

CERTIFICATE OF APPRECIATION



St. Paul University Philippines in partnership with
Commission on Higher Education

4th SPUP INTERNATIONAL HEALTH CONGRESS

Theme: "Health Care Technologies and Innovations in the 4th Industrial Revolution"

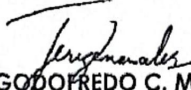
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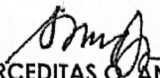
Aprillia Veranita

for having presented the paper entitled "*Influence of Music Therapy & Deep Breathing Exercise towards Pain, Pulse Frequency, Breath Frequency of Lung Cancer Patients*" during the

4th SPUP International Health Congress held at St. Paul University Philippines on December 6-8, 2018.

Given this 8th day of December, 2018 at St. Paul University Philippines, Tuguegarao City, Cagayan.


JEREMY GODOFREDO C. MORALES, Ph. D.
Executive Chair, SPUP-IHC 2018


SR. MERCEDITAS O. ANG, SPC, Ph. D.
University President


J. PROSPERO E. DE VERA III, DPA
Chairperson, Commission on Higher Education

MAKING A DIFFERENCE



CERTIFICATE OF PARTICIPATION



St. Paul University Philippines in partnership with
Commission on Higher Education

4th SPUP INTERNATIONAL HEALTH CONGRESS

Theme: "Health Care Technologies and Innovations in the 4th Industrial Revolution"

This certificate is presented to

APRILLIA VERANITA

for having actively participated in the 4th SPUP International Health Congress held at
St. Paul University Philippines on December 6-8, 2018.

Given this 8th day of December, 2018 at St. Paul University Philippines, Tuguegarao City, Cagayan.


JEREMY GODOFREDO C. MORALES, Ph. D.
Executive Chair, SPUP-IHC 2018


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St. Paul University Philippines

TUGUEGARAO CITY, CAGAYAN 3500

In partnership with

COMMISSION ON HIGHER EDUCATION



4th SPUP INTERNATIONAL HEALTH CONGRESS

**"Health Care Technologies and
Innovations in the 4th Industrial Revolution"**

DATE: DECEMBER 6-8, 2018 || VENUE: GLOBAL CENTER, SPUP

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**Influence of Music Therapy and Deep-breathing Exercise
towards Pain, Pulse Frequency, Breath Frequency on Lung Cancer Patients**
Aprillia Veranita¹, Ni Luh Widani², Wilhelmus Hary Susilo³

¹Lecturer, Department of Medical Surgical Nursing, Mitra Keluarga, School of Health Science, Bekasi, West Java, Indonesia;

²Departement of Medical Surgical Nursing, Sint Carolus, School of Health Science, Jakarta, Indonesia; ³Department of Medical Surgical Nursing, School of Health Science, Jakarta, Indonesia
aprilliaveranita@gmail.com

Lung cancer develops through uncontrolled growth of cells in the lungs that often cause pain and shortness of breath. Appropriate pain management is required to handle the physiologic response, such as pain. Thus, this research aimed to determine the effect of music therapy and Deep Breathing Exercise (DBE) to decrease pain, heart rate and respiratory rate in lung cancer patients in the Persahabatan Hospital, Jakarta, Indonesia. This is a quantitative research with one group pre- and post-test total sampling design. There were 39 respondents in this study. Further, the Numeric Rating Scale (NRS) was employed as the instrument. The collected data were statistically analyzed with Paired T-test. Results show that majority of respondents are male (71.8%), aged 20-50 years (53.8%), and in cancer stage 4 (76.9 %). The intervention given was a package of 20-minutes music therapy combined with 4 cycles DBE which was undertaken for 5 minutes. After the intervention, pain intensity, pulse frequency, and breathing frequency were measured. The result showed that the pain scale was reduced from scale 5 in pre-intervention to 4.08 in post-intervention; the heart rate was decreased from 92.18 bpm to 84.56 bpm; and respiratory rate was also slightly decreased from 22.41bpm to 20.36 bpm. Furthermore, the Paired T-test showed significant difference between pre- and post- intervention for age, sex, smoking history, and cancer stage ($p=0.000$). Music Therapy and Deep Breathing Exercise are recommended to reduce pain, respiratory rate, and heart rate for lung cancer patients.

Keywords: *Pain, Heart Rate, Respiratory Rate*



St. Paul University Philippines

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4TH INTERNATIONAL HEALTH CONGRESS

“Health Care Technology and Innovations in the 4th Industrial Revolution”

November 15, 2018

APRILLIA VERANITA, et al.

Department of Medical Surgical Nursing
MitraKeluarga, School of Health Science,
Bekasi, West Java, Indonesia

Subject: Letter of Acceptance

Dear Ms. Veranita:

Greetings!

Thank you for your interest to participate in the 4th International Health Congress at St. Paul University Philippines, Tuguegarao City which will be held on December 6-8, 2018!

On behalf of the organizing committee, we are pleased to inform you that your abstract entitled *“The Influence Of Music Therapy & Deep Breathing Exercise Towards Pain, Pulse Frequency, Breath Frequency of Lung Cancer Patients”* has been **ACCEPTED** for **oral presentation**.

We request you to see the second page for the format for your abstract submission. Moreover, please submit the revised abstract and a scanned copy of your payment (bank statement, disregard if submitted) not later than November 25, 2018 before 12 o'clock NOON. Please be reminded that the presenting author is required to register and complete the payment of the registration fee.

Thank you and see you at the conference!

Truly yours,

JOSEPHINE D. LORICA, DPA, RN

Chairperson, Paper Submissions & Abstract Review
Chairperson, Poster/Oral Presentations



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St. Paul University Philippines
Tuguegarao City, Cagayan 3500



"Health Care Technology and Innovations in the 3rd Millennium"

4th SPUP International Health Congress

December 6-8, 2018
2nd Floor, Global Center
St. Paul University Philippines
Tuguegarao City

IMPORTANT DATES

Call for Paper & poster presentation

September 15, 2018	Last Day of Abstract Submission
September 30, 2018	Notifications of Acceptance of Paper for oral and poster Presentations
October 30, 2018	Last Day of Full Paper Submission
October 31, 2018	Last Day of Early Bird Registration

REGISTRATION FEES

FOREIGN DELEGATES

Professionals	
Early Bird (June - October 31, 2018)	200USD
Students	
Early Bird (June - October 31, 2018)	150USD
On Site Registration	250USD

LOCAL DELEGATES

Professionals	
Early Bird (June - October 31, 2018)	5,000Php
Students (Undergraduate)	
Early Bird (June - October 31, 2018)	1,500Php
On Site Registration	5,500Php
Students (Undergraduate)	2,000Php

For Inquiries:

Contact person for paper presentations:

MIRIAM D. PATTUGALAN, MSN
Email: mpattugalan@spup.edu.ph

JOSEPHINE D. LORICA, DPA, RN
Email: jlorica@spup.edu.ph
CP#: +639178832471

FOR ONLINE REGISTRATION:
Submit your registration form to
cbautia@spup.edu.ph copy furnished to
agacutan@spup.edu.ph
or thru FAX: +6378 816 4305

FOR ACCOMMODATION:
Contact Ms. Alma Gacutan
Mobile #: 09778139639
Email: agacutan@spup.edu.ph



AREAS OF RESEARCH

- Health Care Management & Treatment
- Health Care Innovations in 21st Century
- Technology in Health Care
- Breakthroughs in Cancer Medicine & Health Care
- Robotics in Health Care
- Artificial Intelligence
- Innovations in Radiologic Science, Laboratory Science, Physical Therapy & Rehabilitation, Pharmacokinetics, Pharmacodynamics
- ICT in Health Care
- Trends and Theories in Nursing Science

TARGET PARTICIPANTS

Filipinos & Foreign Nationals who are:

- Health professionals (health care providers: doctors, nurses, midwives, pharmacists, medical technologies, laboratory scientists or medical technologies, radiologic technologies, physical therapists)
- Students in the medical, nursing and allied health sciences (graduate and undergraduate)

CONFERENCE OBJECTIVES

The conference aims to:

- present 21st century trends and innovations in health care management to health care providers, health educators and enthusiasts;
- provide a forum for sharing of research and best practices in health care management and health education;
- deepen understanding and application of robotics, artificial intelligence, genomics, and technology in health care; and
- conduct workshop on health care innovations in the ASEAN region.

Programme

Day 1

December 6, 2018 - Thursday

- 10:00-12:00 REGISTRATION
1:30 - 2:00 Opening Ceremonies
- Ecumenical Praise
- Entrance of Colors
- Philippine National Anthem
- Acknowledgement of Participants
- 2:00 - 2:15 Welcome Remarks
SISTER MERCEDITAS ANG, SPC
University President
- 2:15 - 2:30 Purpose & Perspectives
ATTY. LILY FREIDA M. MILLA, CESO IV
Director III, International Affairs Staff
Commission on Higher Education
- 2:30 - 3:30 Key Note Address:
"New Technologies & Innovations in Health Care
in the 3rd Millennium"
- Hon. FRANCISCO DUQUE III
Secretary, Department of Health
- 3:30 - 4:15 Plenary Talk 1:
"New Technologies in Health Care to
Promote Quality of Life"
- DR. SUMIHARE NOJI
President Tokushima University, Japan
- 4:15 - 4:30 COFFEE BREAK
- 4:30 - 5:00 AWARDING OF CERTIFICATES OF APPRECIATION
& TOKENS
4:30 - 6:00 PICTURE TAKING OF GUESTS W/ PARTICIPANTS
POSTER PRESENTATIONS
- 6:00 - 8:00 WELCOME DINNER & CULTURAL PRESENTATION

Day 2

December 7, 2018 - Friday

- 7:00 - 8:00 REGISTRATION
8:00 - 8:15 Opening Prayer
8:15 - 12:00 Workshop Sessions (Concurrent)
A.
"Breakthroughs in Oncology Medicine,
Genomics, Research & Practice"
KAZUYA KONDO, MD, PhD,
Head, Institute of Health Bio Sciences
Tokushima University, Japan
- B.
"Robotics, Artificial Intelligence & Health Care
Transactive Relationship Theory of Nursing"
TETSUYA TANIOKA, RN, PhD, FAAN
Professor, Tokushima University, Japan
- 12:00 - 1:30 LUNCH BREAK
- 2:00 - 3:00 CONCURRENT SESSIONS /
RESEARCH PRESENTATIONS
- 3:00 - 3:30 HEALTH BREAK
- 3:30 - 5:30 CONCURRENT SESSIONS /
RESEARCH PRESENTATIONS

Day 3

December 8, 2018 - Saturday

- 7:00 - 8:00 REGISTRATION
8:00 - 8:15 Opening Prayer
8:15 - 10:15 CONCURRENT SESSIONS
10:15 - 10:30 COFFEE BREAK
10:30 - 11:30 Plenary Talk 4:
"Transforming Nursing, Impacting Human
Health Today and Beyond: Technological
Competency as Caring in Nursing"
ROZZANO C. LOCSIN, RN, PhD, FAAN
Professor of Nursing, Tokushima University, Japan
- 11:30 - 12:00 Closing Ceremony
Synthesis
JEREMY GODOFREDO MORALES, PhD
Director International Relations Office
LUNCH

GUEST SPEAKERS

SEC. FRANCISCO DUQUE III
Secretary, Department of Health
(For confirmation)

ATTY. LILY FREIDA M. MILLA, CESO IV
Director III, International Affairs
Commission on Higher Education

DR. SUMIHARE NOJI
President, Tokushima University
Tokushima, Japan

DR. KAZUYA KONDO
Professor, Department of Oncological Medical Services
Graduate School, Biomedical Sciences,
University of Tokushima, Tokushima, Japan

DR. TETSUYA TANIOKA
Professor of Nursing
Graduate School Faculty of Health & Biosciences
University of Tokushima, Tokushima Japan

DR. ROZZANO C. LOCSIN
Emeritus Professor, Florida Atlantic University
Professor of Nursing, Faculty of Health & Biosciences,
Tokushima University, Tokushima, Japan



Those who are interested to submit a research paper either oral or poster presentation with topics focusing on any of the Areas of Research of the 4th International Health Congress should do the following:

Visit <http://www.spup.edu.ph> and fill out the online SPUP-IHC 2018 registration form.

Attach an electronic copy (in PDF format) of your research abstract and full paper that strictly abides with the following requirements:

- Abstract should not be more than 200 words
- Full paper should not be more than 6 pages or 3,000 words single space (8.5 x 11)
- Figures and tables should be grouped together. Limit figures to 2 and tables to 3.
- Abstract and full paper should follow APA IMRAD format
- Payment of Registration Fee

Check your email for the confirmation receipt of your submitted research papers.

Regularly check your email after receiving confirmation receipt for the notification of your submitted paper for oral & poster presentations.

Deposit your payment of discounted registration fees of ~~USD200~~ for foreign participants and Php 5,000 for local participants to the following SPUP accounts on or before October 31, 2018.

Bank of the Philippine Islands (BPI)
Account Name: S.t Paul University Philippines
➔ **Dollar Account: 8694-0147-21**
Swift Code: BOPIPHMM
Peso Account: 8693-0903-94

Papers will only be accepted upon submission of a scanned copy of the registration and payment/deposit slip to jloriga@spup.edu.ph and/or mpattugalan@spup.edu.ph

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