



No.: 1022/STIKes.MK./P3M/IC/IX/2021

This certificate is awarded to

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as Oral Presenter

The 1st International Allied Health Student Conference (IAHSC) 2021

"The Role of Civitas Academica through Research and Community Engagement Results in the Enhancement of Multidisciplinary Collaboration on Global Health Sciences"

Zoom Cloud Meeting, Jakarta 14th-15th September 2021

STIKes MITRA KELUARGA

PPNI Accreditation No.:1116/DPP.PPNI/SK/K.S/VIII/2021

Participant 3 SKP, Speaker 4 SKP, Moderator/Committee 3 SKP

PERSAGI Accreditation No.:773/DPP-PERSAGI/SK/IX/2021

Participant 1 SKP, Speaker 2 SKP, Moderator/Committee 1 SKP

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1. CBT-based internet intervention with peer support to an individual internet intervention designed to prevent postnatal depression. Assessments took place at baseline, 4 weeks, 8 weeks (pre-treatment), and then 4 weeks and 6 weeks postpartum.

A total of 25 women were randomized. Of these, 24 women completed the RCT. Patient Health Questionnaire-9 scores at 6 weeks postpartum remained below the clinical threshold for referral for treatment in both groups, with depression measures showing a decrease in symptoms from baseline to postpartum. At 6 weeks postpartum, only 4% (1/24) met the criteria for PPD. There was no difference between groups in adherence to the intervention, with an average of 14.55 (Jennifer Duffecy, 2019).

1:50:46

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Slide 7

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Lack of social support contributed to perinatal depression



Social support interventions can take the form of Video-Delivered Family Therapy for Home Visits, WazzUp Mama, Web-based approaches, assistance in carrying out maternal and infant care activities, and overcoming postnatal pain



The social interventions involving family, friends, health workers, and especially husbands can significantly reduce symptoms of depression

Conc





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PROCEEDINGS

**The 1st International Allied Health Student Conference
(IAHSC) 2021**

**“The Role of Civitas Academica through Research and
Community Engagement Results in the Enhancement of
Multi-disciplinary Collaboration on Global Health
Science”**



Indonesia, September 14-15 2021



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PROCEEDINGS

THE 1st INTERNATIONAL ALLIED HEALTH STUDENT CONFERENCE 2021 'THE ROLE OF CIVITAS ACADEMICA THROUGH RESEARCH AND COMMUNITY ENGAGEMENT RESULTS IN THE ENHANCEMENT OF MULTIDISCIPLINARY COLLABORATION ON GLOBAL HEALTH SCIENCE'

SEPTEMBER 14-15, 2021

BEKASI, INDONESIA

ISBN : 978-623-98083-0-3
Editor : Anung Ahadi Pradana
Layouter : Anung Ahadi Pradana
Design Cover : Anung Ahadi Pradana

Publisher :

MITRA PRESS

Jl. Pengasinan Raya No.1

Rawa Semut-Margahayu, Bekasi Timur, Bekasi, Jawa Barat 17113

Phone: (021)88345997, Email: publishing@stikesmitrakeluarga.ac.id

First Publication, September 2021

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The 1st International Allied Health Student Conference (IAHSC) 2021
Indonesia, September 14-15 2021

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THE SPEAKERS



Dr. Sugiyanto, S.Pd., M.App.Sc.
(Head of Center of HRH Education, Indonesian Ministry of Health)



Prof. Dr. Agus Setyo Budi, M.Sc.
(Head of the Agency for Higher Education Services of Region III Jakarta)



Prof. Datuk Dr. Hj. Bibi Florina
(Lincoln University College Malaysia)



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(Taipei Medical University, Taiwan)



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(Atma Jaya Chatolic University)



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(Vice-Chief of PATELKI)



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Siti Nurfaejriah, S.Pd., M.Si.



Arindah Nur Sartika, S.Gz., M.Gizi

**The 1st International Allied Health Student Conference (IAHSC) 2021
Indonesia, September 14-15 2021**

CONFERENCE PROGRAM

THE 1ST INTERNATIONAL ALLIED HEALTH STUDENT CONFERENCE (IAHSC)

September 14-15th, 2021

Program Schedule

Tuesday September 14th 2021

Time*	Program
08.00-08.30	Registration
	Opening and Welcome Remarks:
	a. Singing National Anthem: Indonesia Raya
08.30-09.00	b. Committee Chair's Report
	c. Welcoming Message from the Head of Center of Research and Community Engagement of STIKes Mitra Keluarga.
	d. Opening by the Head of STIKes Mitra Keluarga.
09.00-09.30	“Future of Health Policy in Indonesia” Dr. Sugiyanto, S.Pd., M.App.Sc. (Center for Human Resource for Health Education, Ministry of Health)
09.30-09.45	Q&A Session
09.45-10.15	“Future of Research and Community Engagement in Indonesia” Prof. Dr. Agus Setyo Budi, M.Sc. (Head of the Agency for Higher Education Services of Region III Jakarta)
10.15-10.30	Q&A Session
10.30-11.00	“Trend & Issues on Interprofessional Health Research Collaboration” Dr. dr. Yuda Turana, Sp.S. (Atma Jaya Catholic University)
11.00-11.15	Q&A Session
11.15-11.45	“The Role of Nurses in Interprofesional Collaborations on Education and Research in NCD as a COVID-19 Comorbid” Prof. Datuk Dr. Hj. Bibi Florina (Lincoln University College, Malaysia)

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11.45-12.00	Q&A Session
12.00-13.00	Lunch Break
13.00-13.30	“Current Dietary Patterns in Diabetes Mellitus Management” Assistant Professor Dr. Suwimol Sapwarobol, RDN (Chulalongkorn University, Thailand)
13.30-13.45	Q&A Session
13.45-14.15	“Detections and Hematological Impact in COVID-19 Patients in Taiwan” Assistant Professor Jungshan Chang Ph.D. (Taipei Medical University, Taiwan)
14.15-14.30	Q&A Session
14.30-15.00	“Therapeutic Drug Monitoring in Infectious Diseases” Prof. Jan-Willem Alffenaar, PhD, PharmD. (The University of Sydney, Australia)
15.00-15.15	Q&A Session

***Program will be held at UTC+7/ Western Indonesia Time**

Program Schedule

Wednesday September 15th 2021

Time	Program
08.30-09.00	Registration (On Breakout Room) Room 1: (Nursing)
09.00-11.00	<ol style="list-style-type: none"> “The Role of Nurses on Interprofessional Collaboration in the 4th Industrial Revolution Era” Dr. Arwani, SKM., BN.Hons., MN. (Politeknik Kesehatan Kemenkes Semarang) “The Role of Higher Education in Enhancing Interprofessional Collaboration” Dr. Susi Hartati, S.Kp., M.Kep., Sp.Kep.An. (Head of STIKes Mitra Keluarga, Indonesia)

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Indonesia, September 14-15 2021**

Room 2: (Medical Laboratory Technology)

1. “Challenges, Opportunities, and Prospects for Medical Laboratory Competencies in Post COVID-19 Molecular Examinations”

Dr. Miswar Fattah, M.Si.
(Vice-Chief of PATELKI)

09.00-11.00

2. “Enzymes as Disease Diagnostic Tools”

Siti Nurfajriah, S.Pd., M.Si.
(Coordinator of STIKes Mitra Keluarga Medical Laboratory Diploma Program)

Room 3: (Pharmacy)

1. “The Role of Clinical Pharmacy in Precision Medicine”

Prof. Dr. apt. Zullies Ikawati
(Gadjah Mada University)

09.00-11.00

2. “High Performance Liquid Chromatography in Pharmaceutical Analysis”

apt.Melania Perwitasari, M.Sc.
(Coordinator of STIKes Mitra Keluarga Pharmacy Bachelor Program)

Room 4: (Nutrition)

1. “Perspective and Strategy in the Food and Nutrition towards Prevention in Triple Burden Malnutrition in Indonesia”

Prof. drh. M Rizal. M. Damanik, MRep.Sc, Ph.D
(IPB University/ Deputy of Research, Training, and Development of BKKBN)

09.00-11.00

2. “A Review of Diet Quality Assessment in Nutrition Through Lifecycle”

Arindah Nur Sartika, S.Gz., M.Gizi.
(Coordinator of STIKes Mitra Keluarga Nutrition Bachelor Program)

11.00-12.00	Oral Presentation 1 st session:
	Room 1: Nursing
	Room 2: Medical Laboratory Technology
	Room 3: Pharmacy
12.00-13.00	Room 4: Nutrition
	Lunch Break
	Oral Presentation 2 nd session:
	Room 1: Nursing
13.00-14.00	Room 2: Medical Laboratory Technology
	Room 3: Pharmacy
	Room 4: Nutrition
	Oral Presentation 3 rd session:
14.00-15.00	Room 1: Nursing
	Room 2: Medical Laboratory Technology
	Room 3: Pharmacy
	Room 4: Nutrition
15.00-16.00	Oral Presentation 4 th session:
	Room 1: Nursing
	Room 2: Medical Laboratory Technology
	Room 3: Pharmacy
	Room 4: Nutrition
16.00-16.30	Closing Ceremony & Award for Best Presenter

***Program will be held at UTC+7/ Western Indonesia Time**

ABSTRACTS

The 1st International Allied Health Student Conference (IAHSC) 2021
Indonesia, September 14-15 2021

NURSING

The 1st International Allied Health Student Conference (IAHSC) 2021
Indonesia, September 14-15 2021

THE EFFECTIVENESS OF GIVING HYPNOSIS IN NURSING IMPLEMENTATION

Anggun Afriyanti^{1,2}, Iftitakhun Ni'mah^{1,2}, Nur Maini^{1,2}, Yeni Suryani^{1,2}, Yuli Irma^{1,2}, Anung Ahadi Pradana²

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2. Program Studi S1 Keperawatan Ekstensi, STIKes Mitra Keluarga, Bekasi-Jawa Barat.

Abstract

The high levels of anxiety, pain, stress, and patient insomnia certainly can interfere with the healing process and can bring down the quality of life in the patient's daily activities. Application of the application of hypnotherapy therapy has been shown to have the effect of reducing levels of anxiety, pain, stress and also of insomnia to patients, both for children, adults, seniors, even terminal conditions. The author studies literature with a simple approach to 10 articles on the effectiveness of hypnotic treatment in patients to lower levels of anxiety, pain, and insomnia. The result is a dose of hypnotic therapy effective enough to lower the levels of anxiety, pain, and insomnia suffered by patients under various conditions.

Keywords: anxiety, hypnosis, insomnia, pain

Reference

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- Etc.

IMPROVING PUBLIC AWARENESS ON PERITONEAL DIALYSIS THROUGH PUBLIC HEALTH NURSES: A DOCUMENT REVIEW

Ridha Afzal¹, Syaifoel Hardy^{2*}, Isak Jurun Hans Tukayo³, Tri Yudha Sasmita⁴

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4. Staff Nurse ICU, Lawang Public Hospital, Malang, East Java.

Abstract

Lack of understanding of peritoneal dialysis could be the main cause of the low number of its users in Aceh. To increase its awareness, public health nurses have a crucial role in public health services. This article aims to analyze the factors that cause the community's lack of understanding of peritoneal dialysis and offer solutions by refining the role of public health nurses. The study used a Document Review by SWOT Analysis with 2x2 matrix. The documents were extracted from Google Scholar, ResearchGate, Pubmed, and Semantic Scholar. The indicators and the inclusion criteria were respondent (public health nurses), research method (quantitative), year (from 2015 to 2020) and language (English and Indonesian). The keywords in the search were the roles of nurses in public health centers (Puskesmas), Aceh nurses, and peritoneal dialysis. The study screened 28 documents in which 23 documents met the eligibility and 16 documents that met the study selection were reviewed. The study suggested that the Acehnese have the potential to develop the peritoneal dialysis program through the Public Health Center (Puskesmas) nurses approach.

Keywords: Peritoneal Dialysis, Public Health Nurses, Aceh.

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- Etc.

STUDENT'S KNOWLEDGE OF COVID-19 POSITIVE POSTPARTUM MOTHERS' CARE IN ACADEMY NURSING

Suryani Hartati^{1,*}

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Abstract

Description of the level of student knowledge about positive postpartum maternal care for COVID-19, where it is characterized by an acute respiratory infection (ARI) with symptoms of fever, cough, shortness of breath, sore throat, runny nose, mild pneumonia. This was a cross-sectional study. Fifteen students were selected as participants by consecutive sampling technique. This study was conducted from August to December 2020. Questionnaire of knowledge regarding care for postpartum COVID-19 was developed based on green. Construct validity and internal reliability were conducted among 36 students. Pearson Product moment showed that correlation coefficients between items with total scores were 0.467 - 0.948. Cronbach's alpha of student knowledge was 0.820. The results of this study found that there most were 19-20 years of age and the factor questionnaire that was most associated with good knowledge was that students in semester 5 were 9.5% and interested in maternity nursing at 8.3%. Most older students aged 19-20 have sufficient knowledge, namely 60.5%, about the care of postpartum mothers who are Covid-19 positive.

Keywords: Knowledge, Postpartum maternal care, COVID-19

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ANALYSIS OF THE PHYSICAL HOME ENVIRONMENT AND COMMUNITY BEHAVIOR TOWARDS INCIDENCE OF DENGUE HEMORRHAGIC FEVER IN RIAU PROVINCE

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Abstract

Dengue Hemorrhagic Fever (DHF) is still a health problem in Meranti Islands Regency. There has been an increase of 15-25% of cases every year since 2017-2019. Determine the correlation between the physical home environment and community behavior towards DHF incidence which include: ventilation, air temperature, water reservoirs, knowledge, and attitudes. It was observational analytic with a cross-sectional design. This research was conducted for three months (February-April 2020). The research subject was 94 samples were selected by the purposive sampling technique. The research instrument was a structured questionnaire and observation sheet. Data analysis using Chi-square test. There were 49 (53.3%) cases of DHF with the physical home environment that was not following the health standards, namely: ventilation (bad=70.7%), air temperature (bad=77.2%), water reservoirs (bad=59.8%), knowledge (low=55.4%), and attitude (negative=55.4%). There was a significant correlation between ventilation ($p=0,002$), air temperature ($p=0,020$), water reservoirs ($p=0,027$), knowledge ($p=0,008$), and attitudes ($p=0,000$) toward incidence of DHF (p -value <0.05). The physical home environment and community behavior are related to DHF incidence. Good coordination between health promotion team, local government in providing health education and socialization of healthy homes by empowering local communities.

Keywords: Community behavior, Dengue Hemorrhagic Fever, Physical home environment

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THE EFFECTIVENESS OF AUTOGENIC RELAXATION ON PATIENT'S ANXIETY

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Abstract

Emotional mental disorders that manifest as anxiety and depression disorders that can affect patients in undergoing the healing process. Autogenic relaxation is known to be one of the complementary therapies that can have a positive effect on the anxiety conditions experienced by patients. The author conducted a literature study with a simple approach to 10 articles about the effectiveness of autogenic relaxation therapy or autogenic training. The method used in gathering articles on the Google Scholar database. Reference sources were selected using the Problem, Intervention, Comparison, Outcomes (PICO) method with limited articles published from 2016-2021. The results obtained are that the administration of autogenic relaxation therapy is quite effective in reducing the level of anxiety experienced by patients in various conditions. The conclusion of this paper is that considering autogenic relaxation is a therapy that requires special skills in its implementation to patients, health workers need to consider mastering autogenic relaxation methods in order to bring significant results to patients. Keywords: Anxiety, Autogenic Relaxation, Complementary Therapy.

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FACTORS AFFECTING FAMILY KNOWLEDGE ON HYPERTENSION DISEASE: A NARRATIVE REVIEW

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Abstract

The number of people with hypertension continues to increase every year, it is estimated that by 2025 there will be 1.5 billion people affected by hypertension and every year as many as 10.44 million people die from hypertension. Knowing the factors that influence family knowledge about hypertension. The author conducts a literature review with a simple approach to 10 articles about factors that affect family knowledge of hypertension in the 2015-2020 period using several databases and websites including Google Scholar, PubMed, Science Direct and Wiley. Factors that influence family knowledge of hypertension based on 10 articles collected include age, gender, family history, smoking, exercise, education, and alcohol consumption. This study concludes that the factors that influence family knowledge are education level and age, because low education allows a person to experience hypertension due to lack of information or knowledge that leads to healthy lifestyle behaviors such as not knowing about the dangers, as well as preventing hypertension. One's age factor greatly affects one's ability to receive information and one's way of thinking about the information obtained. The influence of education level and age on knowledge about hypertension.

Keywords: Family, Hypertension, Knowledge, Prevalence, Risk Factors

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GIVING COMMITMENT ACCEPTANCE THERAPY AND FAMILY PSYCHOEDUCATION IN CARING FOR CLIENTS WITH INEFFECTIVE HEALTH CARE USING WATSON THEORY APPROACH

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Abstract

Management of Schizophrenia requires a long time and medication adherence. The problem that often arises in the treatment of schizophrenia is relapse. The cause of relapse in Schizophrenia is non-compliance with medication and the appearance of a stressor that is very significantly disturbing. Ease reports on six clients and client families. Interventions can be given online or by telephone to patients and their families. Not all patients and their families can accept the intervention given, this is indicated by unfriendly emotional expressions and often refuses to be called or contacted. After nursing and specialist nursing actions, an increase in client compliance and family's ability to care for clients with ineffective online health care. Providing nursing and specialist nursing actions to clients with ineffective health care can be done online. It is very suitable like during the current Pandemic and for families of patients who do not have free time to go to the hospital.

Keywords: schizophrenia, ineffectiveness of health care, ACT, relapse, online

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THE EFFECT OF BAY LEAF STEW (*Syzygium polyanthum*) TO REDUCE URIC ACID LEVELS

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Abstract

Gout is a white crystal, odorless and tasteless, undergoing decomposition by heating to cyanide (HCN), a metabolic disorder characterized by increased uric acid concentration (hyperuricemia). Non-pharmacological treatment of gout can use herbal plants, such as bay leaf. From the data, Ngemplak Health Center in 2019 found as many as 198 gout patients spreaded in 12 villages. Objective: to determine the effect of bay leaf stew to reduce uric acid levels. Research methods used one group pre-test and post-test so that it is expected to be more accurate. Data analysis techniques used univariate and bivariate analysis with the requirements test using the Shapiro-Wilk test. The results of the normal distribution use paired t-test. Paired statistic test for uric acid levels after and before treatment was obtained, the results obtained a significant value of P-value = 0.000 p value (<0.05), it can be concluded that H₀ was rejected or H_a was received. Based on the results of statistical tests that there are differences in uric acid levels before and after the bay leaf stew treatment. It can affect the respondent's uric acid levels.

Keywords: bay leaf, uric acid levels

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THE FACTORS THAT AFFECT OF SLEEP QUALITY FOR NURSING STUDENTS BACHELOR OF NURSING AT THE FACULTY OF NURSING SCIENCE MUHAMMADIYAH UNIVERSITY JAKARTA IN 2021

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Abstract

Sleep is one of the important physiological processes in humans that aims to maintain health and continue biological, psychological, social and cultural functions. Sleep quality is a condition that can be seen from the individual's ability to maintain rapid eye movement and non rapid eye movement sleep. Bad sleep quality in students will have an impact on physical, psychological health and decreased academic achievement. The purpose of this study was to determine the factors that affect of sleep quality for nursing students bachelor of nursing at the faculty of nursing muhammadiyah university jakarta. The research design used was an analytical descriptive with a cross sectional design. Respondent sampling technique using proportional stratified random sampling technique. The results of the study used Chi Square statistical test analysis. The results of this study showed that the factors that affect the quality of sleep in students are gender, physical activity, psychological stress and academic stress. There is a relationship between gender, physical activity, psychological stress, and academic stress on the sleep quality of students.

Keywords: sleep quality, students

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THE EFFECT OF GROUP EDUCATION USING ONLINE MEDIA ON SELF CARE FOR OBESE AMONG STUDENTS IN FACULTY OF NURSING MUHAMMIDIYAH JAKARTA 2021

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Abstract

Obesity in young adults can cause various health problems, including in the long term it will cause complications of diseases such as Hypertension, Diabetes Mellitus and death at a young age.. Self care in obesity is the management of obesity which consists of diet processing, physical activity, behavior therapy and medical therapy. Peer group education is a method that helps increase student understanding of obesity. **Research purpose** this study was to determine the effect of peer group education methods on self care of obese students. **Method** using a Quasi experimental design pre and post test, with the t test dependent t test. Data collection used a Diabetes Self Managemet Questionnaire (DMSQ). With a sample 30 respondents. **Results** there is an effect of peer group education on self care of obese students (p-value= 0,00). **Suggestion** self care is one of the efforts that can be used to overcome the problem of obesity at a young age the application of obesity self care can be developed through existing programs on campus or youth programs in health services.

Keywords : obese students, self care, peer group education method

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THE DETERMINANT OF THE INCIDENT OF HYPERTENSION IN BALEKAMBANG HEALTH CENTER, BENDUNGAN VILLAGE, JONGGOL SUB - DISTRICT, IN THE YEAR 2021

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Abstract

Hypertension is a condition of high blood pressure and as The Silent Killer because most are asymptomatic or asymptomatic, so treatment is often delayed. The incidence of hypertension is influenced by several factors, such as obesity (obesity), alcohol consumption, sodium intake, and stress. The purpose of this study was to determine the determinants of the incidence of hypertension in Balekambang Health Center. This type of research is analytic observational using a cross sectional research design. The sampling technique used in this study is Probability Sampling with Simple Random Sampling with a total sample of 86 respondents using the chi square test. The results of this study the majority of the age of the respondents included in the early elderly, namely the age of 46-55 years (26.7%), the most gender is female (61.6%) and the majority have low education (65.1%), the majority of respondents are not obese (76.7%), the majority of respondents do not consume alcohol (81.4%), more respondents have high sodium intake (59.3%) and the majority of respondents experience stress (51.2%). The conclusion of this study obtained that the factors associated with the incidence of hypertension are overweight/obesity (p-value = 0.001), sodium intake (p-value = 0.001), and stress (p-value = 0.001). Meanwhile, there is no relationship between the incidence of hypertension and alcohol consumption (p-value = 0.055). Health services can improve health promotion efforts regarding prevention of hypertension cases through education to overcome obesity, alcohol consumption, high sodium intake and stress.

Keywords: Hypertension Incidence, Overweight (Obesity), Sodium Intake, Stress, Alcohol Consumption

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THE EFFECTIVENESS OF ORAL SUCROSE ON PAIN DURING INVASIVE PROCEDURES IN PREMATURE INFANTS: SCOPING REVIEW

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Abstract

Nowadays premature births continue to be common, it caused the infant necessitating treatment. Invasive procedures, such as the placement of an peripheral intravenous catheters or the drawing of blood, should be carried out while the baby is being cared for. Some intervention needed, sucrose is one approach to make invasive procedure less painful. This study aims to determine the effectiveness of oral sucrose in reducing the pain of invasive procedures in premature infants. This study is a scoping review, and 11 articles were selected from Proquest, ScienceDirect, Willy Online, PubMed, and EBSCO (CINAHL) databases. In eight of the articles, giving oral sucrose two minutes before the invasive procedure was effective in reducing pain, while sucrose was not effective in reducing pain in infants in the other three of the articles, during or after procedures. According to these studies, giving oral sucrose to premature infant before invasive procedure is significant reducing the pain during invasive procedure.

Keywords: oral sucrose, pain of invasive procedure, premature infant.

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RISK OF POST-STROKE PNEUMONIA DURING HOSPITALIZATION

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Abstract

Post-stroke pneumonia is the most a common complication during the first few weeks after a stroke. Thus, a score is needed for the early identification of stroke patients with an increased risk of pneumonia to assist the nursing team in preventing the onset of pneumonia in stroke patients during hospitalization. This study aimed to assess the application of the A2DS2 score to predict pneumonia in acute ischemic stroke patients. This is a diagnostic study that used a cross-sectional method conducted among adult acute ischemic stroke patients. Data analysis was performed to assess the calibration and discrimination performance of the A2DS2 score. **A total of 16 subjects were followed up. The incidence of post-stroke pneumonia was observed in 6 patients (37.5%).** The incidence of post-stroke pneumonia on the high risk of A2DS2 score was significantly able to distinguish pneumonia with 66.7% sensitivity values, 50% specificity values and 0.77 AUC values. This scoring proved clinically accurate to predict the incidence of pneumonia in acute ischemic stroke patients.

Keywords: A2DS2, *ischaemic stroke*, *post-stroke pneumonia*, *prediction*, *scoring*.

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Etc.

USE OF MOBILE-APP FOR OLDER PEOPLE WITH CHRONIC DISEASES TO COPE WITH THE COVID-19 PANDEMIC

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Abstract

The older people with chronic diseases are one of the populations that have a susceptibility to COVID-19. The community-based to help older people manage their lifestyle was postponed due to avoiding crowds and physical contacts.. This literature review aims to describe a mobile-app for the older people with chronic diseases and its benefits. The method used in this study is a literature review. This study is analyzed by selecting some literature that is relevant to the purpose of writing in order to obtain new conclusions. Online databases used are ProQuest, Pubmed and Science Direct starting from 2019 to 2021. The keywords used to sort articles in this study are: 1) older people, 2) mobile app, 3) COVID-19. There was ten selected articles that analyzed. This literature review resulted in three main themes in the use of mobile-apps for the older people with chronic diseases, namely (1) monitoring of chronic diseases and COVID-19, (2) management of chronic diseases and COVID-19, and (3) the perspective of elderly caregivers. These results can be used as a basis for creating mobile-app-based educational media, monitoring, and self-management of chronic diseases for the elderly and their caregivers.

Keywords: COVID-19, Aged, Technology, Chronic Disease

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- Etc.

PREVENTION OF COVID-19 TRANSMISSION IN ISLAMIC BOARDING SCHOOLS

(PESANTREN): LITERATURE REVIEW

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Abstract

COVID-19 is a disease caused by the SARS Cov-2 type corona virus which triggers respiratory infections. Covid-19 has been designated as a global pandemic with a high risk of transmission in densely populated areas, one of which is Islamic Boarding Schools (Pesantren). The high social interaction of students in Pesantren causes students to be in a group at risk of being exposed to the corona virus. The purpose of this study is to find out the prevention of the transmission of Covid-19 in the Pesantren environment. The writing methodology used is a literature review using various articles from Google Scholar, ScienceDirect, and ProQuest according to the inclusion and exclusion criteria of the journal that have been determined. The results of this study are that Islamic boarding schools have attempted to prevent the transmission of Covid-19, including conducting health education related to preventing the transmission of Covid-19, providing hand washing facilities, conducting Tracing-Testing-Therapy for students with indications of Covid-19, providing self-isolation facilities, and implementing strict health protocols for all pesantren residents. The results of this study are expected to be a reference for related institutions to improve the quality of preventing the transmission of Covid-19 in the pesantren environment.

Keywords: Covid-19; Pesantren; Preventions; Students; Transmition

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- Etc.

RELATION BETWEEN PHYSICAL ACTIVITY AND BLOOD PRESSURE IN PATIENTS WITH HYPERTENSION

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Abstract

Hypertension is a non-communicable disease that is one of the leading causes of death in the world. Hypertension is abnormal blood pressure in the arteries characterized by systolic blood pressure values above 140 mmHg and diastolic blood pressure above 90 mmHg. One of the non-pharmacological treatments is doing regular and adequate physical activity. This research aims to explore the information based on evidence-based nursing about the relation between physical activity and blood pressure in patients with hypertension. Quantitative research with a review literature approach using electronic databases via Google Scholar, Portal Garuda, dan PubMed. Keywords used physical activity, hypertension, blood pressure. The inclusion criteria in the article year used 2017-2021, and the original research is accessed full text, Indonesian language, and English. A study literature review related to ten articles on the relation between physical activity and blood pressure in patients with hypertension concluded that physical activity reduces the risk of increased blood pressure by improving cardiac efficiency. Generally, physical activity is categorized into light, moderate and heavy. Several studies prove activities with rich intensity can show lower blood pressure significantly. However, external factors were also increasing blood pressure, like unhealthy lifestyle and psychological conditions.

Keywords: Blood Pressure, Hypertension, Physical Activity.

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CAN ZINC CONSUMPTION REDUCE DYSGEUSIA SYMPTOMS IN COVID-19 PATIENTS?: A NARRATIVE REVIEW

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Abstract

Dysgeusia is a condition of cranial nervus dysfunction VII, IX, X, which causes a decrease in the ability to taste the tongue, so the patients cannot feel the food and cause patients to lack nutrients intake that should be able to improve their condition. To describe the effectiveness of the administration of zinc intake for the therapy of covid-19 patients that reduce symptoms of dysgeusia. Several narrative review source searches from several databases PubMed, google scholar, science direct, and DOAJ with treatment keywords in patients with symptoms of dysgeusia Covid-19. Our article is included in the last five years of publication in 2016-2021. Papers are limited to English. We found 13 articles that discuss the effectiveness of zinc in reducing symptoms of dysgeusia in covid-19 patients, dysgeusia that occurs in Covid-19 patients due to inflammation in the salivary glands that have angiotensin 2 (ACE2) conversion enzyme receptors, based on zinc research, is considered able to repair epithelial cells damaged by inflammation caused by Covid-19. Symptoms of dysgeusia can cause patients to lack nutrients that are the main source of recovery after being infected with Covid-19. One treatment can be done by providing additional zinc intake that helps maintain the sensation of taste due to inflammation caused by Covid-19.

Keywords: Covid-19, Dysgeusia, Zinc, Dysgeusia management

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MENTAL HEALTH NURSING PRACTICE IN SUPPORTING THE TASK OF INDONESIAN NATIONAL ARMY: LITERATURE REVIEW

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Abstract

Mental health is a basic need to supporting the task of the Indonesian national army. Mental health services in Indonesia's national army included promotive, preventive, curative, and rehabilitation programs. This article aims to review the mental health nursing practice role in the Indonesian national army health service. The method of this study is a non-systematic literature review towards 8 articles that have been accessed in Database Proquest, Ebscohost, and google scholar search engine. A search keyword is "nursing," Indonesian national army," Mental health nursing". The result of this study has shown that mental health nursing is administer in hospital setting. In the case of soldier with mental health disorder are handled by a psychiatrist and a nurses. There is no mental health nursing standard in handling patient with mental health disorder. Development of mental health standards and healthcare system to be recommendation in this article.

Keywords: Mental Health Nursing, Indonesian National Army, Mental Health

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PRONATION POSITION OF OXYGEN SATURATION AND PULSE FREQUENCY IN LOW BIRTH WEIGHT BABIES: LITERATURE REVIEW

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Abstract

Data from World Health Organization 2018 shows the prevalence of LBW is estimated at 21% globally with a limit of 4.5%-40%. Basic Health Research Data LBW cases in Indonesia are 6.2%. LBW babies often have complications in the form of Respiratory Distress Syndrome and an increase in pulse rate. One way to prevent complications is to place the baby in a prone position. Based on scientific article searches, this literature review aims to determine the effect of pronation position on oxygen saturation, pulse rate, and respiratory rate in LBW infants. This type of research is a Literature Review that has been carried out from February to August 2021. Journal searches were carried out on the electronic basis of Google Scholar, Garuda Portal, One Search, and Pubmed, totaling 30 articles. The literature used is literature published from 2016 - 2021. The study results of 30 articles found that the average oxygen saturation before and after being given a pronation position was in the range of 90.27% - 98.1%. The average pulse frequency before and after being given a pronation position was in the range of 140.9 x/minute - 144.87 x/minute. The average breathing frequency before and after being given a pronation position was in the range of 44.18 x/minute - 69.50 x/minute. All articles have the effect of pronation position on oxygen saturation in infants (LBW). There are 25 articles on the effect of the pronation position on the pulse rate in LBW infants and five articles on the no effect of the pronation position on the pulse frequency in LBW infants. There are 26 articles on the effect of the pronation position on the respiratory rate in LBW infants and four articles on the no effect of the pronation position on the respiratory rate in LBW infants. It was concluded that the pronation position affected the oxygen saturation, pulse rate, and respiratory frequency in LBW infants. It is expected for nursing services to make the provision of a pronation position as one of the nursing interventions and become a standard operating procedure in the management of LBW infants.

Keywords: Pronation Position, Oxygen Saturation, Pulse Frequency, Respiratory Frequency, LBW

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Etc.

The 1st International Allied Health Student Conference (IAHSC) 2021
Indonesia, September 14-15 2021

NURSING CARE FOR THE PATIENT MRS. Y WITH ISCHEMIC STROKE WITH COMPLICATED FACTORS HYPOKALEMIA IN THE CEMPAKA ROOM OF WEST BEKASI PRIVATE HOSPITAL DURING THE COVID-19 PANDEMIC

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Abstract

Stroke is an important health problem and needs attention. Ischemic stroke is a loss of brain function caused by the cessation of blood supply to part of the brain, which is caused by a thrombus or embolus. Stroke or cerebral blood circulation disorder (GPDO) is a neurological disease that is often encountered and must be treated quickly and appropriately. According to the results of the Regional Health Research (RIKESDAS) West Java Province has a stroke prevalence of 11.4% and has the highest estimated number of sufferers, namely 131,846 people. Based on data from the medical records of private hospitals in West Bekasi, in the last year, data were obtained as many as 101 patients or about 1.98%. Based on the stroke prevalence data above, it was found that the incidence of stroke is increasing every year. To find out how to provide nursing care to patients with ischemic stroke with complicating factors of hypokalemia in the cempaka ward of the West Bekasi private hospital. Method: The design of this study is a descriptive method with a case study approach using purposive sampling, namely the treatment and observation of ischemic stroke patients with hypokalemia complicating factors, treated in the Medical Room of a Private Hospital in West Bekasi. The results of the study obtained 4 nursing diagnoses, namely ineffective cerebral perfusion related to embolism, electrolyte imbalance related to fluid imbalance, swallowing disorders associated with cerebral paralysis, risk of injury associated with decreased psychomotor function, and impaired physical mobility associated with decreased muscle strength. The priority intervention in the diagnosis of ineffective cerebral perfusion related to embolism is to assess for signs of elevated ICP. The priority intervention in the diagnosis of electrolyte imbalance related to fluid imbalance is a record intake-output and 24-hour fluid balance count. The priority intervention in diagnosing the risk of injury related to decreased psychomotor function is calculating the risk of falling using the Fall Morse Scale every day. Priority intervention in the diagnosis of swallowing disorders is monitoring the level of consciousness and swallowing ability. The priority intervention in the diagnosis of impaired physical mobility associated with decreased muscle strength is to teach simple mobilizations to be performed. Nursing care for patients with ischemic stroke needs to pay attention to nursing problems, namely cerebral perfusion without complications.

Keywords: Embolus, Ischemic stroke, Nursing care Prevalence, Thrombus.

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Etc.

FAMILY SUPPORT OF YOUTH WITH THALASSEMIA

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Abstract

Thalassemia is one of the genetic disorders characterized by the decrease or absence of one of the globin chains, either alpha chain or beta chain. Which are the main components of normal hemoglobin. Thalassemia has become serious health issue in Mediterranean, Middle East, India, and South East Asia, including Indonesia. The thalassemia gene frequency in Indonesian population ranging from 3-8%. Adolescent is the transition period from children to adult. Thalassemia adolescents express psychosocial reaction and unpleasant experience due to the lifetime treatment routines that they must face off. These impact on the adolescents' family and self-esteem. This study aims to analyze the relationship between family support and self-esteem of thalassemia adolescents. This was a quantitative study design with phenomenology approach. A total of 50 subjects were collected with purposive sampling technique. Data were obtained by from questionnaire and analyzed using Spearman Rho method with cross sectional approach. The statistical result with Spearman Rho method shows significant p value of 0.024 ($p < 0.05$) and r value of 0.319. The positive correlation implies that both variables are moving in same direction with weak relationship. These results are in accordance with the hypothesis that family support are related with self-esteem of thalassemia adolescents. Family support in thalassemia adolescents is high and no thalassemia adolescents present with low self-esteem, mostly normal. The correlation between these two variables is weak but significant.

Keywords: Family Support, Genetic, Self-Esteem, Teenagers, Thalassemia

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Etc.

The 1st International Allied Health Student Conference (IAHSC) 2021
Indonesia, September 14-15 2021

THE EFFECT OF SOCIAL SUPPORT ON PERINATAL DEPRESSION

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Abstract

The COVID-19 pandemic is a hard time for perinatal women. They haven't got vaccinated, so they are a vulnerable group. The pandemic condition caused an economic crisis and social restrictions. It causes a lack of contact with family and friends who are the maternal support system. The lack of social support during the perinatal period will increase stress on the mother, even developing into depression. Perinatal depression reported has increased during the pandemic from 15% to 41%. This study aims to determine the impact of social support on perinatal depression using the literature review method on articles published in 2016-2021. The results of this study indicate that lack of social support contributed to perinatal depression and that social support interventions from family, friends, health workers, and especially husbands can significantly reduce symptoms of depression. Social support interventions can take the form of Video-Delivered Family Therapy for Home Visits, WazzUp Mama, Web-based approaches, assistance in carrying out maternal and infant care activities, and overcoming postnatal pain. This study concludes was health workers need to innovate digital or direct interventions to provide social support to prevent perinatal depression especially during this pandemic.

Keywords: Covid-19, depression, intervention, perinatal, social support

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Etc.

The 1st International Allied Health Student Conference (IAHSC) 2021
Indonesia, September 14-15 2021

NURSING SECTION CARE INDICATION WITH HEAVY-SEVERE PRE-ECLAMPSIA

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Abstract

Severe preeclampsia is a vasospastic found disease after 20 weeks of gestation or early postpartum which characterized by proteinuria. Complications of preeclampsia are one of the causes of prenatal maternal morbidity and mortality. The management of preeclampsia has not resulted a significant change in the outcome so far. This case study aims to identify between theories, cases, and apply care to pre-eclampsia women. This case study involved a preeclampsia woman with a gestational age of 37 weeks involving case study subjects. The data collected is based on the assessment format and urine protein supporting examination. The data collected was analyzed by descriptive method. The results of the study were the mothers 'history of severe preeclampsia in the first-second pregnancies (indications for sectio caesarea) at diagnosis. There's a history between theory and cases, the diagnosis namely of risk in blood level instability associated with. Furthermore, the implementation of the intervention specified in the diagnosis can be noticed. Follow-up the findings in the case care in severe preeclampsia cases should be optimized by referring to evidence-based practices and interventions. As a promotor effort, it is hoped the health workers will provide health education to control blood pressure regularly during pregnancy.

Keywords: Maternal Mortality Rate, Preeclampsia, Sectio Caesarea.

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- Etc.

THE RELATIONSHIP BETWEEN CHEMOTHERAPY CYCLE AND PSYCHOSOCIAL PROBLEMS IN BREAST CANCER PATIENT

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Abstract

Chemotherapy to breast cancer patients need to be delivered for several cycles. Besides causing physiological effects, chemotherapy causing psychological impacts on patients. The fulfillment of psychosocial needs is important to promote patients' quality of life caused by changes in physical, social, cognitive, spiritual, emotional and role functions. The purpose of this study was to determine the relationship between chemotherapy cycles and psychosocial problems in breast cancer patients. This research is quantitative correlation design with 54 breast cancer patients were recruited as sample by purposive sampling. Data collection was carried out during April 2020 to June 2020 at Koja hospital Jakarta using Depression Anxiety Stress Scale (DASS 21) to identify psychosocial problems. Spearman rank test was conducted to analyze the relationship between chemotherapy cycles and psychosocial problems. The results showed that there was a relationship between chemotherapy cycles and psychosocial problems (p value 0.001). However it showed a weak relationship between the two variables (r 0.257). Psychosocial problems that were identified were anxiety (53%), depression (9.3%), low self-esteem (16.7%) and stress (20.4%). Nurses need to provide nursing care while patients are undergoing chemotherapy so that psychosocial problems can be identified and nursing interventions can be delivered appropriately.

Keywords: chemotherapy, breast cancer, nursing care, psychosocial problems

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- Etc.

RELATIONSHIP OF KNOWLEDGE AND ATTITUDE OF MOTHERS WITH EXCLUSIVE BREASTFEEDING PRACTICES IN DISTRICT TULANG BAWANG BARAT 2021

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Abstract

Mother's knowledge and attitude in exclusive breastfeeding plays an important role in increasing the growth and development of children. The purpose of this study was to determine the relationship between the level of knowledge and attitudes of mothers in the practice of exclusive. This research is a quantitative research, with a cross sectional approach. The population in this study were all mothers who had babies > 6 months-12 months as many as 2285 with samples taken as many as 93 respondents. The object of this research is exclusive breastfeeding, knowledge and attitude. The research carried out in June 2021 in the Tulang Bawang Barat District. Collecting data using a questionnaire, data analysis is univariate, bivariate and multivariate. The results showed that there was a relationship between knowledge (p value = 0.016, OR = 3.264), and attitudes (p value = 0.001, OR = 7.848) towards exclusive. The dominant factor associated with exclusive breastfeeding, namely the attitude with a p-value of 0.000 OR 10.197. Suggestions for health workers to often provide counseling and motivate mothers about the importance of exclusive breastfeeding so that mother's knowledge is wider.

Keywords: Exclusive breastfeeding, Knowledge, and Attitude

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- Etc.

MEDICAL LABORATORY TECHNOLOGY

The 1st International Allied Health Student Conference (IAHSC) 2021
Indonesia, September 14-15 2021

**ANTIBACTERIAL ACTIVITY OF LEAVES EXTRACT OF KETAPANG (*Terminalia catappa* L.)
AGAINST PATHOGEN BACTERIA *Edwardsiella tarda* FROM LIVER ISOLATES OF CATFISH
(*Clarias batrachus*)**

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Abstract

Ketapang (*Terminalia catappa* L.) is a plant that has potential as an antibacterial agent, one of that is against bacterial infection in catfish, namely *Edwardsiella tarda* which is a threat to catfish farming. The purpose of this research is to determine value of Minimum Inhibitory Concentration (MIC) and the antibacterial activity of methanol extract of ketapang (*Terminalia catappa* L.) leaves against the pathogenic bacteria *Edwardsiella tarda* from liver isolates of catfish (*Clarias batrachus*) causing Edwardsiellosis disease. The extract was made by maceration method with methanol 96 % ratio of 1:10 which is macerated for 7 x 24 hours. The concentration dilutions of the preliminary test of MIC, there were 20 %, 40 %, 60 %, 80 % and 100 %. Antibacterial activity test using the diffusion disc method with a concentration of 45 %, 52.5 %, 60 %, 67.5 % and 75 %. The results of the antibacterial activity test of methanol extact of ketapang leaves were able to inhibit the growth of *E. tarda* at 45 % with the diameter of inhibition zone is 13.5125 mm (strong category). The higher concentration made, the greater inhibition formed by methanol extract of Ketapang leaves. From the results obtained, it can be seen that methanol extract of Ketapang leaves has the potential to inhibit the growth of the pathogenic bacteria *Edwardsiella tarda* that causing Edwardsiellosis disease in the liver of catfish (*Clarias batrachus*).

Keyword : *Clarias batrachus*, effectiveness, *Edwardsiella tarda*, MIC, *Terminalia catappa* L

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- Etc.

EXAMINATION OF ALCOHOL LEVELS IN ALCOHOL DRINKERS USING THE ALCOHOL SALIVA STRIP TEST

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Abstract

Alcohol is an organic compound with hydroxyl groups. Alcohol is content in ethanol-shaped drinks. The objective of this study was to determine alcohol levels on alcohol drinkers using the methods of alcohol saliva testing. The research method used is blood alcohol concentration was measured using the strip RightSign. The research design used was descriptive with the cross-sectional approach. We were using the purposive sampling technique for sampling. The sample consisted of 28 respondents. The result showed that 71% positive and 29% negative with alcohol saliva testing. Positive results due to consumption of drinks containing 10-20% alcohol in alcoholic beverages such as wine and essence type ginseng wine, along last time-consuming alcohol were 1-2 days after drinking alcohol. Negative results because of the over-consuming more than five days. This study shows that the highest age of alcohol drinkers was between 17-19 years with a percentage of 57%, as many as 68% of respondents frequently consume alcohol. The type of alcohol consumed most is 82% of type wine. 45% of respondents had the highest alcohol content 0,04% of the study also suggests that periods, the concentration of alcohol, and the type of alcohol consumed could affect BAC.

Keywords: Alcohol, alcohol saliva testing, blood alcohol concentration, ethanol, saliva

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OVERVIEW OF LACTIC ACID LEVELS IN CORONAVIRUS DISEASE (COVID-19) PATIENTS AT ONE OF THE PRIVATE HOSPITALS IN BINTARO SOUTH TANGERANG

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Abstract

An outbreak of coronavirus disease 2019 was reported for the first time in December 2019 at the Wuhan fish market, China. In COVID-19 patients, they will experience lung organ damage caused by the virus so that it interferes with the ventilation process. COVID-19 patients will experience a cytokine storm that will increase cell apoptosis which can cause pulmonary vascular and alveolar leakage (edema) causing hypoxia. Anaerobic pathways produce the final product in the form of lactic acid. The purpose of this study was to determine the description of lactic acid levels in COVID-19 patients who were treated in the ICU of a private hospital in Bintaro, South Tangerang. This research is descriptive cross-sectional using secondary data. Data analysis was displayed based on gender and age. The number of samples in this study was 141 respondents, with category 70 males and 71 females. The average value of lactic acid levels of this study is 2.36 mmol / L. Minimum yield of 0.9 mmol / L and a maximum of 5.7 mmol / L. Low lactate yield of 1 (0.7%), normal 39 (27.7%), and high 101 (71.6%). high lactic acid levels are found in all categories of adolescents, adults, and the elderly

Keywords: COVID-19, Lactic Acid, Male, Female, Age

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Etc.

THE ILLUSTRATION GROW OF CONTAMINANT FUNGI AT WHITE BREAD BASED ON TEMPERATURE AND HUMIDITY

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Abstract

Bread is one of the processed foods that is consumed by many people as a staple food substitute for rice. The shelf life of white bread cannot be more than one week. The appearance of bread that is not fit for consumption is characterized by discoloration due to being overgrown with fungus. The mold that grows on white bread can produce mycotoxins during storage. Food poisoning can cause symptoms such as nausea, vomiting, and diarrhea. This study aims to determine the average percentage of white bread covered with contaminant fungi based on temperature and humidity. The method used is descriptive. The results showed that white bread stored at room temperature with steamed treatment began to grow contaminant fungi on the seventh day on white bread 1 and the fourth day on white bread 2, while the non-steamed treatment began to grow contaminant fungi on the fifth day. Bread that was stored at refrigerator temperature by steaming and not steaming was not covered with contaminant fungi. Storage of white bread at room temperature is more quickly overgrown with mold contaminants than at refrigerator temperature.

Keywords: Bread, Humidity, Not Steamed, Steamed, Temperature.

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- Etc.

IDENTIFICATION OF FORMALIN IN UNBRANDED WET NOODLES AT TRADITIONAL MARKETS OF TAMBUN SELATAN USING TEST KIT METHODS AND UV-VIS SPECTROPHOTOMETRY

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Abstract

Wet noodles are flour-based foods that are widely consumed by the community because of their easy processing. The high water content in wet noodles makes the noodles not last long. In fact, there are still preservatives found in wet noodles that should not be used, namely formalin. The purpose of this study was to determine whether there is formalin in unbranded wet noodles in the Traditional Market of South Tambun sub-district and determine the level of formalin in unbranded noodles in the Traditional Market of South Tambun sub-district. This research was conducted at the STIKes Mitra Keluarga laboratory. The type of research used is descriptive. This study used a test kit to determine the presence of formalin in the sample and UV-VIS spectrophotometry to measure the level of formalin in the sample. There are 7 samples taken from 4 different markets. The sample was tested using a formalin test kit and the result there are 6 positive samples of formalin. Furthermore, the positive sample was determined using a UV-VIS spectrophotometer and Nash reagent. The lowest level of formalin was 18.61 mg/L while the highest level was 738.45 mg/L. According to SNI, formalin should not be in wet noodles so the results of the 6 samples did not meet the quality requirements of wet noodles.

Keywords: Wet noodles, Formaldehyde, Formaldehyde Test Kit, UV-VIS Spectrophotometry

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Etc.

OVERVIEW OF BACTERIAL CAUSE URINARY TRACT INFECTIONS AND RESISTANCE ANTIBIOTICS A HOSPITAL IN DEPOK

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Abstract

Urinary Tract Infection caused by bacterial pathogen. UTI is a disease highest infection after respiratory tract infection. UTI has a serious impact, to kidney and urinary tract infections. UTI causes pyelonephritis and cystitis. The purpose of this study was to determine the percentage of bacteria that cause UTIs and the type of antibiotic that the bacteria responded to resistance. This researched method is descriptive quantitative. This studied uses secondary data from hospitals in the Depok area. Secondary data in the form of urine culture resulted in 2020. The results of this study were the patient status which was dominated by children as many as 64 patients (63.4%) while adults as many as 37 patients (36.6%). The dominant bacteria UTI were *Staphylococcus haemolyticus* in 22 patients (21.8%), *Escherichia coli* in 20 patients (19.8%), and *Escherichia coli* ESBL in 14 patients (13.9%). Antibiotics that are resistant and sensitive to the response of bacteria that cause UTI are ampicillin and tigecycline.

Keywords: Urinary tract infection (UTI), *Staphylococcus haemolyticus*, tigecycline, ampicillin

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COMPARISON BETWEEN *MUSCA* SP. AND *CHRYSOMYA* SP. AS CARRIERS OF PATHOGENIC PARASITES IN TPA BANTAR GEBANG, INDONESIA

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Abstract

Chrysomya sp. and *Musca* sp. flies are an order of diptera that act as mechanical vectors for pathogenic parasites such as helminths and protozoa. Therefore flies are a potential agent in causing disease in humans. This study has been conducted with the aim to find number and percentage of *Musca* sp and *Chrysomya* sp as well as pathogenic parasites carried by his body in Bantar Gebang landfill, Indonesia. This type of research is numerical descriptive with cross sectional research design. Sampling at 3 locations is a pile of wet garbage, dry garbage and piles of garbage that have been overgrown with plants. The results showing that the total number and percentage of *Musca* sp. amounted to 538 (87%) while *Chrysomya* sp. numbered 77 (13%) with the location point found the most both genera of flies is wet garbage. As for the number and percentage of helminths and protozoa parasites found in the bodies of *Musca* sp. and *Chrysomya* sp. are *Ascaris* sp. (31%), *Diphyllobothrium* sp. (5%), *Trichuris* sp. (3%), *Enterobius* sp. (3%), *Hookworm* (1%), *Hymenolepis* sp. (8%), *Schistosoma* sp. (2%), *Strongyloides* sp. (2%), *Trichostrongylus* sp. (22%), while the only protozoa found were *Entamoeba* sp. (23%). The number and percentage are more commonly found in *Musca* sp. than *Chrysomya* sp. The results of this study illustrate that *Musca* sp. is the genus of flies most commonly found in Bantar Gebang landfill, Indonesian with the most dominant pathogenic parasites attached to its body are *Ascaris* sp. and *Entamoeba* sp. From the results of this study it can be concluded that *Musca* sp and *Chrysomya* sp have the potential as mechanical vectors for ascariasis and amoebiasis.

Keywords: *Chrysomya* sp., helminths, landfills, *Musca* sp., protozoa

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- Etc.

PROFILE OF BACTERIA THAT CAUSE URINARY TRACT INFECTIONS (UTI) AND PATTERNS OF ANTIBIOTIC RESISTANCE IN 2019-2021 AT NORTH JAKARTA PRIVATE HOSPITAL

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Abstract

Urinary tract infection (UTI) is a general term that indicates the presence of microorganisms in the urin. The number of UTI cases is 150,000,000 world population / year. While in Indonesia the number is around 180,000 new cases every year or around 90-100 cases / 100,000 Indonesian citizens. One of the most common types of bacteria that cause UTI is *Escherichia coli*. *Escherichia coli* is often found to be able to produce ESBL enzymes that have the potential to hydrolyze antibiotics such as Ampicillin. So this study aims to determine the type and percentage of bacteria that cause UTI and the types of antibiotics that are resistant to the bacteria causing UTI 2019-2021 at Mitra Keluarga Hospital Kelapa Gading. This type of research is included in the descriptive numerical method using a single variable. The time of this research took place from April to May 2021. The data source used was secondary data derived from medical recording data in the clinical laboratory of Mitra Keluarga Kelapa Gading Hospital. Secondary data processing is done by tabulating and dividing the data into two broad lines, namely: patient status based on age and gender. This data was analyzed to specify the description of the bacteria causing UTI and the response to antibiotics by the bacteria causing UTI. The results of this study found that the most bacteria from 159 suspected UTI were *Escherichia coli* (64,64%). In addition, *Klebsiella pneumoniae* was found (20.13%). Then *Enterobacter cloacae* was found (4,40%). The bacteria that cause UTI gave the highest resistance response to Ampicillin, Ampicillin sulbactam, and Aztreonam. Then the bacteria that cause UTI gave the lowest resistance response to Gentamicin.

Keywords: Urinary tract infection, urine culture, *E.coli*, resistance, antibiotics, VITEK 2 Compact.

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Etc.

POTENTIAL TEST OF *MOMORDICA CHARANTIA* EXTRACT AS LARVICIDAL AGAINST *CULEX* SP LARVAE

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Abstract

Culex sp. mosquitoes is the main vector of Filariasis that is widespread in many parts of the world including in Indonesian. Currently, *Culex* sp control uses more synthetic insecticides that cause resistance impacts. Therefore, an alternative solution needed of the use of natural insecticides. One of the natural insecticides (biological) that the potential to control *Culex* sp. is Bitter Melon (*Momordica charantia*). The bioactive component of alkaloids, tannins, saponins and flavonoids in *Momordica charantia* the potential to be larvacide for *Culex* sp larvae. This study aims to find out mortality rate of *Culex* sp larvae killed Bitter Melon extract at graded concentrations of 250 ppm, 500 ppm, 750 ppm and 1000 ppm. The method used is an experimental with graded concentrations of 250 ppm, 500 ppm, 750 ppm and 1000 ppm extracts *Momordica charantia* were tested on the larvae of *Culex* sp. Sampling was done randomly with a total of 450 larvae of *Culex* sp instar IV. The results showed that after 24 hours of observation, *Momordica charantia* extract able killing Larvae of *Culex* sp with the percentage of larvae mortality 250 ppm (17%), 500 ppm(34%), 750 ppm (49%), and 1000 ppm (65%). The conclusion of this study is that the treatment of *Momordica charantia* extract able to kill *Culex* sp larvae with the highest percentage of larvae mortality at concentration 1000 ppm (65%), while at the lowest percentage of larvae mortality at concentration 250 ppm (17 %).

Keyword :Bitter melon's fruit (*Momordica charantia* L) extract, *Culex* sp. Larvae

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- Etc.

DESCRIPTION OF ROUTINE HEMATOLOGICAL TESTS AND NS1 ANTIGEN IN DENGUE FEVER PATIENTS IN DEPOK PRIVATE HOSPITALS

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Abstract

Dengue hemorrhagic fever is a disease caused by infection with the dengue virus through mosquito vectors of the Aedes genus, especially Aedes aegypti and Aedes albopictus. In the case of Dengue hemorrhagic fever, laboratory examination parameters that are often used to establish the diagnosis are Protein Non Struktural-1 serology and routine blood tests. The purpose of this study was to determine the description of routine blood examinations (platelet count, leukocyte count, hematocrit number, hemoglobin count) and Protein Non Struktural-1 serologic examination of Dengue hemorrhagic fever patients at a private hospital in Depok. This type of research is secondary research with a cross sectional research design and data collection by purposive sampling. The results of the study obtained data from 123 patients who were confirmed positive for Protein Non Struktural-1 and performed routine hematological examinations on Dengue hemorrhagic fever patients, the results were normal on examination of platelets, hematocrit, hemoglobin and a decrease in leukocyte examination. The conclusion obtained is that routine blood examinations in Dengue hemorrhagic fever patients show normal results and there is a decrease only in the examination of the leukocyte count.

Keywords: Dengue cases, Routine Blood, NS1 Dengue Antigen, Depok, Private hospital.

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- Etc.

PHARMACY

The 1st International Allied Health Student Conference (IAHSC) 2021
Indonesia, September 14-15 2021

FORMULATION AND EVALUATION OF GEL MASK PEEL OF BLACK GLUTINOUS RICE (ORYZA SATIVA VAL GLUTINOSA) EXTRACT AND GREEN TEA (CAMELIA SINENSIS) EXTRACT

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Abstract

Black glutinous rice (*Oriza sativa* var *glutinosa*) and green tea (*Camelia sinensis*) are plants that are useful for moisturizing the skin. The purpose of this study was to obtain the best formulation of peel-off gel mask preparations from black glutinous rice and green tea extract. The gel mask formulation was made on the basis of variations in the concentration of Hydroxy Propyl Methyl Cellulose (HPMC) of F1 (2,5%), F2 (3%) and F3 (3,5%) with evaluation including organoleptic tests, pH, viscosity, homogeneity, dispersity test, and drying time at temperatures of 4°C, 25°C, 40°C for 28 days. The evaluation results of the three formulations met the requirements for a good peel-off gel mask. pH results are between 4.6-5.5 which is still in the standard range of 4.5-6.0. The results of the viscosity test are 6.500-12.166.7 cps which are in the range of 6.000-24.000 cps, the dispersion area meets the requirements of 5-7 cm, the result of the drying time is 15-22 minutes which are in the range of 15-30 minutes. The conclusion of this study was that F1, F2, and F3 met all the requirements for peel off gel masks by storing at temperatures of 4°C, 25°C, 40°C for 28 days.

Keywords: peel-off mask, black glutinous rice extract, green tea extract, HPMC, stability test

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- Etc.

DETERMINATION OF FLAVONOID LEVELS IN ETHYL ACETATE EXTRACT OF LIME PEEL

(*Citrus x aurantiifolia* (Christm.) Swingle)

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Abstract

Lime plant is one of Indonesia's endemic plants, which has been widely used as a medicinal plant. It is known that the content of secondary metabolites owned by lime plants one of them is flavonoids. The aim of this study was to find out the levels of flavonoids in lime peel extract (*Citrus x aurantiifolia* (Christm.) Swingle). Lime peel extraction (*Citrus x aurantiifolia* (Christm.) Swingle) uses a method of maceration with solvents i.e. ethyl acetate. Determination of flavonoid levels of lime acetate extract using AlCl₃ colorimetry method at wavelength 430nm, operating time 50 minutes with standard kuersetin comparison. The average total flavonoid content in ethyl acetate extract of lime peel is 0.64% (b/b) with a value of SD 0.0133 and RSD 0.029%.

Keywords: AlCl₃ Colorimetry. *Citrus x aurantiifolia* (Christm.) Swingle, Flavonoids, Spectrophotometer UV-Vis, Ethyl Acetate

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Etc.

**ANALYSIS OF CAFFEINE LEVELS IN ARABICA DECAFFEINATION COFFEE (*Coffea Arabica* L.)
AND ROBUSTA (*Coffea Canephora*) SOLD ON MARKETPLACE A USING UV-VIS
SPECTROPHOTOMETRY METHOD**

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Abstract

Caffeine is an alkaloid compound that's beneficial when used properly, but in excess can be harmful to the body. So there is innovation called decaffeination. The purpose of this study is to determine caffeine content in Arabica and Robusta decaffeinated coffee and ensure the caffeine content in one serving of coffee to meet requirements dose on Indonesian National Standard. UV-Vis Spectrophotometry was used as an analytical method and validated. The results of analysis showed that caffeine content in Arabica and Robusta decaffeinated coffee are 0.8648% and 1.6214% and amount of caffeine in one serving are 86.47 mg and 162.14 mg. Validation of the methods obtained, recovery range 94.47-100.37%, RSD range 0.3%-0.7%, r^2 0.9989, detection limit 0.3822 $\mu\text{g/mL}$ and quantification limit 1.2739 $\mu\text{g/mL}$. It can be concluded that UV-Vis spectrophotometric method can be used to analyze caffeine in decaffeinated coffee samples by providing good validity, but caffeine content in one serving of coffee is not in accordance with dosage provisions of Indonesian National Standard.

Keyword: Caffeine, Arabica, Robusta, Decaffeinated, UV-Vis Spectrophotometry

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- Etc.

**APPROPRIATE USE OF ANTIDIABETIC DRUGS EVALUATION IN TYPE II DIABETES
MELLITUS PATIENTS AT INSTALLATION OF A PRIVATE HOSPITAL IN EAST BEKASI
REGION IN 2020**

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Abstract

Appropriate drugs selection in patients with diabetes mellitus can control the patient's blood sugar level, when blood sugar level can be controlled then the incidence of complications can be avoided, the mortality and morbidity of diabetes mellitus will decrease. This study aimed to determine the profile of oral antidiabetics, insulin, or a combination use and to evaluate the rationality of antidiabetics use in patients with type 2 diabetes mellitus (DMT2) at inpatient installation of a private hospital in Bekasi region in 2020. Research design that used was observational descriptive with a retrospective approach. The data were taken from the medical records of DMT2 patients who were treated at inpatient installation of private hospital in East Bekasi area in 2020. The results for profile use of the most widely used antidiabetic drugs respectively were drug combination of insulin with insulin, oral with oral and insulin with oral. Evaluation of the appropriate drug use was determined based on 4 parameters, as follow: right indication with the result was 100%, right medication was 58.33%, right patient was 100% and right dose was 97.62%. It can be concluded that evaluation of drug use in DMT2 patients still need to be done so that the mortality and morbidity rates of diabetes mellitus patients decrease.

Keyword: Diabetes mellitus type 2 (DMT2), Antidiabetic, Rationality

Reference

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- Etc.

APPROPRIATE USE OF ORAL ANTIHYPERTENSIVE DRUGS EVALUATION IN NONDIALYSIS CHRONIC KIDNEY DISEASE PATIENT OF PRIVATE HOSPITAL IN EAST BEKASI 2018-2020

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Abstract

Chronic Kidney Disease (CKD) is currently one of the most common diseases and being a concern in the world, including in Indonesia. The number of patients with CKD tends to increase year by year. Hypertension is a cause and effect of CKD and contributes to its development. This study aimed to evaluate the appropriateness use of oral antihypertensive drugs in patients with chronic kidney disease of private hospital in East Bekasi for the 2018-2020 period. The method used in this study was observational data taken retrospectively from the medical records of non-dialysis chronic kidney disease patients. The study population were all patients diagnosed with non-dialysis chronic kidney disease at the inpatient installation of private hospital in East Bekasi. The sample was taken by consecutive sampling method where the sample was determined based on the inclusion criteria of 50 patients. Evaluation of drug use in this study included right patient, right indication, right medication and right dose. The following results were obtained: right patient was 100%, right indication was 98%, right medication was 86% and right dose was 94.84%. It can be concluded that evaluation of oral antihypertensive drugs usage in patients with chronic kidney disease need to be done so that the contribution of hypertension to CKD development decreases.

Keywords: Antihypertensive, Consecutive sampling, CKD, Evaluation, Hypertensive.

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- Etc.

**ORAL ANTIDIABETIC USAGE EVALUATION IN TYPE 2 DIABETES MELLITUS IN PATIENTS
OF HOSPITAL X AT EAST BEKASI REGION USING OBSERVATIONAL DESCRIPTION
METHOD IN 2019–2020**

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Abstract

Diabetes Mellitus type 2 is the 3rd disease with the highest mortality in Indonesia caused by metabolic disorders with one of its clinic manifestation is increased blood sugar levels due to decreased insulin secretion by pancreatic beta cells and malfunction insulin (insulin resistance). In this study, review of oral antidiabetics usage and the appropriate of its usage were done to reduce the rate of complications in type 2 Diabetes Mellitus patients which is often being cause of death. This study used a descriptive observational approach by using patient medical record data as a data source retrospectively in July 2019 to December 2020 at Hospital X in East Bekasi region. Appropriate of the oral antidiabetics usage was based on predetermined criteria including several indicators, such as; right indication, right dose and right interval time in administration. Comorbidities that commonly occurs the most in Type 2 DM, namely Essential (Primary) Hypertension with percentage was 11.60%, the most common gender is female with percentage was 53.63% with an age of 31-60 years. The most widely used oral antidiabetic drugs in single and combination were the sulfonylurea group with percentage was 72.22% and the combination of the sulfonylurea+biguanid+DPP-4 group was 31.38%. The percentage case of right dose was 91.30%, right indication was 100%, while in the case of right interval time in administration was 65.21%.

Keywords: Type 2 Diabetes Mellitus, Oral Antidiabetic, Evaluation of Rational Drug Use

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ANALYSIS OF OUTPATIENT SATISFACTION WITH PHARMACEUTICAL SERVICES AT A PRIVATE HOSPITAL PHARMACY INSTALLATION IN EAST BEKASI

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Abstract

Satisfaction in pharmaceutical services is an important indicator of service quality and has implications for more efficient service delivery in meeting patient needs. This study aims to determine the level of patient satisfaction with pharmaceutical services at a private hospital pharmacy in East Bekasi. The method used is a quantitative descriptive method with a cross sectional approach. Measurement of health services (variable X) using the concept of servqual (dimensions of reliability, responsiveness, assurance, empathy and tangibles) and measuring patient satisfaction (variable Y). Sampling method with non-probability sampling method by accidental sampling. Bivariate data analysis with Chi Square test statistical analysis. The results showed that patient satisfaction on the reliability dimension was 82.56% very satisfied, responsiveness 76.93% satisfied category, empathy 84.64% very satisfied, guarantee 76.96% satisfied category, and direct evidence dimension 83.33% very satisfied category. satisfied. The chi square test results in a p value of 0.002 reliability, p responsiveness 0.000, p assurance 0.002, p empathy 0.034, and p tangible 0.008 < p value (0.05) then there is a relationship between pharmaceutical services and outpatient satisfaction, and the most related dimension of empathy. on the five dimensions of pharmaceutical service quality in one of the private hospital pharmacy installations in East Bekasi in 2021.

Keywords: pharmaceutical services, patient satisfaction, servqual, pharmacy installation, private hospital, East Bekasi

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SYNERGISM TEST OF DATES (PHOENIX DACTYLIFERA L.) AND RAW TEMPEH ON ANTIOXIDANT ACTIVITY

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Abstract

Dates and tempeh are foods that both contain antioxidant compounds. Phenolic compounds such as flavonoids and isoflavones are known to be found in dates and tempeh. This study was conducted to see how much antioxidant activity contained in dates and tempeh and how the effect of dates and tempeh consumed simultaneously on the increase in total antioxidant activity. The test was carried out using the DPPH method with the results of antioxidant activity expressed in % inhibition, which was 24.52% for date extract and 39.99% for tempeh extract. The synergism test of antioxidant activity showed that dates and tempeh with a ratio of 50:50 obtained a percent inhibition value of 32.97%. Statistical test of simple linear regression analysis showed that there was an effect of increasing total antioxidant activity on dates and tempeh which were consumed together.

Keywords: antioxidant activity, dates, DPPH, synergistic effect, tempeh

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THE POTENCY OF BINAHONG LEAVES ETHANOLIC EXTRACT (ANREDERA CORDIFOLIA) AS INHIBITOR OF STAPHYLOCOCCUS AUREUS

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Abstract

Infectious diseases is one of the main health problems in developed countries. One of the causes of infectious disease is *Staphylococcus aureus*. Treatment of diseases caused by bacterial infections using antibiotics causes of resistance. Bacterial resistance to antibiotics results in increased mortality, loss of state, and causing adverse side effects. Thus it is necessary to research natural materials containing antibacterial bioactive compounds as an effort to prevent infectious diseases caused by bacteria that are resistant to antibiotics. One of the plants that has the potential as inhibitor of *Staphylococcus aureus* is Binahong (*Anredera cordifolia*). The purpose of this study was to determine the difference in the mean inhibition zone of *Staphylococcus aureus* between the control group treated with Binahong leaf ethanolic extract (*Anredera cordifolia*) with grade concentrations of 20%, 40%, 60%, 80% and 100%. This research is a laboratory experimental study using the disk diffusion method (Kirby Bauer). The samples used in this study were pure isolates of *S.aureus*. The research design used was a completely randomized design with 7 treatments consisting of sterile aquades as negative control, chloramphenicol 30 µg as positive control and ethanol extract of binahong leaves with concentration of 20%, 40%, 60%, 80% and 100%. All treatment groups performed 3 replications. Binahong leaf ethanolic extract was obtained by maceration extraction using 70% ethanol as a solvent. The data obtained were analyzed with one way ANOVA test with a confidence level of 95% ($\alpha = 0.05$). This study showed that there was a significant difference ($p < 0.05$) in all treatment groups. Meanwhile, based on CLSI standards 2018, the administration of ethanol extract of binahong leaves for all concentrations (20%, 40%, 60%, 80% and 100%) still shows the category of resistance.

Keywords: Antibacterial, *Staphylococcus aureus*, Binahong (*Anredera cordifolia*), Kirby Bauer.

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The 1st International Allied Health Student Conference (IAHSC) 2021
Indonesia, September 14-15 2021

YOGHURT DRINKS FORMULATION WITH THE EXTRACT OF AVOCADO SEEDS (*Persea Americana* Mill) AS A FUNCIONAL DRINK SOURCE OF ANTIOXIDANTS

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Abstract

Yogurt is a semi-solid product produced through a fermentation process of milk using lactic acid bacteria. Avocado seeds have essential components and a high percentage of antioxidant activity to be used as a source of natural antioxidants. This study aims to determine differences in sensory characteristics, public acceptance, and antioxidant activity content of yogurt products using avocado seed extract. The design of this study used experimental research with a completely randomized design (CRD) consisting of 3 treatments, namely: Formula 1 (10% avocado seed extract), Formula 2 (20% avocado seed extract), and Formula 3 (30% avocado seed extract). Statistical tests using Kruskal Wallis analysis for organoleptic tests exhibited significant differences of color, aroma, and texture (p-value <0.05). The highest hedonic test results are found in Formula 1, with a total percentage of 80.15. Formula 2 test results show the strongest antioxidant activity at 97.46 ppm. Formula 1 results also show the highest viscosity test of 422.6 cP. The lowest pH test results were found in Formula 3 is 4.7. In conclusion, this study shows that the public can accept yogurt with avocado seed extract. The more addition of avocado seed extract can affect the antioxidant activity and yogurt's viscosity.

Keywords: Antioxidant Activity, Avocado Seeds, Viscosity, Yogurt

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- Etc.

THE RELATIONSHIP BETWEEN THE APPLICATION OF THE GLUTEN FREE CASEIN FREE DIET AND THE PHYSICAL ACTIVITY OF CHILDREN WITH AUTISM SPECTRUM DISORDER

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Abstract

One way to improve autism symptoms is to apply a gluten and casein-free diet therapy. The application of this diet can also have an impact on physical activity in autistic children. This study aims to determine the relationship between the application of the gluten free casein free diet with the physical activity of children with autism. This research is a quantitative study using a cross sectional design. The number of samples studied were 86 children with autism at the Rumah Autis and Talenta Center School, which were selected by consecutive sampling method. The data were collected using the Food Frequency Questionnaire, Motoric Development of Children with Autism, and analyzed using the Chi-square test. The analysis results showed a p-value of 0.001 ($P < 0,05$) ; OR 4,943 (1,966 – 12,427) for each variable, namely the application of a diet with physical activity of children with autism. The conclusion of this study is that there is a relationship between the application of the gluten free casein free diet with physical activity in children with autism, then the odds value is 4,943, which means that children who do not apply the diet are more likely to do 4 times less physical activity than children who apply the gluten free casein free diet.

Keywords : Autism, FFQ, GFCF Diet, Physical Activity

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- Etc.

DEKAZI GAMES AS INTERACTIVE NUTRITION EDUCATION MEDIA FOR SCHOOL-AGE CHILDREN IN ERA 4.0

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Abstract

Nutritional problems in the life cycle are commonly referred to as the "Vicious Circle" because the process contains the phases of the health situation of life, which has a chain of interrelated dietary issues with all stages of life. One of the decisive phases in overcoming nutritional problems is the school-age phase. Nutrition education using learning methods in the 4.0 era. It can be one of the efforts to improve the health and nutrition of school children related to the life cycle. This community service activity is to increase the nutritional knowledge of schoolchildren with educational media for life cycle games (DEKAZI Games). The action was carried out at SIT SD Plus Bina Bangsa Sejahtera Bogor City online in August 2021. Implementing this activity consisted of three stages: identifying nutritional problems, making website games, and program implementation. Evaluate the effectiveness of educational media using a pre-post test. The post-test conducting after students were allowed to play games for three days. *The results obtained an average increase in knowledge of 18%, from 69% of students who answered correctly during the pre-test to 84% of students who answered correctly during the post-test.* Therefore, the community can use these games to increase knowledge about nutrition in the life cycle, especially school-age children.

Keywords: education, games, nutrition in the life cycle, nutritional status, school children

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Etc.

The 1st International Allied Health Student Conference (IAHSC) 2021
Indonesia, September 14-15 2021

KNOWLEDGE ON SOFT DRINKS, MASS MEDIA AND THE PEERS ROLE AND ITS RELATIONSHIP WITH THE HABITUAL CONSUMPTION OF SOFT DRINKS AMONG HIGH SCHOOL STUDENTS IN BEKASI

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Abstract

Soft drinks are carbonated drinks with added sweeteners or flavorings. Based on sweeteners used, soft drink are divided into sugar-sweetened and non-sugar soft drink that use artificial sweeteners. In the global beverage market, the consumption of soft drink reached to 226 trillion liters in 2015. This study aims to analyze the relationship between knowledge about soft drinks, mass media, and peers with the habit of consuming soft drinks among students in Bekasi. This research is a quantitative study with a cross sectional design. The number of samples was 140 high school students from SMA KORPRI Bekasi, who were selected by the simple random sampling method. Collecting data using available questionnaires, 24-hour Food Recall, and analyzed using the Chi Square test. The results of the analysis showed the p-value for each variable, namely knowledge about soft drinks with soft drink consumption habits, $p\text{-value} > 0.05$, the influence of mass media with soft drink consumption habits $p\text{-value} > 0.05$, the influence of peers with soft drink consumption habits. $p\text{-value} > 0.05$, the conclusion of this study is that there is no relationship between knowledge about soft drinks, mass media, and peers with the habit of consuming soft drinks among students of SMA KORPRI Bekasi.

Keywords: Consumption of Soft Drink, Knowledge, Mass Media, Peers.

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- Etc.

RELATIONSHIP BETWEEN KNOWLEDGE AND CONSUMPTION OF IRON-CONTAINING FOODS WITH LEARNING ACHIEVEMENT OF SCHOOL GOING ADOLESCENT GIRL IN BEKASI

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Abstract

Learning achievement is a measure of a student's ability after carrying out learning activities for a certain period of time. Learning achievement is influenced by several factors such as infection, food intake and knowledge. Lack of iron in the body will cause iron deficiency anemia. Low iron intake and knowledge will have a negative impact on learning achievement. This study aims to relationship between knowledge and consumption of iron-containing foods with learning achievement of school going adolescent girl in Bekasi. This research is a descriptive observational study using a cross sectional design. The sampling technique used simple random sampling with a sample size of 75 respondents from SMA KORPRI Bekasi. Data analysis in this study used the statistical test Fisher Exact. This research was conducted in October 2020 - January 2021. The results of this study showed that 64.0% knowledge of iron, 52.0% consumption of iron-containing foods, and 80% learning achievement. The conclusion of this study is that there is no significant relationship between knowledge of iron on learning achievement ($p = 0.927$) and there is no significant relationship between consumption of iron-containing foods on learning achievement ($p = 0.121$).

Keywords: Adolescent girl, food consumption, iron source foods, knowledge of iron, learning achievement.

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THE CORRELATION BETWEEN FAT INTAKE AND STRESS LEVEL TOWARDS MENSTRUAL CYCLE ON FEMALE STUDENTS AT SMAN 107 JAKARTA

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Abstract

Menstruation is a physiologic maturation process in adolescents, which is a normal bleeding on uterus. Regular menstrual cycle might occur every 21 to 35 days. Menstrual cycle affected by several factors, including fat intake and stress levels. This study aims to determine the correlation between fat intake and stress levels with menstrual cycle in students of Vocational High School 107 Jakarta. This study used quantitative cross sectional approach. Samples are selected using simple random sampling technique. The samples are students in Vocational High School 107 Jakarta with 77 amount of respondents aged 16-18 years old. Data collection used Semi-Quantitative Food Frequency and DASS 21. Based on chi-square statistical test, the result obtained p-value = 0,01 ($p < 0,05$) with OR (95% CI) is 3,409 for correlation between fat intake and menstrual cycle. Also, p-value = 0,008, with OR (95% CI) 3,738 for correlation between stress levels and menstrual cycle. The conclusion of this study, there is significant correlation between fat intake and stress levels with menstrual cycle in students of Vocational High School 107 Jakarta. According to the results, there is solution to reduce menstrual cycle problem through conducting promotion about balanced diet and mental health.

Keywords: Fat Intake, Stress Levels, Menstrual Cycle, Adolescen

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THE RELATIONSHIP BETWEEN STRESS LEVELS AND THE RISK OF EATING DISORDERS WITH EATING BEHAVIOR AMONG ADOLESCENTS AT SMA ISLAM PB SOEDIRMAN BEKASI DURING THE COVID-19 PANDEMIC

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Abstract

In times of stress, a person tends to choose foods in large quantities or in small amounts not even eating at all which will make eating behaviors tend to be emotional. Improper eating behavior can occur because teenagers are at risk of eating disorders. This study was conducted to analyze the relationship between stress levels and the risk of eating disorders with eating behavior among adolescents at SMA Islam PB Soedirman Bekasi during the Covid-19 pandemic. This research used cross sectional design. Sampling using consecutive sampling techniques with a total of 130 respondents. The population studied was active students of SMA Islam PB Soedirman Bekasi aged 15-17 years. Based on the results of the statistical test chi-square, obtained p-value = 0.002 ($p < 0.05$) with an OR value (95% CI) = 3.469 for the relationship between stress levels and eating behavior and obtained p-value = 0.004 ($p < 0.05$) with OR value (95% CI) = 3.013 for the relationship between the risk of eating disorders and eating behavior. In conclusion, there is a significant relationship between the level of stress and the risk of eating disorders with eating behavior among adolescents at SMA Islam PB Soedirman Bekasi during the Covid-19 pandemic.

Keywords: eating behavior, risk of eating disorders, stress level

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EFFECT OF ORAL NUTRITION SUPPLEMENT CONTAINING TAPIOCA RESISTANT MALTODEXTRIN ON SATIETY, HUNGER AND APPETITE IN HEALTHY ADULTS

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Abstract

Tapioca resistant maltodextrin (RMD) is non-viscous dietary fiber which can be incorporated into healthy food product, including oral nutritional supplement (ONS). The effect of dietary fiber on appetite depends on the type and amount of dietary fiber used. This study aimed to evaluate the effect of ONS containing RMD on subjective appetite in healthy adults. In a randomized cross-over controlled trial, 17 healthy participants were randomized into three groups: control (containing tapioca maltodextrin (TM) 18g), RMD15 (containing TM 15.3g and RMD 2.7g), and RMD30 (containing TM 12.6g and RMD 5.4g). Subjective appetite were evaluated by using visual analogue scale observed at 0, 30, 60, 120, and 180 mins after ONS consumption. Hunger ratings were insignificantly different between ONS (AUC hunger of control, RMD15, and RMD30 were 7551.56 ± 799.63 , 7211.25 ± 771.04 , 7082.81 ± 733.22 mm x min, $p=0.811$). No significant different on satiety ratings between ONS (AUC satiety of control, RMD15, and RMD30 were 9802.50 ± 879.44 , 9000.00 ± 835.73 , and 9581.25 ± 736.87 mm x min, $p=0.519$). Prospective food consumption ratings were similar between ONS (AUC prospective food consumption of original, RMD15, and RMD30 were 8663.44 ± 663.46 , 8591.25 ± 897.40 , and 7715.63 ± 798.20 mm x min, $p=0.206$). Desire to eat rating were insignificantly different between ONS (AUC desire to eat of original, RMD15, and RMD30 were 8355.94 ± 735.28 , 8390.63 ± 901.95 , and 8256.56 ± 685.03 mm x min, $p=0.979$). Incorporation of RMD into ONS did not significantly affect the subjective appetite in healthy participants when observed postprandially within 180 min.

Keywords: hunger, oral nutritional supplement, satiety, subjective appetite, tapioca maltodextrin, tapioca resistant maltodextrin

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Etc.

The 1st International Allied Health Student Conference (IAHSC) 2021
Indonesia, September 14-15 2021

RELATIONSHIP BETWEEN KNOWLEDGE, NUTRITIONAL ADEQUACY LEVEL, TEA DRINKING HABITS AND NUTRITIONAL STATUS WITH ANEMIA AMONG ADOLESCENT GIRLS IN SMK PRAMATA MULYA KARAWANG

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Abstract

Adolescent is a nation's future asset that is prone to nutritional problems like anemia. Anemia is condition when the hemoglobin level is below normal limits. Currently, anemia among adolescent is still a health problem both globally and in Indonesia. Anemia has a negative impact on adolescent, including reducing concentration in learning, work productivity and disrupting the body's defense system. The prevalence of anemia among adolescent in Karawang, especially at SMK Pratama Mulya Karawang is still quite high (53,3%), so it is necessary to do further research on the factors that influence of anemia among adolescent girls. This study aims to determine the relationship between knowledge, nutritional adequacy level, tea drinking habits, and nutritional status with incidence of anemia among adolescent girls in SMK Pratama Mulya Karawang. This study use a quantitative observational research with a cross sectional design. The minimum sample in this study was 130 people. Anemia data was collected using biochemical measurements of hemoglobin levels, knowledge data using a questionnaire, nutritional intake and tea drinking habits were carried out by interviewing using SQ-FFQ form, while nutritional status data was measured by anthropometric measurement. The result showed that there was a significant relationship between energy, protein, iron, and vitamin C adequacy level with the incidence of anemia among adolescent girls.

Keywords: Adolescent, anemia, nutritional adequacy level

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- Etc.

SENSORY EVALUATION OF HIGH-PROTEIN ORAL NUTRITIONAL SUPPLEMENT FROM EGG ALBUMIN BASED

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Abstract

Oral Nutritional Supplement (ONS) provides macronutrients and micronutrients for patients who have inadequate food intake, and those at risk of malnutrition. It has proven to be more nutritious, clinical, and has economic benefits in both a hospital and community setting than nutrition counselling alone. Therefore, appearance, taste, smell, consistency, viscosity, and aftertaste of ONS are significant characteristics. In this study, five flavours of high-protein egg albumin based ONS (Albu-ONS) were developed: vanilla, dark chocolate, matcha, sweet corn and truffle. This study aims to investigate the sensory evaluation and preference of those ONS flavours. Forty healthy volunteers were enrolled. Sensory evaluation was conducted by comparing developed Albu-ONS with high-protein milk based ONS (control) using a 9-point hedonic scale and a ranking test. Results demonstrated that all five Albu-ONS flavours were accepted with no statistically significant difference when compared with control. Matcha flavour had the highest score in all attributes (appearance, taste, smell, consistency, viscosity, aftertaste, and overall) compared to the other four flavours ($p < 0.05$). The preference ranking for the flavours were vanilla, matcha, sweet corn, dark chocolate and truffle, but the difference of preference ranking score between vanilla and matcha was not statistically significant. In conclusion, all flavours of Albu-ONS were accepted with vanilla being the most preferred.

Keywords: egg albumin, oral nutrition supplement, sensory evaluation

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Etc.

THE PROMISING BENEFITS OF NUTRIQUIZ VIA INSTAGRAM TO IMPROVE NUTRITION KNOWLEDGE AMONG INDONESIAN TEENAGERS

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Abstract

Teenagers play an important role as the key to the nation's golden generation but also vulnerable due to the low knowledge of balanced nutrition. Instagram was the most popular social media for teenager in Indonesia that had potential for nutrition education. This study aims to determine the effect of nutrition education intervention through Nutrition Quiz (Nutriquiz) via Instagram among teenagers aged 15-20 years old. Nutriquiz consisted of 2 stages and each stage consisted of pre- and post- quiz. The pre-test questions were given before the nutrition infographs content material was uploaded to Instagram while the post-test questions were given after. There were 69 participants who successfully participated in Nutriquiz. The results of the Paired Sample T-Test difference test showed that there was a significant difference with $p < 0.05$ between the participants' scores at the time of pre- and post-quiz. The number of participants in the low category score decreased while in the good category increased. Both the average score of participants in the low and good category increased from pre- to post-quiz respectively by 46.4 to 50.2 and 83.8 to 89.1. Nutriquiz through Instagram had promising benefits for teenagers by increased the curiosity in collecting information that generated the learning process.

Keywords: Education, Instagram, Nutrition, Online, Teenager, Quiz

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INTERACTIVE NUTRITION EDUCATION USING "KULIAH WHATSAPP (KULWAP)" FOR ADOLESCENT DURING PANDEMIC

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Abstract

Adolescence is a transitional phase from children to adults who at this age require important attention related to nutritional and health status because of they have a high risk of malnutrition (lack of and excess nutrition). Good nutritional knowledge about nutrition is also needed so that adolescents can prepare for the next phase, including how to prevent gestational diabetes during pregnancy. The purpose of this activity is to increase the knowledge of adolescent nutrition, especially how to prevent gestational diabetes. This activity was carried out online using the WhatsApp application with a total of 41 teenage participants. Nutrition knowledge data was carried out using the pre-posttest method given before and after the activity. The activity was carried out through several stages, namely: 1) collecting nutrition education materials, 2) making educational media (posters, audio, and video), 3) preparing scripts (chat, pictures, audio, and video), 4) implementing nutrition education, 5) pre-posttest data collection. Based on the results obtained, there was an increase in participants' knowledge before and after the educational activities were carried out. It can be concluded that online nutrition education activities can contribute to increasing adolescent nutritional knowledge.

Keywords: Adolescent, Gestational Diabetes, Nutritional Knowledge, Online, WhatsApp

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ISBN 978-623-98083-0-3



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