from Chairperson [dr. Indra Tri Mahayana, Ph.D., Sp.M]
09.15 - 10.45	Oral Presentation Session Room 1 : Harry Freitag Luglio M, S.Gz., M.Sc., RD Room 2 : Anggi L Wicaksana, S.Kep., Ns., MS Room 3 : dr. Widyandana, MHPE., Ph.D., Sp.M(K) Room 4 : dr. Indra Tri Mahayana, Ph.D., Sp.M Room 5 : dr. Hanggoro Tri Rinonce, Ph.D., Sp.PA(K)
10.45 - 11.00	Break (move to main room)
11.00 - 11.15	Photo competition announcement
11.00 - 11.15	Oral presentation winners announcement



Schedule for Oral Presentation (Room 1)

Moderator : Harry Freitag Luglio M, S.Gz., M.Sc., RD

Abstract Title	Presenter
Analysis of Whatsapp Utilization for Changes Food Processing Behavior of Entrepreneurs	Roni Gunawan
Relationship of Vegetable and Fruit Consumption with Farmers' Blood Sugar Levels: Data Analysis of the Integrated Non-Communicable Diseases Development Post (POSBINDU PTM) Puskesmas Pakusari Jember 2020	Ayu Prisilia Fatimah
Realizing Healthy Culinary Tourism through Education in the 'Angkringan' Street Vendor Community of Yogyakarta during the COVID-19 Pandemic	Rizka Ayu Setyani
Assistance of Balanced Nutrition Menu Setup of Junior Soccer Athletes for Coaches in SSB Baturetno	Yuni Afriani
Assessing the Acceptability of The Health Education Program in Dengue Prevention and Control in Buon Ma Thuot City in Dak Lak province, Vietnam	Pham Huong Giang
The Role of Social Media in Optimizing the Healthy Lifestyle Movement "GERMAS" during the COVID-19 Pandemic	Fahmi Baiquni
Effect Of One Day One Egg Program On Nutritional Status Of Under Five Children In Pandeglang Special Location Of Stunting	Yusnita
BACOON: Balls of Cocoon for Malnutrition Preventive Medical Food at Kandang Sapi Village, Cianjur Regency, West Java Province, Indonesia	Fernanda Chairunisa



Schedule for Oral Presentation (Room 2)
Moderator: Anggi Lukman Wicaksana, S.Kep., Ns., MS

Abstract Title	Presenter
Initiation of the BKL (elderly family development) Program in Botokan Hamlet through a Series of Activities Formation of BKL Management and Counseling and Blood Pressure Measurement Training	Isman Susanto
Validity and Reliability of Inter-Professional Education Assessment Tool	Fatikhu Yatuni Asmara
Effectiveness of Family Mentoring Model to Decrease Blood Pressure of Hypertensive Clients in The Working Area of Mojokerto District Health Center	Faisal Ibnu
Evaluation of Community Health Volunteers Training on Early Detection Skills of Pulmonary Tuberculosis in A Primary Health Care Facilities	Muhamad Jauhar
Community Base Intervention: Local Village Preparedness in Prevention and Control of COVID-19	Rasdiyanah
Strengthening Community Empowerment for Elderly Healthcare in New Normal by Pol-Sadar (The Online-Integrated Healthcare Post for Elderly)	Umi Hani
Increasing the Role of Nurses in Health Service on Older Adults through Training of Trainer (ToT) Program on Gerontic Nursing	Anung Ahadi Pradana
The Effect of Webinar on COVID-19 Vaccination on Academic Community Attitude Change	Dini Widiанти



Schedule for Oral Presentation (Room 3)
Moderator: dr. Widyandana, MHPE., Ph.D., Sp.M(K)

Abstract Title	Presenter
Relationship of Caring Stress in Mother And Stunting at Pandeglang Regency Banten Province in 2019	Akhdan Aufa
The Effect of Implementing New Normal Protocols toward Covid-19 Infection Among Health Workers in Nur Hidayah Hospital	Estianna Khoirunnisa
Hypnobreastfeeding Therapy and Kangaroo Mother Care Quick Strategies to Increase the Volume of Mom's Breast Milk And Recovery of Low Birth Weight Babies	Maria Susana Ine Nona Ringgi
Acceptability Analysis of Complementary Feeding Education and Counseling Programs based on Whatsapp Media for Young Mothers by Trained Cadres	Annida Hanifah
Could Nasal Irrigation Reduce the Risk of Children in Pandemic COVID-19 Era? A Literature Review	Ayu Novianti
"Kakak Tumbuh Kembang (KUMBANG): Engaging Medical Students for Screening and Detecting Growth and Developmental Delays in Children	Zulfikar Ihyauddin
Evaluation of Implementation and Satisfaction of Distance Learning among Medical Students during COVID-19 Pandemic in Indonesia	Rony Wiranto
Factors Affecting The Suicide Event at Lela Subdistrict in Sikka Regency East Nusa Tenggara	Maria K. Ringgi Kuwa



Schedule for Oral Presentation (Room 4)

Moderator: dr. Indra Tri Mahayana, Ph.D., Sp.M

Abstract Title	Presenter
Association between Smartphone Usage Pattern on Eyestrain: An Online Study among Adolescent 13 – 18 Years Old During COVID-19 Pandemic	Istiroha
Traditional Therapy for Stroke Patients in Community, Indonesia: Ethnography	Agianto
Health Promotion Strategy Implementation to Reduce COVID-19 Transmission at Arut Selatan Public Health Center during Early Pandemic: Gap Analysis	Zahrin Afina Nurul Fadhilah
Applications of Android-Based in Improving Self-Management of Non-Communicable Disease in Era of COVID-19 Pandemic: Literature Review	Rizkiyani Istifada
Managing Postpartum Blues: training husbands and midwives to provide social and religious support for mothers during COVID-19 Pandemic in Cangkringan	Siti Nashria Rusdhy
Community Satisfaction Survey (SKM) On COVID-19 Vaccination Service at Vaccine Center of YARSI	Sandi Rizki Ardianto
Decreasing Degrees of Dyspnea in Chronic Obstructive Pulmonary Disease Patients Through Combination of Breathing Exercises and Relaxation	Juliana G.E.P Massie
Relationship between Family Connectedness and Nutritional Status among Under-Five Children in Jember Regency of Indonesia	Roifatul Nur Jannah



Schedule for Oral Presentation (Room 5)
Moderator: dr. Hanggoro Tri Rinonce, Ph.D., Sp.PA(K)

Abstract Title	Presenter
Social Action for Developing Community Awareness on Mental Health in the University Setting	Supriyati
Fourteen Days Struggling to Deal With COVID-19 Using Su Jok Therapy: A Case Study	Intansari Nurjannah
Countermeasures for The Impact of Depression during Covid-19 Pandemic at SMPN 2 Cangkringan, Sleman	Winengku Basuki Adi
Young Father-Child Relationship Pattern and Nutrition Status Among Under-Five Children in Jember Regency, Indonesia	Ubaidillah Ustman
Genetic Variations of ADH2 Linkage to Liver Cell Damaged among East Nusa Tenggara Alcohol Drinkers	Yudha Nurhantari
A Conceptual Framework of Awareness for Boys with Prepubertal Hypogonadism based on Community Empowerment in Indonesia	Dicky Moch Rizal
Community Mobility Reports Predict the National Spread of COVID-19 in Indonesia in The New Normal Era	Muhammad Syahrul Ramadhan



Analysis of whatsapp utilization for changes food processing behavior of entrepreneurs

Roni Gunawan,^{1*} Dian Maya Sari Siregar,¹ Linda Hernike Napitupulu,¹ Muchti Yudha Pratama²

¹ Faculty of Public Health, Institut Kesehatan Helvetia, Medan, Indonesia

² Akademi Keperawatan Kesdam I/BB, Medan, Indonesia

*Corresponding author

Roni Gunawan

Email: roni.creation99@gmail.com

Keywords

Behavior
Food
entrepreneurship
Hygiene
Whatsapp

Abstract

The safety of food and beverage sanitation needs to be guaranteed, including the sanitation hygiene for home snacks produced by food entrepreneurs, especially during the Covid-19 Pandemic. This study aims to analyze changes of entrepreneurial behavior in food processing through mentoring using whatsapp messenger media. This study used a quasi-experimental approach, the samples were entrepreneurs in the food and beverage sector who were assisted by an technology and business incubator in North Sumatra. The sample of this research is 29 food entrepreneurs. Data analysis using Wilcoxon and Friedman test. The results of the research assistance using WhatsApp messenger media can increase knowledge ($p = 0,000$), attitudes ($p = 0,000$) and also respondent actions ($p = 0.015$) and entrepreneurial behavior ($p = 0,000$). Assistance using whatsapp messenger media has the greatest increase in action of food entrepreneurs, so it can be concluded that this media is effective in increasing entrepreneurial action in food processing. The role of health workers is very much needed in the use of social media based on whatsapp messenger as a companion in presenting promotional content, removing negative content, and making positive efforts to reconcile if there is bad communication in the social media group whatsapp messenger.

Relationship of vegetable and fruit consumption with farmers' blood sugar levels: Data analysis of the integrated non-communicable diseases development post (POSBINDU PTM) Puskesmas Pakusari Jember 2020

Ayu Pricilia Fatimah ,1 Tantut Susanto,2* Latifa Aini Susumaningrum2, Mokhlas Kholidi3

1Undergraduate Nursing Program, Faculty of Nursing, Universitas Jember, Jember, Indonesia

2Department of Community, Family & Geriatric Nursing, Faculty of Nursing, Universitas Jember, Jember, Indonesia

3Community Health Nurses, Pakusari Public Health Center, Department of Health of Jember Regency, Jember, Indonesia

***Corresponding author**

Tantut Susanto

Email: tantut_s.psik@unej.ac.id

Keywords

Blood glucose

Hyperglycemia

Farmers

Non-communicable disease

Vegetable and fruit consumption

Abstract

Low consumption of vegetables and fruits are one of the causes of digestive problems, coronary heart disease and diabetes. Farmers are a vulnerable group for consuming vegetables and fruit less than the recommended 5 portions (250 grams) a day. The aim of this study was to analyze the relationship between vegetable and fruit consumption and the level of blood sugar among farmers in non-communicable diseases of integrated health post (Posbindu PTM) Puskesmas Pakusari, Jember Regency. Retrospective case control study design was used to analyze secondary data of Posbindu PTM registered from January to March 2020 among 140 farmers. The characteristics of participants, vegetable and fruit consumption, and blood sugar were measured through KMS Posbindu PTM. The data was analyzed using Chi square test (p value <0,05). Among 140 farmers were identified 71,4% consumed vegetables and fruit less than 5 portions a day and 64,3% of hyperglycemia. There was a relationship between vegetable and fruit consumption and the farmer's blood sugar level (p value: <0,001 ; χ^2 : 13,144). Farmers who consumed vegetables and fruits less than 5 portions a day were 5 times more likely to experience hyperglycemia (OR: 5.727; 95% CI=2,072 – 15,827). Therefore, community health nurses and health care providers should provide counseling to improve consumption of vegetables and fruit for the incidence of hyperglycemia among farmers.

Realizing healthy culinary tourism through education in the 'angkringan' street vendor community of Yogyakarta during the COVID-19 pandemic

Rizka Ayu Setyani,^{1*} Fika Lilik Indrawati,² Tri Mei Khasana.³

¹Department of Public Health, School of Postgraduate, Universitas Sebelas Maret, Indonesia

²Department of Midwifery, Faculty of Health Sciences, Universitas Respati Yogyakarta, Indonesia

³Department of Nutrition, Faculty of Health Sciences, Universitas Respati Yogyakarta, Indonesia

*Corresponding author

Rizka Ayu Setyani

Email: rizkaayusetyani@student.uns.ac.id

Keywords

Angkringan
Community
Culinary
Education
Tourism

Abstract

Angkringan is included in the culinary of Java, a simple food stall in Java using a wheelbarrow and covered with a plastic tarpaulin as the roof. But, food safety is the main factor that influences tourists in choosing angkringan culinary. Therefore, it is necessary to monitor the quality of food management by paying attention to hygiene and sanitation procedures and health requirements. This study aims to analyze the differences in the food safety score of PKL Angkringan in Yogyakarta before and after the intervention. We conducted a quantitative study with experimental design in March-May 2021. We intervened in health education through pocketbooks in 49 communities of PKL Angkringan in Yogyakarta tourism locations with a duration of one month. Data collection through Food Safety Score Questionnaire while data analysis using Wilcoxon signed-rank test. The majority of Angkringan street vendors have a category of Food Safety Score that is vulnerable but safe to consume before and after pocketbook intervention. However, the influence of the intervention showed significant differences in research results ($p\text{-value} < 0.05$). This study concludes that health education interventions with pocketbooks in the Angkringan PKL community affect food safety scores. We hope that the government can foster food hygiene education and continuous monitoring of Angkringan street vendors, especially during the COVID-19 Pandemic.

Assistance of balanced nutrition menu setup of junior soccer athletes for coaches in SSB Baturetno

Yuni Afriani,^{1*} Siska Puspita Sari,¹ Desty Ervira Puspaningtyas,¹ Fadil Anwar¹

¹Undergraduate Nutrition Studies Program, Faculty of Health Sciences, Universitas Respati Yogyakarta, Yogyakarta, Indonesia

*Corresponding author

Yuni Afriani

Email: yuni_afriani@respati.ac.id

Keywords

Balanced menu
Coach
Nutritional assistance
Soccer

Abstract

Athletes' achievements are strongly supported by optimal performance during competition. To improve the performance of athletes, motivation is a determining factor for an athlete. Coach is one of the motivators for an athlete and supports the optimal performance of athletes. SSB Baturetno is one of the soccer schools that has excellent quality of athletes. Efforts to provide nutritional assistance for coaches are needed to help increase the knowledge of coaches in providing education to athletes. Good knowledge for an athlete will have a positive impact on increasing performance. This study is aimed to increase the knowledge of coaches about the balanced nutrition menu for junior soccer athletes. Community service through nutritional assistance efforts was carried out in August-December 2020 at SSB Baturetno. This activity was attended by 11 coaches by implementing health protocols. The nutritional assistance provided is the provision of education regarding basic diet settings, sports drinks and sports food during training and competition. Community service was carried out through focus group discussions, lectures, discussions, and the application of menu preparation. The results of the analysis showed that the knowledge score before was 86.82, the knowledge score after mentoring had increased to 91.91 ($p=0.068$). Nutritional assistance activities for coaches can increase the knowledge of soccer coaches.

Assessing the acceptability of the health education program in dengue prevention and control in Buon Ma Thuot City in Dak Lak Province, Vietnam

Pham Huong Giang,^{1*} Riris Andono Ahmad,¹ Raden Ajeng Yayi Suryo Prabandari¹

¹Department of Public Health, Faculty of Medicine, Public Health and Nursing Universitas Gadjah Mada, Yogyakarta, Indonesia

*Corresponding author

Pham Huong Giang

Email: phamhuonggiang@mail.ugm.ac.id

Keywords

Acceptability
Dengue fever
Health education
Dak Lak

Abstract

Dengue fever is a serious human arboviral infection that globally spreads and is top of concern amongst health care professionals and governments including Vietnam. The best measure to prevent and control dengue is vector control which is supported by social mobilization and health education. This study assessed the acceptability of a health education program in dengue fever prevention and control for the first time in Dak Lak Province, which is located in the endemic area of dengue fever in Vietnam. This study was an implementation research with a qualitative method. Nine in-depth interviews and six focus group discussions were conducted at province, district, and ward level. The acceptability was analyzed based on seven components of the Theoretical Framework of Acceptability. Six components namely affective attitude, perceived effectiveness, intervention coherence, ethicality, and self-efficacy were coded in all transcripts. Overall, the acceptability of the health education program in dengue fever prevention and control was considered to be positive. However, the transformation from education to behaviour would take time and require the persistence of the education program. The theoretical framework of acceptability was useful to evaluate both health staff and community perceptions of the program's acceptability.

The role of social media in optimizing the healthy lifestyle movement “GERMAS” during the COVID-19 pandemic

Fahmi Baiquni,^{1,2} Tri Siswati,³ Riadini Rahmawati,² Herni Endah Widyawati,³ Ratri Kusuma Wardhani,⁴ Supriyati^{1,2*}

1 Department of Health Behavior, Environment, and Social Medicine, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia

2 Center of Health Behavior and Promotion, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia

3 Politeknik Kesehatan Kemenkes Yogyakarta, Indonesia

4 Sleman Health Demographic & Surveillance System (Sleman HDSS), Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia

*Corresponding author

Supriyati

Email: supriyati@ugm.ac.id

Keywords

Health literacy

Healthy lifestyle

Social movement

Social media

Abstract

The Coronavirus Disease (COVID-19) need community participation to overcome. The social movement such as the healthy lifestyle movement “GERMAS” plays an important role to break the chain of COVID-19 transmission. On the other hand, the infodemic was caused misinformation and disinformation. The high health literacy will lead people to participate in the GERMAS social movement. This study was aimed to explore the use of social media to improve health literacy on the healthy lifestyle social movement “GERMAS”. This research was conducted in Yogyakarta. It was conducted by reviewing documents, reviewing literature, and collecting primary data. Primary data collection was carried out through online surveys, focus group discussions, and in-depth interviews. The number of respondents were 461 respondents, 449 filled out online surveys, 11 focus group discussions, and 1 in-depth interview. The study showed that WhatsApp was the most widely accessed source of information about COVID-19 (83%) and health protocols (82%) after television. In addition, WhatsApp had become the main source of information about GERMAS (73%). The results of the FGD and in-depth interviews showed that there was already a communication network through WhatsApp groups from the provincial to sub-district/village levels that were used to share information on a regular basis to the public. Lack of “think tanks”, and bureaucratic ties make this network unable to function optimally. Social media had an important role in optimizing the GERMAS program during the COVID-19 pandemic. Social media management and good cooperation between government and private agencies were important keys for optimizing GERMAS in the pandemic era.

Effect of one day one egg program on nutritional status of under five children in Pandeglang special location of stunting

Yusnita,^{1,*} Dini Widiанти,¹ Fathul Jannah,¹

¹Department of Public Health, Faculty of Medicine, YARSI University, Jakarta, Indonesia

*Corresponding author

Yusnita

Email: yusnitarnowo@gmail.com

Keywords

Under five children

Stunting

Nutritional status

Egg supplementation

Abstract

Stunting is a growth and development disorder in children that is caused by malnutrition, repeated infections, and inadequate psychosocial stimulation. Stunting can also be caused by a lack of protein intake where protein intake provides the amino acids the body needs to build a matrix. Eggs are an animal food product which is rich in protein, cheap and easy to obtain. This study conducted to assess the effect of egg supplementation on nutritional status of under five children in Pandeglang. A quasi-experimental one-group pretest-posttest design was carried out involving 259 under five children in 10 villages known as a special location of stunting in Pandeglang District that was chosen by total sampling. The egg supplementation was given for 6 months from September to February 2020 that every child got one egg each day. Anthropometric measurement was done by cadre supervised by nutritionist before, every two weeks and after the supplementation. Cadre monitored daily egg consumption via grup report. Data were analyzed using Wilcoxon test with SPSS. There was a significant difference between nutritional status before and after egg supplementation program ($p = 0.01$, 95% CI). That intervention was successful in increasing the nutritional status of under five children.

BACOON: Balls of cocoon for malnutrition preventive medical food at Kandang Sapi Village, Cianjur Regency, West Java Province, Indonesia

Hawa Anggita Widiarahman,^{1*} Fernanda Chairunisa,² Lutvi Abdullah³

¹Department of Animal Production, Faculty of Animal Science, Brawijaya University, Malang, Indonesia

²Department of Biochemistry, Faculty of Mathematics and Science, IPB University, Bogor, Indonesia

³Department of Biomedical Sciences, Yong Loo Lin School of Medicine, National University of Singapore, Singapore

***Corresponding author**

Hawa Anggita Widiarahman

Email: hawaanggita@student.ub.ac.id

Keywords

BACOON
Malnutrition
Sericin

Abstract

Child malnutrition cases in Cianjur Regency are a leading health issue with the current condition mostly occurring in aged 5-7 years. One of the applicable solutions is the need for making food with balanced nutrition to prevent the problem of malnutrition. BACOON snack is a snack made from silkworm cocoons or better known as Cocoon. Cocoon derived from silkworms (*Bombyx mori*) contains protein, one of these is sericin. The amino acid which contained in sericin serves to repair damaged cells in the body which can prevent malnutrition. The utilization of amino acids is very varied, one of these is the use of BCAAs (branched-chain amino acids) which have the potential to restore damaged cells in the human body. In addition, the utilization of essential amino acids as well as the conductivity of nutrients in the body. Sericin triggers denaturation into serine protease which function to complement the missing or damaged part of the nutrients in the body. In addition to the basic ingredients of cocoon, BACOON snack is combined with potatoes as addition ingredients which can balance the nutritional content in it. In order for BACOON to be accepted by everyone, we carried out organoleptic testing of several researchers about the preferences for this product. In addition, proximate testing was carried out to determine the content of water content, crude protein, carbohydrates and other contents. It is hoped that the introduction method of giving BACOON snacks to children aged 5-7 years in Cianjur Regency can overcome the problem of malnutrition and raise public awareness of the importance of nutritious food.

Initiation of the BKL (elderly family development) program in Botokan hamlet through a series of activities formation BKL management and counseling and blood pressure measurement training

Isman Susanto,^{1*} Tengku Isnii Yuli Lestari Putri,² Sofi Aryani Sugih Rahayu,² Wijayanto,² Rasniaty Sapsuha,² Churnia Gita Anggraeni,² Tia Indah Fatmasari,² Esti Wuryani,² Rijab²

¹Alma Ata Graduate School of Public Health, Universitas Alma Ata, Yogyakarta, Indonesia

²Department of Nursing, Universitas Alma Ata, Yogyakarta, Indonesia

***Corresponding author**

Isman Susanto

Email: ismansusanto23@almaata.ac.id

Keywords

Blood pressure
Elderly
Elderly family
Development
Hypertension

Abstract

The COVID-19 pandemic has an impact on essential health services, including health services for the elderly. Obstructed essential health services during COVID-19 resulted in obstruction of the blood pressure monitoring process and also health services for elderly hypertension. Efforts to empower and optimize elderly cadres are carried out to increase the role of cadres in monitoring the health of the elderly. The activity aims to increase the role of elderly cadres in monitoring the blood pressure of elderly hypertensive people through a series of activities to form BKL, counseling, and training on blood pressure measurement in Botokan Hamlet, Bantul, Yogyakarta in December 2020. The activity involved the head of the hamlet, elderly cadres, and the community in Botokan Hamlet. The activity took the form of initiating the formation of the BKL program. The stages in this community service process are through a series of MMD (Hamlet Community Deliberation) activities and the formation of BKL administrators as well as counseling and training on blood pressure measurement. The activity was carried out in stages through the MMD process, namely MMD 1, MMD 2, and MMD 3, the formation of BKL administrators as well as counseling and training in measuring blood pressure to BKL administrators. The results of the activity were the formation of a BKL management structure named "BKL Melati" and the implementation of counseling activities and training in measuring blood pressure using a digital tensimeter by elderly cadres of BKL administrators. The results of the evaluation of the ability of elderly cadres to measure blood pressure using a digital tensimeter showed good results, namely that all elderly cadres were able to measure blood pressure properly and correctly according to the procedures that had been taught. BKL assistance by related parties, both the academic sector, the health sector, and other related sectors need to be carried out sustainably, thus the BKL program can run well, independently, and sustainably.

Validity and reliability of Inter-Professional Education assessment tool

Fatikhu Yatuni Asmara,¹ Dian Puspita Dewi,² Diana Nur Afifah,³ Tri Nur Kristina²

¹ Department of Nursing, Faculty of Medicine, Universitas Diponegoro, Semarang, Indonesia

² Department of Medicine, Faculty of Medicine, Universitas Diponegoro, Semarang, Indonesia

³ Department of Nutrition Science, Faculty of Medicine, Universitas Diponegoro, Semarang, Indonesia

*Corresponding author

Fatikhu Yatuni Asmara

Email: fatikhu.y.asmara@gmail.com

Keywords

Interprofessional education
Self-assessment
Peer-assessment
Supervisor
Validity
Reliability

Abstract

Interprofessional Education (IPE) has increasing collaborative skill and quality of care. Assessment process is applied to ensure that students achieve competencies. The aims of the study are to develop an assessment tool and to identify its validity and reliability. There are 480 students, 39 facilitators and 5 experts involved in this study which passed two steps. Step 1 developed the tools by conducting focus group discussion (FGD) of experts to do content validity. Step 2 identified construct validity and reliability test by involving students and facilitators. Self-assessment is not valid ($r: -4.58 - -0.97$; r table: 0.089) and it is not reliable ($r: 0.31$; r table: 0.6) as well as peer assessment is not valid ($r: -2.88 - -1.00$; r table: 0.089) and it is not reliable ($r: 0.55$; r table: 0.6). On the other hand, assessment from the supervisor is valid for both group assessment ($r: 0.62 - 0.82$; r table: 0.187) and individual assessment ($r: 0.79 - 0.85$; r table: 0.089). It is also reliable with $r: 0.85$ and 0.90 for group and individual assessment respectively (r table: 0.6). It is suggested for further research to develop a valid and reliable self and peer-assessment tool.

Effectiveness of family mentoring model to decrease blood pressure of hypertensive clients in the working area of Mojokerto District Health Center

Faisal Ibnu,^{1*} Rina Nur Hidayat,¹ Indra Yulianti²

¹Department of Community Nursing Stikes Bina Sehat PPNI Mojokerto, Indonesia

²Department of Midwifery Stikes Bina Sehat PPNI Mojokerto, Indonesia

*Corresponding author

Faisal Ibnu

Email: masfaizppni@gmail.com

Keywords

Mentoring model
Hypertensive client
Blood pressure

Abstract

Hypertension is the most common disease and usually arises without complaints so many clients do not know that they have suffered from hypertension. Until now Hypertension is still a major problem and is the first cause of death in the world. This study aims to find out the Effectiveness of Family Mentoring Model against decreased Blood Pressure of hypertensive clients. The research design used quasi-randomized control group pre-test post-test design experiments on 120 hypertensive clients using purposive sampling. Model interventions are given for 8 weeks and home visits are made once a week. Data analysis using independent and dependent t test. The results showed that the model intervention effectively lowers the blood pressure of hypertensive clients. This was indicated by a systolic blood pressure decrease of 18.8 mmHg significantly after the model intervention and significantly different (p-value: 0.0001). Diastolic blood pressure showed a significant decrease of 11.1 mmHg after model intervention and significantly different (p-value: 0.0001). This model is recommended to be implemented in all areas of work of public health centers as an effort to control hypertension.

Evaluation of community health volunteers training on early detection skills of pulmonary tuberculosis in a primary health care facilities

Siti Wahyuni,¹ Sri Widiyati,¹ Muhamad Jauhar,^{2*} Arwani¹

¹Nursing Department, Health Polytechnic of Ministry of Health Semarang, Indonesia

²Nursing Department, Faculty of Health Sciences, Universitas Muhammadiyah Kudus, Indonesia

*Corresponding author

Muhamad Jauhar

Email: muhamadjauhar@umkudus.ac.id

Keywords

Community
empowerment
Early detection
Health cadres
Skill
TBC

Abstract

Tuberculosis (TBC) is a public health threat. Trends in increasing cases occur every year, including in Indonesia more than 842 thousand cases. That is because the screening methods is getting better but this was not followed by the community health volunteers' capacities to find a new case in the community. Increasing the capacity of community health volunteers as partners of health workers on early detection of TBC becomes a program that needs to be considered. This study aims to identify the effect of community health volunteers training on early detection of pulmonary tuberculosis. The study design used quasi-experimental pre-test and post-test type with control group. The study was conducted in February-March 2020 in the working area of the Kutowinangun Primary Health Care Facilities. The total sample of 32 community health volunteers for each intervention and control group was selected by purposive sampling based on inclusion and exclusion criteria. The instruments used were observation sheets and modul that were developed by researchers. The training was conducted in 5 sessions in 5 days with a duration of 60 minutes per session. Data analysis used Wilcoxon and Mann Whitney tests. This research has passed the ethical test from the Ethics Committee of the Faculty of Public Health, University of Muhammadiyah Semarang. There was an effect of community health volunteers training on improving early TB pulmonary detection skills significantly with p value = 0,000 ($p < 0.05$). Refreshments of community health volunteers must be planned in the annual work plan program design. Increased skills have a positive impact on the increasing findings of new cases of pulmonary TB. Community health volunteers training can be integrated with the DOTS program in primary health care facilities.

Community based intervention: local village preparedness in prevention and control of COVID-19

Rasdiyanah,¹ Muhamad Jauhar,^{2*} Lita Heni Kusumawardani,³ Utami Rachmawati,⁴ I Gusti Ayu Putu Desy Rohana⁵

¹Nursing Department, Universitas Islam Negeri Alauddin Makassar, Indonesia

²Nursing Department, Universitas Muhammadiyah Kudus, Indonesia

³Nursing Department, Universitas Jendral Soedirman, Indonesia

⁴Nursing Department, Universitas Indonesia, Indonesia

⁵Health Polytechnic of Ministry of Health Palembang, Indonesia

*Corresponding author

Muhamad Jauhar

Email: muhamadjauhar@umkudus.ac.id

Keywords

COVID-19
Community
empowerment
Prevention
Preparedness
Village

Abstract

COVID-19 pandemic has become the global concern as its largely affected the various aspects of health, economy, social, culture, and religion. Community empowerment in breaking the chain of region-based COVID-19 spread is an effective approach that can be taken. This intervention is alternatively important measure to slower the morbidity and mortality of COVID-19 that is remained predominantly in Indonesia. This article aims to describe the implementation of a community-based COVID-19 prevention program that was carried out on 280 families in six sub-districts in Brebes Regency from May to June 2020. The assessment used a questionnaire of COVID-19 transmission risk, with a total of 29 indicators developed based on references from the Indonesian Ministry of Health. The preliminary assessment of our program found several things that were related to the risk of COVID-19 transmission in the village and observed that there was insufficient public knowledge about COVID-19 including poor practice of health protocols and the negative stigma of society towards COVID-19 patients. The community-based program consisted of several activities namely consisted of program introduction, coordination with stakeholders, community assessments, group discussions, village community deliberations, health education of COVID-19 and 6 step hand washing, distribution of cloth masks, socialization of mask usage and care, socialization of pregnancy checks during the pandemic, provision of hand washing facilities in front of the house, activities evaluation, follow-up plans, and closings. Furthermore, the aforementioned activities also used videos, posters, leaflets, WhatsApp, as well as Zoom Cloud Meetings as the media. Evaluation phase of the program showed a better understanding related to COVID-19 and health protocol practice in each region. Community empowerment and collaboration with health care facilities can be pursued as a frontline solution to tackle the transmission of COVID-19. Good support and active community participation can contribute to improving the public health status.

Strengthening community empowerment for elderly healthcare in new normal by Pol-Sadar (the online-integrated healthcare post for elderly)

Umi Hani,1,* Fery Agusman MM1

1Department of Community Health Nursing, Universitas Karya Husada, Semarang, Indonesia

*Corresponding author

Umi Hani

Email: umi.hani.ners@gmail.com

Keywords

Empowerment
Posyandu
Health services for elderly

Abstract

Before the pandemic, elderly people actively participated in every integrated health service post (Posyandu) activity in some districts in Central Java. This high participation is due to community health workers who understand their role in realizing basic health services. During the pandemic, Posyandu must be held with attention to developments in the COVID-19 case. Based on this, we implemented Pol-Sadar (the online-based service of integrated health service post for the elderly) which aimed to provide health services for elderly people in an online way. This paper explains the participation of elders, the family, and community health workers in the revitalization strategies of integrated health service activities for the elderly during the pandemic. The activities included health assessments via telemedicine (video call), drive-thru services for vital signs assessment and simple lab checks, home visits, and education via WhatsApp as needed. The implementation of Pol-Sadar began in June 2020 and June 2021 with 142 elderly people in some places in Central Java including Semarang city, District of Semarang, and District of Batang. We also worked with teaching volunteers consisting of community health workers and students of nursing in the community. The results of these activities were the findings of health problems experienced by the elderly during the pandemic (depression, hypertension, and joint stiffness), increased knowledge, and physical activity of the elderly group. 100 elderly people participated in online exercise activities accompanied by their families and felt a decrease in complaints of joint stiffness, and 42 elders people participated in health education and exercise activities in open areas by implementing strict health protocols. Most of the participants said they were satisfied with Pol-Sadar activities as a health service strategy for the elderly during the pandemic. In conclusion, Pol-Sadar was effective as a strategy of health services for elderly people, especially during the new normal era, and increased the participation of family and community health workers. The use of online activities was recommended because it was easier to use in physical distancing methods, and cost-effective.

Increasing the role of nurses in health service on older adults through Training of Trainer (ToT) program on gerontic nursing

Anung Ahadi Pradana,^{1,2*} Ni Made Riasmini,^{1,3} Shintha Silaswati,^{1,4} Dede Kurniati^{1,5}

¹National Board of Indonesian Gerontology Nurses Association (PP IPEGGERI)

²Department of Nursing, STIKes Mitra Keluarga, Bekasi, Indonesia

³Department of Nursing, Politeknik Kesehatan Kementrian Kesehatan Jakarta III, Jakarta, Indonesia

⁴RSUD dr.Chasbullah Abdulmadjid, Bekasi, Indonesia

⁵Department of Nursing, STIKes Bani Saleh, Bekasi, Indonesia

*Corresponding author

Anung Ahadi Pradana

Email: ahadianung@gmail.com

Keywords

Gerontology nursing

IPEGGERI

Training of Trainers

Abstract

The increase in the number of older adults in Indonesia can be one of the important reasons for the government to increase attention to this group, especially in the health sector. Older adults who are productive and prosperous so that they can actively participate in society can be achieved through the development of programs and policies by both the government and existing health professional organizations. The National Board of Indonesian Gerontology Nurse Association (PP IPEGGERI) as part of the Indonesian National Nurses Association (PPNI) actively continues to make positive contributions to the development of the welfare of older adults, one of which is through training of trainers to create competent gerontic nurses in providing training in their each respective area. The training of trainers was carried out on 28-30 May 2021 for 31 participants from several provinces in Indonesia with a total implementation time of 30 JPL consisting of several topics, including: (1) Service Policies on Older Adults in Indonesia, (2) Trends & Issues in Gerontics Nursing, (3) Modality Therapy in Gerontic Nursing, (4) Training & Teaching Techniques, (5) Multimedia Learning Design, (6) Micro Teaching, (7) Building Learning Commitment, and (8) Follow Up Plans (RTL). The results of the implementation analysis show that there are positive benefits from the implementation of training of trainers for prospective trainers (Sig. = 0.000) and an increase in the cognitive, affective, and psychomotor aspects of the participants. In the future, this activity will become a routine agenda carried out by PP IPEGGERI to expand the coverage area in Indonesia which has gerontic nursing trainers who are able to conduct gerontic nursing training for nurses so that nursing services provided to older adults are of higher quality.

The effect of webinar on COVID-19 vaccination on academic community attitude change

Dini Widiанти,^{1*} Yusnita,¹ Miranti Pusparini,¹ Rika Yuliwulandari,¹ Intan Farida Yasmin,¹ Siti Maulidya Sari,¹ Sarah Nabila,² Shabrina Radyaning Windria,² Shania Salim,² Siti Jarofiyah²

¹Public Health Sciences Department Lecturer, Faculty of Medicine, Yarsi University, Jakarta, Indonesia

²Public Health Sciences Department Student, Faculty of Medicine, Yarsi University, Jakarta, Indonesia

*Corresponding author

Dini Widiанти

Email: dini.widiанти@yarsi.ac.id

Keywords

Academic community
Vaccine
COVID-19

Abstract

COVID-19 is an infectious disease caused by Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2). As of May 30, 2021, it was reported that 1,816,041 people were confirmed positive and 50,404 deaths (CFR: 2.8%). Various efforts have been made to overcome the COVID-19 pandemic impact; one of which is vaccination. Indonesia uses various vaccine brands to face COVID-19. In COVID-19 vaccination plan, news emerged in the community regarding the Post-Immunization Adverse Event (KIPI), where there were reports of deaths suspected due to COVID-19 vaccination. The objective is to increase the academic community's understanding of the COVID-19 vaccination implementation in Indonesia due to public concerns. The method used was COVID-19 vaccination updates webinar for academicians conducted online using Zoom application and live Youtube filled with three speakers. Respondents were 119 people with an academic community filling out the Pre-test and Post-test Questionnaires. The assessment was done using a pre-test and post-test questionnaire by Google Form with 8 same questions. The research design was descriptive cross-sectional and univariate analysis with SPSS version 23 using the McNemar test. The sampling method was purposive sampling. In the McNemar test, it obtained the Exact sig (2 tailed) result of 0.508 meaning that there is no significant result between the Pre-test and Post-test. Based on the data, there is no significant effect on the academic community attitude on COVID-19 vaccination implementation in Indonesia after the Webinar regarding the COVID-19 Vaccination Updates for the Academic Community.

Relationship of caring stress in mother and stunting at pandeglang regency, Banten Province in 2019

Dini Widiанти,¹ Zwasta P Mahardhika,¹ Dian Mardhiyahi,¹ Akhdan Aufa,^{2*}

¹Lecturer, Department of Public Health, Faculty of Medicine, YARSI University, Jakarta

²Student, Faculty of Medicine, YARSI University, Jakarta Indonesia

*Corresponding author

Akhdan Aufa

Email: akhdanaufa48@gmail.com

Keywords

Parenting stress

Stunting

Pandeglang

Abstract

The problem of stunting is influenced by many factors, one of which is the parenting style. Parenting includes the family's ability to provide time, attention and support in meeting the physical, mental and social needs of children who are growing in the family. Poor parenting can cause stress in parenting. A process that causes unpleasant physiological and psychological reactions, arising from attempts to adapt to parenting demands. The objective is to find the relationship between parenting stress and the incidence of stunting in Baduta in Pandeglang Regency, Banten Province. This research is a descriptive quantitative study and uses bivariate analysis. Data analysis to see the relationship between variables using the Chi-Square test. The most incidents of maternal stress are those who experience moderate stress, namely as many as 476 respondents (77.1%), the rest are classified as mild stress 94 respondents (15.2%), and severe stress 47 respondents (7.6%) and the results of the study with Bivariate Analysis using the method Chi Square has a significant relationship between parenting stress ($p\text{-value} = 0.010$) and the incidence of baduta stunting in Pandeglang Regency, Banten Province. The majority of mothers experience moderate stress in caring for their children and there is a significant relationship between parenting stress and the incidence of stunting in Pandeglang, Banten Province.

The effect of implementing new normal protocols toward COVID-19 infection among health workers in Nur Hidayah Hospital

Estianna Khoirunnisa^{1*}

¹Department of Hospital Management, Faculty of Medicine, Public Health, and Nursing,
Universitas Gadjah Mada, Yogyakarta, Indonesia

*Corresponding author

Estianna Khoirunnisa

Email: annagoke@gmail.com

Keywords

COVID-19 infection
Health workers
New normal protocols

Abstract

According to the Health Office of Bantul District, Nur Hidayah Hospital is a class D hospital that is stated to treat COVID-19 patients during this pandemic period. There is a high prevalence of death and transmission among health workers in the world, especially in Indonesia. To prevent and ensure the safety of health workers in Nur Hidayah Hospital, management apply new normal protocols that are adopted and emphasized from Indonesian Ministry of Health's regulation. This study aims to determine the effect of implementing new normal protocols toward COVID-19 infection among health workers in Nur Hidayah hospital. This study used an experimental design with a sample size of 45 respondents who were health workers of Nur Hidayah hospital. This study was conducted in April 2020 as there was low awareness level of health workers toward COVID-19 protocols, and January 2021 as the awareness about new normal protocols among health workers were already established. The research instrument was a swab antigen test and medical checkup before and after intervention. The sampling technique used purposive random sampling. The data were analyzed using chi square test and the result showed that there were significant differences in the level of COVID-19 infection, before and after implementation, with p value $\leq 0,05$.

Hypnobreastfeeding therapy and kangaroo mother care quick strategies to increase the volume of mom's breast milk and recovery of low birth weights babies

Maria Susana Ine Nona Ringgi,^{1*} Yosefina D. Pora,¹ Yosephina Maria H. Keytimu²

¹Departemen of Nursing, Faculty of Healthy, Nusa Nipa University, Indonesia

²Unit of Research and Development, dr. T.C. Hillers Central General Hospital Maumere, East Nusa Tenggara, Indonesia

*Corresponding author

Maria Susana Ine Nona Ringgi

Email: mariainenona@gmail.com

Keywords

Hypnobreastfeeding therapy
Kangaroo mother care
Low birth weight baby
Primiparous mother

Abstract

Therapy Hypnobreastfeeding and Kangaroo Mother Care (KMC) is a combined effort as a strategy to quickly increase the volume of breast milk and restore body weight in low birth weight infants. Hypnobreastfeeding therapy is done by diverting the mother's attention from stress and anxiety, especially for primiparous mothers so that the situation becomes very relaxed during the lactation process. Kangaroo Mother Care is an intense treatment that is carried out through early and continuous skin contact between mother and baby. The purpose of the combination of these two therapies is to be able to help increase the volume of breast milk in primiparous and exclusive breastfeeding mothers to the maximum, and combined with Kangaroo Mother Care so that weight recovery in Low Birth Weight Babies (LBW) can occur quickly. The research method uses a quasi-experimental design with one group pretest and posttest design research by measuring the volume of breast milk production and weight gain in Low Birth Weight Babies (LBW). The research subjects consisted of 1 group, namely primiparous mothers who had LBW babies. The intervention group was given hypnobreastfeeding therapy and Kangaroo Mother Care. Assessment in the intervention group was carried out pretest and posttest. This study presented an increase in the volume of breast milk and changes in body weight in low birth weight infants before and after treatment. The results showed that the results of the paired sample T-Test analysis showed that the sig. (2-tailed) value of $0.000 < 0.05$ means that there is an effect of hypnobreastfeeding therapy and kangaroo mother care on increasing the volume of breast milk and changes in the weight of babies with low birth weight. The conclusion of this study is that the administration of hypnobreastfeeding and kangaroo mother care has been shown to have an effect on increasing the volume of breast milk in primiparous mothers and is able to significantly increase the weight of babies with low birth weights. This therapeutic strategy is the right strategy and needs to be used in an effort to overcome the problem of low volume of breast milk and recovery of low birth weight babies.

Acceptability analysis of complementary feeding education and counseling programs based on whatsapp media for young mothers by trained cadres

Annida Hanifah^{1*}

¹Departement of Public Health, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia

*Corresponding author

Annida Hanifah

Email: annidahanifah93@gmail.com

Keywords

Acceptability
Complementary food
Young mother
Trained cadre
Whatsapp media

Abstract

Young mothers adopt less responsive complementary feeding practices compared to adult mothers due to lack of knowledge and support from their family. Posyandu cadres are potential resources that are directly related to young mothers. Assistance from posyandu cadres is needed so that young mothers can practice young child feeding appropriately. Today, young mothers have an interest in using short message media to communicate their child's health and child-feeding practices to health workers. The objective is to explore the acceptability of complementary feeding education and counseling programs based on Whatsapp groups for young mothers by trained cadres in Banguntapan District. This study used qualitative design with case study. Data collection was carried out by in-depth interviews with midwife, psychologist, trained cadres, and young mothers (ages 19 to 21) who participated in education and counseling programs using Whatsapp media. All participants involved in the study were happy after receiving education and counseling from trained cadres via Whatsapp media. There were young mothers who still weren't satisfied with education and counseling because she was considered not meeting expectations. There were trained cadres who felt dissatisfied because this program was ineffective for conducting online counseling. Young mothers feel more comfortable to participate in education and counseling through Whatsapp compared to face-to-face but the cadres find it difficult to explore the problems of young mothers. Even so, the participants considered this program very helpful and could be a solution to the problems surrounding the participants. Complementary feeding education and counseling programs for young mothers through WhatsApp media by trained cadres can be accepted as a solution to overcome the lack of education and counseling services at posyandu, especially during the pandemic COVID-19 era.

Could nasal irrigation reduce the risk of children in pandemic covid-19 era? A literature review

Ayu Novianti,¹ Eka Sri Rahayu^{2*}

¹General practitioner, Amalia Hospital, Bontang, East Kalimantan, Indonesia

²General practitioner, Marina Permata Hospital, Tanah Bumbu, South Kalimantan, Indonesia

*Corresponding author

Eka Sri Rahayu

Email: ekarahayu924@gmail.com

Keywords

COVID-19

Nasal

Prospective study

Retrospective study

SARS COV-2

Abstract

COVID-19 is currently a pandemic in various parts of the world. The pandemic has wreaked havoc on the health of the world's population and has shortened life expectancy in many countries. More than 153 million confirmed cases of COVID-19 and 3.2 million related deaths have been reported to WHO on May 1, 2021. This study aims to provide a reference in the field of medical science regarding nasal irrigation in children as an effort to maintain hygiene in the era of the COVID-19 pandemic and expected to improve children's quality of life in Indonesia. Using the literature review method that aims to analyze the safe nasal irrigation media in children. Subjects were children with symptoms of upper respiratory tract infections, both allergic rhinitis, and acute or chronic rhinosinusitis. The study design used a prospective study, retrospective study, randomized and non-randomized control study with inclusion and exclusion criteria. There were as many as 459 journals; 378 journals discussing nasal irrigation with isotonic solutions and 81 journals with hypertonic solutions. The screening included exclusion and inclusion criteria of titles along with full text, there are 4 journals of each discussing nasal irrigation using isotonic and hypertonic solutions that meet the PICO criteria. Nasal irrigation is beneficial and safe in children with upper respiratory tract infections. We hoped that it can be used in children with COVID-19 to reduce symptoms and worsening. Nasal irrigation methods that have been proven safe in children are isotonic and hypertonic solutions.

Kakak Tumbuh Kembang (KUMBANG): Engaging medical students for screening and detecting growth and developmental delays in children

Zulfikar Ihyauddin,^{1*} Reza Pandu Aji,² Dwi Astuti Dharma Putri^{1,3}

¹Yayasan Capella Project Indonesia, Jakarta, Indonesia

²School of Population and Global Health, The University of Melbourne, Victoria, Australia

³Pusat Kajian Kesehatan Anak - PRO, Universitas Gadjah Mada, Yogyakarta, Indonesia

***Corresponding author**

Zulfikar Ihyauddin

Email: z.ihyauddin@gmail.com

Keywords

COVID-19
Development
Growth
Medical students
Screening

Abstract

Community education and early detection are key factors in mitigating children's growth and developmental issues. However, the current COVID-19 situation has disrupted the routine programs delivered by the Community Health Centres (Puskesmas). KUMBANG project aims to provide a 'new normal' alternative in screening for children's growth and development by involving medical students and using online platforms. This study aims to assess the project's reach in screening growth and developmental delays while also exploring the project's effectiveness through parents' perspectives. Collaborating with the Center for Indonesian Medical Students' Activities (CIMSAs) UGM, we recruited and trained 33 volunteers. Volunteers screen for children's development through an online platform, while the community cadres measure children's growth through COVID-safe offline appointment. We analysed children's growth using the WHO Anthro Survey Analyser and children's development according to the Kuesioner Pra Skrining Perkembangan guidelines. Parents' perspective on this project was assessed through a survey. A total of 92 under-five years old children from four Posyandu in Puskesmas Gondokusuman participated in the project. Around 30% (27/92) of children had nutritional problems, either underweight, stunting, or wasting. Meanwhile, 34% (29/92) of children were at risk of developmental delays, of which five were suspected to have developmental delays, while 24 had dubious results. Parents reported that this method is sufficiently effective in screening for children's development and are comfortable with the online screening, as it is more COVID-safe. Parents also felt comfortable communicating with volunteers and believed that medical students could provide valid and reliable information. In conclusion, the KUMBANG project offers a good alternative for screening children's growth and development during the current disrupted routine screening. Involving medical students could help service delivery, as health professionals are relatively occupied with COVID-19 management. The online method used in this project should be considered as a prospective option for routine screening.

Evaluation of implementation and satisfaction of distance learning among medical students during COVID-19 pandemic in Indonesia

Rony Wiranto,¹ Rizma Adlia Syakurah^{2*}

¹Medical Doctor Professional Study Program, Faculty of Medicine, Sriwijaya University, Palembang, Indonesia

²Department of Public Health, Faculty of Public Health, Sriwijaya University, Ogan Ilir, Indonesia

*Corresponding author

Rizma Adlia Syakurah

Email: rizma.syakurah@gmail.com

Keywords

COVID-19
Readiness
Medical students
Distance learning

Abstract

Since it was declared as a pandemic by the world health organization (WHO) on March 11th, 2020, COVID-19 has become a global health problem in the world. The temporary closure of schools and universities was carried out to protect teachers and students from viruses, including in medical schools. Distance learning has been implemented as an alternative to substitute conventional class. This can affect the satisfaction of medical students toward it. This study aim was to evaluating implementation and analyzing the factors that influence medical student' satisfaction toward distance learning during the COVID-19 pandemic. An observational analytic study with a cross-sectional study was used. A total of 3331 respondents from all over Indonesia responded through an online questionnaire by Ikatan Senat Mahasiswa Kedokteran Indonesia (ISMKI) distributed from April 9th, 2020 to June 21st, 2020. Data analyzed using chi-square test (alternative: fisher exact test) and logistic regression with significance $\alpha=0.05$. Study showed that most respondents had difficulties in learning and had less satisfaction toward distance learning. Factors that showed statistical significance were university origin grouped by type, region, accreditation, and readiness. Although distance learning solves the problems of medical education during this pandemic, the government and related institutions should be able to continue evaluating so that the learning system remains effective and efficient.

Factors affecting the suicide event at Lela Subdistrict in Sikka Regency East Nusa Tenggara

Maria K. Ringgi Kuwa,^{1*} Gabriel Mane¹

¹Nursing Academy of St. Elisabeth Lela, Maumere, East Nusa Tenggara, Indonesia

*Corresponding author

Maria K. Ringgi Kuwa

Email: mariakorneliaringgiukuwa@gmail.com

Keywords

Factors
Incidence
Suicide

Abstract

The spirit of self is an aggressive action which is directed towards oneself to end life. Predisposing factors that can cause suicide are: medical diagnosis of mental disorders, families who have a history of suicide and have a family history of mental health problems, personality traits and psychosocial environment. This study aims to describe the predisposing factors that influence the incidence of suicide in Lela district which will be presented in the form of a frequency distribution table. The research design used in this study is a description and type of mixed study with a sample of 3 people. The sampling method in this research is saturated sampling technique and the instruments used are questionnaire and open interview. Based on the result of the study note that the incidence of suicide in the Lela district of 3 perpetrators of actions with characteristic ; the age of the elderly and female sex 3 people (100%), basic education 2 people (66,7%), 1 farmers job (33,3%), self-employed 1 person (33,3%) dan 1 civil servant (33,3%) and unmarried 2 (66,7%). The method of suicide used was hanging 3 people (100%), not diagnosed with a mental illness 3 people (100%), had no family history of 3 people (100%), 2 people introverted personality (66,7%) and experiencing psychosocial problems people (100%). The incidence of suicide occurs in the elderly, female, how to commit suicide by hanging, has psychological problems and is undiagnosed

Association between smartphone usage pattern on eyestrain: An online study among adolescent 13 – 18 years old during COVID-19 pandemic

Istiroha,^{1,*} Rika Nur R Putri¹

¹Nursing Program Study, Faculty of Health Science, Universitas Gresik, Gresik, Indonesia

*Corresponding author

Istiroha

Email: istiroha08@gmail.com

Keywords

Distance
Eyestrain
Smartphone
Teenage
Time usage

Abstract

Besides being useful, the smartphone has risks for health. During the COVID-19 pandemic, the use of smartphones has greatly increased due to school learning being online and many teenagers showing symptoms of eyestrain. This study aimed to determine the association between smartphone usage patterns on eyestrain among teenagers during the COVID-19 pandemic in Gending Village, Gresik City. There were 30 teenagers involved in this study aged 13-18 years old in Gending Village, Gresik City. The research data was taken using a smartphone usage pattern and an eyestrain questionnaire that distributed online through the WhatsApp application. Respondents also self-measure the distance when using a smartphone with a ruler guided by the researcher. Statistical data test it is known that there was no association between distance on eyestrain ($p = 0.0082$) and there was an association between time usage smartphone on eyestrain ($p = 0.043$). The longer teenagers use smartphones, eyestrain will also increase so they need to get educated about safely smartphone usage patterns.

Traditional therapy for stroke patients in community, Indonesia: Ethnography

Agianto,^{1*} Ainun Kamilah,¹ Rismia Agustina¹

¹School of Nursing, Faculty of Medicine, Universitas Lambung Mangkurat

*Corresponding author

Agianto

Email: agianto@ulm.ac.id

Keywords

Stroke

Traditional therapy

Community

Ethnography

Abstract

Stroke patients at the beginning need to be treated quickly and precisely thus it will not lead to severe condition or even death. Stroke patients in the community have treatment from modern and or traditional healing. Traditional therapies in the community also have disadvantages for instance if the therapy is done in an improper way. Traditional therapy is one of the cultures that is included in stroke management in Indonesia. This study was to determine the types of traditional therapies for stroke patients. The study used critical ethnography design with seven key informants (families of stroke patients) until the data were saturated. This study was conducted in the community using observation, in-depth interviews, and Focus Group Discussion (FGD). Rigorous used to strengthen the quality of this qualitative study. The data were analyzed by making data transcripts, typologies, matrix analysis, and thematic analysis. The traditional therapies for stroke patients were herbal therapy, therapy without tools (massage), therapy with tools (acupuncture), and therapeutic approaches to religion. Traditional therapy could be used in conjunction with conventional therapy (medical treatment) for stroke patients.

Health promotion strategy implementation to reduce COVID-19 transmission at Arut Selatan Public Health Center during early pandemic: Gap analysis

Zahrin Afina Nurul Fadhillah^{1*}

¹Undergraduate School of Medicine, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia; Internship Medical Doctor of Puskesmas Arut Selatan, Kotawaringin Barat, Indonesia

*Corresponding author

Zahrin Afina Nurul Fadhillah

Email: zahrinafina@gmail.com

Keywords

Coronavirus

Health promotion

Primary care

Abstract

Primary health care facilities including public health centers play important roles in COVID-19 control and prevention through, in the scope of health promotion strategy, risk communication, community education, community empowerment, intersectoral coordination and collaboration. In the early pandemic period, Indonesia's government had released an adaptational guideline for public health centers. However, the implementation must be supported by intersectoral effort and government-led policy process. Moreover, public health centers especially in rural areas have limited human resources and facilities, making them difficult to prioritize and optimize the health promotion strategy. Our paper aims to provide detailed reporting and analyses of the present health promotion programs for COVID-19 prevention, between March and July 2020, at Arut Selatan Public Health Center, Kotawaringin Barat, Central Kalimantan, Indonesia. We particularly highlight the implementation of the health promotion strategy mentioned in the Public Health Center Service Adaptation Guidelines during COVID-19 Pandemic by Indonesia's Health Ministry 2020 at Arut Selatan Public Health Center, corresponding to instructions by the local governments. We outline gaps and limitations in the field, that are very limited human resources due to multiple burdens, technology barriers to excel coordination with community, lack of monitoring, minimal instruction update, and unclear health promotion policy process by the local government responsible for community empowerment tasks. Thus, we present recommendations toward a more effective and comprehensive strategy.

Applications of android-based in improving self-management of non-communicable disease in era of COVID-19 pandemic: Literature review

Rizkiyani Istifada,^{1*} Imas Yoyoh,¹ Hera Hastuti,¹ Kartini,¹ Shieva Nur Azizah,¹ Eriyono Budi Wijoyo,¹ Muh. Asnoer Laagu²

¹Departement of Nursing, Faculty of Health, Universitas Muhammadiyah Tangerang, Tangerang, Indonesia

²Departement of Electrical Engineering, Faculty of Engineering, Universitas Indonesia, Depok, Indonesia

*Corresponding author

Rizkiyani Istifada

Email: rizkiyani.istifada@gmail.com

Keywords

Android
COVID-19
Non-communicable disease
Self-management

Abstract

Non-communicable disease is one of the health problems that occurs in adult people. One strategy to improve self-management of non-communicable diseases during the COVID-19 pandemic is to use an android-based application. This literature review is structured to describe the use of applications with android-based to improve self-management of non-communicable disease. The databases on e-resources include Wiley Online, ScienceDirect, and Cambridge Core from 2010-2021. A literature search resulted in 15 articles that focused on using applications as a medium for improving self-management of communicable disease. Various studies have shown that the use of android-based applications to improve self-management strategies in era of COVID-19 Pandemic, including (1) the application to count of physical activity score, (2) the self-management application to manage nutritional diets, (3) the application of pain evaluation, (4) the application of weight management; and (5) the application of self-disease management record. The existence of an Android-based application can reduce the limitations in the process of implementing and evaluating self-management of non-communicable disease in the new era of COVID-19 pandemic.

Managing postpartum blues: training husbands and midwives to provide social and religious support for mothers during COVID-19 pandemic in Cangkringan

Sumarni DW,¹ Santi Y,² Ronny TW,¹ Prima DR,³ Diannisa IES,⁴ Siti NR^{1*}

¹Department of Psychiatry, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, Indonesia

²Clinical educator, Prof Dr. Soerojo Hospital, Magelang, Indonesia

³Department of Biostatistics, Epidemiology and Population Health, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, Indonesia

⁴Department of Public Health, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, Indonesia

*Corresponding author

Siti Nashria Rusdhy

Email: nashriarusdhy@gmail.com

Keywords

Husband

Midwife

Postpartum blues

Religious support

Social support

Abstract

Postpartum women are highly vulnerable to mental disorders during the COVID-19 pandemic. The sudden outbreak makes women fear transmission and worry about their own and their babies' safety during the delivery and postpartum period. Inadequate and late treatment can lead to postpartum depression and risk postpartum psychosis and put mother and baby at risk for harm. One effort to overcome postpartum blues is for husbands and midwives to provide social and religious support for postpartum mothers. The purpose of this research is to improve knowledge and skills of midwives and husbands on managing postpartum blues through social and religious support of postpartum mothers and evaluate the decrease in postpartum blues after husband and midwife training. The subjects were 16 midwives, 24 husbands, and 24 postpartum mothers. The study was conducted from March 2021 to June 2021 at BPM Azizah, BPM Kriti Arum, BPM Lanjar and PKU Muhammadiyah Cangkringan Clinic. Research tools were social support modules and Midwife's religious support and husband's social and religious support module. Instrument used for measuring postpartum blues is Edinburgh Postnatal Depression Scale (EPDS), and knowledge and skills of midwives and husbands in early detection of postpartum blues and coping with social and religious support. Quantitative and qualitative was conducted. The main results are the average score of knowledge of management of postpartum blues in midwives and husbands, from average of 73 to 92 and an average of 58 to 80, the average score of improving the skills of midwives from an average score of 66 to 85 and there is an increase in the average score of husband's skills from an average score of 45.3 to 71, and there is a decrease in the average score of postpartum blues from 12.8 to 7.33. In conclusion, postpartum blues management training can improve the knowledge and skills of midwives to provide early detection, social support, and religious support for postpartum mothers. Empowerment of midwives and husbands can decrease the average EPDS score of postpartum women in Cangkringan Sleman affected by the COVID-19 pandemic.

Community satisfaction survey (SKM) on COVID-19 vaccination service at vaccine center of YARSI

Yusnita,^{1*} Dini Widiyanti,¹ Rika Yuliwulandari,² Miranti Pusparini,³ Zakiyah,⁴ Fitri,⁴ Rosalina Febriyanti,¹ Rosdian Tomalima,¹ Sandi Rizki A1

¹Department of Public Health, Faculty of Medicine, Universitas YARSI, Jakarta, Indonesia

²Department of Pharmacology, Faculty of Medicine, Universitas YARSI, Jakarta, Indonesia

³Department of Medical Education, Faculty of Medicine, Universitas YARSI, Jakarta, Indonesia

⁴Department of Anatomy, Faculty of Medicine, Universitas YARSI, Jakarta, Indonesia

*Corresponding author

Sandi Rizki Ardianto

Email: sandirizkiardianto@gmail.com

Keywords

Vaccination
Satisfaction
COVID-19
Survey

Abstract

COVID-19 (coronavirus disease 2019) is a disease caused by a new type of coronavirus, namely Sars-CoV-2, one of the important keys to overcoming COVID-19 is vaccination. Vaccination at the YARSI Vaccine Center includes phase 3 vaccination, where the target is lecturers at higher education institutions. The perception and acceptance of the COVID-19 vaccine in the community express concerns about the safety and effectiveness of the vaccine. Whereas community satisfaction is very important to increase the success of the COVID-19 vaccination program. The purpose of this research is to describe the participants' satisfaction overview in the COVID-19 vaccination service at Vaccine Center of Universitas YARSI. This research was a descriptive study using the cross-sectional design. The population in this research was a group of lecturers (as the participants) who underwent COVID-19 vaccination at the vaccine center of Universitas YARSI. The sample collecting technique used consecutive sampling, and the questionnaires used were the questionnaires of community satisfaction survey, which was based on the Regulation of the Ministry of State Apparatus Utilization and Bureaucratic Reform of the Republic of Indonesia Number 14 of 2017. The results showed that the IKM (community satisfaction index) at the vaccine center of Universitas YARSI was 88.66, which means it was in the category of very good. The indicator with the highest index value was the rate/tariff, which was 3.91 (category of very good), and the indicator with the lowest index value was the service time, which was 3.33 (category of good). Overall, this research concluded that the practice of COVID-19 vaccination at the vaccine center of Universitas YARSI, of the nine indicators, the service quality performance was at the satisfaction level of very good.

Decreasing degrees of dyspnea in chronic obstructive pulmonary disease patients through combination of breathing exercises and relaxation

Juliana G.E.P Massie,^{1,3*} Muhamad Adam,^{2,3} Tuti Herawati,² I Made Kariasa²

¹Post Graduate Student, Faculty of Nursing, Universitas Indonesia, Depok, Indonesia

²Department of Medical Surgical Nursing, Faculty of Nursing, Universitas Indonesia, Depok, Indonesia

³Department of Nursing, Universitas Indonesia Hospital, Depok, Indonesia

*Corresponding author

Juliana G. E. P. Massie

Email: juliana.gep71@alumni.ui.ac.id

Keywords

Dyspnea
Pursed lip breathing
Progressive muscle relaxation
COPD

Abstract

Shortness of breath is a common symptom that is always complained by Chronic Obstructive Pulmonary Disease (COPD) patients. Management of dyspnea in COPD patients is not only using pharmacological therapy but also non-pharmacological therapy. Non-pharmacological therapy for COPD patients covers three main aspects that are breath, mind, and functional processing. Along with the development of complementary therapy in nursing, nursing interventions that can be done at home begin in a great demand because of the cost and time effectiveness. One of the interventions is providing breathing exercises and relaxation for COPD patients to reduce the dyspnea complaints, increase the strength of breathing muscles and prevent the readmission due to acute exacerbation. The purpose of this study was to see the effectiveness between the combination of Pursed Lip Breathing and Progressive Muscle Relaxation exercises on the degree of dyspnea. This study is a quasi-experimental study with a pre-posttest design approach to 20 respondents in each group. The results showed significant differences in the degree of dyspnea after combination of Pursed Lip Breathing and Progressive Muscle Relaxation exercise ($p = 0.000$; $\alpha = 0.05$). The recommendation from this study is the need to improve the development of complementary therapy programs in nursing education and services by modifying nursing care standards with the combinations of Pursed Lip Breathing and Progressive Muscle Relaxation exercises for COPD patients.

Relationship between family connectedness and nutritional status among under-five children in Jember Regency of Indonesia

Roifatul Nur Jannah,¹ Tantut Susanto,^{2*} Latifa Aini Susumaningrum²

¹Undergraduate Nursing Program, Faculty of Nursing, Universitas Jember, Jember, Indonesia

²Department of Community, Family & Geriatric Nursing, Faculty of Nursing, Universitas Jember, Jember, Indonesia

*Corresponding author

Tantut Susanto

Email: Tantut_s.psik@unej.ac.id

Keywords

Family connectedness

Under-five children

Nutritional status

Abstract

The family has an important role in fulfilling the nutrition of their children. Family life cycle development changes each step of tasks of family development that influences family connectedness. The objective of this study was to identify the correlation between family connectedness and nutritional status among under-five children in the Public Health Center of Panti, Jember Regency of Indonesia. A cross-sectional sectional study was conducted among 307 families who have children 2-5 years using consecutive sampling. A self-administered questionnaire was used to measure sociodemographic of parent and their under-five children, while the Parent-Child Relationship Questionnaire (PCRQ) was used to perform the quality of family connectedness. Standing scales were used to measure the body weight of the under-five children. A chi-square test was used to analyze the data. The results showed that among 307 parents, the family connectedness of parents and nutritional status of under five children were moderate category (63.8%) and good nutrition (58.6%), respectively. There was a relationship between family connectedness and nutritional status among under five children ($\chi^2=8,679$; $p\text{-value} = 0.013$). There is a relationship of family connectedness with nutritional status. Further research is recommended to analyze other variables that can affect the nutritional status of under –five children.

Social action for developing community awareness on mental health in the university setting

Supriyati Supriyati,^{1, 2*} Anggi Lukman Wicaksana,³ Esthy Sundari,¹ Heny Suseani Pangastuti,³ and Fatwa Sari Tetra Dewi^{1,2}

¹Department of Health Behavior, Environment, and Social Medicine, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia

²Center of Health Behavior and Promotion, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia

³Department of Medical Surgical Nursing, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia

*Corresponding author

Supriyati

Email: supriyati@ugm.ac.id

Keywords

Social action
Mental health
Trans-theoretical model
Community empowerment
Health promotion

Abstract

Mental health is one of the most neglected areas in public health. The ASEAN University Network - Health Promoting Network (AUN-HPN) suggests to promote mental wellbeing staffs and students within university. This program was aimed to improve mental health awareness among university staffs and students in the Universitas Gadjah Mada (UGM). This study was carried out in May – November 2019. The trans-theoretical model was applied in this study to increase the public awareness on mental health issues. More than 300 university staffs and students of UGM was involved in this study. The trans-theoretical model that applied in this study consists of five steps, i.e. pre contemplation, contemplation, preparation, action, and maintenance. Analysis was conducted for each step. Health education and persuasive communication toward safety, health, and environment (SHE) team, student executive board member, faculty head officer, and faculty career center staff was conducted for the precontemplation stage. Then, intensive discussion was carried out with potential stakeholders at the contemplation stage. The mental health peer support group criterias was formulated in the preparation step. Furthermore, social action was performed by recruiting and training for mental health peer support group. Health education, persuasive communication, and training succeeded to improve stakeholder's self-efficacy to develop social action on mental health. The social action entitle "40 second for mental health" had been done to celebrate the world mental health day. Finally, university staffs and students were encouraged to participate in the social action. Besides, the UGM Care Community was created as the strategy to maintain the program sustainability. The implementation of the trans-theoretical model as the community empowerment strategy for mental health issues through creating social action was to reduce the stigma on mental health and improve the university staffs and student awareness on the mental health problems.

Fourteen days struggling to deal with COVID-19 using Su Jok Therapy: A case study

Intansari Nurjannah^{1*}

¹Department of Mental Health and Community Nursing, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia

*Corresponding author

Intansari Nurjannah

Email: intansarin@ugm.ac.id

Keywords

COVID-19 pandemic
Su Jok therapy
Telemedicine

Abstract

The resources to deal with COVID-19 are lessening, while health professionals are increasingly vulnerable in helping people with COVID-19. The close contact between health professionals and patients with COVID-19 increases the already high risk for transmission. It is time to find another form of therapy to help people with COVID-19 which is effective, inexpensive, easy and safe to be done both for patients and health professionals. On September 10th, 2020, a 42-year-old male patient was seeking treatment from health professionals by sending messages through WhatsApp since he tested positive for COVID-19 the day before. We assessed him and found that he had complaints of fever, shivering and difficulty in breathing. We immediately replied with Su Jok protocol therapy and asked him to do the treatment by himself. After 27 minutes, there was no difficulty in breathing anymore. Since then, we kept monitoring his condition closely and provided instructions every day to treat each symptom. The most prominent symptoms associated with COVID-19 were shivering, difficulty in breathing, fever, excess mucus and pain in the lungs. Psychological symptoms also appeared and Su Jok was applied to treat his emotional problems. Symptoms attacked him less frequently and with less severity day by day. There were no symptoms remaining on September 19th. His swab test on September 23rd showed the result was negative. In this case report, Su Jok therapy helped a patient in quarantine to deal with the physiological and psychological symptoms of COVID-19. Su Jok therapy can also help to prevent transmission of COVID-19 to health professionals, since they still can help patients from a distance with telemedicine.

Countermeasures for depression impact of the COVID-19 pandemic at SMPN 2 Cangkringan, Sleman

Sumarni DW,^{1*} Budi P,¹ Anggi LW,² and Winengku Adi¹

¹ Psychiatric Department, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia

² Department of Medical Surgical Nursing PSIK, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia

*Corresponding author

Sumarni DW

Email: bu_sumarnidw@yahoo.com

Keywords

Depression
COVID-19
Teenager

Abstract

The mental health of adolescents during the COVID-19 pandemic is a priority that must be considered and urged for treatment. Teenagers are a vulnerable group in the face of this COVID-19 Pandemic, the transmission rate is speedy, and the death rate is increasing from month to month. The traumatic events of the 2010 Merapi eruption have not disappeared. During the COVID-19 Pandemic, students must study online at home. These conditions cause them to get a new problem, adding to the stressor burden of students, which will exacerbate mental disorders, one of which is depression one of the efforts to overcome this is by providing training and social support assistance in dealing with depression due to the COVID-19 Pandemic for SMPN 2 Cangkringan Sleman. This study used secondary data from community service between June and December 2020. The subjects of this community service were 27 students of SMPN 2 Cangkringan, Sleman. This training uses Google Meet. This activity measured depression tendencies before and after training for SMPN 2 Cangkringan using the CDI (Children's Depression Inventory) instrument. Training in the form of lectures on understanding the COVID-19 pandemic, knowledge, and skills for early detection of depressive disorders due to the COVID-19 pandemic, providing social support, and playing local cultural wisdom games as well as providing social and religious support as an effort to overcome mental health disorders as a result of the COVID-19 pandemic with a module for overcoming depression for adolescents during COVID-19 to students of SMPN 2 Cangkringan. Data presented descriptively quantitative and qualitative. Student depression tendency during the COVID-19 pandemic was 40.7%. The symptom of depression that affects students from SMPN 2 Cangkringan include loss of motivation, fatigue, lack of social interactions, and unattractive appearance. After training, there was a significant change in the degree of depression, from 11 (40.7%) people with depressive tendencies to 5 (15.5%) people, from 16 (59.3%) people who did not experience depression tendency raised to 22 (84.5%) people. There is a significant change in depressive tendencies for the student in SMPN 2 Cangkringan before and after being given stress and depression training.

Young father-child relationship pattern and nutrition status among under-five children in Jember Regency, Indonesia

Ubaidillah Ustman,¹ Tantut Susanto,^{2*} Hanny Rasni²

¹Undergraduate Nursing Program, Faculty of Nursing, Universitas Jember, Jember, Indonesia

²Department of Community, Family & Geriatric Nursing, Faculty of Nursing, Universitas Jember, Jember, Indonesia

*Corresponding author

Tantut Susanto

Email: Tantut_s.psik@unej.ac.id

Keywords

Young father
Nutritional status
Early marriage
Under-five children

Abstract

The younger age of fathers will affect the pattern of relationship between fathers and their children, particularly in terms of nutrition provision of children under five years. The objective of this study was to identify the correlation between pattern of relationship between father and their children and nutritional status in Jember Regency of Indonesia. A cross-sectional study design was performed from September to December 2019. The participants were 39 young fathers aged 17-19 years who have an infant aged 0-5 years. They were recruited using total sampling technique. Respondents' characteristics and child-parent relationship were measured using a questionnaire. Chi-square test was used to analyze the data. Among the 39 young fathers, the young father and children relationship was high (56.4%). Meanwhile, the nutritional status of children was good (48.7%). Furthermore, there was a significant correlation between the pattern of father-child relationship and nutritional status among the children ($\chi^2 = 11.83$; $p < 0.001$). The higher the pattern of father-child relationship, the better the nutrition of the children is (OR = 12.0; 95% CI = 2.5-57.4). Father-child relationship pattern is related to children's nutritional status. Therefore, the father-child relationship should be maintained to fulfill nutrition needs of under-five children.

Genetic variations of ADH2 linkage to liver cell damaged among East Nusa Tenggara alcohol drinkers

Muhammad Yusuf Arrozhi¹ Yudha Nurhantari¹, Suhartini¹, TriRatnaningsih²

¹Department of Forensic Medicine, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia

²Department of Clinical Pathology, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia

*Corresponding author

Yudha Nurhantari

Email: yudhanurhantari@ugm.ac.id

Keywords

Alcohol drinker
ADH2 gene
Liver Function test
Ethnic NTT

Abstract

Alcohol liver damage have been reported from around the world, however in Indonesia, this disease is not so common because of alcohol drinking is not the common culture. However, influence of western issues have been increasing of the case especially among the youth. East Nusa Tenggara province has the highest proportion of heavy alcohol drinking in our country. Variation of ADH2 gene is related to alcohol metabolisms, where the acetaldehyde accumulation may damaged the liver. The aim of this study was to analyze the polymorphisms of the ADH2 gene with impaired liver function associated with drinking alcohol behavior among ethnic NTTs. A cross-sectional study of East Nusa Tenggara ethnicity has done, aged 18-60 years old. Demographic and lifestyle data were collected using a questionnaire. DNA analysis was conducted with the Polymerase Chain Reaction followed with Restriction Fragment Length Polymorphism (PCR-RFLP) technique. SGOT, SGPT, dan GGT levels were measured with a chemistry analyzer. The association between liver damaged and alcohol drinking were analyzed using the chi-square test, then stratified based on genotype groups. A total of 60 subjects included in this study, with mean age 26.33 ± 1.33 years and median age 22 years, including of 44 alcohol drinkers (73.3%), while 16 are not alcohol drinkers (26.7%). Genotype ADH2*1 was owned by 1 subject (1.7%), ADH2*2 by 39 subjects (65%), and ADH2*3 by 20 subjects (33.3%). ADH2*3 subjects had the risk of an increase in SGOT by 2.00 times (OR=2.00), an increase in SGPT by 2.12 times (OR=2.12), and an increase in GGT by 6.71 times (OR=6.71 times). There was no significant proportion between the ADH2 gene polymorphism with alcoholic drinking behavior ($p=0.272$), or the level of alcohol consumption in the alcohol drinking population ($p=0.296$). This study revealed no significant association between liver cell damaged status and alcohol drinking habits.

A conceptual framework of awareness for boys with prepubertal hypogonadism based on community empowerment in Indonesia

Dicky Moch Rizal,^{1*} Nandia Septiyorini¹

¹Department of Physiology, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, Yogyakarta, Indonesia

*Corresponding author

Dicky Moch Rizal

Email: drdickyandrologi@ugm.ac.id

Keywords

Conceptual
framework
Community
empowerment
Prepubertal boys
hypogonadism
Awareness
Primary health care

Abstract

Hypogonadism can cause various health effects including decreased quality of life. Detection of hypogonadism can be known from birth so that early treatment can be done. Parents do not understand the condition of hypogonadism that occurs in children. Doctors, midwives, and other healthcare professionals lack awareness of hypogonadism at birth. This study aims to design a conceptual framework in the cases of prepubertal hypogonadism in boys, based on community empowerment in Indonesia. Literature review and system thinking were used as techniques of compiling the conceptual framework. The Indonesian Government database, PubMed, Google Scholar, and NCBI were searched using specific keywords. We compiled a conceptual framework by identifying the roles of stakeholders, primary health care providers, the educational sectors, and community groups in order to increase awareness of prepubertal boys hypogonadism cases detection in Indonesia. The conceptual framework provides a clear role description of each sector in the community. We are supposed to increase awareness for prepubertal boys' hypogonadism problems in Indonesia by community empowerment support within their program activity.

Community mobility reports predict the national spread of COVID-19 in Indonesia in the new normal era

Muhammad Syahrul Ramadhan,¹ Rizma Adlia Syakurah,² *

¹ Medical Doctor Professional Study Program, Faculty of Medicine, Sriwijaya University, Palembang, Indonesia

² Department of Public Health, Faculty of Public Health, Sriwijaya University, Ogan Ilir, Indonesia

*Corresponding author

Rizma Adlia Syakurah

Email: rizma.syakurah@gmail.com

Keywords

Community mobility
COVID-19
Indonesia
New normal

Abstract

Indonesia government encouraging to new normal life with obeys the health protocol. In Malaysia, the new normal had a significant impact on mobility trends. This study aimed to analyze the community mobility trend (including six categories) and coronavirus disease (COVID-19) daily cases in Indonesia in new normal era. An observational analytic using cross-sectional design. The community mobility data, include mobility trends for six different location categories, were obtained from Google COVID-19 Community Mobility Reports from May 15-July 14, 2020. The Indonesian's COVID-19 daily cases data were taken from (<http://covid19.go.id/>) from May 15-July 17, 2020. Time-lag correlation to analyzed community mobility of each location category and COVID-19 daily cases in Indonesia using Pearson Correlation with significance ≤ 0.05 . Recreation, parks, and transit stations have positively strong to very strong, while the residential has negatively strong, and the grocery and pharmacy and workplaces were positively weak to moderate correlations. The community mobility was significantly correlated with the COVID-19 transmission in Indonesia during new normal era, especially in transit stations, retail and recreation. Indonesia government is expected to improve their effort to manage the COVID-19 transmission and consider new policy to curb the COVID-19 transmission.