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RIAU INTERNATIONAL NURSING CONFERENCE 2020

PROVIDING A COMPASSIONATE NATURE OF NURSING CARE:

The Challenges and The Opportunities
To Improve Research, Education, Health Care
and Policy Outcomes

Editor:

Ns. Sri Wahyuni, M.Kep., Sp. Jiwa., Ph. D
Ns. Yulia Rizka, M.Kep

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Address:

Kampus UNRI Gobah
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Reviewers

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CONFERENCE PROGRAM
VIRTUAL CONFERENCE
RIAU INTERNATIONAL NURSING CONFERENCE (RINC) 2020
4th – 5th November 2020

Day 1: Wednesday, November 4th, 2020

No	Time	Activities	Chair Person
	08.00-08.30 WIB	Zoom Room Open	Committee
1	08.30-08.40 WIB	Video Profile Faculty of Nursing, Universitas Riau	
2	08.40-08.50 WIB	Opening	Committee
3	08.50-08.55 WIB	Indonesia National Anthem: Indonesia Raya	
4	08.55-09.00 WIB	Qur'an Recitation	
5	09.00-09.10 WIB	Du'a	Ns. Alfian Konandi, S.Kep
6	09.10-09.20 WIB	Welcoming Speech by Chairman of the Committee	Ns. Sri Wahyuni, Ph. D
7	09.20-09.25 WIB	Welcoming Speech by The Dean of Faculty of Nursing, Universitas Riau	Prof. Dr. Ir. Usman M. Tang, MS
8	09.25-09.30 WIB	Opening Speech by Rector of Universitas Riau	Prof. Dr. Ir. H. Aras Mulyadi, M.Sc
9	09.30-09.40 WIB	Photo session	
		Keynote Speakers Sessions	Moderator
10	10.00-10.30 WIB (10.00-10.30 AM Thailand Time) 10.30-10.45 WIB (10.30- 10.45 AM Thailand time)	Assoc. Prof. Dr. Nongnut Boonyoung (Thailand) Discussion Session	Moderator
11	10.45-11.15 WIB (02.45-3.15 PM, Australian Time) 11.15-11.30 WIB (3.15-3.30 PM, Australian Time)	Dr. Fathimah Shifaza, PhD, MSc, RN, RM (Australia) Discussion Session	Moderator
12	11.30-12.00 WIB (Indonesian Time) 12.15-12.30 WIB	Erika, SKp., M.Kep., Sp Mat., PhD., Discussion Session	Moderator
13	12.30-13.30 WIB	Break	
		Video Presentations (Paralel Sessions)	
14	13.30-13.35 WIB	Video profile Co-Host STIKES Hangtuh Pekanbaru	
15	13.40-15.25 WIB	Video Presentations (Paralel Sessions) and discussion	Committee
16	15.25-15.30 WIB	Closing for the Day 1	Committee

Day 2: Thursday, November 5th, 2020

No	Time	Activities	Chair Person
1	08.00-08.25 WIB	Zoom Room Open	Committee
2	08.25-08.30 WIB	Opening	Committee
3	08.30-09.00 WIB (08.30-09.00 PM USA Time) 09.00-09.15 WIB (09.00-09.15 PM USA Time)	Keynote Speakers Session Prof. Joanne Kraenzle Schneider, PhD., R.N (USA) Discussion Session	Moderator
4	09.15-09.20 WIB	Video profile Co-Host STIKES Payung Negeri	
5	09.20-12.00 WIB	Video Presentation (Paralel Sessions) and discussion	Committee
6	12.00 WIB	Break	
		Keynote Speakers Sessions	Moderator
7	13.00-13.05 WIB	Video profile Co-Host STIKES Tengku Maharatu	
8	13.05-13.35 WIB (02.05-02.35 PM Taiwan Time) 13.35-13.50 WIB (02.35-02.50 PM Taiwan Time)	Prof . Hsu Ji Chang, RN, PhD (Taiwan) Title : Mental Health in Young People Discussion Session	Moderator
9	13.50-14.20 WIB (7.50-8.20 AM, Netherland Time) 14.20-14.35 WIB (8.20- 08.35 AM, Netherland Time)	Irma Everink, MSc., PhD (Netherland) Discussion Session	Moderator
10	14.35-15.05 WIB (7.35-08.05 AM, Edinburgh Time) 14.45-15.00 WIB (08.05-08.20 AM, Edinburgh Time)	Dr. Martina Balaam, PhD, MSC, RGN, RNT (Edinburgh) Discussion Session	Moderator
		Closing Ceremony	Moderator
11	15.00-15.10 WIB	Reporting Speech by Chairman of Committee	Ns. Sri Wahyuni, Ph. D
12	15.10-15.20 WIB	Closing Speech by the Dean of Faculty of Nursing, Universitas Riau	Prof. Dr. Ir. Usman M. Tang, MS
13	15.20-15.25 WIB	Du'a	Ns. Alfian Konandi, S.Kep
14	15.25-15.30 WIB	Closing	Committee

Conference Chair Message



Ns. Sri Wahyuni, M.Kep., Sp. Jiwa., Ph. D

Assalamu'alaikum, Wr. Wb

On behalf of the organizing committee, I am very pleased to be able to welcome those of you to Riau International Nursing Conference (RINC) 2020. Unlike the last year's conference, we have to held this conference through virtual because of the outbreak Covid-19. This situation challenges us to keep being active and innovative in order to spread the knowledge around the world.

We are very proud to be able to host the virtual RINC, collaborated with STIKes Hangtuah, STIKes Payung Negeri, and STIKes Tengku Maharatu Pekanbaru Riau. This year, RINC has general theme "Providing a Compassionate Nature of Nursing Care: The Challenges, and the Opportunity to Improve Research, Education, Health Care and Policy Outcomes" with distinguish speaker from USA, UK, Australia, Taiwan, Thailand and Indonesia. We can learn more about these invited speakers and their presentations on this RINC.

I would like to express my sincere appreciation to all of you who has made this conference possible: Rector of Universitas Riau, Dean of Faculty of Nursing Universitas Riau, the Head of STIKes Hangtuah, STIKes Payung Negeri, and STIKes Tengku Maharatu, the committee of RINC 2020, and the participants. We couldn't have done it without you! And I would like to thank our invited speakers for agreeing to take time out of their busy schedules to share their knowledge.

Through this conference I wish that we will be learning about nursing that help us grow to more productive and smart.

A very warm welcome to each and every one of you.

Wassalamu'alaikum, Wr. Wb

Chairman of Riau International Nursing Conference 2020

Ns. Sri Wahyuni, M.Kep., Sp. Jiwa., Ph. D

Greetings from Dean of Faculty of Nursing, Universitas Riau



Prof. Dr. Ir. Usman M. Tang, MS

On behalf of the Faculty of Nursing, University of Riau, Pekanbaru, I would like to convey my sincere congratulations on RINC 2020 (Riau International Nursing Conference 2020) in Pekanbaru Sumatra Indonesia. This year RINC brings the theme: "Providing A Compassionate Nature of Nursing Care: The Challenges and The Opportunities to Improve Research, Education, Health Care and Policy Outcomes". I am very much pleased to present the Riau International Nursing Conference in Pekanbaru, The land Of Malay as this conference plays a significant role in the nursing academia, particularly for nurse practitioners, nurse educators and nursing students in Indonesia. This is the perfect time to build research connection and share knowledge from different perspectives of nursing research and education. My best wishes for the successful of RINC 2020 Conference and hope all participants have productive time during the conference.

Kind Regards,

A handwritten signature in blue ink, consisting of stylized cursive letters, positioned above a horizontal line.

Prof. Dr. Ir. Usman M. Tang, MS

Greetings from Rector, Universitas Riau



Prof. Dr. Ir. H. Aras Mulyadi, M.Sc

Assalamu'alaikum, Wr. Wb

A very good morning and warm welcome to my distinguish keynote speakers, commitees, speakers and participants. I do take this moment to congratulate Faculty of Nursing especially the committe on their hardworking effort have been given on conducting this Riau International Nursing Conference (RINC) 2020, in conjunction with UNRI 58th Anniversary this year.

This Conference have general theme “Providing A Compasionate Nature of Nursing Care:The Challanges and The Opportunity to Improve Reasearch, Education, Health Care and Policy Outcomes”.

We hope this regular conference will give severe academic impacts on Universitas Riau good academic atmosphere, especially to drive Faculty of Nursing staff and student to increase their capacity of Research, Education, and Health Care on Nursing.

From this conference we can receive benefits such as gaining experience from keynote speaker's research presentation, upgrading participant's knowledge and capacity on conducting research and education, and having opportunity to have link with reseacher among participant were involved.

Thanks God, in amid of Covid-19 we still have an opportunity to convere this conference successfully. Congratulate for commitee and all keynote speakers and participants, enjoyed the conference. Amin.

Rector Universitas Riau,
Prof. Dr. Ir. H. Aras Mulyadi, M.Sc

PLENARY SESSIONS SUMMARIES

Speaker 1



Associate Prof. Nongnut Boonyoung, RN, Ph.D

Faculty of Nursing, Prince of Songkla University, Thailand

Strategy for Enhancing Quality of Life of the Elderly: Indonesia Context

At present, one common global health issue is a challenging care for the elderly. Each country has been encountered with a rapid growth of the elderly population including in Indonesia. Potential factors encourage such an increasing number are well documented. Some possible approaches to promote a better quality of care for the elderly are identified in a variety dimensions as well as in different levels from governmental policy down to operational actions in the nursing institutions.

We as healthcare personnel who are presumed or expected to be a group among healthcare professional that can take charge to strengthen the elderly's quality of life who live both nearby and distancing. Strategies to cover needs from demand side-the elderly can categorized in promotion, prevention and rehabilitation that congruent with the elderly context, culture, and complex-layers of the environment.

Strategies from supply side in healthcare system in order to enhance a better quality of life among the elderly are challenging. Those strategies are calling awareness and attention from all involved stakeholders including governmental sector, private sector, and academic sector. Nurses at all setting should be able to understand the situation regarding the needs and pain-point of the elderly in all aspects, then the nurses are able to illustrate the current and futuristic scenarios to approaches for these needs.

Nursing profession with a holistic background allows all nurses to co-create a nursing model that facilitate individual or group of clients and family members, networks be able to receive/access a proper care and other assistance to maintain their life, live longer, while holding their self-value in the community/society. In addition, A need for getting training regarding gerontology and a deep profound understanding the existing mechanism in healthcare system regarding long-term care, supporting for being active aging/pro-active aging and contribution of networking to strengthening the nurses' capacity at all setting should get the priority.

Speaker 2



Dr. Fathimah Shifaza, Ph.D, MSc, RN, RM

College of Nursing and Health Sciences, Flinders University, Australia

How Does Evidence-Based Practice Contribute to Nursing?

Evidence-based practice (EBP) has become the most significant development in healthcare in the last 2 decades. However, it is an emerging challenge for many healthcare organisations to convey the importance of EBP in ensuring patient safety and optimising outcomes.

In spite of many significant advances, nurses still have more to do to achieve EBP across the board. A recent survey of the state of EBP in nurses indicated that, while nurses had positive attitudes toward EBP and wished to gain more knowledge and skills, they still faced significant barriers in employing it in practice (Shifaza, Hamiduzzaman and Pront 2019).

A number of EBP models were developed by nurses to understand various aspects of EBP. These frameworks guide the design and implementation of approaches intended to strengthen evidence-based decision making. This presentation describes the application of EBP into day to day practice using EBP Champion Model (Shifaza, 2014). The model has the following steps: 1. Assessing the organisation and readiness for EBP, (2) Developing EBP Champions; (3) Implementing and Evaluating practice change. The model provides a pragmatic, theory-driven framework for empowering clinicians in the process of EBP.

The presentation concludes with discussion of the next big ideas in EBP and considers opportunities and challenges as EBP continues to support other exciting new thinking in healthcare.

Speaker 3

Erika, SKp., M.Kep., Sp Mat., Ph.D
Faculty of Nursing, Universitas Riau, Indonesia

COVID- 19 and Pregnancy

Covid-19 is an infectious disease caused by a new type of coronavirus that was recently discovered (SARS-COV-2). It should be emphasized that Covid-19 is a new disease that is still being researched and studied by health experts and scientific researchers, including its impact on pregnancy outcomes.

Pregnant women have the same risk of being infected with Covid-19 compared to other adults who are not pregnant. Pregnant women with positive Covid-19 without symptoms also have a high incidence rate in Indonesia (13.8%). On the other hand, we also know that pregnant women, due to changes in their body and immune system, have an increased risk of several respiratory infections, including influenza. Because there are still many things we don't know about this Covid-19 infection, pregnant women should try to protect themselves as much as possible from infection.

Although there is still limited data about how pregnancy can be affected by the virus, pregnant women do not appear to become more unwell than other healthy adults who contract it. Like the general population, if they are infected, the vast majority of pregnant women will have mild or moderate symptoms and recover. These include cough, fever, and shortness of breath, headache and loss of sense of smell. Pregnant women with serious heart problems are in a very high-risk group and it is recommended that they stay at home at all times and avoid any face-to-face contact. Indeed, some viruses are worse in pregnant women, but there is limited data and limited evidence for this coronavirus.

How should a pregnant woman deal with COVID-19.? Although data related to vertical transmission has not been found in pregnant women with COVID-19, several interventions can be applied to treat patients with confirmed COVID-19 and nurses can play a role in providing counseling in this regards; carrying out antepartum management in pregnant women with suspected or confirmed COVID-19, notification of attending officers, infection control and public health, contact precautions, counseling pregnant women about the possible effects of COVID-19 on maternal and pregnancy outcomes (possible risk of failure maternal breath, possible need for iatrogenic preterm labor, possible complications of pregnancy, including spontaneous abortion, intra-uterine fetal death, premature rupture of membranes, and preterm labor), do limited antenatal care, online consultation, provide counseling regarding complications such as hyperemesis, abortion, IUFD, and psychosocial problems.

Speaker 4



Prof. Joanne Kraenzle Schneider, Ph.D., R.N
Faculty of Nursing, Saint Louis University, United State of America

Living Our Compassionate Nature

Description:

We can read about compassion. We can study compassion. But true compassion comes from our hearts. As nurses, we need to learn to bring compassion into all that we do, whether it is our research, teaching, providing patient care, developing policy, or simply being with others. In this presentation, Dr. Schneider will focus on how to foster our compassionate nature and bring it into all aspects of our lives.

Summary:

We are all traveling our human experience, much of it is not within our control. We are all doing our best at any moment in time. Our paths are unique, and therefore we cannot EVER fully understand another. Compassion shows awareness of the unfolding human experience. Compassion is the ability to see past that human experience, look past all of the thoughts that enter our head (thoughts of judgment, thoughts of things to do, etc) and be fully present anyway. Compassion is BEING WITH the one before us. Thus, compassion is the extension of love without regard to the path and without getting stuck at thoughts.

Speaker 5**Prof . Hsu Ji Chang, RN, Ph.D**

Faculty of Nursing, Taipei Medical University, Taiwan

Mental Health in Young People

Youth is the stage at which most mental disorders, often detected for the first time in later life, begin. Young people have a high rate of self-harm, and suicide is a leading cause of death in young people. Although it is widely acknowledged that suicide-related behaviours are closely linked to several risk factors, such as the pathological environment, psychological distress and psychiatric disorders, researchers have noted that suicidality may be multidimensional. Therefore, an increasing number of researchers have recommended that a comprehensive assessment of suicidal behaviour in adolescents and young adults incorporate both protective factors and negative risk factors. The new instrument, the Positive and Negative Suicide Ideation (PANSI), was developed for the purpose of assessing Positive Ideation and Negative Suicide Ideation. Lewinsohn et al. (1995) developed a Life Attitude Schedule (LAS), which is a risk assessment for suicidal and life-threatening behaviors. The LAS encompasses a unique and comprehensive conceptualization of suicide proneness, measures a broad range of suicidal behaviors, and incorporates both positive life-enhancing and negative life-threatening behaviors. The first aim of the serial studies was therefore to test the psychometric properties of the PANSI and LAS. Results showed that the Chinese versions of both PANSI and LAS had satisfactory reliability and validity in Taiwan.

In the cognitive theory of suicide, cognition is the central component in suicidality. Suicidal individuals tend to have dysfunctional views of the self, the future, and the world. This negative pattern is termed the “negative triad.”

According to Alford and Beck, the nature of this model is mediating, and the relationship between the cognitive triad of suicide and other psychological and biological systems is interactive. Cognitive behavior therapies emphasize the mediating role played by cognitive processes in psychopathology. Therefore, the second aim of the serial studies was to test the mediating and moderating roles the cognitive triad plays in the relationship between depressive symptoms and suicidal ideation in a sample of school-aged adolescents. As predicted, an adolescent’s cognitive triad was found to mediate and moderate relationships between depressive symptoms and suicidal ideation.

The third aim of the serial studies was to examine the effectiveness of group cognitive behavior therapy for community adolescents at risk for depression and suicide. Students in the experimental groups received CBT plus parental education (group A) or CBT alone (group B). The control group was designed as a waiting list group. Results demonstrated that compared with the CBT-alone and control groups, adolescents in the CBT with parental education group showed significantly improved depressive symptoms, suicidal ideation, and cognitive triad.

Speaker 6



Irma Everink, Ph. D

Department of Health Services Research and Care And Public Health Research Institute (CAHPRI), Maastricht University, Maastricht, the Netherlands

International Prevalence Measurement of Care Quality: A multi-country project to gain insight into the quality of basic nursing care

Measuring quality of care is complex and there is not one model of method which captures all aspects of quality of care. One important component of care quality is the presence of absence of care problems. The International Prevalence Measurement of Care Quality (In Dutch: LPZ), developed by Maastricht University (the Netherlands) is a yearly international prevalence measurement of care problems pressure injuries, incontinence, malnutrition, falls, restraints and pain. Besides measuring the prevalence of these care problems, it also assesses which preventive measures and treatment is used. The measurement is performed in five different countries (the Netherlands, Austria, Switzerland, the UK and Turkey) and in different healthcare settings, using an identical methodology. The aim of this measurement is twofold: providing organizations feedback on their care quality and using the data to perform scientific research. This presentation will focus on the development and use of the instrument, its content and the social and scientific impact the instrument has.

LIST OF ABSTRACT

MEDICAL SURGICAL NURSING

THE EFFECT OF DIABETIC CAMP ON SELF EFFICACY AMONG MIDDLE-AGED AND ELDERLY PEOPLE WITH TYPE 2 DIABETES MELLITUS

Junaidy Suparman Rustam¹, Aulia Putri²

^{1,2}Yarsi Health Science College, Bukittinggi, West Sumatra Indonesia

Email: junaidy.rustam25@gmail.com

Objective: To examine the effect of Diabetic camp on self-efficacy among middle-aged and elderly people with type 2 Diabetes Mellitus (DM). **Methods:** A quasi-experimental study was conducted with 84 participants were randomly assigned into either the experimental group or control group by matching technique. The experimental group (n=42) participated in Diabetic camp for two days while the control group (n=42) participated in routine activities. Self-efficacy assessed by using Self-efficacy Questionnaire for Diabetes. Data were analyzed by using t-test for inferential statistic. **Results:** Diabetic camp had significant effects in the experimental group ($t = 8.15, p < .05$). Moreover, self-efficacy in the experimental group after following Diabetic camp was significantly higher than those in the control group ($t = 4.27, p < .05$). **Conclusions:** Diabetic camp was effective in promoting self-efficacy of middle-aged and elderly people with type 2 DM. This diabetes care program can be recommended to use in practice.

Keywords: self-efficacy; Diabetic Camp, type 2 Diabetes Mellitus

CHARACTERISTICS OF PATIENTS UNDERGOING HEMODIALYSIS IN COVID-19 PANDEMIC: A DESCRIPTIVE STUDY

Bayhakki¹, Wasisto Utomo², Ari Pristiana Dewi³

^{1,2,3}Faculty of Nursing, Universitas Riau

Email: bayhakki@lecturer.unri.ac.id

Objective: This study aimed to explore the characteristics of patients undergoing hemodialysis in the COVID-19 pandemic. **Method:** This study employed a descriptive with a cross-sectional approach. 47 patients undergoing hemodialysis were recruited purposively from a hemodialysis center in Pekanbaru, Indonesia. Data were collected using questionnaires and analyzed descriptively. **Results:** 27 or 57.4% of the respondents were female and the mean of age was 52.34 years in which the youngest was 26 and the oldest was 70 years old. 23 or 48.9% of the respondents graduated from senior high school, and 44 or 93.6% were married. There were 28 or 59.6% of patients who had undergone hemodialysis > 6 months. Regarding the quality of life during the COVID-19 pandemic, 36 patients or 76.6 % were. This study also found that mean of IDWG was 2.18 kg whereas the lowest was .85 and the highest was 4.10 kg. **Conclusion:** Healthcare professionals need to pay more attention to delivering care for hemodialysis patients to help them survive within the COVID-19 pandemic.

Keywords: Descriptive, Covid-19, Hemodialysis

EFFECT OF KANIUM TEA ON BLOOD GLUCOSE OF DIABETIC PATIENTS

Yesi Hasneli¹, Bayhakki², Yufitriana Amir³

^{1, 2, 3} Faculty of Nursing, Universitas Riau
Email: yesi_zahra@yahoo.com

Objective: To investigate effect of Kanium Tea (*Kayu Manis*/Cinnamon, *Ketumbar* /Coriander, *Gula Aren*/Palm Sugar) on blood glucose levels of diabetic patients. **Method:** Quasy experimental was employed in the study 20 diabetic patients in experimental group and 20 in control group were selected purposively at public health center Rejosari Pekanbaru. **Inclusion criteria** were diabetic patients, minimum age of 30 years, and member of BPJS. Kanium Tea was given three times in a week. Data were analyzed using t-test. **Results:** There were significant differences of blood glucose between before and after consuming Kanium Tea in eksperimental group (pre-test 309.45 mg/dL, post-test 290.12 mg/dL; p-value = 0.012) and no differences were found (pre-test 326.40 mg/dl, post-test 325.67 mg/dL; p value= 0.945) in control group. **Conclusion:** Kanium Tea was proven effective for decreasing blood glucose among diabetic patients.

Keywords: blood glucose, diabetic patients, kanium tea

RISK FACTORS OF CARDIOVASCULAR DISEASES AND ACTIVITY OF PATIENTS WITH CARDIOVASCULAR DISEASES

Erwin¹, Yulia Rizka,² Didi Kurniawan³

^{1,2,3} Faculty of Nursing, Universitas Riau
Email: erwinnurse@yahoo.com

Objective : The purpose of this study is to identify risk of cardiovascular diseases and activity pattern of patients with cardiovascular diseases. **Method:** Cross-sectional survey was performed with *Proportionate Stratified Random Sampling*. Data were collected on 2019 in General Hospital in Pekanbaru, Indonesia. Eighty eight respondents were participate on this study. Risk factors of cardiovascular diseases questionnaire was used to collect the data. Multiple linear regression analysis with stepwise method was used to determine risk factors of cardiovascular diseases and activity of patients with cardiovascular diseases. The study has been approved by ethics committee of faculty. **Results :** Elderly, man, blood pressure, cholesterol, blood sugar, smoking, and less activity are high risk factors of cardiovascular diseases. **Conclusions:** Health promotion towards of cardiovascular diseases is needed to decrease of morbidity and mortality.

Keywords: Cardiovascular diseases, activity, health promotion

CORRELATION BETWEEN QUALITY OF LIFE IN PATIENTS WITH CANCER AND FAMILY CAREGIVER BURDEN

Yulia Rizka¹, Erwin², Yessi Hasneli³, Nila Putriana⁴

^{1,2,3}Faculty of Nursing, Universitas Riau

⁴Arifin Achmad General Hospital, Pekanbaru, Riau

Email : yuliarizkasofyan@gmail.com

Objective: The aim of this study was to identify the correlation between quality of life in patients with cancer and family caregiver burden. **Method:** Cross-sectional survey was conducted and data were collected in a General Hospital. Seventy five cancer patients and 75 family caregivers participated in this study purposively. The European Organization for Research and Treatment of Cancer Quality of Life Questionnaire (EORTC QLQ-C30) was used to assess the quality of life patients and Caregiver Reaction Assessment (CRA) was used to assess the family caregiver burden. Bivariate analysis with Spearman Rho was used to analyze data. **Results :** The mean age of the patients was 50 years (range: 28-75). There is no correlation between quality of life patients with cancer and family caregiver burden ($r=-0.222; p=0.056$). **Conclusions :** Physical and psychological of cancer patients and family caregivers need to be assessed for increasing the quality of life patients and family caregivers.

Keywords: quality of life, family caregiver burden, cancer patient

CORRELATION BETWEEN SELF CARE MANAGEMENT AND QUALITY OF LIFE AMONGST PATIENTS UNDERGO HEMODIALYSIS

Debbie Nomiko¹, Widya Sepalanita²

^{1,2} Department of Nursing, Jambi Health Polytechnic of Ministry. Indonesia.

Email : nomikodebbiejambi@gmail.com

Objective: The purpose of this study was to determine the correlation of self-care management with quality of life of chronic renal failure patients who undergo hemodialysis in Raden Mattaher Hospital Jambi. **Method:** A cross-sectional study was conducted from September – Oktober 2017. Data were collected by using questionnaires included questions on characteristic demography, self care management, and quality of life among chronic renal failure patients who undergo hemodialysis, and was completed by 100 patients. Data analyses for this study was chi-square test. **Result:** The result of this study showed that there was a correlation between self-care management and quality of life of chronic renal failure patients who undergo hemodialysis with a p-value = 0.031. **Conclusion:** It needs efforts to improve the quality of life of the client such as comprehensive and structured education health care for patients who undergo hemodialysis

Keywords: Self-care Management, Chronic Renal Failure Patients, Hemodialysis

RELIGION AND SPIRITUALITY IN COPING WITH CANCER AMONG MOSLEM : A LITERATURE REVIEW

Nurul Huda^{1,4}, Pi-Chen, Chang ², Hsiu-Ju, Chang³

¹ International PhD Student, College of Nursing, Taipei Medical University, Taipei, Taiwan

² Associate Professor, College of Nursing, Taipei Medical University, Taipei, Taiwan

³ Professor, College of Nursing, Taipei Medical University, Taipei, Taiwan

⁴ Assistant Professor, Faculty of Nursing, Universitas Riau, Pekanbaru, Indonesia

Email: nurul,huda@lecturer.unri.ac.id

hsiju@tmu.edu.tw

Objective: To review the literature on both the impact of religious coping among Moslem with cancer and the strategies adopted by affected people to cope with this disease **Method:** The electronic Medline, Cinahl, Google Scholar and Pubmed databases were used to identify relevant articles. A search of grey literature including Internet sites was also carried out. This review include patients in all stages of cancer and all type of cancer. **Results:** Eight articles were included in the review. The broad issues were differentiate between religiosity and spiritual related to Moslem way, the meaning of cancer, the impact of diagnosed cancer to their spirituality and religiosity and the implication of religiosity as a sources of coping against cancer. Instead of believing their diagnosis as something in God's hand that beyond their control, Moslem also found it as a challenge which did not prevent them from obtaining appropriate care. **Conclusions:** Spiritual and religiosity played important role of patients to find the meaning of cancer and used both of them as their main resources of coping. Hence, nurse must be aware for this sensitive issue and could lead appropriate nursing intervention.

Keywords: religiosity, spirituality, coping, cancer, nursing.

THE EFFECT OF INFUSED WATER ON WEIGHT LOSS IN OVERWEIGHT PATIENTS WITH AGE 18 YEARS ABOVE

Alini¹, Nila Kusumawati², Awalia Ramadhania³

^{1,2,3}School of Nursing, University of Pahlawan Tuanku Tambusai

Email : alini_09@yahoo.com

Objective: The purpose of this study was to determine the effect of infused water on weight loss in overweight patients aged 18 years above. **Method:** The research design was quasi experimental with one group pretest-posttest design. Pretest was done one day before intervention and posttest after 7 days of intervention. The study population was overweight sufferers aged 18 years above in the Simpang Tiga Pekanbaru Public Health Center, totaling 1,357 population. Sampling using purposive sampling technique with a sample size of 30 people. Measuring instrument used was the observation sheet to determine body weight before and after the intervention. The analysis used was univariate and bivariate using the T-test. **Result:** The results showed the effect of infused water on weight loss with a p-value of 0.000 (p <0.05). **Conclusion:** The average weight loss after 7 days of intervention was 0.5 gr. Overweight patients are advised to use infused water as an alternative therapy for weight loss.

Keywords: infused water, overweight, body weight

DEVELOPMENT OF PRECORDIAL ELECTRODES PATTERN DEVICE FOR ELECTROCARDIOGRAM (ECG) RECORDING

Wan Nishfa Dewi¹, Safri², Erwin³, Iswadi Hasyim⁴

^{1,2,3} Faculty of Nursing, Universitas Riau

⁴Faculty of Engineering, Universitas Riau

Email: wan.dewi@lecturer.unri.ac.id

Objective: This study aimed to develop pattern device of precordial electrode for electrocardiogram recording which conducted in three stages. **Methods:** The first stage is literature review and assessment which focused on finding appropriate distance calculation. The second stage is design a pattern device for precordial electrode formulation. The last stage is examination the device to 14 participants divided into group based on BMI. **Results:** the study showed that from 168 precordial leads, five of them indicated artifact images in lead II resulted from two participants (1.19%) and three artifact images emerged in lead III from three participants (1.79%). From five precordial leads which depicted artifact images, three of them resulted from participant with obese BMI and two from participants with overweight BMI. **Conclusion:** It was found that the invention of pattern device used for this study encounter the standard of recording ECG for people with different type of BMI.

Key words: Electrocardiogram, electrode, precordial lead, pattern device, BMI

THE INFLUENCE OF CARING AND SPIRITUALITY TO MOTIVATION OF STROKE PATIENT UNDERGOING FISIOTHERAPY IN HOSPITAL

Nunung Febriany Sitepu¹, Siti Zahara Nasution², Ikhsanuddin³, Asrizal⁴

^{1,2,3,4} Faculty of Nursing, Universitas Sumatera Utara

Email: nunung.febriany.sitepu@usu.ac.id

Objective: Caring are more attention to someone and spirituality important factor that helps individuals achieve the balance necessary to maintain health. Stroke patient needed more of attention for motivation in the patient to recover diseases. Various complexities of problems encountered in stroke patients so that self-management is needed as a form of adaptation to new conditions after stroke. **Methods:** This analytic cross-sectional study involved 75 respondents with stroke undergoing physiotherapy in Hospital Medan from April – August 2020. Data were collected using caring, spiritual, and motivation questionnaire. **Results:** 62% patients stroke has a higher motivation with p value .000. Caring behavior is an action based on caring, compassion, skill, empathy, responsibility, sensitivity, and support. **Conclusion:** This behavior serves to improve or improve the conditions and ways of human life that emphasize healthy activities and enable individuals. The nurse provides trust by facilitating and enhancing holistic nursing care.

Keywords: caring, spirituality, motivation

FACTORS CAUSING THE INCOMPLETENESS OF MEDICAL RECORD DOCUMENTS AT THE HOSPITAL (SYSTEMATIC REVIEW)

Sri Handayani¹, Chamy Rahmatika¹, Alfita Dewi¹, Fajrilhuda Yuniko¹

¹Departement of health Information Management, Institute of Health Science Syedza Saintika
Email: ririhermana388@gmail.com

Objective : The recording of medical records is very often incomplete; this impacts the inaccurate information in providing services. Filling in medical records involves doctors, nurses/midwives, and medical record personnel. Incomplete document filling by medical officers on patient identities and in-out form (RM.01) primary diagnoses were not filled in by doctors so that officers had difficulty coding, where completeness of medical record document contents such as completeness of disease diagnosis for coding which is very active in the financing system hospital. This study aims to see what factors are the cause of the mismatch of medical record documents in Indonesia so that they can be input in overcoming the problem of incomplete medical record documents. **Method:** This research is a systematic review. This research's data source came from identification documents based on a database, free full-text search with research areas in Indonesia (n = 987). Literature (journals) obtained through the internet is in the form of published research results regarding the factors that cause medical record document completeness in hospitals from all published journals and can be accessed via the internet. Data collection was carried out on 27th April – 15th June 2020. **Results:** The results of the analysis through document review showed that the factors causing the highest inconvenience of medical record documents were the lack of human resources at 87.5%, there was no clear and firm policy at 75%, 50% unsupportive facilities, and limited funds by 12.5 %. **Conclusion:** It is expected that each hospital has a clear and decisive policy in overcoming the inability of this medical record document, by providing training to human resources so that they can complete medical records, conditions of facilities, and finances, which will also be regulated in its policy, namely making clear SOPs so that they can also at once resolved.

Keywords: Risk, incompleteness, medical records

POLICY BRIEF
HIPERTENSION: A GLOBAL HEALTH CRISIS

Pius A. L. Berek¹, Dewi Irawati², Akhir Yani S. Hamid³

^{1,2,3} Faculty of Nursing, University of Indonesia
 Email: francis_domin2012@yahoo.com

Objective: This study discusses about strategies to overcome hypertension patient compliance to manage self-care. The purpose of the study is to provide a summary of the importance of attention to managing hypertension. **Method:** review of literature relevant to hypertension, policies and management, both pharmacological and non-pharmacological, through cross-programs or sectors. **Result:** This study found that the ministry of health had compiled various policies to reduce the prevalence of hypertension, including technical guidelines for its implementation, but the strategie has not yet fully reached the minimum service standard, which is because it has not fully involved the relevant cross sectors. **Conclusions:** Improve the coordination system by “Joint Decree” between the Ministry of Health and the Ministry of Villages, PDT and Transmigration, the Ministry of Social Affairs, Indonesian National Army, police, and NGOs to carry out activities simultaneously to the community.

Keywords: Policy Brief, Hypertension, Health Crisis

FACTORS THAT CORRELATION WITH RECURRENCE OF GASTRITIS

Riamah

STikes Tengku Maharatu , Pekanbaru. Indonesia
 Email: riariamah@yahoo.com

Objective: Gastritis is an inflammatory process that caused by the factor of irritation and infection mucosa and submucosa of the gastric. Gastritis had caused by excessive stomach acid production. One of the factors that cause gastritis recurrence was bad diet, stress and drug use. The purpose of this research was to determine the factors associated with gastritis recurrence. **Method:** The research design was cross sectional, The research was conducted in the Rejosari village, the working area of the Rejosari Community Health Center. The population of this research was 98 people with a sample size of 49 respondents with a random sampling technique. The data analysis used univariate and bivariate. **Result:** The results of this research with statistical tests showed a stress value of p value: 0.000, diet p value 0.006, and drug use p value 0.010, both of which were smaller than alpha ($p < 0.05$). **Conclusions:** there was a significant relationship between stress, diet, and drug used on gastritis recurrence. The recommendations of the result this research were the respondents who had a regular and healthy diet, minimize stress, and limited themselves from excessive drug used.

Keywords : Gastritis, Stress, Diet, Drug use

NURSES EXPERIENCE IN MONITORING AND HANDLING OF HYPOGLYCEMIA IN HOSPITALIZED PATIENTS WITH DIABETES MELLITUS

Yunisman Roni¹, Nia Khusniyati²

^{1,2} School of Nursing, College of Health Sciences Tengku Maharatu
Email : yunismanroni@gmail.com, nia.khusniyati@gmail.com

Objective: Patients may experience hypoglycemia during hospitalization which is caused by Iatrogenic. This study aimed to describe the experience of nurses in monitoring, treating, and using the guideline of hypoglycemia in patients with diabetes mellitus. **Method:** Qualitative study with an in-depth interview was conducted that involved then nurses. **Result:** There were six themes identified through this method, they were: Nurses understand hypoglycemia based on physical symptoms and blood sugar, nurses anxiety facing hypoglycemia; the absence of physician and communication barriers in the treatment of hypoglycemia; nurses undertaking blood glucose check and complains of patients in monitoring hypoglycemia; deciding to follow medical treatment independently based on routine; and found unfamiliar with the existence of protocol. **Conclusion:** The conclusion indicates that nurses are still struggling with anxiety and tend to apply their routine in dealing with hypoglycemia.

Keywords: diabetes mellitus, nurse role, hypoglycemic protocol

SELF-MANAGEMENT OF PATIENTS DURING HEMODIALYSIS: A QUALITATIVE STUDY

Cholina Trisa Siregar¹, Siti Zahara Nasution², Zulkarnain³, Reni Asmara Ariga⁴, Lufthiani⁵,
Ikhsanuddin Ahmad Harahap⁶, Dudut Tanjung⁷, Dina Rasmita⁸, Dwi Karina Ariadni⁹,
Bayhakki¹⁰, M. Pahala Hanafi harahap¹¹

^{1,2,4,5,6,7,8,9} Faculty of Nursing, Universitas Sumatera Utara, Medan, Indonesia

³ Faculty of Psychology, Universitas Sumatera Utara, Medan, Indonesia

¹⁰ Faculty of Nursing, University of Riau, Riau, Indonesia

¹¹ ORL-HNS, Faculty of Medicine, Universitas Sumatera Utara, Indonesia

E-mail: cholina@usu.ac.id

Objective: Self-management is important in hemodialysis patient to improve health in order to obtain an optimal quality of life. This study aimed to explore self-management performed by patients during hemodialysis therapy. **Method:** This study uses qualitative research with a phenomenological approach. Purposive sampling technique was used to select 10 participants with decreased kidney function who underwent hemodialysis. Data obtained through in-depth interviews with ten participants. Data were analyzed using the Colaizzi method. **Result:** This study revealed 5 themes, namely: (1) family support and attention, (2) therapeutic communication in services, (3) taking action swiftly and according to the rules, (4) attention and courtesy in services and (5) supporting facilities and infrastructure. **Conclusion:** Self-management is needed in improving the health of hemodialysis patients and nurses have important roles in helping hemodialysis patients to optimize their health.

Keyword: Hemodialysis, Patient Care, Quality of Life, Self-Management.

RELATIONSHIP BETWEEN PAIN INTENSITY AND DISABILITY IN PATIENT WITH CHRONIC LOW BACK PAIN

Ikhsanuddin Ahmad Harahap¹, Siti Nurul Huda², Dudut Tanjung³, Cholina Trisa Siregar⁴,
Siti Zahara Nasution⁵, Reni Asmara Ariga⁶, Lufthiani Anwar⁷

¹⁻⁷ Faculty of Nursing, University of Sumatera Utara
Email: Ikhsanuddin.Ahmad@gmail.com

Objective: The study aims to analyze the relationship between pain intensity and disability in chronic low back pain. **Method:** This descriptive correlation study involved 33 respondents recruited from low back pain outpatient department Adam Malik Hospital. Data were collected using PNRs and the ODI. Spearman test is used to examine the relationship between pain intensity and disability. **Results:** The majority of respondents (78.79%) reported pain at a severe level (M=7.79; SD=1.88), while disability was found that more than a quarter of respondents (30.30%) stated that they had severe disability followed by crippled (24.24%) (M=57.03; SD=25.78). It was found that there was a significant positive relationship between pain intensity and disability ($r=0.944$, $p=0.000$). **Conclusion:** The higher the pain intensity is felt, the more severe the disability and the more likely will avoid activities.

Keywords: pain intensity, disability, chronic low back pain

APPLICATION OF NURSING MANAGEMENT: HORAS PROGRAM TO IMPROVE COMPLIANCE PULMONARY TUBERCULOSIS MEDICATION

Reni Asmara Ariga¹, Roymond H Simamora², Siti Zahara Nasution³, Cholina Trisa Siregar⁴,
Lufthiani⁵, Ikhsanuddin Ahmad Harahap⁶, Fajar Amanah Ariga⁷, Selviani Ariga⁸, Sri Budi
Astuti⁹

¹²³⁴⁵⁶⁷ Faculty of Nursing, University of North Sumatra
⁸⁹ Public Health, Medan Indonesia
Email: reni.asmara.ariga@usu.ac.id

Objective: To improve compliance pulmonary tuberculosis patient medication by implementing nursing management in HORAS program. HORAS stands for Health belief, Observation, Relaxation, Action, and Supporting. **Method:** Quasi experiment design with cross sectional approach, from 11 May to 31 July 2020 in Community Health Center Medan Johor and Medan Amplas, samples was 52 nurses who carried out informed consent, used total sampling technique. Pretest and posttest given with a google form which contains a fuction of nursing management questionnaire. The value of validity 0,80 and reliability 0,87. Ethical tests carried out by ethics committee of Faculty of Nursing, USU. **Results:** Application of nursing management in management of pulmonary tuberculosis showed Good results 27 (51.9%), Enough 17 (32, 7%), and less 8 (15.4%). **Conclusion:** There is effect application of nursing management in the application of HORAS program on management of pulmonary tuberculosis at the Medan Johor and Medan Amplas puskesmas.

THE EFFECT OF NATURAL HONEY ON THE PROCESS OF DIABETIC WOUND HEALING AT THE WAIGETE PUBLIC HEALTH CENTER IN SIKKA

Yosefina Dhale Pora¹, Anggia Riske Wijayanti², Maria Sonyalia Yevrina³

^{1,2,3} School of nursing, University of Nusa Nipa

Email : yevinpora84@gmail.com

Objective : Gangrenous is treatable with natural honey. Honey has benefits to accelerate the wound healing process. Method : This study used a quasi-experimental method with a control group. The number of samples of 10 respondents with moderate and severe diabetic wounds was divided into the intervention group and the control group. Sampling technique used total sampling. Data collection used observation sheets and data analysis used by Mann Whitney test. The study was conducted for 4 weeks at Waigete Public Health Center. Result : The results of Mann Whitney test analysis showed that the p-value was $0.007 < 0.05$. That means natural honey application on gangrenous is effective, because the intervention group with severe and moderate diabetic wounds turned into moderate and mild diabetic wounds. Conclusions : The Intervention of natural honey therapy can be an alternative to heal diabetic wounds.

Keywords : Natural honey therapy, diabetic wound healing

INFLUENCE OF SUPPORT GROUP ON SELF CARE ACTIVITY CLIENT DIABETES MELLITUS TYPE 2

Rahmita Nuril Amalia¹, Eddy Murtoyo²

^{1,2} School of Nursing, YKY Yogyakarta Academy of Nursing

Email: rahmitanurilamalia@gmail.com, murtoyoeddy@gmail.com

Objective: Diabetes Mellitus (DM) is a chronic disease that can only be controlled. The lack of non-compliance with DM clients in controlling their disease leads to fatal complications. One of the precautionary measures to prevent complications is diabetes self-care. A support group can change behaviour to avoid complications of the DM. Method: The type of study is a pre-post-test design with a control group. Taking sample used a cluster random sampling technique and the respondents were 40 respondents. The Instrument used a support group intervention and a questionnaire SDSCA. Data analysis used a independent t-test. Result: Showed differences in the post-test score in self-care activity between the intervention group and the control group in score of 7.55 with a p-value of 0.001 ($p < 0.05$). Conclusions: Based on the results of the study, it is known that support group can increase self-care activities for client's diabetes mellitus type 2.

Keywords : diabetes mellitus, support group, self-care activity

THE EFFECT OF BUERGER ALLEN EXERCISE ON THE FOOT SENSITIVITY OF TYPE II DIABETES MELITUS PATIENTS

Rahmiwati¹, Irhas Syah², Rola Oktorina³

¹School of Nursing, University of Fort De Kock

²University of University of Fort De Kock

³School of Nursing, University of University of Fort De Kock

Email: rahmiwati768@gmail.com

Objective: To measure the foot sensitivity in type II Diabetes Mellitus patients before and after the Buerger Allen Exercise. **Method:** This study is a Quasi Experimental study by assessing the sensitivity of the feet of diabetes mellitus patients before and after being given the Buerger Allen Exercise treatment. The sample of this study consisted of 40 adult patients who experienced sensitivity disorders of the feet. The intervention was carried out 2 times a day for 7 days. Foot sensitivity was measured using a 10-g monofilament test instrument. **Results:** The research data were processed using the bivariate Paired T-test. This study indicate that there is a difference in the sensitivity of the feet before being treated with after being given the Buerger Allen Exercise treatment (pre-test: 7.28; post-test: 8.10; p value: 0.001). **Conclusions:** The Buerger Allen Exercise is effective in increasing the sensitivity of the feet in patients with type II diabetes mellitus.

Keywords: Buerger Allen Exercise, Foot Sensitivity, Diabetes Mellitus

OVERVIEW THE IMPLEMENTATION OF PATIENT SAFETY IN INDRAMAYU

Wiwin Nur Aeni¹, Bambang Eryanto², Bestina Nindy Virgiani³

^{1, 2, 3} School of Nursing, STIKes Indramayu

Email : wiwinnuraeni505@gmail.com

Objective : The purpose of this study was know the implementation of patient safety in Indramayu. **Method :** The research method was descriptive study. The population was 223 nurses who work in hospital at inpatient rooms. Sampling in this study was taken by accidental sampling technique. The instrument used a questionnaire sheet with 30 statements. Data were analyzed by using frequency distribution and percentage. **Results:** The result showed that the implementation of patient safety in the good category was 57.4% (128 respondents) and the bad category was 42.6% (95 respondents). **Conclusions:** The implementation of patient safety in Indramayu has not been fully implemented. Assistance and awards are needed to be able to improve the implementation of patient safety to increase the quality of care.

Keywords : Implementation, Patient Safety, Quality of Care

THE EFFECTIVENESS OF MURROTAL AL-QURAN THERAPY ON LEVEL OF STRESS IN PATIENT BONE CANCER

Priyanto¹, Ahmad Fauzi Kemal², Debie Dahlia³

Faculty of Nursing Universitas Indonesia
Email : priyanto_araaf@yahoo.co.id

Objective: The purpose of this study was to determine the effectiveness of Murotal Al-Quran therapy on stress levels of bone cancer patients. **Methods:** This was a quasi experimental study with a pre-test and post-test with control group design. The population of this study were patients with bone cancer who were undergoing outpatient care. The sampling technique used purposive sampling with 36 patients. The data were collected by the DASS 42 questionnaire. The data were analyzed with t-test. **Results:** The mean in the case group was 20.05 with the mild category which was 11 patients (61.1%) and moderate with 7 patients (38.9) while in the control group the mean was 22.77 with the category moderate stress was 17 (94.4%) and severe stress was 1 (5.6%). Murotal Al-Quran therapy was effective in reducing stress levels on bone cancer patients ($p = 0.001$). **Conclusions:** Murotal Al-Quran therapy can be used as a therapeutic modality to reduce the stress level of patients with bone cancer during the home treatment to improve the patient's psychological well-being.

Key words: murotal al quran therapy, stress level, bone cancer

THE INFLUENCE OF MINDFULNESS SPIRITUAL THERAPY USING STOP METHOD ON PHYSICAL SELF-RELIANCE OF PATIENTS WITH PULMONARY TUBERCULOSIS

Donatus Korbrianus Sadipun¹, Yohanes Paulus Pati Rangga²

^{1,2}Faculty of Health Sciences, Nusa Nipa University

Objective: The research was to analyze the influence of mindfulness spiritual therapy with the STOP (Stop-take a breath-observe the present-proceed with a smile) method the physical self-reliance of patients with pulmonary tuberculosis. **Method:** This research used quasi-experimental one group pre-post test with control group design. This research was conducted in 4 community health centers. The sample was 54 respondents divided in 2 groups with 27 respondents per group taken by using Purposive sampling technique. The intervention was mindfulness spiritual therapy using STOP Method for 5 weeks. Mandiri health card was used as the instrument of the study. In analyzing the data, the researcher used wilcoxon sign rank test **Results:** the study showed that intervention groups ($p 0,000$) and control groups ($p 0,366$). there is an influence of the intervention group than the control groups. **Conclusion:** Therefore, it can be concluded that Mindfulness Spiritual Therapy using STOP method could increase the physical self-reliance of patients with pulmonary tuberculosis and could also speed up the healing process.

Keywords: Mindfulness Spiritual Therapy, Self-Reliance, Pulmonary Tuberculosis

EFFECTIVENESS OF SESAME OIL FOR THE PREVENTION OF PRESSURE ULCER IN PATIENTS WITH BED REST UNDERGOING HOSPITALIZATION

Chrisyen Damanik¹, Sumiati Sinaga², Kiki Hardiansyah³

^{1,2,3}School of nursing, Institute of Health Technology And Science Wiyata Husada
Samarinda, Indonesia
Email: chrisyendamanik@itkeswhs.ac.id

Pressure Ulcer is one of the most problems in patients with bed rest. Reposition and skin care are deterrent against the incidence of pressure ulcer. Objective: This study aimed to analyze the effectiveness of sesame oil for the prevention of pressure ulcer in patients with bed rest undergoing hospitalization. Method: This study used a randomized controlled trial design. Forty samples were divided into groups: control and intervention groups. This study was analysed using Chi Square. Results: The results showed that there was a significant difference between two groups ($p=0,04$). Conclusions: Skin care with sesame oil can prevent pressure ulcers. These results recommended that sesame oil can be used for nursing intervention for the prevention of pressure ulcers.

Keyword: Pressure Ulcer, Sesame Oil, Bed Rest

RELATIONSHIP BETWEEN SELF MANAGEMENT AND BLOOD PRESSURE CONTROL OF HYPERTENSION PATIENTS DURING THE COVID 19 PANDEMIC

Desti Puswati¹, Dekriani Yushella²

STIKes Payung Negeri Pekanbaru Indonesia
Email: destipus@gmail.com

Objective: Aims to determine the relationship between Self Management and Blood Pressure Control in Patients with Hypertension. Methods: Research with descriptive correlation design, research location of Puskesmas Lima Puluh Pekanbaru City. Sampling was conducted on 66 respondents using probability sampling technique type random sampling. The measuring instrument used was the Hypertension Self-Management Behavior (HSMBQ) questionnaire, consisting of 40 items scored on a 4-point scale ranging from 1 (never) to 4 (always), analyzed by the Chi-Squares test. The result (75.0%) of high self-management while controlling blood pressure between controlled and uncontrolled blood pressure is the same as 50%. By using the chi-square test, the p -value ($0.23 > \alpha$ (0.05)). Conclusion: There is no relationship between self-management and blood pressure control in hypertension sufferers.

Keywords: Self Management, Blood Pressure Control, Hypertension

DEVELOPMENT OF NURSE COMPLIANCE THEORY THROUGH THE MEDICATION THERAPY MANAGEMENT (MTM) MODEL ON ADVERSE DRUG EVENT AND PATIENT SATISFACTION

Christina Anugrahini¹, Rr.Tutik Sri Hariyati², Achir Yani S. Hamid³

¹ Student, Doctorate Study Program, Faculty of Nursing, Universitas Indonesia

^{2,3} Lecturer, Faculty of Nursing, Universitas Indonesia

Email: christina_anugrahini2018@yahoo.com

Objective: This study aims to describe, explore, predict, or control phenomena which in turn describe the instructional process of developing nurse compliance theory through the Medication Therapy Management (MTM) Model of Adverse Drug Events and patient satisfaction based on the phenomenon of hospital service delivery. **Methods:** The theory construction stage procedure includes: formulating a central concept, determining the source of theory, empirical use, determining the meaning of theory, identifying concepts, checking concept definitions, identifying statements, establishing relationships between concepts, analyzing the adequacy of logic, determining usefulness, explaining the level of generalizability and parsimony. **Result:** The MTM Model can be able to improve nurse compliance behavior by creating a culture and role model of compliance, obedient environment, safety & patient safety in terms of increasing drug safety, decreasing Adverse Drug Event, increasing patient satisfaction. **Conclusion:** The underlying assumptions of the MTM model are humans, environment, health and nursing.

Keywords: Compliance Theory, MTM, Drug Event, Satisfaction

POLITICAL COMMITMENT ANALYSIS IN TUBERCULOSIS TREATMENT PROGRAM

Dwi Sapta Aryantiningih¹, Suparno², Muhammad Giatman³

¹ Public Health Study Program, STIKes Payung Negeri Pekanbaru

^{2,3} Faculty of Engineering, Technology and Vocational Education, Padang State University

Email: dwisapta.aryantiningaih@payungnegeri.ac.id

Tuberculosis (TB) is an infectious disease in public health. The case-finding rate in Riau was only 39% and Pekanbaru only 37.5%. This objective is to analyze the political commitment of regional leaders in the effort to control TB. This research was qualitative, subjects were 1 manager in the Health office, 1 staff, 2 managers of Public Health Centre. Data collection was carried out by interview and document study. The results show there is political commitment related to the TB program, recording and reporting standards with the SITB, a program plan is drawn up every year, such as human resources, budget, facilities and infrastructure, and involving the community. The conclusion is the political commitment of the leadership in TB is quite good but it is suggested to increase in the allocation of funding, human resources must consider.

Keywords: commitment, leadership, tuberculosis

REFUSAL HAEMODIALYSIS IN ENDS STATE RENAL DISEASE PATIENT: A PHENOMENOLOGY STUDY

Kiki Hardiansyah Safitri¹, Sri Rahayu², Annisa A'in³

¹⁻³Study Program of Nursing Science, Institute of Health Technology and Science
Wiyata Husada Samarinda, East Kalimantan Indonesia;

²General Hospital Inche Aboel Moies, Samarinda City, East Kalimantan
Email : kikihardiansyahs@stikeswhs.ac.id; helyazahir@gmail.com;

Objective: exploring experience patient ESRD with refusal hemodialysis. Methods: A qualitative design with a phenomenological study approach. The sample consisted of 7 respondents with inclusion criteria: ESRD patients who rejected the recommendation of initiation of hemodialysis and good awareness, data collection using in-depth interviews and data analysis with Colaizzi analysis. Result: There are 4 themes, namely: (1) unpreparedness response to deal (2) hemodialysis is danger (3) Taking Dialysis Not Only Deal With Intervention, (4) Coping of patients facing a situation of refusing hemodialysis coping patient get the situation refusing hemodialysis. Conclusion: refusal to follow the recommended initiation of hemodialysis in ESRD patients arises due to inadequate self-acceptance processes, confusion and fear of the procedure as well as the patient's own perception of hemodialysis, causing excessive anxiety that he will die soon if hemodialysis is carried out.

Keyword: Refusal, Hemodialysis, Phenomenology

NURSING THEORIES AS THE BASIS FOR THE HANDOVER DEVELOPMENT: A SYSTEMATIC REVIEW

Diah Arruum¹, S. Setyowati², Enie Novieastari², Achir Yani S. Hamid²

¹Student, Doctorate Study Program, School of Nursing Universitas Indonesia

²Lecturer, School of Nursing, Universitas Indonesia,
Email: wati123@ui.ac.id

Objectives: To identify appropriate theories as the basis for the handover development technique in nursing interventions. Methods: The design is a systematic review consisting of literature from web sources including Proquest, EBSCOhost, Science Direct, and Google Scholar. Further analysis was performed using the principles of Hildegard E. Peplau's theory which focuses on the nurse-client relationship and communication, and that of Imogene M. King regarding the management system approach to achieve nursing service and care goals. Result: All the articles mentioned individual and interpersonal management systems through the involvement of patients during handovers, as well as inviting them to participate and support strong two-way communications. Furthermore, all the reviews stated that the importance of communication between staff was considered to be strongly linked to patient safety. Conclusions: Majority of the studies in handover of nursing care mentioned the importance of the nurse-client relationship and communication to improve the services, as well as ensure the patient's safety.

Keywords: communication, handover, King, Peplau, J.Camphina-Bacote

READINESS OF PATIENT ROOM FOR IMPLEMENTATION INTERPROFESSIONAL EDUCATION IN UNIVERSITAS SUMATERA UTARA HOSPITAL

Rika Endah Nurhidayah¹, Hasmela Revi²

¹Nursing Faculty, Universitas Sumatera Utara

²Universitas Sumatera Utara Hospital

Email: rika_endah@usu.ac.id, hasmelarevi@gmail.com

Objective: This study aims to analyze the readiness of the patient room to participate in implementation of Interprofessional Education (IPE). **Method:** The design of this research is qualitative with a phenomenological approach. The participants were 9 patient room head nurses who selected by quota sampling. They were interviewed by using the focus group discussion technique. The design of this research is qualitative with a phenomenological approach. The participants were 9 room head nurses who were interviewed using the focus group discussion (FGD) technique. The results of FGD data were analyzed through several stages, namely reduction, presentation and conclusion. **Results:** FGD results found that so far there has been no communication between students from different professions namely medicine, nursing and pharmacists. They are present in the patient's room with different schedules. They follow only the instructions of their respective supervisors. Only nursing professional students interact with nurses in the patient's room, as they follow the cycle of patient room activities, while professional students of doctors and pharmacists will leave after their supervisor leaves the room. **Conclusion:** The study found three themes, namely the interaction between professions, different competency achievements, and barriers in the implementation of IPE.

Keywords : interaction, different competency, and barriers

FOOT DEFORMITY IN DIABETIC NEUROPATHIC PATIENTS

Dian Anggraini¹, Yulia², Lestari Sukmarini³

¹Nursing science, Yarsi Health science College West Sumatra Bukittinggi

^{2,3} Nursing science, University of Indonesia

Email: dian.100506@gmail.com

Objective: The aim of this study was to determine the description of foot deformities in diabetic neuropathy patients. **Method:** The design of this study was a descriptive study. The sampling used accidental sampling with sample size of 105 respondents who foot deformity with diabetic neuropathy in RSUP Dr. M.Djamil Padang. Data were collected with Michigan neuropathy screening instrument (MNSI) and observation of foot deformity. Data analysis used univariate analysis using frequency distribution. **Results:** The results showed that most of the respondents had the *forefoot deformity* as many as 47 respondents (44.8%). 41 respondents (39%) had the *Midfoot / Hindfoot Deformity*, and 17 respondents (16.2%) had *Multiple Deformity*. **Conclusion:** This study is expected to be used as a reference for nurses in conducting nursing assessments to predict foot deformities in diabetic neuropathy patients in order to prevent the risk of injury or falls in patients.

Key Words : Foot deformity, diabetic neuropathy, diabetes mellitus

ANALYSIS OF DIFFERENCES ELECTROCARDIOGRAPHIC EMPLOYEES OF HEALTH POLYTECHNIC OF TANJUNGKARANG

Efa Trisna¹, Anita Puri²

^{1,2}Jurusan Keperawatan Kesehatan Politeknik Kesehatan Tanjungkarang

Email: evatrisna36@gmail.com

Objectives: The aim of this study was to determine the differences of electrocardiographic features between smoking and non-smoking employees at Health Polytechnic of Tanjungkarang. **Method:** Descriptive research design with a comparative approach, the number of respondents 61, consist of 27 non-smokers and 34 smokers. The research method used was quantitative research using independent-sample t-test, to compare differences in ECG images in smokers and non-smokers. **Employees.** **Results:** There were differences in ECG images in smoking and non-smoking employees with p value 0,00. **Conclusion:** This study proves that smoking damages the heart muscle and heart electricity. **Suggestion** employees do not smoke anymore, especially in the work environment, both inside and outside the building. Posters about banning smoking were posted throughout the Health Polytechnic of Tanjungkarang.

Keywords: Employees, Smoking, ECG.

WALKING EXERCISE IN BLOOD PRESSURE PATIENT IN POST CORONARY ARTERY BY PASS

Kipa Jundapri ¹, Sutomo Kasiman ², Ikhsanuddin Ahmad Harahap ³

¹ Magister student, University of North Sumatera

^{2,3} Lecturer, University North Sumatera

Email: kipa.jundapri41@gmail.com

Objective: The purpose of this study to determine the effect of walking exercise to stabilization blood pressure for patient after Post Coronary Artery by Pass (CABG) and after invasive treatment, and then the patient must join with rehabilitation programs. Rehabilitation programs improve to stabilization systolic and and diastolic blood pressure. **Method:** The method in this study used a quasi-experimental design with pre-and post-test with intervention and control groups. The study was conducted from April 2019 to June 2019 at the Pusat Jantung Terpadu H. Adam Malik Medan with 32 respondents per groups. **Result:** The results of this study, between intervention and control groups was a significant difference in $p < 0.05$ with the value of the independent t-test (systolic blood pressure: $t = -9.47$, $p = 0.35$), (diastolic blood pressure: $t = -3.51$, $p = 0.00$). **Conclusion:** This study found that there were significant differences in diastolic blood pressure for patient post cardiac rehabilitation, however, there were no significant differences in systolic blood pressure. **Recommendation** of this research was walking exercise can be do for the patient after coronary artery by pass surgery to stabilization their blood pressure.

Keyword : Post coronary artery by pass, rehabilitation, walking exercise, blood pressure

THE EFFECT OF GARGLING USING RED GINGER ON XEROSTOMIC SCORES IN DIABETES MELLITUS

Wardah¹, Asti Winda Wati², Rizka Febtrina³, M.Zul'Irfan⁴

^{1,2,3,4} School Of Nursing , STIKES Payung Negeri Pekanbaru

Email: Wardah@payungnegeri.ac.id

Objectif: The purpose of this study was to determine the effect of gargling with red ginger water on xerostomia scores in type 2 diabetes mellitus patients. **Method** This study was a quantitative study. The research design used was a quasi-experimental approach with pre and post test without control. Data collection tool was Xerostomia Inventory (XI) consists of 11 questions. This research was conducted at Sungai Salak Health Center Indragiri Hilir Regency in June 2020 with a total sample of 29 respondents which taken by Purposive sampling. The analysis was carried out using the Wilcoxon Rank test. The results of this study found that there were differences in the mean scores before (39.8) and after (27.1) gargling using red ginger water (p value 0.000; $\alpha < 0.05$). **Conclusion:** gargling with red ginger boiled water can reduce xerostomia scores in type 2 diabetes Mellitus patients. However, further tests are still needed regarding further effects.

Keywords: Xerostomia, gargling with red ginger water, type 2 diabetes mellitus

THEORY APPROACH: LITERATURE REVIEW

Gipta Galih Widodo¹, Dewi Irawati²

¹University of Ngudi Waluyo

²University of Indonesia

Email: giptagalih@gmail.com

Objective: Risk factors for coronary heart disease include smoking, uncontrolled blood pressure, blood lipid levels, unhealthy diet, lack of physical activity and exercise, and uncontrolled blood glucose levels. This aim of this study was identify the approaches that can be used to reduce these risk factors is to perform intervention of healthy living behavior in risk groups by using nursing theory according to Orem. **Method:** A literature search was carried out using PubMed, CINAHL, and ProQuest to identify studies that have assessed self-care and coronary artery disease. **Results:** According to Orem, health is a condition characterized by the development of body structures and mental functions in an integrated and comprehensive manner in physical, psychological, interpersonal and social aspects. Health status is shown through the individual's ability to prevent the occurrence of illness and maintain and improve health status, treat disease and prevent complications. Healthy is an individual responsibility to achieve it, if the individual can fulfill his self-care needs properly and optimally, the individual can be said to be healthy. Healthy is the result of individual experiences facing and overcoming stimulus that arise such as demands for needs, drives and desires. **Conclusions:** This theory is a dynamic approach, in which nurses work to improve the client's ability to care of himself and not put the client in dependent position, because self-care is a behavior that can be learned

Keywords: healthy living behavior, self-care, coronary artery disease.

EMERGENCY AND CRITICAL CARE NURSING

FAMILY NEEDS OF PATIENT HOSPITALIZED IN CRITICAL CARE UNIT: SCOPING REVIEW

Siti Rahmalia HD¹, Hsing-Mei, Chen²

¹Faculty of Nursing, Universitas Riau

²Departement of Nursing, National Cheng Kung University

Email: hsingmei@mail.ncku.edu.tw

Objective: To determine and analyze the family needs of patients admitted in critical care units. **Method:** The scoping review was performed based on Arksey and O'Malley framework. A literature search from electronic databases: Medline, Embase, Web of Science, CINAHL, and Google Scholar. The review included the purpose, methodology, and findings of the studies. **Results:** Twenty-one articles were reviewed, and four themes were identified: a different perception of family needs among patients, families, and healthcare providers, the factors influencing family needs, the impact of unmet family needs, the interventions for meeting the family needs, and the instruments to measure family needs. **Conclusions:** Different family needs in each country were found and it might be related to the characteristics and illness severity of the patients. Meeting family needs will make it more effective to provide patients and families a holistic care and can reduce their impact of hospitalization and discharge from ICU.

Keywords: critical care unit, family needs, patients hospitalized

VARIABLES PREDICTING FOR DURATION OF MECHANICAL VENTILATOR IN ICU PATIENTS: RETROSPECTIVE STUDY

Hellena Deli¹, Hetty Yuliana²

Faculty of Nursing, Universitas Riau, Indonesia

Email : hellenadeli.hd@gmail.com

Objective: This study aims the predictor variables for the duration of a ventilator in ICU patients. **Method:** This study is a retrospective study design with 36 respondents who were selected by purposive sampling technique. This research data is secondary data obtained from the medical records of patients treated from January to December 2019. The instrument used is the observation sheet to see the predictor variables for the duration of the ventilator. Data were analyzed using SPSS 21. Spearman correlation test was used to found the relationship of each variable, a logistic regression test used to assess the most influential predictor variables, and the ROC curve used to assess specificity and sensitivity. **Result:** Based on the results of logistic regression, it was found that GCS (OR 16,114 (1,537-168,895), p-value 0.020), FiO2 (OR 0.778 (0.34-17.711), p-value 0.003), MSOFA (0.481 (0.053- 4.331, p-value 0.009), SpO2 / FiO2 ratio (OR 26,369 (2,755-252,373), p-value 0.005) was predictor of ventilator duration. **Conclusions:** The SpO2/FiO2 ratio when admission is the most influential predictor of the duration of ventilator use in ICU patients.

Keywords: Duration of mechanical ventilator, ICU, predictor

DETERMINANT FACTOR OF LENGTH OF STAY PATIENT IN THE EMERGENCY DEPARTMENT

Kiki Hardiansyah Safitri¹, Yuliha Sarah², Aries Abiyoga³

^{1,3} Institute of Technology Health and science Wiyata Husada Samarinda, East Kalimantan

²General Hospital of Kanujoso Djatiwibowo Balikpapan, East Kalimantan

Email: kikihardiansyahs@itkeswhs.ac.id¹ yulihasarah@gmail.com²

Objective: This research purpose is to analyse the determinant factor of length of stay patients in the emergency department. **Methods:** A correlational study with the cross sectional approach to 62 patients admitted to the emergency department with yellow and red triage, above 18 years old and were not referred for a diagnostic check-up. Sample was taken using probability sampling technique, Consecutive sampling. The instrument used was observation sheets. **Result:** LOS was correlated to the laboratory waiting time (p value= 0,03; r= 0,275), medical doctor's consult time (p value= 0,000; r= 0,512), administrative sorting- out time (p value= 0,013; r= 0,333), triage Assessment (p value= 0,601; r= 0,068), the x-ray waiting time (p value= 0,807; r= 0,055). **Conclusions:** The longer the time required to wait for the laboratory results, the medical doctor consults and administrative sorting-out, longer patient will stay in the emergency department.

Keyword: length of stay, emergency unit, determinant.

THE EFFECT OF RELAXATION BY LISTENING TO “ASMAUL HUSNA” ON PREOPERATIVE PATIENT’S ANXIETY IN THE OPERATING ROOM

Gamya Tri Utami¹, Siti Rahmalia², Rismadefi Woferst³

^{1,2,3} Faculty of Nursing, Universitas Riau

Email: gamyatriutami@lecturer.unri.ac.id

Objective: One of the psychological problems that patients often encounter in the preoperative phase is anxiety. This condition increases when the patient enters the operating room. Relaxation technique is one of therapy to manage anxiety. This study was aimed to analyze the influence of relaxation therapy by listening to “asmaul husna” for 10 minutes in preoperative patient’s anxiety in the operating room. **Method:** The study was one groups pretest-posttest design with 30 respondents that taken by accidental sampling. This study was considered for respondent’s comfort, privacy and confidentiality. The measuring tool for anxiety was Hamilton Rating Scale for Anxiety (HRS-A) Questionnaire, which has been tested for validity and reliability. The analysis of this study was bivariate analysis using wilcoxon test. **Results:** The result shows significant decrease score of anxiety (median score 15.00 vs 13.00, p<0.001). This means that listening to “asmaul husna” is effective on reducing anxiety in preoperative patients. **Conclusion:** This study recommends healthcare members in the operating room to choose listening to “asmaul husna” as one of relaxation therapy in reducing patient’s anxiety.

Keywords: anxiety, asmaul husna, preoperative patient, relaxation therapy

KNOWLEDGE AND ATTITUDE OF NURSES TOWARDS THE IMPLEMENTATION OF TRIAGE IN EMERGENCY ROOM

Carles

STIKes Tengku Maharatu Pekanbaru, Indonesia

Email : carles.ulung1@gmail.com

Objective: The purpose of this study is to find out the relationship between knowledge and attitude of nurses towards the implementation of triage in the emergency room. The research site at Rokan Hulu Hospital corresponds to a total sample of 25 nurses in the Emergency room as a sample. **Method:** The design of this research is quantitative analytics using cross sectional. Data collection tools used for this study were questionnaires and data analyzed with Chi-Square. **Result:** This study shown that there is a relationship between nurse knowledge and triage implementation with p value = 0.000 and nurse attitude and triage implementation with p value = 0.116. It means that there is a relationship between knowledge of the implementation of triage and there is no relationship between the attitude of the nurse and the implementation of the triage. **Conclusion:** Knowledge and attitude affect the implementation of triage in the emergency room and it is recommended for the Hospital to be able to draw up a training and coaching schedule for Emergency nurses in triage to patients.

Keywords : Triage, Knowledge, Attitude, Emergency Room, nurses

CORRELATION OF ROOM PREPARATION WITH PATIENT BOARDING TIME IN YELLOW ZONE EMERGENCY

Maria Yulita Meo¹ Yohanes Paulus Pati Rangga²

^{1,2}Faculty of Health Sciences , Nusa Nipa University

Email:yulitameo07@gmail.com

Objective:The research objective was to analyze the relationship between room preparation and patient boarding time. **Method:** This study was analytic observation research with cross sectional approach. The number of samples of 100 respondents who met the inclusion criteria were inpatients who were in the yellow zone and willing to be research respondents with a nonprobability sampling technique. Statistical test using the Pearson product moment test. **Results:** Room preparation mean 31.07 minutes and patient boarding time average 298.09 minutes. There was a relationship between room preparation and boarding time (p = 0.000). **Conclusion:** Room preparation is related to boarding time so the need for a standard time in each health service in the emergency department in order to reduce patient boarding time.

Keywords: Room Preparation, Boarding Time, Patient, Emergency Unit

MATERNITY NURSING

EXPLICATING FACTORS AFFECTING PRENATAL HEALTH AMONG SELECTED PREGNANT MOTHERS THROUGH CONJOINT ANALYSIS

Christian Jay S. Orte^{1 2}, Aristotle M. Parico¹, Juliet Del Fin¹, Princess Michelle R. Manganti¹,
Xelete Diandra A. Destura¹, Rosa N. Palacio¹, & Trisha Marie E. Aquino¹

¹-College of Nursing, Systems Plus College Foundation, Angeles City, Philippines

²Email: jay_serafica19@yahoo.com

Objective : The study aimed to explicate the factors affecting prenatal health among selected pregnant mothers in the City of Mabalacat, Pampanga which is grounded to this central question: *“What are the specific indicators that mainly affect the prenatal health among pregnant mothers?”*. **Method:** It employed a conjoint analysis using card sort approach involving 150 pregnant mothers situated from the three (3) Rural Health Units (RHUs) of Mabalacat City, Pampanga, Philippines recruited via purposive sampling technique [(1) 15-49 years of age, (2) pregnant mothers regardless of their trimester, (3) either literate or illiterate and (4) willing to participate]. **Results :** Results showed that Health Promotion and Awareness (0.543), Doctors (1.177), and Culture (0.353) directly affect the prenatal health among pregnant mothers based on the preferences sorted by the respondents. **Conclusions:** It is imperative that healthcare providers should have reinforcements and be pristine in their care management.

Keywords: Prenatal Health, Prenatal Barriers, Prenatal Influence, Prenatal Information, Conjoint Analysis

RELATIONSHIP OF CONSUMPTION HABITS CONTAINING IRON FOODS AND PREVALENCE OF ANEMIA AMONG PREGNANT WOMEN

Lufthiani¹, Nunung F. Sitepu², Siti Zahara Nasution³, Cholina T Siregar⁴, Reni Asmara Ariga⁵, Ikhsanuddin A. Harahap⁶, Ety Afrida⁷

^{1,2,3,4,5,6,7}Faculty of Nursing, Universitas Sumatera Utara

Email : lufthiani@usu.ac.id

Objective: This study was to determine the relationship between the habit of consuming foods containing iron and the incidence of anemia in pregnant women. **Method:** Descriptive research design with a cross sectional correlation. The sample used as respondents was 30 pregnant women using the total sampling technique and using the Spearman correlation test. The research instrument consisted of demographic data and questionnaires. **Result:** This study showed that the habit of consuming foods containing iron in the high category was 23.3%, the moderate category was 76.7%, while the incidence of anemia in pregnant women was 33.3% and those who were not anemia were 66.7%. The results showed that there was a relationship between the habit of consuming foods containing iron and the incidence of anemia in pregnant women with a value ($p = 0.000$). **Conclusion:** Pregnant women who consume iron according to their needs can minimize the incidence of anemia.

Keywords: Habits of Consuming Iron Foods, Anemia, Pregnant

BARRIERS RELATED TO UTILIZATION OF PRENATAL HEALTH SERVICE

Carlo Bryan C. Borrico¹,

Assistant Professor, Angeles University Foundation, Angeles city, Pampanga, Philippines¹

Objective: The purpose of this study is to explicate barriers related to utilization of prenatal care. This study involved the responses of one hundred ten (110) women in selected barangay in the city of Angeles city, Pampanga.. Purposive sampling was employed to select respondents of the study. The participants based on criteria that are established by the researchers. The inclusion criteria were as follows: (1) 18-49 years of age, (2) pregnant mothers regardless of their trimester, and (3) willing to participate. **Method:** The study utilized descriptive design to determine the most common barriers related to utilization of prenatal health among women in selected barangay in the city of Angeles city, Pampanga. The Statistical Package for Social Science (SPSS) version 21 used. Frequency distribution used to present the distribution of the participant's socioeconomic profile. Data summarized using descriptive statistics; frequencies and percentage calculated. **Results:** Most of the participants reported lack of awareness/ knowledge the need for further check up (90%), lack of time (88%), financial barriers (65%), travel time (45%), and poor transportation (44%). Moreover, the highest odds of inadequate prenatal care were associated with barriers in the categories of negative healthcare provider attitude (10%), unavailability or lack of health professionals (15%), and social and cultural barrier (18%). **Conclusions:** The results of this study point to a need to enhance service delivery by finding ways to make prenatal care more accessible and convenient for inner-city women while minimizing the barriers that study participants identified.

Keyword: Breastfeeding Knowledge, Breastfeeding Self-efficacy, Pregnant mother

SELF EFFICACY OF PREGNANT WOMEN IN AREAS AFFECTED BY COVID 19

Sri Wahyuni¹, Tutik Rahayu²

^{1,2}Faculty of Nursing, Universitas Islam Sultan Agung Semarang
Email : wahyuni@unissula.ac.id

Objective: Self Efficacy is an important factor that plays a role in dealing with stress during pregnancy, especially during the Covid 19 pandemic era. This study aims to determine the Self Efficacy of pregnant women during the Covid 19 pandemic period. **Method:** This is a type of quantitative research with a cross sectional design. The number of research subjects was 99 taken from the entire population or total sampling. Data were collected using the General Self-Efficacy Scale and analyzed by logistic regression. **Results:** The results of this study were obtained. 80.8% of respondents have poor self-efficacy. Pregnant women education is related to self-efficacy with p value 0.002 and has the opportunity to increase self efficacy with OR value of 28.016. **Conclusions:** pregnant women with high levels of education have the potential to have good Self Efficacy 28,016 times.

Key Words: Self Efficacy, Pregnant Women, Covid 19

THE IMPACT OF LASERATION TYPES AND COOL GEL APPLICATIONS ON PERINEUM WOUND PAIN WITH VAGINAL DELIVERY

Bina Melvia Girsang¹, Eqlima Elfira², Nur Afi Darti³

^{1,3}Departemen Keperawatan Maternitas dan Anak, Universitas Sumatera Utara

²Departemen Keperawatan Medikal Bedah dan ,Universitas Sumatera Utara

Email: binamelvia@usu.ac.id

Objective: This study aims to determine the effect of cold gel application and the types of episiotomy laceration perineal wound pain response of postpartum mothers with normal delivery. **Method:** Cold gel and several types of episiotomy were applied to the perineal of 31 postpartum mothers at home in the work area of Pantai Cermin, by using purposive sampling technique. Measurement of pain response was carried out using a numeric rating scale. Wilcoxon and Kruskal Wallis statistical test were carried out to analyze the effects on pain response. **Results:** The analysis showed that there was a difference in the mean score of perineal wound pain after being given cool gel application ($p = 0.000$), and there was no difference in the perineal wound pain score based on the type of episiotomy laceration ($p > 0.005$). **Conclusions:** It is important to teach health workers as a self-care method that can be done at home by postpartum mothers.

Keywords: episiotomy, laceration, pain, perineal

THE EFFECTIVENESS OF RATU'S MODEL TOWARDS CHANGES IN ADAPTATION BEHAVIOR RESPONSE IN PERINATAL PERIOD

Ratu Kusuma¹, Budi Anna Keliat², Yati Afiyanti³, Evi Martha⁴, Mila Triana Sari⁵

^{1,5}Departement of Nursing, Baiturrahim School of Health

^{2,3,4}Faculty of Nursing, Universitas Indonesia

Email : ratukusuma1975@gmail.com

Objectives: The purpose of this study is to determine effectiveness of Ratu's Model on changes of adaptation behavior response from pregnancy to postpartum. **Method:** A quasi experiment pre-post test with control group, consecutive sampling, 54 pairs of pregnant women in control group and 54 pairs in intervention group in 4 sub-districts of Riau Province in 2016. The application of model was carried out through the education provided in 3 face to face meetings, 3 monitoring, and 3 times of measurement, up to the postpartum period. Measuring the effectiveness of the model is done through posttest. Analysis used was a GLM-RM. **Result:** A significant relationship between the application of the Ratu's Model with an increased response to adaptation behavior during pregnancy and postpartum with a value of $p=0.000$. **Conclusion:** The application of the Ratu's Model is effective to increase the adaptation behavior response during the perinatal period.

Keywords: Ratu's model, Adaptation behavior response, Perinatal period

A QUALITATIVE STUDY OF PREGNANT ADOLESCENT'S ROLE DURING THE TRANSITION TIME TO BE A MOTHER

Erika¹

¹Faculty of Nursing, Universitas Riau, Indonesia

E-mail: erika@lecturer.unri.ac.id

Objective: This study aims to: (1) explore the views and experiences of pregnant adolescent in perform role during pregnancy; and (2) inform the domains appear in pregnant adolescent in perform maternal role during pregnancy *in real situation*. **Methods:** The study was framed by concept of maternal role from Rubin. This enabled us to find the real phenomena of ability of pregnant adolescent to perform role in Riau Province, Indonesia. The participants were pregnant adolescent in first or second pregnancy. Data gained by semi-structured and in-depth interview. **Results:** This study have seven domains included: 1) happy with the pregnancy, 2) frequency to check the pregnancy by antenatal care, 3) mother should taking care her pregnancy, 4) the hope to get healthy baby, 5) mother should able to do many thing during pregnancy as her responsibility to be a mother, 6) food taboo and cultural belief, and 7) love the baby very much.

Keywords: maternal role, pregnant adolescent, transition time

PAIN AND PAIN INTERFERENCE IN BREAST CANCER PATIENT

Ikhsanuddin Ahmad Harahap¹, Ervina Uli Hutahae², Cholina Trisa Siregar³,
Siti Zahara Nasution⁴, Reni Asmara Ariga⁵, Dudut Tanjung⁶, , Lufthiani Anwar⁷

^{1,2,3,4,5,6,7} Faculty of Nursing, University of Sumatera Utara

Email: Ikhsanuddin.Ahmad@gmail.com

Objective: This study aims to explore pain intensity and pain interference and to analyze the relationship between them in breast cancer patients. **Method:** This descriptive correlation study involved 38 breast cancer patients with pain who were undergoing outpatient treatment at the surgical oncology clinic of Haji Adam Malik Hospital. Data on pain intensity was collected using Pain Numerical Rating Scales (PNRS), while pain interference data was collected using the Brief Pain Inventory (BPI). The test-retest reliability coefficients for pain interference found ranged from 0.81 to 0.93. The Spearman test was used to examine the relationship between pain intensity and pain interference. **Results:** almost half of the respondents (44.7%) reported mild pain (M=4.53; SD=2.39; min-max=1-9). Pain interference was reported by almost half of respondents (44.7%) at the mild pain interference (M=4.30; SD=2.69; min-max=0.3-10). Based on the pain interference sub-scale, it was found that mood (M = 4.21; SD = 3.21) was the sub-scales that reported being the most disturbed and the relationship with other sub-scales was the least disturbed (M=2.47; SD=2.97). Using crosstabulation, it was found that respondents who reported mild pain also reported mild pain interference. There was a significant positive relationship between pain intensity and pain interference ($r=0.866$; $p=0.000$). **Conclusion:** This study proves that the more severe the pain is complained of, the more severe the pain interference is felt, and vice versa.

Keywords: pain intensity, pain interference, breast cancer

THE EFFECTIVENESS OF THE COMPANION PROGRAM FOR BREASTFEEDING MOTHERS BY *POSYANDU* CADRES ON THE DURATION OF EXCLUSIVE BREASTFEEDING IN SUBURBAN AREAS OF PEKANBARU CITY

¹Widia Lestari, ²Widyawati

¹Faculty of Nursing, Universitas Riau

²School of medicine, public health and nursing, University of Gadjah Mada
Email: widia_1996@yahoo.com

Objective: Knowing the effectiveness of the breastfeeding companion program by *posyandu* cadres for the duration of exclusive breastfeeding. **Method:** This study used a quasi-experimental non-equivalent with control group design. The research subjects were postpartum mothers who were breastfeeding. The sample in the experimental group consisted of 32 respondents and the control group was 30 respondents. Assistance is carried throughout home visits for two months and one month during visits to *posyandu*. The experimental group was given breastfeeding assistance by *posyandu* cadres. **Result:** The highest duration of exclusive breastfeeding in the experimental group was at 24 weeks by 71.88%, while in the control group the duration of 24 weeks of breastfeeding was 6.67%. Mann Whitney test results showed that there was a significant difference between the duration of breastfeeding in the experimental group and the control group with $p\text{-value} < 0.05$. **Conclusions:** The breastfeeding companion program by *posyandu* cadres is effective in increasing the duration of exclusive breastfeeding.

Keywords: Breastfeeding, companion program, *posyandu* cadres

HEALTH AWARENESS IN ANEMIC PREGNANT WOMEN: A CONCEPT ANALYSIS

Erika

¹Faculty of Nursing, Universitas Riau, Indonesia
E-mail: erika@lecturer.unri.ac.id

Objective: The aim of this paper was to expand the understanding of the concept of health awareness in pregnant women. **Methods:** Data were collected from multiple data bases include ProQuest, CINAHL, PubMed, Science direct, and from online dictionary. All articles in English language and limited found from 1995 to 2018. **Results:** The critical attributes of the concept health awareness are including: 1) the interest of the child, 2) the interest of the mother; and 3) expectations from the social environment. The antecedents of health awareness are including: 1) women characteristic (age, ethnicity, and attitude), 2) personal factors (knowledge and education), and 3) family factors (support from husband and family members). **Conclusion:** Defining this concept provides a basis for nurses and other health professional to better understand health awareness in anemic pregnant women, therefore effective strategic plans or programs for promoting productive roles among pregnant women can be developed further.

Keywords: Health awareness, pregnant woman, concept analysis

FACTORS ASSOCIATED WITH PARENTAL WILLINGNESS OF HUMAN PAPILLOMAVIRUS VACCINATION FOR ADOLESCENTS

Wiwin Lismidiati¹, Agata Niken Cahyaningrum², Ika Parmawati³

^{1,3} Departement Pediatrics and Maternity Nursing, Faculty of Medicine, Public Health and Nursing, Universitas Gadjah Mada

² School of Nursing, Universitas Gadjah Mada
Email : wiwien_lismidati@ugm.ac.id

Objective: Cervical cancer can be prevented effectively by practicing human papillomavirus vaccine. Prophylactic HPV are available, but the uptake is remain low in Indonesia. Parental willingness of HPV vaccines will be important for their success. This study aimed to determine parental willingness of HPV vaccines and to identify independent predictors associated with HPV vaccine willingness by parents. **Methods:** A cross sectional-study conducted from October-November 2018. Two hundred and eighty-six parents at junior high school completed questionnaire documenting knowledge, belief and parental willingness. **Results:** More than half of parents are willing to vaccinate their children (66,8%). Half of parents have good knowledge (50,8%) and belief (50,2%). There is relationship between knowledge and parental willingness ($p=0.016$), as well as belief and parental willingness to vaccinate HPV ($p=0.006$). Regression logistics found that parental belief is predictive factor in parental willingness to vaccinate HPV (95% CI: 379; OR: 0.185–0.776). **Conclusion:** Most of factors influenced their willingness were modifiable, such knowledge and having positive beliefs toward vaccines.

Keywords : belief, human papillomavirus, knowledge, parents, vaccination, willingness

EARLY DETECTION OF ANEMIA IN PREGNANCY BY “HELILI” METHOD FOR STUNTING PREVENTION

Sri Utami¹, Erika²

^{1,2} Faculty of Nursing, Universitas Riau, Pekanbaru, Indonesia
E-mail: t4m1_psik@yahoo.co.id

Objective: The purpose of study is Early Detection of Anemia in Pregnancy By “HELILI” Method For Stunting Prevention. **Method:** This method of research is observational analytics research with cross sectional survey design. The research was conducted in the working area of Rumbai Pesisir Public Health Center with sample of 40 respondents with total sampling technique. **Result:** The results showed that pregnant women with mild anemia are 25%, pregnant women with waist and pelvic circumference (Waist and Hip ratio) < 80 cm by 45%, pregnant women with a normal Body Time Index of 54%, pregnant women with LILA (Upper Arm Circumference) < 23.5 ie 10%, and pregnant women with a height of < 145 cm by 20% . **Conclusion:** pregnant women who detected anemia described a low waist and hip ratio, which can result in a less normal upper arm circumference (LILA). The state of anemia in pregnant women also affects the absence of less than normal height.

Keywords: Anemia, HELILI, Pregnant Women, Stunting

**PRENATAL MASSAGE THERAPY AS AN INTERVENTION
TO REDUCE ANXIETY IN PRIMIGRAVIDA PREGNANT WOMEN**

Apriza¹, Erlinawati², Dewi Anggriani Harahap³

^{1,2,3}School of Nursing, University of Pahlawan Tuanku Tambusai

Email: Apriza@universitaspahlawan.ac.id

Objective: The purpose of this study was to determine the effectiveness of Prenatal Massage Therapy in reducing the anxiety of primigravida pregnant women. **Method:** Quasy experiment with one group pretest-posttest design. Participants were 10 pregnant women. Data was collected by assessing the anxiety level of pregnant women using the HARS anxiety measurement tool. **Results:** results showed that the average anxiety level of pregnant women before massage therapy was 2.40 and the average level of anxiety for pregnant women after massage therapy was 1.10. The average difference between the anxiety of primigravida pregnant women before and after massage therapy was 1.30 with a standard deviation of 0.483. The statistical test results obtained a p-value of 0.000. There is a significant difference in the average between primigravida pregnant women anxiety before and after giving massage therapy **Conclusions:** Massage therapy is recommended as an intervention to decrease anxiety to pregnant women.

Keywords: Massage therapy, anxiety, primigravida pregnancy

PEDIATRIC NURSING

THE CORRELATION BETWEEN DIET DIVERSITY AND TODDLER'S NUTRITIONAL STATUS

Ganis Indriati¹, Yufitriana Amir², Yulia Irvani Dewi³

^{1, 2, 3} Faculty of Nursing, Universitas Riau
Email : g.indri@yahoo.com

Objective: this study aims to determine the correlation between diet diversity and nutritional status of toddler. **Method:** this research used descriptive correlation study with cross sectional approach. The sample of this research was mothers who have toddler with total of 78 respondents. Data collection used diet diversity questionnaire to assess food diversity and anthropometrics for toddler's nutritional status. Data analysed using the Somers'd correlation test. **Results:** the study found that most respondent was 17 – 25 years (98,7%), senior high school for education (58,4%) and as a housewife (71,4%). Toddler of respondents mostly female (53,2%) aged 12 – 24 months (57,1%). Food diversity that consumed by toddler was more than 6 food group, so it classified high category by diet diversity tools for 73 toddlers. Toddler's nutritional status were good category by antropometrics (84,4%). The result of data analysed using Somers'd correlation test obtained p value 0.162 with alpha 0.05, which mean there is no correlation between diet diversity and toddler's nutritional status. **Conclusion:** In this study, diet diversity is not associated with nutritional status of toddler.

Keywords: diet diversity, nutritional status, toddler.

FACTORS RELATED TO THE EVENT OF WORMATION IN SCHOOL AGE CHILDREN

Dewi Setia Ningsih.D

STIKes Tengku Maharatu Pekanbaru Indonesia
Email : dewi2014setia@gmail.com

Objective: Infectious diseases in Indonesia are one of the diseases that are still high in number, especially those related to poor sanitary conditions. One of the infectious diseases is worm infection. Indonesia is a country with a low socio-economic level, knowledge, environmental sanitation and community hygiene conditions and a tropical climate so it is very possible for infection and transmission of Soil Transmitted Helminths (STH) worms. The purpose of this study was to determine the factors associated with the incidence of worms in school age children. **Method:** The research design used is quantitative by using a cross sectional design using a questionnaire. This study has a sample size of 81 people. **Results :** Obtained nail hygiene with worms incidence (p value 0.036), playing habits with worms incidence (p value 0.041), hand washing habits with worms incidence (p value 0.028). The conclusion : is that nail hygiene has a relationship with the incidence of worms, the habit of playing is related to the incidence of worms and the habit of washing hands has a relationship with the incidence of worms It is hoped that students can maintain their health by taking care of their nails, being able to use footwear while playing, and being able to wash their hands after and before activities.

Key words: worms, school age children

THE EFFECT OF FAMILY EMPOWERMENT ON KNOWLEDGE, ATTITUDE, AND PRACTICE TO PREVENT STUNTING AMONG CHILDREN UNDER FIVE YEARS

Ayudiah Uprianingsih¹, Nurul Jannah²

^{1,2}Lecturer of nursing study program, Stikes Yahya Bima
Email: Ayudiahners09@gmail.com

Objective: This study aimed to analyze the effect of family empowerment intervention on knowledge, attitude, and practice to prevent stunting among children under five years. **Method:** This quasi-experimental study was done with two groups design. About 96 families were divided into intervention and control groups. The sample used in this study was cluster random sampling technique. Data were collected through a questionnaire. Analysis data was statistical test of Wilcoxon signed rank and the Mann Whitney test. **Results :** Statistical tests Wilcoxon signed rank test indicated the difference of pre-post of knowledge, attitude and practice ($p = 0.001$) in the treatment group, whereas there was no significant difference in the control group. There were differences in knowledge, attitude and practice between groups at post test results ($p = 0.001$). **Conclusion:** the application of family empowerment effective in improving knowledge, attitude and practice to prevent stunting among children under five years.

Keywords: Family, empowerment , prevent, stunting, children under five years.

THE CORRELATION OF FAMILY'S ROLE FUNCTION WITH STUNTING FOR CHILDREN IN SECANGGANG HEALTH CENTER, LANGKAT DISTRICT MEDAN INDONESIA.

Siti Saidah Nasution¹, Bina Mellvia²

^{1,2} Faculty of Nursing, Universitas Sumatera Utara
Email: siti.saidah@usu.ac.id

Objective: The purpose of this study was to identify correlation of family's role functions with stunting among children. **Method:** This research was a descriptive study. The sample was consisted of 136 mothers who have children and toddlers with simple random sampling. Data collection used a demographic data, family function and health status questionnaire. Univariate analysis was used to know the demographic data of respondents. Bivariate analysis with the Chi-square statistical test was used to find the correlation of family's role functions with stunting among children. **Results:** The results showed that there was correlation between family's role function and stunting health status $p=0.00$ ($P < 0.05$). **Conclusions:** Parents have important role to prevent stunting and create gold generation with concern on children's nutrition.

Keyword: Family, Stunting, Children, Toddlers, Nutrition

EDUCATIVE BASED INTERVENTION ON FEEDING PRACTICE IN MOTHERS OF STUNTING CHILDREN 6-24 MONTHS OLD

Maria Susana Ine Nona Ringgi¹, Yosephina M. H. Keytimu²

^{1,2}Nursing Faculty of Nusa Nipa University
Email: mariainenona@gmail.com

Objective: The purpose of this study was to analyze the effect of educational-based intervention on maternal PASI feeding practices in an effort to improve the nutrition of stunting children in Paga Village, Paga District, Sikka Regency. **Method:** The research method used is quasi experimental research design with a one group pre-test post-test without control design. The effectiveness of the treatment was assessed by comparing the pre-test and post-test scores. Sampling technique is using total sampling with total sample is 45 respondents. The instrument in this research is using by feeding practice quisionnaire. The intervention given after pre-test during two weeks and then given post-test. The analysis using by paired sample t-test. **Results:** The results obtained t value $-5.223 > t \text{ table } -1.680$ with sig 0.000 which is less than the limit of 0.05 research error means that there is a strong influence between the provision of educational-based interventions on feeding practice PASI in mothers. The result showed the changed behavior of the mother's PASI feeding practice become better by fulfill 12 point of feeding practice PASI. **Conclusions:** This intervention can be an alternative in overcoming the problem of stunting in children under five in Sikka Regency, especially the Paga Village area.

Keywords: Educative Based Intervention, Feeding Practice

THE EFFECT OF ONION COMPRESS ON THE DECREASE-CHILDREN'S FEVER TEMPERATURE

Anita Syarifah

STIKes Tengku Maharatu, Pekanbaru. Indonesia
Email: anita_syarifah85@yahoo.co.id

Objective: This research aimed to find out the effect of shallot compress on the decrease in the temperature of children's fever in Simpang Baru Health Center Pekanbaru. **Method:** This type of research was quantitative using quasi design experiments. The population in this study was children's fever with a sample of 15 people and purposive sampling. The measuring instrument used was an observation sheet. Analysis was univariate and bivariate. **Result:** The body temperature of children's fever before the compress of shallots average was 38.6° Celsius, and after the compress of shallots, the average temperature was 36.3° Celsius. The results of bivariate analysis obtained there was the effect of shallot compress on the decrease in the temperature of Children's fevern in Simpang Baru Health Center Pekanbaru with $p\text{-value} = 0.001 < 0.05$. **Conclusion:** Compress shallots can lower the temperature of child fever, so it is advisable for health care providers to improve services, especially in the field of child care to lower the temperature of a children's fever.

Keywords: Compress, Shallots, Fever, Children

PARENTS ROLE FOR MONITORING THE CHILDREN'S GROWTH AND DEVELOPMENT

Lufthiani¹, Evi Karota², Cholina T Siregar⁴, Reni Asmara Ariga⁵, Siti Zahara Nasution³,
Dudut Tanjung⁶, Annisyah Wardani⁷

^{1,2,3,4,5,6,7}Faculty of Nursing, Universitas Sumatera Utara
Email: lufthiani@usu.ac.id

Objective: To determine the parents' role for monitoring the children's growth and development. **Method:** this study used a descriptive design, to determine parents' role and monitor children's growth and development. The sample of this research is mothers who have children aged 3-5 years, totaling 45 respondents with purposive sampling method. The research instrument consisted of demographic data, a questionnaire on the parents' role and a child development observation. **Result:** The study showed that the parents' role on children's growth and development was in the high category (82.2%) and the low category (17.7%) and the monitoring of child's growth and development was in the good category (97,8%) and less good (2%). **Conclusion:** Parents in their role are very much needed in monitoring the physical, mental, social development of children, as well as monitoring the health of their children's growth dan development on regular basis.

Keywords: Parents Role, Growth and Development Monitoring, Children

PROBLEMS AND CARE OF CHILDREN WITH CANCER: AN INTEGRATIVE REVIEW

Itsna Luthfi Kholisa¹, Fitri Haryanti²

^{1,2}Department of Pediatric and Maternity Nursing, School of Nursing,
Faculty of Medicine, Public Health and Nursing, UGM
E-mail: itsna.kholisa@ugm.ac.id

Objective: To investigate the current evidence on nursing care for children with cancer. **Method:** An integrative review of the literature through ProQuest, MEDLINE and CINAHL databases carried out in August and September 2020. Searching criteria included full articles, published in English which covered the topic of problems and care of children of under 18 years with cancer, and published between 2015-August 2020. Search terms included: children, cancer, malignancy, oncology, nursing assessment, nursing diagnosis, nursing care, care plans, and quality of life (QoL). **Results:** We analysed 20 articles out of 548 records (11 quantitative, 9 qualitative). Among these, 12 studies reported problems, 8 reported care. Pain was the most frequent problem, followed by digestive problems, fatigue, anxiety, sleep disturbances, depression, and decreased QoL. Parental problems included family process changes and threat of loss. Nursing care priority is palliative care provision. This was incorporated with communication, information delivery and family involvement. **Conclusions:** Nurse responsibilities in caring for children with cancer and their families should include problems recognition through appropriate palliative care implementation.

Keywords: childhood cancer, nursing care, pediatric nursing, cancer care, palliative care

ANIMATED VIDEO OF SIX STEPS HAND'S WASHING WITH SOAP IMPROVE GOOD PRACTICE – EFFECT ON HEALTHY LIVING HABITS FOR CHILDREN WITH SPECIAL NEEDS

Rina Mariyana¹, Cory Febrina²

^{1,2}Lecturer of Nursing Department, Faculty of Health, Fort De Kock University, Bukittinggi,
Indonesia

¹E-mail : rinamariyana@fdk.ac.id; cfebrina6@gmail.com

Objective: This study was to find out the effectiveness of the animated video about handwashing with soap for improve good practice and effect on healthy living habits for children with special needs. **Method:** The type of this research was quasy experiment with one group approach pre and post-test design. Populations of this study were children with special needs in Bukittinggi, Indonesia. Using purposive sampling technique, 15 children were chosen as samples. The data was analyzed by using t-test. **Results:** This study showed the mean of handwashing aplication before and after were different (before was 3.82 and after was 5.05) with p-value = 0.000. In the six steps of hand washing, children with special needs experience difficulties at stages 2,3,4, 5, often forgetting and sometimes going back to the previous step. **Conclusions:** This study showed that watching animation video is effective for improve good practice of children in six steps hand's washing with soap.

Keywords: Hands Hygiene, Healthty Lifestyle, Animation video

PERSPECTIVE OF CHILDREN OF CHRONIC KIDNEY DISEASE TOWARDS THE QUALITY OF LIFE AT RSUP H. ADAM MALIK

Nur Asnah Sitohang ¹, Nur Asiah ², Riris Agustina Sinaga³

^{1,2}School of Nursing, Universitas Sumatera Utara, Medan, Indonesia

³ Student at School of Nursing, Universitas Sumatera Utara, Medan, Indonesia

E-mail: sitohangnurasnah@gmail.com

Objective: This study attempts to describe that the quality of life of children with chronic kidney failure. **Method:** The research design used was descriptive. The sampling technique is total sampling. The number of samples was 32 respondents. The location of the research was in H. Adam Malik General Hospital Medan The research instrument was the Pediatric Quality of Life InventoryTM (PedsQL). The data analysis used was univariate. The data collection technique was by using interview. **Results:** In the domain of physical function, what children often experienced was fatigue (34.4%). The emotional function domain of children almost always has sleep problems (9.4%). The domain of social function shows that children often have difficulty doing things their peers can do and have difficulty playing with them (15.6%). The domain of school functions, almost always children do not attend school because the schedule has to go to a doctor or to the hospital (25.0%). **Conclusion:** From the analysis, it can be concluded that the quality of life of children with chronic kidney failure is good 37.5% and not good 62.5%. The priority domains of the function that experience problems are physical (42%) and emotional (40%).

Keyword :Children, Quality of Life, Chronic Kidney Disease

THE COMPARISON OF LATE INFANCY SLEEP PROBLEMS

Riri Novayelinda¹, Widia Lestari², Hellena Deli³, Mellysa Rosalina⁴, Oswati Hasanah⁵

^{1,2,3,4,5} Faculty of Nursing, Universitas Riau

The sleep pattern during the latter infancy has been developed. However, the number of the sleep problems also arises for this period of time. Objective : This study aims to compare the sleep problems among 6-12 months old infants in Pekanbaru. Method : This study was approved by the ethic committee of the School of Nursing, University of Riau. The sample of this study was 148 of 6-12 months old infants that has been chosen by using the accidental sampling. The data were collected by using the online questionnaire which consists of 6 questions adapted from BISQ. The data was analysed by using Mann Whitney test. Results : There were 64 infants were assigned into 6-9 months group while 84 infants were assign into 10-12 months. This study found that there was a significant differences in children behavior during the night waking between two groups (p value 0.022). Conclusion: The 10-12 months old infants have a signifiants behaviour problem when they woke up at night than younger infants. Therefore this study suggests that the parents need to develop the different strategy to manage the infant during their waking period at night.

Keywords : Sleep problems, late infancy, BISQ

VERBAL THERAPY COMMUNICATION PATTERN TO FOCUS AUTHORIZE CHILDREN IN AUTIS SERVICE CENTER RIAU PEKANBARU IN 2020

Putri Wulandini^{1*}, Saniya², Roni Saputra³, Sutri Mardia⁴

^{*1,2,3,4} Diploma III Nursing Department, Abdurrab University.

Email: ¹putri.wulandini@univrab.ac.id, ²Saniya@univrab.ac.id, ³roni.saputra@univrab.ac.id, ⁴sutra_mardia@univrab.ac.id

Objective: The purpose of this research is to find "Verbal Communication Pattern of Therapy for Focusing Autistic Children in Autism Service Center (PLA) of Riau Province". Method: This study uses a qualitative method with a phenomenological approach, which is to see from the experience of the therapist in communicating to focus on autistic children. The subjects of this study were therapists at the Autism Service Center (PLA) of Riau Province in Pekanbaru, Data Collection techniques using snowball sampling. Result: during the research in depth interviews were conducted with the therapist, obtained from 8 informants can be concluded that the way to start communicating with an autistic child is to call his name, look at his face, and eye contact between a therapist, and a child. Response from children when invited to communicate. Conclusios: From the research results, it was found that the therapist uses interpersonal communication techniques so that autistic children can focus on the therapist, the instructions must be clear, make eye contact, give praise, and must follow the child's mood rhythm.

Keywords : Autism, Communication Patterns, PLA

COMMUNITY AND MENTAL HEALTH NURSING

DETECTION OF MUSCLE STRENGTH WITH PROGRESSIVE MUSCLE RELAXATION EXERCISES BASED ARDUINO UNO ON THE ELDERLY IN INDONESIA

Eqlima Elfira¹, Bina Melvia Girsang²

^{1,2} School of Nursing, University Sumatera Utara
Email: eqlima.elfira@usu.ac.id

Objective: Identify the muscle strength detection signal with progressive muscle relaxation based on Arduino Uno on the elderly. Method: This study used an experimental method with one intervention group on 39 respondents with an age range over 45 years. Analysis of the data in this study using demographic data and observation sheets based on Arduino UNO connected to a smartphone. Results: The results obtained from this study were 21 male respondents (53.8%) and 18 female respondents (46.2%) who received Arduino UNO-based progressive muscle relaxation training intervention with 30 treatments every day. This exercise is routinely given to productive elderly as many as 21 respondents (53.8%) and unproductive activities as many as 18 respondents (46.2%). Conclusions: Detection of muscle strength with progressive muscle relaxation based on Arduino UNO can be identified with a sensor value of 5.0 / 1023.0 volts.

Keywords: detection, muscle strength, progressive muscle relaxation, exercises, elderly, Arduino UNO

UNDERSTANDING THE LIVED EXPERIENCES OF SPCF NURSING STUDENTS IN CARING OF GERIATRIC CLIENTS: A DESCRIPTIVE- PHENOMENOLOGICAL STUDY

Christian Jay S. Orte^{1 3}, Jackilou G. Angeles¹, Jinia T. Canlapan¹, Jennalyn J. Ramos¹,
Leandro M. Viray¹ & Jestoni Maniago²

¹-College of Nursing, Systems Plus College Foundation, Angeles City, Philippines

²-College of Applied Medical Sciences, Majmaah Univeristy, KSA

³-Email: jay_serafica19@yahoo.com

Objective: The study aimed to explore, analyze and reflect on the lived experiences of nursing students in caring of geriatric clients. Method: Descriptive-phenomenological method was employed with 5 participants captured via convenience sampling with experience in caring of geriatric clients. Semi-structured *aide memoire* was utilized and Collaizzi's phenomenological inquiry was utilized in analyzing the data. Results: Results uncovered 4 themes namely: A) Building the wall of boldness and guts; B) Building the revolving doors of clinical application; C) Building the windows of verboseness; and D) Building the fence of positivity. Conclusion: It revealed that they execute their care for these older clients because it is not about the grades, rather, it is more on the calling and responsibility, which is Nursing.

Keywords: geriatric clients, nursing students, descriptive-phenomenological study, Collaizi's Method

THE EFFECT OF FAMILY TASK TOWARDS BLOOD PRESSURE OF THE ELDERLY WITH HYPERTENSION

Mursidah Dewi¹, Netha Damayantie², Nur Insani³

¹²³Nursing Department, Jambi Health Polytechnic of Health Ministry, Indonesia

Email : mursidah.dewi@yahoo.co.id

Objective: The aim of this study was to analyze the effect of family task towards blood pressure of the elderly with Hypertension. **Method:** The study was conducted by Cross-Sectional design with Proportional Sampling in Public Health Center, Eighty participants participated in this study. **Results:** The study found there was correlation between health tasks with blood pressure of the elderly using bivariate Analysis with chi-square test ($p < 0,000$). Using Multivariate Analysis with Logistic Regression test, the ability of family caregiver to take care of the elderly is one of the family task which most contribute on the blood pressure of the elderly (exp (B) 12.497; p 0,049). **Conclusions:** Family health task was importantly performed by families to care for the elderly with hypertension. Family caregiver involvement in caring to the elderly with hypertension is needed to manage the blood pressure of the elderly.

Keywords: Family health task, Elderly, Blood pressure, Hypertension

THE EFFECT OF SPIRITUAL COUNSELING ON INCREASED ELDERLY SPIRITUALITY

Herlina¹, Agrina¹

¹Faculty of Nursing, Universitas Riau

Email: herlina@lecturer.unri.ac.id

Objective: Spiritual aspects being be an important part of the life of the elderly. The research objective was to assess the effectiveness of spiritual counseling an elderly spirituality. **Method:** The research design used was a quasi-experiment to 34 elderly that divided 2 groups in nursing home, Pekanbaru. The form of a questionnaire that was taken before and after the spiritual counseling intervention. The data analysis used was the Wilcoxon analysis and the Mann Whitney U-Test. **Results:** the study result showed that there was an increase in spirituality in the experimental group and this study also found that spiritual counseling was an effective method in increasing the spirituality of the elderly with a p-value 0.04. **Conclusions:** It is important to adopt spiritual counseling for the elderly to increase elderly spirituality.

Keywords: Spirituality, spiritual counseling, Elderly in Nursing Home

SOCIODEMOGRAPHIC CHARACTERISTICS OF ELDERLY WITH HYPERTENSION AND COGNITIVE FUNCTIONS

Reni Zulfitri¹, Ari Pristiana Dewi², Didi Kurniawan³

^{1,2,3}Faculty of Nursing, Universitas Riau
Email: renz_emi@yahoo.com, reni.zulfitri@gmail.com

Purpose: This study aims to determine the correlation between the sociodemographic characteristics of the elderly with hypertension to cognitive function. **Methods:** This is a descriptive correlational study that was conducted in Pekanbaru City. This study involved 86 elders with hypertension that were recruited using a purposive sampling technique. Data on sociodemographic characteristics of the elderly with hypertension were obtained by using questionnaires and cognitive function data were obtained by using MMSE (Mini-Mental Status Examination). **Results:** The Chi-square test showed a significant relationship between gender, educational level, marital status, employment status with the cognitive function of the elders (p-value < 0.05). **Conclusions:** The condition of the cognitive function of the elderly can be influenced by the sociodemographic characteristics of the elderly, such as gender, education, employment status, and marital status.

Keywords: sociodemographic characteristics, elderly with hypertension, cognitive function

THE INFLUENCE OF THE USE OF THE CONNECTING WATER CLOSET MODEL IN ELDERLY

Haryadi¹, Rian Yuliyana², Artia Diarina³

^{1,2,3} Poltekkes Kemenkes Tanjungpinang

Objective: This study was done to clarify the influence of the use of the connecting water closet model in elderly. **Method:** The study method was used Research and Development with a pre-experiment approach one group pretest and posttest design. The study population were 43 elderly who lived in Rumah Bahagia Bintan, at the Embung Fatimah Retirement Home and Anugrah Retirement Home. The sampling technique was used total sampling. **Result:** The results of the study were the most respondents weight was less (30-36kg) with a percentage of 93%, Most respondent's height is less tall (<158 cm) as much as 79% and the dominant knee height is Short less than 35 cm as much as 46.5%. The squat closet height from the floor is 12.9 cm. The results of the connecting water closet design model are 38.6 cm wide and 48 cm long.. With a minimum capacity of 48 kg and the length of the connecting model from the first water closet design (squat) are 23 cm. The results of this study showed that the influence of the use of the connecting water closet model in elderly (p-value 0.003). **Conclusions:** This study are expected to be a reference/framework/basis in making safety connecting water closet design that is safe, comfortable and easy to clean for the elderly in the future.

Keyword: elderly, model connecting water closet

FAMILY'S RESILIENCE IN CAREGIVING OLDER ADULTS WITH DEMENTIA: A SYSTEMATIC REVIEW

Anung Ahadi Pradana¹, Rohayati¹

Community Nursing Department, STIKes Mitra Keluarga, Depok, West Java.

Email: ahadianung@gmail.com

Objective: Dementia patients have complex needs that may become a burden to those who caregiving them. They are treated at home by family members due to financial limitations and lack of support from health services. Therefore, the measurement of self-resilience in caregivers needs special attention from professionals. **Method:** This study used a systematic review method from 4 databases consisting of the CINAHL, ProQuest, PubMed, and Google Scholar between 2015-2020, 17 articles were considered to meet the inclusion criteria. **Results:** Caregiver of Older adults with dementia has a tendency to experience burdens that affect the quality of care performed. The level of resilience that caregivers have can help reduce the level of burden they experience and improve their quality of life. **Conclusions:** Social support and formal support by health workers for caregivers has a significant positive effect in increasing the level of resilience of caregivers.

Keywords: Caregiver, Dementia, Family, Resilience.

THE EFFECT OF GARLIC ON BLOOD PRESSURE IN HYPERTENSION ELDERLY

Awaluddin

Sekolah Tinggi Ilmu Kesehatan Tengku Maharatu, Pekanbaru, Riau, Indonesia

Email : awaluddinhasan@yahoo.com

Objective: The purpose of this study was to determine the effect of garlic steeping on blood pressure in elderly hypertension. **Method:** The population of this study was elderly hypertension such as 30 people. The sampling technique used purposive sampling with 23 respondents. The research design used was a quasi-experiment with one group pre-test post-test design. Data collection tools are sphygmomanometer and observation pre and post-intervention. Data were analyzed by a paired T-test. **Result:** This study obtained an average systolic blood pressure before being given garlic steeping is 152.48 mm Hg and diastole 93.39 mm Hg. The average systolic blood pressure after garlic steeping was 132.48 mm Hg and diastole 81.48 mm Hg. **Conclusion:** There was an influence of the consumption of garlic steeping in reducing blood pressure in hypertensive patients. It is expected that the cadres and elderly hypertension can apply garlic brewing for hypertension with consumption every morning after breakfast for 7 consecutive days.

Keywords: Elderly, Garlic, Hypertension

EFFECTIVENESS OF DIABETES SELF-MANAGEMENT EDUCATION TO THE FAMILY'S ABILITY TO HYPOGLYCEMIA DETECTION

Netha Damayantie¹, Mursidah Dewi², Cek Masnah³

^{1,2,3} Jurusan Keperawatan Politeknik Kesehatan Jambi

Email : nethafauzi1996@gmail.com

Objective : Diabetes Self-Management Education (DSME) used to guidance, counseling, and behavioral intervention to improve knowledge about diabetes and improve individual and family skills in managing DM's disease. Method : Research using Quasi Experimental design. The samples 31 interventions and 31 control group with the dissemination phase, competency enhancement, implementation and evaluation. Data collection using questionnaires. Analysis using the T dependent test. Results : There is a difference in the average of family's ability to detect episodes of (p value = 0.0001). There is a difference in effectiveness between the experimental group and the control group in enhancing the family's ability to detect episodes of Hypoglycemia (p value = 0.014). Conclusions : Puskesmas can make DSME family-based as a superior health program for disease management for diabetesi. DSME can be adopted as a model of health education in Nursing School. Further research, will conduct by mixed method and more samples.

Keywords: DSME, Hypoglycemia

MANAGEMENT OF TUBERCULOSIS AT BATAAN DISTRICT JAIL, PHILIPPINES: BASIS FOR PROGRAM ENHANCEMENT

Ruby S. Matibag¹ , Christian Jay S. Orte²

¹Bataan Peninsula State University, Balanga City, Bataan, Philippines

²Systems Plus College Foundation, Angeles City, Philippines

Email: ruby.matibag@yahoo.com, jay_serafica19@yahoo.com

Objective: This study was conducted to assess the extent of incidence and prevalence of tuberculosis among the inmates of Bataan District Jail in Bataan, Philippines. Method: It employed a descriptive-survey design with a total of 300 respondents both female and male inmates recruited via purposive sampling technique. A self-made non-standardized survey questionnaire served as study tool focusing on the extent of occurrence and prevalence on control measures on TB ($\alpha=0.89$ overall reliability result). Descriptive mean and standard deviation were utilized for the analysis. Result: Results showed that overall mean for Self-referral and Screening at First Entry ($\bar{x}=3.08$), Active Case Finding ($\bar{x}=2.92$), and Facility Assessment ($\bar{x}=3.19$) were found satisfactory according to self-evaluation of respondents while the Treatment Adherence ($\bar{x}=3.60$) was found a very satisfactory result. Conclusions: It was found out that TB control implementation were not fully effective as perceived by inmates since satisfactory results appear on majority of the variables.

Keywords: Tuberculosis, TB management, TB control, inmates, descriptive-survey

MENTAL HEALTH PROBLEM RESOLUTION MODEL ON COLLEGE STUDENTS : A LITERATURE REVIEW

Fathra Annis Nauli¹, Sri Wahyuni², Ririn Muthia Zukhra³

^{1,2,3} Faculty of Nursing, Universitas Riau
Email: fathranauli@yahoo.com

Objective: The aim of this study was to examine the literature, articles and research documents that identify models for solving mental health problems that occur in college students. **Method:** A literature review searched five electronic databases (Scopus, PubMed Science Direct, CINAHL and Springer Link) for previous studies used a *Randomised Controlled Trial, Quasy Experiment and Studi Kohort Prospektif* design published between 2016-2020. The prisma checklist guided this review, title, abstract, full-text and methodology were assessed for the eligibility of the studies. Data and narrative analysis of study findings was performed. **Results:** Based on the 14 articles reviewed, it was found that 13 (92.86%) using the student mental health problem solving model were carried out online through the web (57.14%) and (28.58%) online-based therapy and 1 research article used an offline model with counseling method. **Conclusions:** Based on the results of the article, it was stated that the model for solving mental health problems in college students can be done by online methods, through the web and therapeutic interventions and offline methods with counseling.

Keywords: Resolution Model, mental health problem, college students

ANXIETY AMONG NURSING STUDENTS DURING THE COVID-19 PANDEMIC: A WEB-BASED CROSS-SECTIONAL SURVEY

Ririn Muthia Zukhra¹, Fathra Annis Nauli¹, Alfian Konadi²

^{1,2} Faculty of Nursing, Universitas Riau
Email: ririnmuthiazukhra@lecturer.unri.ac.id

Objective: the objective of this study was to assess levels of anxiety and ways of coping among nursing students in The School of Nursing University of Riau during the COVID-19 Outbreak. **Method:** this study was conducted among 247 students through the web-based cross-sectional survey. **Results:** the prevalence of mild, moderate and severe anxiety was 30%, 4.9% and 0.4%. Many students experienced anxiety when doing activities outside home, didn't use personal protection equipment (PPE), even had thoughts of worrying about being infected if they have a cough, fever, or sore throat. The top three ways of coping to reduce student's anxiety such as implemented healthy lifestyle behaviors (46.56%), just stay at home and doing activities together with family (44.94%), and also doing positive activities (22.67%). **Conclusions:** the school should give attention to the mental health of students by providing psychological support to reduce student's anxiety.

Keywords: Anxiety, Coronavirus disease 2019, Covid-19, Nursing students, Pandemic

CLINICAL TEACHING IMPLEMENTATION FOR NURSING PROFESSION FROM NURSING STUDENTS' PERSPECTIVE

Veny Elita¹, Riri Novayelinda²

^{1,2} Faculty of Nursing, Universitas Riau
email: e_lita78@yahoo.co.id

Objective: The purpose of this study was to determine the perceptions of UNRI Faculty of Nursing students about the implementation of clinical practice profession. **Method:** This research was conducted with a descriptive approach. The questionnaire used was adapted from the Clinical Learning Environment, Supervision and Nurse Teacher evaluation scale. Data were collected among 49 nursing students from Faculty of Nursing, University of Riau, which consist of 27 students who just finished their clinical practice in Pediatric Nursing and 22 students in Psychiatric nursing. Data analysis was performed using univariate analysis. **Results:** The results of this study indicate that the majority of respondents have positive perception about the clinical practice with the highest scored is on clinical competency achievement for both nursing areas. **Conclusion:** It is suggested to faculty leaders to coordinate with practice field leaders in order to improve the clinical learning environment for nursing students.

Keywords: clinical practice, nursing profession, nursing students, perspective

BREASTFEEDING SELF EFFICACY AMONG POST SECTIO CAESARIAN MOTHERS IN RIAU, INDONESIA

Agrina¹, Erika¹, Jumaini¹, Sakiah Pitriana¹,Awaliyah Ulfah²

¹Faculty of Nursing, Universitas Riau
² STIKES Pekanbaru Medical Center
Email: agrina@lecturer.unri.ac.id

Objective: This study aimed to analyze the self-efficacy of breastfeeding mothers in post-operative (sectio caesarian) in Riau Province. **Method:** The study design was descriptive with 100 mothers in 40 days post sectio caesarian (SC) as samples in this study with purposive sampling technique during 2 months online recruitment. Breastfeeding self-efficacy short form (SBE-SF) with 14 question items which has been valid and reliable used as questionnaires. The data were analyzed by univariate analysis. **Results:** Most of respondents were in early adulthood age, 80 mothers (80.0%), 63 mothers (63.0%) was as a housewife and 47 respondents (47.0%) in high education level. Moreover, 50 mothers (50.0%) had provided only mother breast milk and a total of 31 mothers (31.0%) had high breastfeeding self-efficacy level with a mean of 33.0 (SD ± 17.21). Moreover, 65 breastfeeding mothers (65%) did not feel confident while breastfeed their babies at any time and 54 mothers (54%) cannot accept the fact that breastfeeding is quite time consuming. **Conclusions :** breastfeeding self efficacy in mother post SC was low category. It is important to breastfeeding assistance efforts regularly in order to increase the self-efficacy of post-operative breastfeeding mothers that can effect to continue the exclusive breastfeeding until the age of 6 months.

Keywords: self efficacy, post sectio caesarean, breastfeeding mother

STUDY OF KNOWLEDGE, ATTITUDES AND PUBLIC PERCEPTIONS OF BEHAVIOR TO PREVENT COVID 19

Nunung Febriany Sitepu, Siti Zahara Nasution, Asrizal, Ikhsanuddin A. Harahap

Email: nunung.febriany.sitepu@usu.ac.id

Objective: The current Coronavirus (COVID-19) pandemic has impacted and changed lives on a global scale since its emergence and spread from China in late 2019. It has caused millions of infections, and thousands of deaths worldwide. However, the control of this pandemic still remains unachievable in many countries including in Medan Sunggal (Indonesia) despite the application of some strict preventive and control measures. Therefore, this study assessed the knowledge, attitude, and perceptions of Medan Sunggal (Indonesia) towards the COVID-19 pandemic. **Methods:** this a descriptive study involved 25 respondents in community Medan Sunggal July 2020. Data were collected using knowledge, attitude, and perception questionnaire. **Results:** 25% has a good knowledge, a attitude, and a perception about COVID 19. **Conclusion:** The Indonesian community had good knowledge, attitude, and perception of COVID 19 so it can be strongly supports the use of such a disaster mitigation strategy in controlling the COVID-19 pandemic in Indonesia.

Keywords: knowledge, attitude, public perception, covid 19

A QUALITATIVE STUDY OF FACTORS INFLUENCING ADOLESCENT SMOKING BEHAVIOR

Wiwin Haryati, Junaiti Sahar, Etty Rekawati, Besral

Email : wiwinharyaty@gmail.com

Objective: Smoking behaviour in adolescents increases from year to year. This is presumably because it is related to the interaction of adolescents with an unhealthy environment. They like to hang out with peers and enjoy trying new things, even if they have a bad impact. This study aims to determine the factors that influence adolescents to try smoking behaviour. This study used a qualitative approach at junior high school, from January to February 2020. A total of 16 students (12 smokers and 4 non-smokers) were selected as participants. Collecting data through interviews, documentation, and field observations. **Method:** The data analysis used is qualitative research analysis. **Result:** The results showed that the trial of adolescent smoking behaviour had begun since elementary school. The reason adolescents smoke is because of their peers, who persuade them to hang out while smoking. This is done after school at the coffee shop. **Conclusion:** Adolescents need support from peers and parents to control their smoking behaviour.

Keywords: qualitative study, smoking behaviour, adolescent, peers

THE EFFECT OF PSYCHOEDUCATION ENRICHMENT ON FAMILY ABILITY TO HELP CONTROL HALLUCINATIONS IN PEOPLE WITH SCHIZOPHRENIA

Daryanto¹, Ary Irfan², Mila Triana Sari³

¹Department of Nursing, Ministry of Health Jambi Poltekes, Indonesia

²Department of Health Promotion, Ministry of Health, Health Polytechnic of Jambi

³Departement of Nursing, Baiturrahim School of Health, Indonesia

Objective : Family-based psychoeducation interventions for hallucinations from people with schizophrenia have not been implemented in a structured manner. Family psychoeducation researches have not been specifically addressed to auditory hallucination nursing. This study aims to determine the effect of Psychoeducation Enrichment on Family Ability to Help Control Hallucinations in People with Schizophrenia. **Method :** The research design used pre-experimental with pretest and post test design. The total of 1343 families of schizophrenia patients with auditory hallucinations in Mentally Hospital of Jambi were selected using inclusion criterias such as 18 – 65 years old, they have much more time and usually take care of patient in their home, and they should not be illiterated. As much 30 families of them were recruited with simple random techniques. They has been touch and practiced how to controll auditory hallucinatiion with module in 90-120 minutes sesion in two weeks periode. Data were analyzed using the dependent t test. **Results:** There was an effected of family psychoeducation enrichment interventions on knowledge (PV 0.000 < α 0.05), family attitudes (PV 0.010 < α 0.05), family skills (PV 0.000 < α 0.00) in helping to control auditory hallucinations of people with schizophrenia. **Conclusion:** Family psychoeducation enrichment intervention has been affected on family ability to control auditory hallucinations. A Module could be used to help the family how to control auditory hallucinations in people with schizophrenia.

Keywords: Psychoeducation enrichment, auditory hallucinations, family abilities. Schizophrenia.

THE RELATIONSHIP OF KNOWLEDGE AND FAMILY ATTITUDE WITH STROKE PATIENT CARE PARTICIPATION

Muhammad Irwan

STIKes Tengku Maharatu Pekanbaru, Indonesia

Email: muhammadirwan615@yahoo.com

Objective: This research aims is to find out the relationship of knowledge and family attitudes with the participation of stroke patient care. **Method:** This research uses a cross sectional approach. Research sampling technique uses accidental sampling with a sample families accompanying patients in hospital care of 30 people. Data collection tool in this research using questionnaires that have been done validity and reability tests. **Result:** From the results of the Statistical Test family knowledge with the participation in stroke patient care obtained a value of $p=0.03$ which means it is smaller than $\alpha=0.05$. It means there is a meaningful relationship between family knowledge and the participation in stroke patient care. From the results of the Statistical Test family attitudes with the participation in stroke patient care obtained a value of $p=0.01$ which means it is smaller than $\alpha=0.05$. **Conclusion:** The relationship between family knowledge and attitudes and the participation in stroke patient care

Keywords : Knowledge, Attitude, Stroke

THE PREVENTIVE CYBER BULLYING IN EARLY ADOLESCENTS

Dian Octavia¹, Rian Maylina Sari², Rian Yuliyana³

^{1,2}Faculty of Nursing, School of Health Sciences, Harapan Ibu Jambi, Indonesia

³Faculty of Nursing, School of Health Polytechnic of Ministry of Health, Tanjung Pinang, Indonesia

Email: dianoctavia18@yahoo.com

Objective : The purpose of this study was to indentify correlation between Parental communication patterns, moral engagement, and self-esteem with cyber bullying behavior in junior high school. **Method :** A cross-sectional study was performed with 362 junior high school students at Jambi City, Indonesia in 2020. Data were collected with The Rosenberg Self-Esteem Scale, The cyberbullying behavior scale, The moral disengagement scale and the family communication pattern scale. Bivariate analysis with chi-square was used to analyze the data. **Results :** The result of this study found there were 213 students (58,8%) were girls, the age of the students was 14 years (31.7%). There were 179 students (52.2%) had mild cyber bullying behavior. The study found there is no correlation between cyberbullying behavior with the parental communication pattern ($r=0.947; p>0.05$). There is correlation between moral engagement ($r=0.001; p<0.05$) and self-esteem ($r=0.001; p<0.05$) with cyberbullying behavior. **Conclusions :** It is expected that the school needs to implement a training to improve social skills in junior high school students.

Keywords: cyberbullying, early adolescents, junior high school

ATTITUDES AND BELIEFS OF COMMUNITY HEALTH NURSES ABOUT THEIR WORK IN PUBLIC PRIMARY HEALTH CARE SETTING

Febriana Sabrian¹, Reni Zulfitri², Agrina³

^{1,2,3}Faculty of Nursing, Universitas Riau
Email: fsabrian2@gmail.com

Objective: This study aimed to identify the characteristics of Community Health Nurses (CHNs) in public primary health care (*Puskesmas*) setting and to describe their attitudes and beliefs regarding their work. **Methods:** A self-administered survey questionnaire was distributed to 124 randomly chosen CHNs from 21 *Puskesmas* in Pekanbaru city. Quantitative data analysis techniques were adopted to interpret the findings. **Results:** About 93% of the respondents were female with the average age of 36.6 years. Slightly more than 66% of the nurses held a diploma degree as their highest level of nursing education, and half of the respondents have worked for 6-10 years in *Puskesmas*. Approximately 34% of the respondents reported not being assigned any community health programmes in *Puskesmas*. Although almost 76% of respondents were satisfied with their current job, 25% of the nurses from the male group and 28.5% of respondents who hold at least a bachelor degree in nursing indicated dissatisfaction. About 14% of non-permanent employee and 14.3% of nurses who were not in charge of any community health programmes suggested they were not making a difference in the health of the community. Some of the nurses from these two groups also indicated having less chance in career promotion, being insufficiently rewarded and not being involved in decision making. **Conclusions:** Most of the respondents had positive attitudes and beliefs towards their job. However, nurses who were non-permanent employee and those who were not responsible for any community health programmes felt less favourably regarding their work.

Keywords: attitudes, beliefs, community health, nursing

COPING STRATEGY OF ADOLESCENT WITH HIV/AIDS QUALITATIVE STUDY FROM NURSING PERSPECTIVE

Mila Triana Sari¹, Daryanto², Ratu Kusuma³, Tendri Pratama⁴

^{1,3,4}School of Nursing, Baiturrahim Institute of Health Science

²Department of Nursing, Ministry of Health Jambi Poltekkes, Indonesia

Email : Milatrianasari73@gmail.com

Objective : Adolescent is a period of transition from childhood to adulthood. The impact experienced by Adolescent with HIV / AIDS is the risk of developing other diseases due to a weakened immune system, and psychological impacts. Adolescent with HIV AIDS tend to use more than one type of coping, because Adolescent are still looking for appropriate coping strategies. This study aims to identify and find the meaning of coping strategies used by adolescents with HIV AIDS. **Method :** The design of this study used a qualitative method with a phenomenological approach, with 8 participants using in-depth interview and observation techniques. Data were analyzed using Colaizzi's method. **Results :** showed that the coping strategies used by adolescents were playful problem solving and positive appraisal. **Conclusion :** The Coping strategies which created a positive meaning for the conditions that occurred, and tried to stay enthusiastic, in order to achieve a better health condition.

Keywords: Experience, Adolescent, HIV / AIDS, Coping Strategy

ATTITUDE AND INTEREST TOWARDS THE INTERNET AMONG PEOPLE WITH SCHIZOPHRENIA

Halimah Wenny Yulina Astuti¹, Murti Agustin¹, Estin Yulastuti¹, Sri Padma Sari¹, Diyan Yuli Wijayanti¹, Widodo Sarjana²

¹Department of Nursing, Faculty of Medicine, Diponegoro University, Indonesia

²Department of Psychiatry, Faculty of Medicine, Diponegoro University, Indonesia

Email: sripadmasari@fk.undip.ac.id

Objective: This study intended to investigate the attitudes and interests of the internet and analyze the factors that correlate with efficacy and interest among people with schizophrenia. **Method:** The respondents were recruited through random sampling with a total of 90 patients from a psychiatric hospital in Central Java. The data were collected through a demographic questionnaire and the Attitudes Toward Computers/Internet Questionnaire (ATC/IQ) and were analyzed using the Independent t-test. **Results:** The respondents show a neutral (undecided) level of efficacy and interest (*mean*=3.07-3.67). **Conclusions:** There was a significant difference score of efficacy and interest towards the internet among people with schizophrenia, and several demographic factors were influencing it. Therefore, further study is needed to investigate a larger sample size and the different gender for a better understanding of the attitudes and interest in using computers/internet among this population.

Keywords: Attitude, interest, internet, schizophrenia, mental illness

SPIRITUALITY OF MUSLIM WIVES IN ACCEPTING THEIR HUSBAND'S HIV-POSITIVE

Yeni L.N. Agnes* ^{1,2}, Praneed Songwathana²

¹Faculty of Health Sciences, University of Kediri, Kediri, Indonesia

²Faculty of Nursing, Prince of Songkla University, Hatyai, Thailand

Email : novita.agnes@unik-kediri.ac.id

Objective: The purpose of this research was for understanding about spiritual perspective among Muslim wives in accepting their Husband's HIV-Positive in Indonesia. **Method:** This study used a qualitative study with 15 wives who has Husband with HIV. The interviewed was run 2-4 times, and around spent 50 -90 minutes for each interview. Data were analysis simultaneously using a constant comparison method. **Results:** 4 categories were articulated, including: 1) meaning of being a Muslim wife to husband with HIV-positive; 2) believing in destiny (*nasib/taqdeer*); 3) accepting husband's illness with sincere (*ikhlas*); and, 4) feeling secure from HIV because of Allah's will. However, those experiences of married Muslim wives often overlapping and dynamic depending on gender power relations, cultural values and family roles. **Conclusions:** The result of study could be used in developing specific strategies to reduce the transmission of HIV/AIDS.

Keywords: Muslim wives, spirituality, husband, HIV-positive

MENTAL HEALTH PROBLEMS AMONG COLLEGE STUDENTS IN INDONESIA

Sri Wahyuni¹, Fathra Anis Nauli¹, Jumaini¹

¹Faculty of Nursing, Universitas Riau

Email: sri.wahyuni@lecturer.unri.ac.id

Objective: This research was aimed to identify mental health problems among college students in Indonesia. **Method:** This cross sectional study included 393 college students that were chosen randomly from 10 faculties of a University in Indonesia. Self-Reporting Questionnaire-29 and Self-Harm Behavior Questionnaire were used to examine the mental health problems. The data were analyzed using descriptive statistics. **Results:** Findings identified 221 college students having mental health problems. Anxiety and depression (86.9%) were the most of mental health problem among students, followed by post-traumatic stress disorder (64.7%), using psychoactive substances (42.5%), and psychotic disorder (1.8%). Furthermore, 21.4% of 393 college students experienced self-injury behavior for releasing their mental health problems. **Conclusions:** Results identified potential mental issues among college students that was not considering by the students itself.

Keywords: Mental health problems, college students, Indonesia

STRENGTHENING THE PSYCHOLOGICAL WELL-BEING OF FEMALE INDONESIAN BREAST CANCER THROUGH RELIGIOUS-BASED CARING PROGRAM

¹Maria Komariah, ²Urai Hatthakit, ³Nongnut Boonyoung, ⁴Erika, ⁵Laili Rahayuwati,
⁶Francisca Sri Susilaningsih

^{1,5,6} Faculty of Nursing, Universitas Padjadjaran, Bandung, Indonesia

^{2,3} Faculty of Nursing Prince of Songkla University, Thailand

⁴ Faculty of Nursing, Universitas Riau, Indonesia

Email: maria.komariah@gmail.com

Objective: The aim of this study was to investigate the effect of a religious-based caring program on the psychological well-being (PWB) of the Indonesian female with breast cancer. **Method:** The study was quasi-experimental with pre- and post-test control group design on 120 out clinic patients in the chemotherapy unit on hospital, Bandung, Indonesia, in 2018. The data were collected by the Psychological Well-Being Scale (Ryff's Scale) and a demographic questionnaire. The participants completed the questionnaires before and after the intervention. The participants of the experimental group followed the program for three weeks. Statistical analysis was performed using descriptive statistics and independent t-test. **Results:** The results showed a significant increase in the mean scores of psychological well-being in the experimental group after the intervention ($p = .000$). **Conclusion:** These findings indicate that the religious-based caring program could enhance psychological well-being. Thus, the program could be implemented as a complementary intervention for strengthening Indonesian female's psychological well-being with breast cancer.

Keyword: female; breast cancer; religious; caring: psychological well-being

FAMILY CAREGIVER'S LIFE CHANGING EVENTS IN CARING PATIENTS WITH CANCER IN A PRIVATE HOSPITAL IN BATAM

Siska Natalia ¹, Ulia Fuanida²

^{1,2} Prodi Keperawatan, STIKes Awal Bros Batam

Email : siska.nats@gmail.com

Objective : Patients' with cancer and their families experience altered life situations when receiving palliative care. The family members need to adaptable with new roles as caregivers. It was verbally reported that they suffered from physical dan emotional adjustments related to the patients' disease and treatment. The aim of this study was to explore the experience of family caregivers' life changing events when took care their family member with cancer. **Methods :** A qualitative study was conducted with a phenomenological approach. Data were collected by semi structured interviews with 10 participants according to the inclusion criteria. Data were transcribed and analyzed with descriptive coding, and coded to extract themes. **Results :** The results of the study were obtained three themes: challenge in caregiving, the art of adaptation, and sense of gratitude. **Conclusions :** The conclusions from the study addressed the need of family caregivers' support within life transition during crisis moments to deal with the caring process

Keywords: cancer, family caregiver, life changing events

THE REASONS FOR A FAMILY TO SHACKLE A FAMILY MEMBER WITH MENTAL ILLNESS: A CASE STUDY

Dewi Kurnia Putri¹, Lia Lisdawati², Erna Marni³

¹Nursing Bachelor Program School of Health Science, Hang Tuah Pekanbaru

Email : ns.putri88@gmail.com

Objective : This study explored more thoroughly the reasons for families to shackle people with mental illness. **Methods:** This study used a single case study method. This study involved four informants. The informants consisted of two family members as caregivers, health workers from the health center who assisted, and neighbors who knew where the case subject was in shackled obtained through purposive sampling. The subject of this study was a man, 41 years old. The subject has experienced shackling for five years, with the condition of being shackled in brackets in a room equipped with a mattress and bathroom, the door to the room is made of a trellis, for food and drink provided by the family through the door of his room. The client can carry out daily activities such as bathing and eating. **Results :** The results showed that the reasons for the family doing shackling for people with mental illness were because of the patient's maladaptive emotional changes, the patient's deviant behavior, and history of withdrawal from drugs. **Conclusions:** Hence, there is still a lack of family support in caring for people with mental illness. It is expected that health workers will increase psychoeducation to families regarding how to care for family members with mental health problems.

Keywords: case study, shackling, mental illness, family

THOUGHT STOPPING THERAPY TO ANXIETY LEVEL ON COVID-19 PANDEMIC ERA

Shinta Dewi Kasih Bratha¹, Imron Rosyadi², Dewi Eka Putri³

¹STIKes TengkuMaharatu, Pekanbaru. Indonesia

^{2,3}Andalas University, Padang. Indonesia

Email: shintadkb@gmail.com

Objective: This study aimed to look at the effect of thought stopping therapy to anxiety level in the covid-19 pandemic era. **Method:** The research design used was quasi experiments intervention and control group used Covid-19 Peritraumatic Distress Index (CPDI) to pre-test and post test. The population in this study was people who experienced anxiety caused by Covid-19 in Pekanbaru city with a total of 32 control groups and 32 interventions with inclusion criterias sampel: (1) Located in Pekanbaru area; (2) Willing to be a respondent; (3) not in panic attacks; (4) Not taking anti-depressant drugs and anxiety. **Result:** There was a difference in anxiety levels between the intervention and control groups (p value= 0.000). **Conclusion:** Thought Stopping could be used as one method in lowering anxiety during the Covid-19 pandemic.

Keyword : Covid-19, Thought Stopping Therapy, Anxiety

THE CORRELATION BETWEEN THE PERCEPTION ON PARENTING STYLE AND ADOLESCENTS' AGGRESSIVE BEHAVIOR

Martina Desri Nurafisa¹, Raja Fitriana Lestari², Agnita Utami³

^{1,2,3}School of Nursing, University of STIKes Hang Tuah Pekanbaru, Indonesia
E-mail: rajafitrinalestari@htp.ac.id.

Objective: To find out the relationship between the perception of parenting style toward adolescents' aggressive behavior. **Methodology:** A quantitative research with *Cross Sectional Design*. The population was the students of X and XI Class of State Senior High School '10' Pekanbaru, sample was 168 students using *Cluster Sampling*, and questionnaire as the instrument. The data analysis used Chi square test. **Result:** Showed that authoritarian parenting style was 20 respondents with very high aggressive behavior of 13 (65,0%), the permissive style was 31 respondents with high aggressive behavior of 21 (67,7%), the democratic style was 100 respondents with medium aggressive behavior of 45 (45%), The correlation result was P value <0.001, means that there was a correlation. **Conclusion:** The expected that the school's stakeholders can monitor the development of students' behavior, the parents should provide consistent to overcome adolescents' behavior problems.

Keywords: Aggressive Behavior, Parenting Style, Adolescents

EFFECT OF TIME MANAGEMENT, MOTIVATION AND SELF-EFFICACY ON LEARNING ACHIEVEMENT NURSING STUDENTS

Reni Asmara Ariga¹, Siti Zahara Nasution², Cholina Trisa Siregar³, Lufthiani⁴, Fajar Amanah Ariga⁵, Ikhsanuddin Ahmad Harahap⁶, Selviani Ariga⁷, Sri Budi Astuti⁸

^{1,2,3,4,5,6}School of Nursing, University of North Sumatra
^{7,8}School of Public Health, Medan Indonesia
Email: reni.asmara.ariga@usu.ac.id

Objective: Identify influence of time management, motivation and self-efficacy on learning achievement of nursing students at USU. **Methods:** Quantitative, analytical descriptive method, from January-August 2020 at Faculty of Nursing. Population 179 with total sampling, used google form contain time management, motivation, self-efficacy and learning achievement questionnaire. Validity 0.79, reability 0.87. Analyzed with chi-square statistic $\alpha=0.05$. Approval from USU Nursing Health Research Ethics Commission and informed consent from each respondent. **Result:** Good time management 107 (59.5%), bad time management 72 (40.5%). High intrinsic motivation 177 (99.05%), medium 2 (0.95%). High extrinsic 148 (82.86%), medium 31 (17.14%). High self-efficacy 32 (18%), medium 147 (82%), no low self-efficacy. Achievement: very satisfied 60 (33.3%), satisfied 102 (57.1%), less 17 (9.6%). Correlation between management, self-efficacy on learning achievement ($p=0.0001$) and correlation between intrinsic, extrinsic motivation on learning achievement ($p=0.466$), ($p=0.085$). **Conclusion:** Time management and self-efficacy had influence learning achievement, while motivation had no effect learning achievement.

Keywords: Time Management, Motivation, Self Efficacy, Learning Achievement, Students

BETWEEN OTHER AGRICULTURAL ACTIVITIES AND DISEASES EXPERIENCED BY MOTHERS

Siti Zahara Nasution¹, Sheila Syakila Tanjung², Cholina Trisa Siregar³, Reni Asmara Ariga⁴,
Lufthiani⁵, Ikhsanuddin Ahmad Harahap⁶

^{1,2,3,4,5,6}Faculty of Nursing, North Sumatra University
Email : siti.zahara@usu.ac.id

Objective: This study aims to determine the relationship between farming activities and diseases suffered by mothers. **Method:** The research design used is descriptive correlational with a quantitative approach. The population in this study were women farming in Suka Tepu Naman Village, Teran District with a population of 200 people with a sample size of 133 people. The data collection tool uses a questionnaire. Data analysis used univariate analysis and bivariate analysis. **Results:** The results of this study used the Spearman Rank statistical test with a significant number or $p = 0.000 < (0.05)$ accepted, which means that there is a relationship between agricultural activity and the disease experienced by the mothers. **Conclusion:** This study is expected to provide information and initial steps for the community, especially mothers in carrying out agricultural activities.

Keywords: Agricultural Activities, Diseases suffered, Mother

BEHAVIOR OF MALAY FAMILIES IN FULFILLING NUTRITION WITH NUTRITIONAL STATUS OF TODDLERS

Siti Zahara Nasution¹, Sheila Syakila Tanjung², Cholina Trisa Siregar³, Reni Asmara Ariga⁴,
Lufthiani⁵, Ikhsanuddin Ahmad Harahap⁶

^{1,2,3,4,5,6}Faculty of Nursing, North Sumatra University
Email : siti.zahara@usu.ac.id

Objective: This study aims to determine the relationship between the family and the behavior of the Malay community in nutritional compliance with the nutritional status of children in the village Nenassiam, District. Batubara. **Methods:** This research design is descriptive correlational with a quantitative approach. The sample was selected by accidental sampling technique, as many 76 Malay families who have toddlers and 76 children under five in Nenassiam Village, Batubara Regency in March 2020. **Result:** Research showed that 65 (85.5%) respondents had good knowledge, 45 (59.2%) had positive attitudes, 40 (52.6%) respondents had good actions in fulfilling toddler nutrition. 42 (55.3%) subjects had the nutritional status of children under five in the normal category. **Conclusion:** It is hoped that this research, especially for Malay families, can provide optimal support in the form of behavior changes towards better toddler development.

Keywords: Toddler, Malay Family Behavior, Nutritional Status

KNOWLEDGE AND PREVENTION OF COVID-19 BY AIRCRAFT PASSENGERS IN RIAU PROVINCE

Putri Eka Sudiarti¹, Nila Kusumawati², Alini³, Lius Parna⁴

^{1,2,3,4}School of Nursing, University of Pahlawan Tuanku Tambusai

Email: putriekasugiarti@gmail.com

Objective: This study to find out the knowledge of aircraft passengers and the preventive measures taken by airplane passengers when traveling internationally during the COVID-19 period. **Method:** The study used a qualitative method with a narrative descriptive. Respondents are airplane passengers who had traveled abroad in January-March 2020. Technique sampling of this study used snowball sampling. Respondents in the study amounted to 10 people. The technique of collecting data through interviews using an audio recorder. Data analysis using thematic analysis. **Results:** There are several themes of aircraft passenger knowledge, namely definitions, signs of symptoms, transmission, and preventing COVID-19. Efforts to prevent COVID-19 carried out by aircraft passengers include using masks, hand sanitizers, doing physical distancing, and washing hands. **Conclusion:** The knowledge possessed by airplane passengers regarding COVID-19 is still less so it is hoped that the government will be more responsive in responding to COVID-19.

Keywords: knowledge, aircraft passengers, prevention efforts, COVID-19.

FAMILY EXPERIENCE IN CARING FAMILY MEMBERS WITH DIABETIC FOOT ULCER: PHENOMENOLOGICAL STUDY

Sukhri Herianto Ritonga¹, Ira Nofita Gea¹, Mei Adelina Harahap¹

¹ Universitas Aafa Royhan Padangsidempuan

email: nerssukhri88@gmail.com

Objective: The aim of this study was to determine family experiences in caring for family members with diabetic foot ulcer. **Method:** This was a qualitative study with descriptive phenomenology design. This study was conducted in Central Tapanuli Regency. The participants of this study were diabetic patients with foot ulcer. Seven participants were involved in this study with accidental sampling using the snowball method. The data was collected with in-depth interview. **Results:** The results of this study obtained 5 themes (1) Family Ability in Carrying Out Health Tasks of Family Members, (2) Family Efforts to Control Blood Sugar, (3) Treatment of Diabetic Foot Wounds, (4) Family Psychological Response During Caring, (5) Impact of Foot Wounds Treatment Diabetic in Family. **Conclusions:** Family caregiver involvement in caring to diabetic patients with foot ulcer has an important role to provide support system for patients. This study provides an understanding of the role of the family in caring for family members with diabetic foot ulcers.

Keywords: family experience, diabetic foot ulcer, caring, family members

EFFECT OF SPIRITUAL THERAPY ON THE LEVEL OF ANXIETY IN STROKE PATIENTS' FAMILIES

Falerisiska Yunere

Indonesia Perintis University, Departement Mental Health Nursing

Email : falemorin@yahoo.com

Objective: This study aims to determine the effect of spiritual therapy on anxiety in families of stroke patients in the Inpatient C Hospital of Bukittinggi National Stroke Hospital. Spirituality is a belief in its relationship with the Almighty and the Creator. Spiritual therapy according to the big Indonesian dictionary is something related to or psychiatric, spiritual, mental therapy. **Method:** This study design "pretest posttest one group design". Pretest was measured by anxiety with the HARS scale, intervention in the form of spiritual therapy was given for 15 minutes three times. Then posttest was performed by measuring anxiety again using the HARS scale. The sample of this study was 15 patients' families. **Result:** Data on the level of anxiety in the pretest group showed mean = 23.73 and posttest = 13.20. The decrease in the average value of the pretest and posttest was 10.53. In this study, the value of p value was $p < 0.000$, that there was an influence of spiritual therapy on the level of anxiety of the family of stroke patients in the Inpatient C Hospital of Bukittinggi National Stroke Hospital. **Conclusions:** Therefore, it is hoped that this spiritual therapy can be applied as a method to reduce anxiety experienced by the patient's family.

Keywords: Anxiety, HARS Scale, Spiritual Therapy

ACUPRESSURE: A PERFECT ALTERNATIVE IN REDUCING URIC ACID LEVELS IN PATIENTS WITH GOUT ARTHRITIS

¹Etri Yanti, ²Erwin, ³Honesty Diana Morika, ⁴Roza Marlinda

^{1,3,4}Stikes Syedza Saintika

²Faculty of Nursing, Universitas Riau

Email : etriyanti1972@gmail.com

Objective: The study aim is to determine the effect of acupressure on uric acid levels in gout arthritis patients. **Method:** This is a quasi-experimental study with two group posttest design. Sixteen participants are recruited, divided into 2 groups, interventions and control group. The uric acid level is measured after given acupressure. Data were analyzed using paired t-test. **Result:** The average of uric acid levels in the intervention group after given acupressure therapy in male and female were 6,675 mg/dl and 5,825 mg/dl; 7,225 mg/dl and 6,450 mg/dl in the control group. The p-value in male = 0.021 and 0.013 in female (p value $< \alpha = 0.05$). There is a significant effect of acupressure therapy on uric acid levels in patients with Gout Arthritis. **Conclusion:** Utilized acupressure affected the uric acid level in patients with Gout Arthritis. It is necessary to perform acupressure as a non-pharmacological therapy among arthritis patients.

Keywords: Acupressure, uric acid, Gout arthritis

AGGRESSIVE BEHAVIOR OF JUVENILE PRISONER IN MEDAN

Sri Eka Wahyuni¹, Wardiyah Daulay², Jenny Marlindawani Purba³,
Mahnum Lailan Nasution⁴

^{1,2,3,4}Faculty of Nursing, Universitas Sumatera Utara, Medan, Indonesia
E-mail: eka_rizky06@yahoo.co.id, wardiyah_daulay@yahoo.co.id,
Jhuan_702@hotmail.com, mahnum_lailan@yahoo.co.id

Objective: this research was to determine the aggressive behavior of juvenile prisoner in the Class I Medan Children Correctional Facility. **Method:** the research was designed as a descriptive research. The respondents were 50 prisoners in the Class I Medan Children Correctional Facility. The questionnaire used was a modification of the Aggression Questionnaire (AQ). Data analysis was carried out by frequency and percentage distribution. **Results:** The research showed that 80% juvenile prisoner in the Class I Medan Children Correctional Facility had moderate aggressive behavior (score range 49 to 96) with an average score of 59.2. **Conclusions:** The results showed that majority of juvenile prisoner in the Class I Medan Children Correctional Facility had moderate aggressive behavior. It was expected that there would be nursing interventions to aggressive behavior of prisoners into assertive behavior.

THE EFFECTIVENESS OF CELERY JUICE IN TREATING PATIENTS WITH HYPERTENSIONS (A NARRATIVE REVIEW)

Tengku Atika Rahmanisa¹, Ronaldo Liano², Syafira Intantry³, Raja Fitriana Lestari⁴

^{1,2,3,4}School of Nursing, University of STIKes Hang Tuah Pekanbaru, Indonesia
E-mail: rajafitrialestari@htp.ac.id.

Objective: The treatment for hypertension can be conducted by non-pharmacological or pharmacological. Celery (*Apium graveolus L.*) is one of the plants that can be used for non-pharmacological treatment. The reason is that it contains *apigenin*, which is a flavonoid compound from flavone class that can lower blood pressure. **Methodology:** this is a literature review study conducted by collecting secondary data from previous studies. **The results:** One of the reviews from a study from Arie, et al (2014) revealed that celery drink had the effectiveness in lowering blood pressure at best, which was for systolic blood pressure of elderly patients to become 150.70 mmHg and for diastolic blood pressure in elderly patients to become 91.00 mmHg. **Conclusion:** based on the findings, celery juice is effective in lowering hypertension; therefore it can be used as a reference to treat patients with hypertension.

Keywords: Hypertension, Celery juice, Patients with Hypertension

DEVELOPMENT OF THE FAMILY CHRONICLE FOR FAMILY NURSING ASSESSMENT

Naohiro Hohashi¹, Hanna Horiguchi¹, Mikio Watanabe¹, Yoshino Kawabata¹, Natsumi Kijima¹

¹Graduate School of Health Sciences, Kobe University, Japan
Email: naohiro@hohashi.org

Objective: The objective of this study was to develop the Chronological Table of the Plot of Family Story (PFS) as a new tool for assessment of the family chronicle, based the Concentric Sphere Family Environment Theory proposed by Hohashi. **Method:** Five researchers considered the PFS so as to enable use of the family chronicle, based on the records of family ethnography (family interviews/meetings, participant observation and others) conducted in Japan, China (Hong Kong), the Philippines and Indonesia and family case studies. **Results:** The four-page PFS consists of “a chronological table indicating the relationship and process of the plot of family story, family drama, family story, degree of family events, and condition of changes in the family (family signs/symptoms, family beliefs, family cognition/decisions/acts, etc.).” **Conclusion:** The PFS is an effective family nursing tool that can visibly indicate to what degree and in what manner the plot acts on family signs/symptoms.

Keywords: Concentric Sphere Family Environment Theory, functional indicator, family chronicle, plot, family drama, SFE/PFS

EFFECTIVENESS OF STEWED *PHALERIA MACROCARPA* TO REDUCE BLOOD SUGAR FOR DIABETES MELLITUS PATIENTS

Sumiati Sinaga¹, Chrisylen Damanik², Wahyu Dewi Sulistyorini³

^{1,2,3}School of nursing, Institute of Health Technology and Science Wiyata Husada
Samarinda, Indonesia
Email: sumiatisinaga@itkeswhs.ac.id

Objective: This study aims to analyze the effectiveness of stewed phaleria macrocarpa to reduce blood sugar in patients with diabetes mellitus type 2. **Method:** This study was a quasi-experimental study with a time series without control group, involving 20 respondents. Approach that takes action and measures blood sugar 3 times. Respondents were given the stew of the Phaleria Macrocarpa for 7 days with a dose of 6.56 grams/ day. This study analysed was Friedman test and Wilcoxon Post Hoc Results: The average score of blood sugar before intervention was 250.5 (mg/dl) and after intervention on the third day was 256.8 (mg/dl), on the seventh day after intervention was 188.5 (mg/dl). The results showed that there were differences in blood sugar levels before and after the intervention with Pvalue 0,000. **Conclusion:** Stewed Phaleria Macrocarpa to reduce blood sugar in patients with diabetes mellitus type 2 for 7 days. These results recommended that stewed of phaleria macrocarpa can be used for nursing intervention to reduce blood sugar level and must be balanced with diet and regular exercise.

Keywords: Diabetes Mellitus, Blood Sugar, Phaleria Macrocarpa

THE RELATIONSHIP BETWEEN SEX AND STROKE PREVENTION BEHAVIOR TO HYPERTENSION SUFFERER IN WORKING REGION OF JATIBARANG PUBLIC HEALTH CENTER, INDRAMAYU

Dedeh Husnaniyah¹, Titin Hidayatin², Eka Juwita Handayani³

^{1, 2, 3} School of Nursing, STIKes Indramayu
Email : d_husnaniyah@yahoo.com

Objective: One of the complications that often occurs due to hypertension is a stroke. Stroke can be prevented by positive behavior. Sex contributes to a person's behavior. The purpose of this research is to determine the relationship between sex and stroke prevention behavior in hypertension sufferer. **Method:** This research used descriptive with a cross-sectional study. Its samples were taken by doing a purposive sampling technique out of 246 respondents. Its instrument was a questionnaire and its data analysis was bivariate analysis with Chi-square test. **Results:** The results showed that 128 (52%) respondents had good behavior in preventing stroke, 118 (48%) respondents had bad behavior in preventing stroke, those number was taken from as many as 63 (25.6%) male respondents and 183 female respondents. There is a relationship between Sex and stroke prevention behavior in patients with hypertension with a *p value* = 0.001 (<0.05). **Conclusion:** There is a relationship between sex and stroke prevention behavior to hypertension sufferers.

Keywords : Hypertension, Sex, Behavior.

DESCRIPTION OF LEARNING PROCESS EVALUATION USING PAPER BASED TEST AND COMPUTER BASED TEST

Defanny Intan Aldilla¹, Wan Nishfa Dewi², Sri Utami³

^{1, 2, 3} Faculty of Nursing, Universitas Riau
Email: defannyintanaldilla@gmail.com

Objective: This study aimed to describe student learning process evaluation using paper based test and computer based test. **Method:** This study used descriptive design with cross sectional approach. This study conducted in the Faculty of Nursing Universitas Riau with 291 samples selected using total sampling techniques and with inclusion criteria. Data collected was analysed using univariate analysis. **Result:** The results of this study shown that the majority of respondents were female (90%) age average were 19 years (51,9%). The result of student learning process evaluation using paper based test and computer based test on several nursing subjects shown that the majority of respondents have result from good to very good grades range (B- to A). **Conclusion:** Evaluation process with paper based test and computer based test are equivalent in term of learning result which focused on nursing subjects. Thus, this study may inform relevant policy for faculty of nursing to optimising the use of computer based test as this method is support faculty vision.

Keywords: computer based test, evaluation method, learning achievement, paper based test, nursing student.

**FAMILY EMPOWERMENT MODELS IN FIGHTING
THE PROBLEM OF MENTAL HEALTH CHILDREN AND ADOLESCENT**

Wardiyah Daulay¹, Sri Eka Wahyuni², Diah Arruum³, Mahnum Lailan⁴

^{1,2,3,4}Fakultas Keperawatan, Universitas Sumatera Utara
E-mail: wardiyah.daulay@gmail.com

Objective: In this study, researchers tried to develop a model based on modifications and additions of existing model models. So the aim of the research is to produce a family empowerment model that can be applied operationally by family and health workers. **Method:** Research design uses action research design. Research respondents were 14 parents who had adolescent at risk of mental health problems. In the reconnaissance and reflecting stages the data was analyzed qualitatively and the acting stage will be applied to the family empowerment model. After all the actions taken are completed then proceed with observation and comparing the data before applying the empowerment model with after being applied. **Results:** The reconnaissance stage were carried out to get the theme of family behavior in overcoming mental health problems through early detection, education and participation. Planning phase is developed early mental health detection instrument, SOP, workbook. During the acting stage, assistance is provided with the family in carrying out the designed model. And to evaluate, analyzed by t dependent test and the results show an increase in family knowledge after a family empowerment model (p value 0,000; alpha 0.05). This shows that there is a significant effect between the implementation of the family empowerment model in overcoming mental health problems for children and adolescent **Conclusions:** Family empowerment models include detection of children's mental health, family education according to health problems experienced by children and participation in the care of children at risk and experiencing mental health problems.

Keywords : Family empowerment, mental health, children, adolescent

OCCURANCE OF BULLYING AMONG NURSING STUDENT DURING CLINICAL PRACTICE IN PEKANBARU, RIAU PROVINCE, INDONESIA

Eka Malfasari¹, Alfina Irinawati Cuadmaja², Rizka Febtrina³, Sri Yanti⁴, Wardah⁵, Angga Arfina⁶

^{1,2,3,4,5,6} School of Nursing, STikes Payung Negeri Pekanbaru
E-mail: eka.malfasari@payungnegeri.ac.id

Background: Bullying behavior that occurs in the educational environment such as mocking, giving a bad nickname, slandering, terrorizing and others. Bullying is one of disturbing behavior that caused mental damage for their victims. Aim of this study is to describe the occurrences of bullying in nursing students in Pekanbaru. This study was a quantitative study with descriptive method. There were 83 respondents and selected by accidental sampling. Bullying measurement using a questionnaire that was created by the researcher based on forms of bullying behavior such as verbal, physical and nonverbal forms. The validity and reliability test with 20 respondents. Bullying measurement is declared valid if $r_{\text{results}} > r_{\text{table}}$ (0.444), and is obtained ($0.894 > 0.444$). Result: It was found that the majority of respondents have bullied about 56 respondents (67.5%). Conclusion : Bullying in nursing education still happen, need further research to solve bullying in nursing school.

Keywords : Bullying; nurse; student

THE EFFECT OF KHOFANUN OIL FOOT MASSAGE ON ANXIETY OF HYPERTENSION PATIENTS AT MAINI DARUL AMAN VILLAGE TEBING TINGGI BARAT DISTRICT, MERANTI ISLANDS

Rizka Febtrina¹, Nur Syafridawati², Wardah³, Sri Yanti⁴

^{1, 2, 3, 4} School of Nursing Payung Negeri Pekanbaru
Email: rizka.febtrina@payungnegeri.ac.id

Objective: Hypertension causes physical and psychological complaints, one of which is anxiety. If anxiety is not overcome it will affect blood pressure. The research was to determine the effect of foot massage on anxiety in hypertension patients. Method: The research design used was a quasi-experimental, one group pre and post test using GAI (Geriatric Anxiety Inventory) questionnaire to measure the level of anxiety. Foot massage is given once a day for 3 days every morning. Result: The average anxiety of 30 respondents before giving foot massage khofanun oil was 8.03 and after intervention was 3.53. There is effect of foot massage on khofanun oil on anxiety in hypertension patients ($p \text{ value} = 0.000$). Conclusion: Foot massage can be used as an independent nursing intervention to reduce anxiety in hypertensive patients. Further research is needed to determine the effect of foot massage on other variables such as comfort, sleep quality.

Keywords: foot massage, anxiety, hypertension

ATTITUDE TOWARD TREATMENT AND MEDICATION ADHERENCE AMONG CHRONIC SCHIZOPHRENIA AFTER UNDERGOING CONFINEMENT

Jenny Marlindawani Purba¹, Roymond H. Simamora², Evi Karota³

^{1,2,3}School of Nursing, University of Sumatera Utara
Email: jenny_marlindawani@usu.ac.id

Objective: This study aimed to analyse the relationship between attitude toward treatment and medication adherence among persons with chronic schizophrenia after undergoing confinement. **Method:** Design of the study was correlation study. Sixty patients were recruited by consecutive sampling from community centre Sumatera Utara Province. Attitude toward treatment was identified with the Hogan Drug Attitude Inventory. Medication adherence was assessed with the Medication Adherence Rating Scale. Correlation of attitude toward treatment with medication adherence was examined by Pearson Product Moment Correlation. **Results:** Current attitudes of chronic schizophrenia persons were 65.0% negative. The percentage of low adherence to treatment was 68.3%. Attitudes strongly associated with adherence to medication ($r=0.84$; $p=0.001$). **Conclusions:** A reminding and observation family member in taking medication is benefit to successful treatment.

Keywords: attitude, medication adherence, schizophrenia, confinement

THE EFFECT OF FAVORITE MUSIC THERAPY TO REDUCE STRESS OF WOMEN PRISONERS

Idawati Manurung¹, Tutut Wulandari², Tubagus Erwin Nurdiansyah³

¹Jurusan Keperawatan, Politeknik Kesehatan Tanjung Karang, Indonesia
^{2,3} Fakultas Kesehatan Universitas Mitra Lampung
Email: manurung@poltekes-tjk.ac.id

Objective: The research objectives were to see the differences stress levels women prisoners between before and after the Favorite Music Therapy. **Method:** The research method used was quantitative research using a quasi-experimental design with a dependent test and independent-sample t-test with samples, 50 women prisoners in Women Prison in Bandar Lampung. **Results:** The results showed that there was a significant difference between stress of the prisoners before and after the favorite music therapy. There is no difference stress of the prisoners with drug cases and general criminal cases, or between new and long-held prisoners. **Conclusions:** The conclusion is the detained prisoners experience high stress during detention. The stress experienced in prison is same, boredom, life competition, and strict regulations and is no longer dependent on the type of case and length of detention.

Keywords: Stress, Women Prisoner, Favorite Music Therapy.

THE PHENOMENON OF FAMILY EMPOWERMENT IN CARING FOR PEOPLE WITH MENTAL DISORDERS

Wardiyah Daulay¹, Heru Santosa², Nurmaini³, Elmeida Effendi⁴

¹ Fakultas Keperawatan, Universitas Sumatera Utara

^{2,3} Fakultas Kesehatan Masyarakat, Universitas Sumatera Utara

⁴ Fakultas Kedokteran, Universitas Sumatera Utara

Email : wardiyahdaulay@gmail.com

Objective: Families, especially parents, are the closest people who are expected to care for people with a mental disorders. Family-focused care is the main concept in managing people with mental disorders (ODGJ), because basically ODGJ cannot be separated from them. The purpose of this study, explore the phenomenon of the application of family empowerment in people with mental disorders as a basis for developing instruments. **Method:** The type of research used Qualitative research with a phenomenological approach. Data collection techniques with in-dept interviews and analyzed with Colaizzi method. Respondents in the stage were 14 families who have family members with mental disorders, sampling technique is purposive sampling. **Result:** The results of the study found 7 themes, namely perception of mental disorders, motivation to care, family participation, withdrawal from drugs, spirituality, costs, alternative treatments. **Conclusions:** This task is the main family effort to find appropriate assistance in accordance with the health problems that befall the family. Internal family resources who are considered capable of deciding will determine the right action in overcoming health problems experienced.

Keywords: Family empowerment, Caring, Mental disorder

RELATIONSHIP OF WORK FROM HOME WITH WORK STRESS DURING SOCIAL DISTANCING IN NURSING LECTURERS

Nur Ifrina Adina¹ Yureya Nita²

^{1,2}School of Nursing, STIKes Payung Negeri Pekanbaru

Email : nurifrina62@gmail.com, rheamouse@gmail.com

Objective: This study aims to find out the correlation of work from home with working stress during social distancing on lectures of nursing program in province Riau. **Method:** This is a quantitative research with cross sectional design. There were was 86 nursing lectures in province Riau that were used as samples chosen by purposive sampling. **Results:** The result showed that 60 participants (69.7%) responded that work from home is not effective and respondents with heavy stress from working are 26 people (30.2%). **Conclusions:** The Chi-Square test showed p value $(0.002) < \alpha (0,05)$. Ho was rejected which means there are correlation between work from home with the working stress level during social distancing on nursing study program lecturers in Province Riau. The researcher suggested a workshop for lecturer on how to do the learning from home program in order to reduce the working stress during work from home.

Key word : Work From Home, Working stress

READINESS IN APPLYING NEW NORMAL AS ANTICIPATION OF COVID-19 SPREAD IN BELU REGENCY, EAST NUSA TENGGARA, BORDER OF RI-RDTL

Pius A. L. Berek¹, Christina Anugrahini¹, Kristina Faleriani Boisala², Christina Marina Meo¹,
Agustina D. Modok³, Gaudentiana Un Bria¹, Melius Mau Loko⁴, Lusianus Demon Kehi⁵,
Gaudensiana Uduk²

¹Nursing Study Program, University of Timor

²Regional General Hospital Mgr. Gabriel Manek

³Persahabatan Central General Hospital

⁴Haliwen Public Health Center, University of Timor

⁵Marianum Catholic Hospital, Highway Betun-Atambua

Email : francis_domin2012@yahoo.com

Background: The purpose of this study was to identify the readiness in implementing the new normal in anticipating deployment of Covid-19. **Methods:** This is a descriptive survey with 406 respondents who fit the inclusion criteria, including 1) willing to become respondents, 2) literate, 3) able to use google form, 4) stayed in Belu regency. **Results:** There are 72.52% of respondents showed adequate new normal behavior, 65.33% respondents agree to apply the new normal to prevent the spread of Covid-19, 7.95% disagreed, and 26.72% expressed doubt. **Conclusion:** The Belu Regency Government needs to conduct strict socialization and evaluation regarding the implementation of the new normal to reduce the spread of Covid-19 in RI-RDTL border.

Keywords: pandemic, covid-19, new normal

BREASTFEEDING MOTIVATION OF SHIFT WORKING MOTHERS

Rina Puspita Sari¹

¹School of Nursing, Health Science of Yatsi, Tangerang, Indonesia

Email: lintanglifah@gmail.com

Objective: A working mother has a dual role as a worker and caring for children including the fulfillment of breastfeeding (infants aged 0-24 months). The shift work system has the risk of fatigue and stress thus affect milk production. This study aimed to gain an overview of breastfeeding motivation of shift working mothers. **Method:** This study used qualitative research methods with a phenomenological approach. A purposive sample of eight participants was involved in the study. Data were collected through in-depth interviews at Tangerang. Data analysis used the Colaizzi's method. **Results:** The motivation for breastfeeding mothers to work shifts includes meeting the needs of the child, following the success of others, increasing the child's immune system, reducing the economic burden, and providing convenience to the mother. **Conclusion:** Mother's motivation is one of the keys to success in breastfeeding for shift working mothers. Occupational health nurses could provide nursing interventions in the form of education, counseling, and advocacy to management.

Keywords: working mothers, breastfeeding, shift

PSYCHOLOGICAL STRESS AND LONG-TERM RISK OF TYPE 2 DIABETES MELLITUS AMONG CIVIL SERVANT: A PROSPECTIVE COHORT STUDY

Aulia Putri¹, Junaidy Suparman Rustam²

^{1,2}Yarsi Health Science College, Bukittinggi, West Sumatra Indonesia

E-mail: aulia_2803@yahoo.com

Objective: To determine the association between psychological stress and risk of type 2 DM among male and female civil servants. **Methods:** A prospective cohort study was conducted in 190 participants (aged 26-45 years) of six civil department services in Bukittinggi city, West Sumatra Indonesia. Data were collected for 3 times measurements by using Depression, Anxiety, Stress Scale (DASS) and Framingham Offspring Type 2 Diabetes Risk Score (FRS). The Spearman rho was used to analyze the inferential statistic. **Results:** This study found there was a strong relationship between psychological stress and the risk of type 2 DM at baseline ($p < .05$, $RR = 0.46$). Respectively, on the 2nd and 3rd measurements also found similar p-values ($< .05$, $RR = 0.57$ dan 0.43). **Conclusion:** The evidence reflected uncontrolled psychological stress for a sufficiently long period may lead to the occurrence of type 2 DM in the future, especially on productive aged.

Keywords: Psychological stress, risk of type 2 Diabetes Mellitus, productive aged

SELF EFFICACY OF NURSING STUDENTS TO IMPLEMENT INTERPROFESSIONAL COLLABORATION IN HOSPITALS

Rika Endah Nurhidayah¹, Hari Ronaldo Tanjung², Sake Juli Martina³

¹Faculty of Nursing, Universitas Sumatera Utara

²Faculty of Pharmacy, Universitas Sumatera Utara

³Faculty of Medicine of Universitas Sumatera Utara

Email : rika_endah@usu.ac.id, harri@usu.ac.id, sake@usu.ac.id

Objective: The purpose of this research is to identify the self-efficacy of nursing students to implement Interprofessional Collaboration (IPC) in hospitals during professional education. **Method:** This research design is descriptive. The sampling technique chosen was random sampling. The sample consisted of 99 people from 132 nursing professional students. Sample count is determined by Slovin formula at 95% trust level. Data collection was carried out by distributing questionnaires via google form due to the COVID-19 pandemic situation. **Results:** The results showed that 82.8% of nursing students' self-efficacy was in a good category. This means that nursing students are ready to implement IPC when participating in a professional education program at the hospital. The remaining 17.2% percent of students' self-efficacy is in the medium category. Although there are only a few categories of students with moderate self-efficacy, it is recommended that reinforcement or motivation be provided, so that they are truly ready to carry out IPC with other professions as a solid team. **Conclusions:** Almost all nursing professional students already have high efficacy to carry out IPC during professional education in hospitals.

Keywords: self-efficacy, nursing students, IPC

VERBAL AND NON-VERBAL NURSING COMMUNICATION IN EFFORTS TO IMPROVE PUBLIC HEALTH

Mira Asmirajanti¹, Ety Nurhayati¹, Widia Sari¹

¹ Nursing Programe, Faculty of Health Sciences, Esa Unggul University

Email : miraasmirajanti@esaunggul.ac.id

Objective: To identify nurses' verbal and non-verbal communication in an effort to improve public health. **Method:** A quantitative descriptive with cross-sectional study was conducted at a community in Bandung and Jakarta Indonesia. The research sample were 118 people and insidentalaly selected who had received nursing services either in hospitals or the community and were more than 20 years old. The electronic questionnaire form was used for collecting the data. The data were analyzed using univariate dan bivariate statistic. **Results:** The univariate analysis showed that verbal communication (34.18%), non-verbal communication (19.61%) and improvement of individual health (50.12%). It was revealed a significant influence $p < 0.05$. Nurse' verbal and non-verbal communication would improve 18.582 ± 0.743 on individual health. **Conclusions:** Communication is a very important skill for nurses and the key to the success of nurses in providing health information to the public. Individual trust will increase when nurses can communicate well.

Keyword: Nurse Communication, Health Improvement, Community Knowledge

PUBLIC PERCEPTION OF COVID-19 SUFFERRERS, FAMLIES, AND CORPSE IN RIAU PROVINCE

Ari Pristiana Dewi¹, Agrina², Arneliwati³

^{1,2,3} Faculty of Nursing, Universitas Riau, Indonesia

Email: ari.pristiana@lecturer.unri.ac.id

Objective: to investigate public perception about Covid-19 Sufferers, their families, and corpse of the sufferers in Riau Province. **Method:** This study used a descriptive design. The research sample was 446 respondents who were living in Riau and 17 years old above. They were recruited using purposive sampling technique. The instrument used was a questionnaire that has been tested its validity and reliability. Data were analysed using univariate analysis. **Results:** The majority of respondents had negative perception of Covid-19 sufferers (70%), negative perception of the families of Covid-19 sufferers (85.3%), and negative perception of Covid-19 corpse (90.6%). **Conclusion:** The community had negative perception of Covid-19 sufferers, their families and the corpse of the sufferers. Health education is important to be performed so that the public will have a positive perception of Covid-19 sufferers, families and corpse by continuing to carry out the Covid-19 prevention protocol.

Keywords: Coronavirus, Covid-19, Perception, Public.

FACTORS AFFECTING HOME CARE PROVISION BY THE FAMILY OF STROKE PATIENTS

Yaslina¹, Kalpana Kartika², Ade Suryani³

Departement community of nursing, UPERTIS^{1,2}

Achmad Mochtar Hospital ³

Email: yaslina03@yahoo.com, anopa@gmail.co, suryaniade1234@gmail.com

Objective: This study was to determine the factors that affect the family's ability to care for post-stroke patients. **Methods:** Analytical descriptive research method with a cross-sectional design. The sample consisted of 44 families of post-stroke patients in the working area of public health center of Rasimah Ahmad and Nilam Sari, taken by simple random sampling. Data were processed and analyzed using the chi-square test. **Results:** Univariate analysis found that respondents have good communication patterns and processes (50.0%), good family role structure (54.5%), current access to health services (56.8%), and lack of ability to care post-patient stroke (54.5%). The bivariate results showed no relationship between family patterns and processes with family abilities ($p = 0.762$ and $OR = 1.444$), there was a relationship between role structure and family abilities ($p = 0.029$ and $OR = 5,000$) and there was a relationship between access to health services and family capacity in the care of post-stroke patients ($p = 0.011$ and $OR = 6.667$). **Conclusions:** It is concluded that there is a relationship between family structure and access to health services with the ability to care for post-stroke patients at home.

Keywords: access, family abilities, patterns and processes of communication, family structure

DEVELOPING AUDIOVISUAL HEALTH EDUCATION MEDIA FOR SELF MANAGEMENT OF TYPE II DIABETES MELLITUS PATIENTS

Rifa Ainun Najihah¹, Nina Indriyawati², Mugi Hartoyo²

¹Student from Bachelor of Applied Science Nursing Department of Poltekkes Kemenkes Semarang, Indonesia

²Lecturer from Nursing Department of Poltekkes Kemenkes Semarang, Indonesia
E-mail: Rifaainun3098@gmail.com

Objective: Developing audiovisual about self-management in type II Diabetes Mellitus patients. **Method:** This research used R&D (research and development) methods with the ADDIE model. This research was only done through the process from analysis, design, and development process with 3 expert validation testing and 10 limited trials. The Analysis of data used is quantitative descriptive with a Likert scale of the value range of 1-5 and qualitative descriptive in the form of comments, suggestions, and criticisms. **Result:** the results of this study have developed 2 audiovisual videos using Indonesian. Average audiovisual media assessment results from 3 experts and 10 limited trials got categories worth using. **Conclusion:** Audiovisual about self-management in type II diabetes mellitus is categorized as suitable for use.

Keywords: Audiovisual, Health Education, Diabetes Mellitus, Media Development, Self Management

MENTAL AND EMOTIONAL PROBLEMS IN ADOLESCENTS

Jumaini¹, Sri Wahyuni², Fathra Annis Nauli³

^{1,2,3}Faculty of Nursing, Universitas Riau
Email: jumna_559@yahoo.co.id

Objective : This study aims to describe mental and emotional problems in junior high school (SMP) students. **Method:** This research design is descriptive. Respondents in this study were 182 junior high school students (SMPN 18) in Pekanbaru. Data were collected using Strength and Difficulties Questionnaire (SDQ) and Self-Injury Scale. Data analyzed using descriptive analysis. **Results :** Emotional symptoms (mean=3,81 SD=2,55), hiperactivity-inattention (mean=2,82 SD=1,89), conduct problems (mean=2,58 SD= 1,55), peer problems (mean=2,65 SD = 2,01), and prosocial behaviour score (mean=8,67 SD = 1,46). A number of 135 respondents (74.2%) showed normal emotional mentality. On the other hand, 32 students (17.6%) were borderline and 15 students (17.6%) were abnormal. Furthermore, respondents with self-injury behavior were 36 students (19.67%), 1 student (0.05%) attempted suicide, 28 students (15.3%) had suicidal ideation, and none of the students made suicide threats. **Conclusions :** Identifying mental and emotional problems in adolescents is an important thing so that if a problem occurs, it can be treated quickly.

Keywords : mental emotional, Strength and Difficulties Questionnaire (SDQ), Self-Injury Scale

THE EFFECT OF CONTRAST BATH THERAPY AND RHEUMATIC EXERCISE ON CHANGES OF PAIN AND RANGE OF MOTION IN ELDERLY WITH OSTEOARTHRITIS

Agustina Sisilia Wati Dua Wida¹, Fransiska Aloysia Mukin², Melkias Dikson³

¹School of Nursing, University of Nusa Nipa
²School of Nursing, University of Nusa Nipa
³School of Nursing, University of Nusa Nipa
Email: agustinwida124@gmail.com

Objective: to explain the effects of contrast bath therapy and rheumatic exercise changes in pain and range of motion in elderly with osteoarthritis. **Method:** quasi - experiment design with one group pretest-posttest design. The effectiveness of the treatment was assessed by comparing the pretest and posttest scores with the number of respondents as many as 35 elderly who met the criteria for inclusion, namely the elderly residents of the Padu Wau Waipare Social Care Center, Kangae District, Sikka Regency with age > 60 years, had a medical history of knee osteoarthritis, and complaints. joint pain (scale 1-9), the elderly who are not experiencing inflammation with uncontrolled severe joint pain scale (scale 10) which requires the elderly to bedrest. **Results:** Wilcoxon test statistical test explained that there was an effect of rheumatic exercise and contrast bath therapy on changes in pain levels and range of motion before and after rheumatic exercise therapy, namely from a total of 35 respondents who were observed showing that the z value count -3.357b < z table value and p value = 0.001 (p < 0.05). **Conclusion:** It can be concluded that there is a significant effect caused by rheumatic exercise and contrast bath therapy on changes in pain levels and range of motion.

Keywords: Contrast Bath Therapy, Rheumatic Exercise, Pain, Range of Motion, Osteoarthritis, Elderly

ALOE VERA LINN PREVENT PREMATURE AGINGSafri¹, Benni Iskandar²¹Faculty of Nursing, Universitas Riau, ²Sekolah Tinggi Ilmu Farmasi Riau
Email : safri@lecturer.unri.ac.id

Objective: The Purpose of this study was to determine and knowing the effectiveness of *aloe vera* as an anti-aging. **Methods:** Sample of this research is respondents who are willing to volunteer with the inclusion criteria of over 25 years of age and use a motorcycle as the main transportation. Skin analyzer is a tool used for analysis of the skin which can observe several parameters including moisture content, evenness, pore size, number of spots and wrinkles. Changes in skin condition were measured for each preparation, namely 0% (F0), 5% (F2) and 15% (F3) on the 7th, 15th, and 30th day using a skin analyzer each volunteer. **Result:** Anti-aging activity test results showed that a gel of aloe vera mucous preparations 15% (F2) faster recovery in increasing moisture, skin smoothness, shrinking pore size, reducing spot and wrinkles after testing for 4 weeks. **Conclusion:** *Aloe Vera* linn is safe to prevent premature aging.

Keyword : Aging, Anti-aging, Aloe vera , Mucous, Gel

THE EFFECT STEW LEAVES OF *SUNGKAI* (*PERONEMA CANESCENS* JACK) ON DECREASE IN INFLAMMATORY SYMPTOMS IN CLIENTS COVID-19Ridhyalla Afnuhazi¹, Febria Syafyu Sari², Hendrawati³The Nabila Academy of Nursing, Jl. Dr. Khamarullah No.1 Padang Panjang
Email: ridhyallaafnuhazi@yahoo.co.id

Objective: The research objective was to determine the effect of leaf stew of *sungkai* against client decrease in inflammatory symptoms COVID-19. **Method:** The research design was a quasi-experimental one-group pre-post-test, the data obtained were processed by the computerized Wilcoxon test, for reliability using the cronbach alfa test. Sampling was done using accidental sampling technique with the following criteria confirmed positive for COVID-19, agreed with informed consent, did not use other traditional medicines, a total sample of 14 people was carried out at the Reksodiwiryo Padang Hospital. Giving boiled *sungkai* leaves by taking 5 pieces of young *sungkai* leaves boiled in 3 cups of water to make 1 cup drink two times a day. On day 5, 12, the patient had no inflammatory reaction. **Result:** The results showed an effect of giving *sungkai* leaf stew on the decrease in inflammatory symptoms of COVID-19 clients with a p-value (<0.05). The result of the normality test is 0.00. **Conclusions:** Thus, it can be concluded that boiled leaves of *sungkai* have the potential as an anti-infection that can increase leukocytes.

Keywords: COVID 19, leaves, leucocytes, stew, sungkai

ANXIETY LEVEL OF STUDENTS WHO EXPERIENCED BULLYING IN SOLOKSiska Damaiyanti¹, Marizki Putri²¹Nursing science, Yarsi Health science College West Sumatra Bukittinggi²Nursing science, University of Muhammadiyah Bukittinggi

Email : Siskadamaiyanti22@gmail.com

Objective: This study aims to describe the level of anxiety among bullying victims. **Method:** The design of this research is descriptive research. Sampling using systematic random sampling with a sample size of 70 respondents from class I to VI. Data were collected using the instrument, *Hamilton Rating Scale for Anxiety (HRS-A)* which consists of 14 symptom groups. Each symptom group was given a score or score between 0 - 4. Data analysis used univariate analysis with frequency distribution. **Results:** 44 (62.9%) respondents experienced severe anxiety, 16 respondents (22.9%) experienced moderate anxiety, 4 respondents (5.7%) experienced mild anxiety. The average age level who experienced bullying behavior 6-8 years was 25 people with a percentage (35.7%), ages 9-12 years were 43 people with a percentage (61.4%), Age 13 years were 2 people with a percentage (2.9%) (%). Based on the sex of the average victim who experienced bullying, namely male with a percentage of 36 people (51.4%), female with a percentage of 34 people (48.6%). is hoped that there will be tighter supervision from the school to prevent bullying in schools, so that it can reduce the number of bullying that can have a negative impact on children's psychological disorders, one of which is anxiety.

Keywords : Anxiety, *Bullying*, School Children

COMMUNITY PERCEPTION'S OF FOREST AND LAND FIRE IN TEMBILAHANRoni Saputra¹, Putri Wulandini², , Yulia Febrianita³, Dian Aditya⁴^{1,2,3,4}, Diploma III Nursing Department, Abdurrah University.Email: ¹roni.saputra@univrab.ac.id, ²putri.wulandini@univrab.ac.id,³yulia.febrianita@univrab.ac.id, ⁴dian.aditya@univrab.ac.id

Objective: The purpose of this study was to determine community perceptions related to forest and land fires, including community efforts to solve problems and how to avoid pheomonological approach, which is to see from the experience of residents who live in the are of forest and land fires. **Method:** The subjects in this study were the community of junjangan village, RT.24.RW.25. From the results of this study, there were 4 informants where all the informants had similar perceptions, more precisely there were 3 informants who had perceptions that had a lot in common, namely the community was disturbed, worried and worried about forest and land fires. not igniting fires and throwing cigarette bars carelessly can prevent forest and land fires. In conclusion, there is no community that expects forest and land fires to occur because it is very disruptive to people's health and activities It is recommended to the whole community to be able to find the right solution like the four.

Keyword: perception, forest and land fire

THE INFLUENCE OF SAFE HOUSE TO HANDLING SPREAD OF COVID 19 USING SELF CONTROL AND HEALTH PROTOCOL IN MALANG CITY

Mukhammad Fathoni¹, Turningtyas Ayu Rahmawati², Fadly Usman², Sunaryo², Sumi Lestari², AH Yusuf³, and Christrijogo Sumartono Waluyo⁴

¹Department of Nursing, Faculty of Medicine, Universitas Brawijaya, Malang and PhD in Nursing student, Faculty of Nursing, Universitas Airlangga

²Universitas Brawijaya

³Faculty of Nursing, Universitas Airlangga

⁴Head of School Disaster, Universitas Airlangga

Email: mfathony@ub.ac.id

Objective: The objective of this study was to identify the benefits of safe house using self-control in implementing health protocol in providing new insights related to controlling the spread of COVID-19 in Malang, Indonesia. **Methods:** This research was a quantitative study, using correlative analytic observational design and cross sectional approach with a sample of 120 taken from online questionnaire. **Results:** The results of bivariate analysis using gamma correlation test obtained the results of knowledge factors ($p = 0.005$; $r = 0.37$) attitude ($p = 0.000$; $r = 0.48$), means of infrastructure ($p = 0.000$; $r = 0.56$), and self control ($p = 0.000$; $r = 0.58$) for quarantine patients Coronavirus Disease (COVID-19) in Malang. **Conclusion:** Knowledge, attitude, infrastructure and safe house factors can influence self-control for Coronavirus Disease (COVID-19) in Indonesia in Malang city. In Safe house as Education and empowering the patient self-control for Coronavirus Disease (COVID-19) are one of an effort so that patient can activate to obey health protocol during Pandemic Covid-19 in Malang.

THE EFFECT OF PROGRESSIVE MUSCLE RELAXATION AND QUR'AN MUROTTAL TO OLDER PEOPLE HYPERTENSION

Pera Putra Bungsu¹ Dewi Kurniawati²

^{1,2}School Of Nursing Yarsi West Sumatra, Indonesia.

Email: ¹bungsupera22@gmail.com, ²dewee.kurniawati@gmail.com

Purpose: The aim of the study was to determine the effect of progressive muscle relaxation and the Qur'an-Murottal on blood pressure in Older People hypertensive. Progressive muscle relaxation is stretching certain muscles and subsequently relaxing them. Qur'an-Murottal is the activity of listening to the Koran via MP3 and following it in your heart. **Method:** This study is a quasi-experimental. The sample consisted of two groups of Older People with hypertension. 16 people in the intervention group were given progressive muscle relaxation treatment and Qur'an-Murottal treatment for 3 consecutive days and 23 people in the control group only had blood pressure checks for 3 consecutive days. Data processing using purposive sampling. **Results** *P value* for systolic blood pressure was 0.007 and the diastolic *P value* was 0.03, which means that there is an effect of the implementation of progressive muscle relaxation and the Qur'an-Murottal on blood pressure in Older People hypertension. **Conclusion:** Progressive muscle relaxation and Qur'an-Murottal can lower blood pressure and it is highly recommended for health practitioners who care for the Older People carry out these activities as a companion in lowering blood pressure in hypertensive elderly.

Keyword : Older people; hypertension; progressive muscle relaxation; Qur'an murottal

DETERMINANTS AFFECTING MOTHERS' MOTVATION TO VISIT POSYANDU

Sarifuddin¹, Eka Wisanti², Yecy Anggreny³, Siska Mayang Sari⁴

Bachelor Program of STIKes Hang Tuah Pekanbaru

E-mail: sarep72@gmail.com

Objective: Identifying determinants affecting mothers' motivation to visit Posyandu (centers for pre- and postnatal health care and information for mothers and toddlers) of *Senapelan Public Health Center*. Methodology: A quantitative study with *cross sectional* approach. The population was 4,255 mothers with toddlers, the samples of 227 respondents used snowball sampling technique. The bivariate analysis was done using *chi-square* test, while the multivariate analysis was with multiple-logistic-regression test. Results: The multivariate model showed that the dominant variable that affects mothers' motivation was visiting posyandu (OR= 7.549), which means that respondents who were active in visiting Posyandu would have 7.5 higher chance of having motivation than those who were inactive. Conclusion: Volunteers, family members, and health workers should motivate mothers to actively visiting posyandu.

Key Words: Mothers with toddlers, visiting Posyandu, motivation

THE EFFECT OF CARING AND SPIRITUAL MENTAL HEALTH TRAINING ON BUILDING ROLE AND COMMITMENTS AMONG MENTAL HEALTH CADRES

Sutinah Sutinah, Meinarisa Meinarisa, Rasyidah Rasyidah, Maulani Maulani

Program Studi Ilmu Keperawatan, Sekolah Tinggi Ilmu Kesehatan Harapan Ibu, Jambi,
Indonesia

Email: ns.titin@gmail.com

Objective: The study aimed to know the effect of caring and spiritual mental health training on building roles and commitments for mental health cadres. Method: A quasi-experimental study design. The total sample was 59 respondents (31 in the treatment and 28 in the control group) obtained by simple random sampling. The inclusion criteria are mental health cadres, healthy, and willing to be respondents. The study was conducted in four places in the work area of Putri Ayu Health Center. The data collected in 2019 and collected by using a questionnaire and checklist form. Data analyzed using the Mann-Whitney and Wilcoxon ($p < 0.05$). Results: The results showed an effect of caring and spiritual mental health training in carrying out mental health cadres' role and commitment ($p = 0.000$). Conclusions: Caring and spiritual mental health training can build the role and commitment to mental health cadres. Thus, it is suggested to be implemented.

Keywords: caring, spiritual, cadre, mental health care