



THE 1ST YOGYAKARTA INTERNATIONAL NURSING CONFERENCE YOINC

BOOK OF ABSTRACT



SPONSOR :  Rajawali Nusindo



CO-HOST :

YOINC 2023

1st Yogyakarta International Nursing Conference

*“Management Communicable and Non-Communicable Disease in The Digital
Transformation Era 5.0”*

Yogyakarta, September 16th, 2023

Held by
Department of Nursing Poltekkes Kemenkes Yogyakarta
Collaborate with
Poltekkes Karya Husada and AKPER YKY Yogyakarta



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Welcoming speech from the Director of Polytechnic of Health, Ministry of Health Indonesia, in Yogyakarta

Welcome to the first International Conference on Nursing organised by the Nursing Student Organisation and the Department of Nursing, Poltekkes Kemenkes Yogyakarta. We thank you for your participation in this conference. We hope that this event can be a place for us to share knowledge from many field studies related to health science, especially in the field of nursing. We need to say that the participants of this international conference who registered in the online registration system were 400 participants from various educational and service institutions.

Ladies and gentlemen, we honour

Facts show that Indonesia is currently experiencing a double burden of diseases, namely the burden of non-communicable diseases and infectious diseases at the same time. In the last two decades, there has been a significant epidemiological transition, where non-communicable diseases have become the main burden while the burden of infectious diseases is still heavy as well. This is the finding of the background study of the 2020–2024 Medium-Term Development Plan in the health sector's strategic environment. The Health Polytechnic of the Ministry of Health (Poltekkes Kemenkes) Yogyakarta is committed to actively participating in the control of non-communicable and infectious diseases in Indonesia through various community-based activities, including by organising the YOINC scientific meeting with the theme "Management of Communicable and Non-Communicable Diseases in the Digital Transformation Era 5.0" as one of the promotional and preventive efforts.

We have a mission to improve education, research, and community service. This conference is one way to achieve that vision and mission. Poltekkes Kemenkes Yogyakarta and all Health Education institutions both under the Ministry of Health and the Ministry of Education must play an important role in the development of health science.

Ladies and gentlemen that we honour,

In this virtual conference, the output of the submitted articles will be published through international proceedings and SINTA 2-3 indexed scientific journals.

We have high hopes that this conference can be a place to exchange ideas and discuss the topic of communicable and non-communicable diseases. and, of course, to contribute to the world of health. We sincerely hope for the success of this conference, and we also hope that all participants can follow the series of activities as a whole.

Sincerely,

Dr. Iswanto, S.Pd., M.Kes
Director of Poltekkes Kemenkes Yogyakarta

Preface from Co-Host

Assalamualaikum Wr. Wb

My best regards to all of you, ladies and gentlemen.

I am Rahmita Nuril Amalia, Director of YKY Yogyakarta Nursing Academy

I am grateful to Poltekkes Yogyakarta for inviting YKY Yogyakarta Nursing Academy to participate in the Yogyakarta International Nursing Conference Management Communicable and Non-communicable Disease In The Digital Transformation Era 5.0. Thank you. It is our firm belief that this conference will offer unparalleled opportunities for lecturers and students to exchange valuable knowledge. In addition, effective collaboration between universities has led to noteworthy accomplishments in enhancing the role of universities in disseminating knowledge and providing solutions to present-day issues.

We hope that this collaboration can lead to further joint research, exchanges of lecturers and students, and opportunities for visiting professors and internships.

Our goal is to promote education that broadens the scope of knowledge dissemination and enhances the quality of life and wellbeing for people worldwide.

We extend our sincere gratitude to all the teams who have contributed to the successful organization of this activity.

Wassalamualaikum. Wr. Wb





Assalamu'alaikum. Wr. Wb

Best wishes for all of us.

Poltekkes Karya Husada Yogyakarta is very honored and appreciates the hard work of the event committee who created today's activity with the theme "Yogyakarta International Nursing Conference Management of Communicable and Non-Communicable Diseases in the Digital Transformation Era 5.0." In order that it can run successfully. I don't forget to thank the audience who took the time to come to today's event.

The aim of holding this conference is none other than as a forum for advancing the world of education through research on programs that have been implemented and planning for programs that will be held in the coming years.

I hope that all participants can actively participate in each discussion session on the various sub-topics that will be discussed in order to create benefits for us and society.

Not only that, I hope this international conference can run smoothly so that it can be held year after year. Amen.

That is all I can say,

Wassalamu'alaikum. Wr. Wb.

Best Regard,

Director of Politeknik Kesehatan Karya Husada Yogyakarta

(Drs. H. Moebari, M.Kes)

INDEX

PAPER NO	AUTHOR	PAPER	PAGE
1	NAWANGI CAHYANINGTYAS	APPLICATION OF CHAIR-BASED EXERCISE IN IMPROVING ANKLE BRACHIAL INDEX VALUES IN TYPE II DIABETES MELLITUS PATIENTS	1
2	KILVIA MAULANI	APPLICATION OF FOOT REFLEXOLOGY TO IMPROVE FOOT SENSITIVITY OF PATIENTS WITH TYPE 2 DIABETES MELLITUS	2
3	NURUL MARJANAH	APPLICATION OF MOZART MUSIC THERAPY ON AUDITORY HALLUCINATION PATIENTS IN SEMBODRO WARD RSJ GRHASIA YOGYAKARTA	3
4	ARYO ADI WISANTO	APPLICATION OF MUSIC THERAPY TO REDUCE PAIN IN POSTOPERATIVE PATIENTS FEMURALE FRACTURE	4
5	DIMAS AGUSTA	APPLICATION OF OCCUPATIONAL DRAWING THERAPY IN PATIENTS WITH HEARING HALLUCINATIONS	5
6	NANDO RAHMAD SHIDIQ	APPLICATION OF PLAY THERAPY: DRAWING AND COLORING TO REDUCE ANXIETY LEVELS IN PEDIATRIC PATIENTS WITH ACUTE LYMPHOBLASTIC LEUKEMIA (ALL) UNDERGOING CHEMOTHERAPY AT DR. SARDJITO HOSPITAL YOGYAKARTA	6
7	DIAN PUJIASTUTI	APPLICATION OF PSYCHORELIGIOUS DHIKR THERAPY TO REDUCE ANGER IN PATIENTS AT RISK FOR VIOLENT BEHAVIOR AT WISMA SEMBODRO GRHASIA YOGYAKARTA HOSPITAL	7
8	GALIH WAHYU HERDIYANATOA	APPLICATION OF THE BENSON RELAXATION TECHNIQUE TO REDUCE ANXIETY LEVELS WITH BENSON RELAXATION IN CHRONIC KIDNEY DISEASE (CKD) PATIENTS IN THE DAHLIA 2 WARD AT RSUP DR. SARDJITO YOGYAKARTA	8
9	EKA BUDI PRATIWI	APPLICATION OF WATERMELON JUICE ON BLOOD PRESSURE REDUCATION IN CLIENTS WITH HYPERTENSION	9
10	TIKA RAHMAWATI	AUDIO VISUAL THERAPY WATCHING CARTOON MOVIE TO REDUCE ANXIETY DURING INTRAVENOUS INJECTION IN CHILDREN WITH ACUTE LYMPHOBLASTIC LEUKEMIA	10
11	NI PUTU LISNA FEBRIYANTI	DISTRACTION THERAPY USING <i>VIRTUAL REALITY</i> REDUCE THE LEVEL OF INTRAOPERATIVE ANXIETY LEVELS OF PATIENTS WITH <i>SPINAL</i> ANESTHESIA	11
12	PUTRA PAMUNGKAS MALA	EFFORTS TO IMPROVE SLEEP QUALITY WITH INSTRUMENTAL MUSIC THERAPY IN CHRONIC KIDNEY DISEASE PATIENTS	12
13	RAIHAN NOYA IZDHIHAR	EFFORTS TO REDUCE PAIN LEVELS WITH BENSON THERAPY IN POST-ORF FRACTURE PATIENTS H-1 IN CENDANA 1 WARD, DR. RSUD. SARDJITO YOGYAKARTA	13
14	NABILA MUSAHARANI	FINGER GRASP RELAXATION TECHNIQUE TO REDUCE PAIN IN PATIENTS POST APPENDECTOMY SURGERY	14

15	DEA PARAMITHA	IMPLEMENTATION OF EARLY MOBILIZATION TO IMPROVE INTESTINAL PERISTALTIC OF POST LAPARATOMY PATIENTS FOR INDICATIONS OF OVARIAN CYST	15
16	RISTA OKTAMIA SARI	IMPLEMENTATION OF EFFLARGE AND DEEP BACK MASSAGE AS COMPLEMENTARY THERAPY IN CONTINUITY OF CARES	16
17	FATIKA ANGGRAENI KUSUMA DEWI	IMPLEMENTATION OF HYDROTHERAPY IN LOWERING BLOOD SUGAR IN TYPE 2 DIABETES MELLITUS CLIENTS	17
18	SALSA SHEPIADANI	IMPLEMENTATION OF LEMON AROMATHERAPY TO REDUCE PAIN SCALE IN POST OPERATIVE LAPARATOMI CHOLELITHIASIS	18
19	SITI MAHMUDAH (IKA MAY YUNI)	IMPLEMENTATION OF OXYTOCIN MASSAGE WITH LAVENDER STEAM AS COMPLEMENTARY THERAPY IN CONTINUITY OF CARE	19
20	THIVA LAKSITA DIAH AYU SAPUTRI	IMPLEMENTATION OF RANGE OF MOTION (ROM) TO INCREASE MUSCLE STRENGTH IN PATIENTS STROKE	20
21	NIKEN LESTARI	IMPLEMENTATION OF WARM COMPRESSES TO TREAT HYPERTHERMIA IN CHILDREN PATIENTS WITH URINARY TRACT INFECTIONS WEST IN PADMANABA WARD RSUP DR. SARDJITO YOGYAKARTA	21
22	ELFIRA FAJAR RAMADHANI	LEGO PLAY THERAPY TO REDUCE HOSPITALIZATION ANXIETY SCALE IN CHILDREN WITH NEUROBLASTOMA	22
23	DR. RR SRI ENDANG PUJIASTUTI, SKM., MNS	MANAJEMEN IMPLEMENTASI <i>EVIDENCE BASED NURSING</i> (EBN) DI RUMAH SAKIT	23
24	VIRA ZAHRA ALKHARIS	MODEL FOR HANDLING STUNTING IN INDONESIA	24
25	MOREL AFIRALDA (SUMARTI ENDAH)	IMPLEMENTATION OF WARM COMPRESSES TO REDUCE PAIN IN GASTRITIS PATIENTS IN EAST PADMANABA WARD OF DR SARDJITO HOSPITAL YOGYAKARTA	25
26	SALMA SALSABILA	DESIGNING HEALTH PROMOTION MEDIA FOR PREGNANT WOMEN'S GROUPS TO ENCOURAGE PARTICIPATION IN PRENATAL CLASSES	26
27	WIMAR ANUGRAH	REDUCING COMPLAINTS OF ITCHING FOR THE COMFORT OF PRURITIC ELDERLY WITH GARRA RUFA CARE BREATHING RELAXATION (GC-BR) BASED ON KOLCABA'S COMFORT NURSING THEORY	27
28	LATIFAH NURVITA SARI	SLOW STROKE BACK MASSAGE (SSBM) THERAPY TO REDUCE THE PAIN SCALE IN CERVICAL CANCER PATIENTS	28
29	NINTYA VELA	STUDI KASUS: PEMBERIAN OBAT INHALASI PADA ANAK PNEUMONIA DENGAN BERSIHAN JALAN NAFAS TIDAK EFEKTIF	29
30	LISA ROMADHANI	STUDI KASUS: TINDAKAN PERAWATAN LUKA <i>POST</i> OPERASI PADA PASIEN <i>CARCINOMA MAMMAE POST</i> MASTEKTOMI DENGAN GANGGUAN INTEGRITAS JARINGAN DI RSUP DR. SARDJITO YOGYAKARTA	30
31	ROSNAH MAJIN	THE ASSOCIATION OF FOOT CARE	31

		STRATEGIES (FCS) THROUGH ABLUTION WITH HBA1C AMONG DIABETES MELLITUS TYPE 2 PATIENT	
32	PAULUS SUBIYANTO	THE COMBINATION OF EDUCATION AND HYPNOTHERAPY OPTIMIZES DIABETES SELF-MANAGEMENT AND FASTING BLOOD GLUCOSE IN TYPE 2 DIABETES MELLITUS PATIENTS	32
33	SUDARMAN	THE EFFECT OF LISTENING TO RECORDING DHIKR THERAPY FOR THE PREVENTION OF POSTOPERATIVE NAUSEA AND VOMITING PATIENTS UNDER GENERAL ANESTHESIA IN SALATIGA, INDONESIA	33
34	GHANIYA GHAIRUNNISA (JENITA DOLI, ROSA DELIMA)	THE EFFECT OF COLD COMPRESS ON THE LEVEL OF THROAT PAIN IN POST PATIENTS <i>ENDOTRACHEAL TUBE (ETT)</i> INTUBATION	34
35	NS. SYAM'ANI, S.KEP., M.KEP.	THE EFFECT OF RELAXATION THERAPY WITH SAPE DAYAK AUDIO MUSIC ON THE STRESS LEVEL OF DIABETES MELLITUS PATIENTS AT PROLANIS BPJS KESEHATAN	35
36	MOHAMAD SYAH INSYAH	THE RELATIONSHIP BETWEEN THE USE OF WHO SURGICAL SAFETY CHECKLIST AND IMPLEMENTATION OF SURGERY PATIENT SAFETY IN DEPATI HAMZAH HOSPITAL PANGKALPINANG CITY	36
37	AGUS SARWO PRAYOGI	STRESS LEVEL RELATED TO SLEEP QUALITY IN STUDENTS	37
38	MAZLINDA MUSA	THE QUALITY OF LIFE AMONG NURSING STUDENTS RELATED TO STRESS AND ACADEMIC PRESSURE IN NORTH BORNEO LOCAL UNIVERSITY.	38
39	TENANG ARISTINA	PARENTS' EXPERIENCES IN SELF-CONTROL IN THEIR CHILDREN TO PREVENT BULLYING IN THE WORK AREA OF PUSKESMAS GAMPING 2 YOGYAKARTA	39
40	YAYANG HARIGUSTIANI	THE EFFECT OF INSPIRATORY MUSCLE TRAINING TOWARD OXYGEN SATURATION IN HEART FAILURE PATIENTS	40
41	IDA MARDALENA	HOW THE INDONESIAN GOVERNMENT HAS IMPLEMENTED HEALTH RISK COMMUNICATION DURING THE COVID-19 PANDEMIC CASE STUDY IN YOGYAKARTA	41
42	JOKO TIGO NARIMO BEKTI	SPIN CHALLENGE AS AN EDUCATIONAL MEDIA TO INCREASE DISASTER MITIGATION KNOWLEDGE IN ELEMENTARY SCHOOL STUDENTS	42
43	VIRA ZAHRA ALKHARIS	APPLICATION OF FLUID MANAGEMENT BOOKLET IN FLUID BALANCE REQUIREMENTS IN PATIENTS WITH CHRONIC KIDNEY DISEASE IN DR. SOERADJI TIRTONEGORO KLATEN GENERAL HOSPITAL	43





ABS-01

APPLICATION OF CHAIR-BASED EXERCISE IN IMPROVING ANKLE BRACHIAL INDEX VALUES IN TYPE II DIABETES MELLITUS PATIENTS

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Abstract

In 2019, diabetes cases in various countries increased by 463 million people and 4.2 million deaths. In the long term, DM can result in complications, one of which is PAD. It is necessary to detect it early by measuring the value of the ankle brachial index and making efforts to prevent complications with chair-based exercise and a combination of elastic bands so that blood circulation is smooth. This aims to know the effect of chair-based exercise on improving the value of the ankle brachial index in people with type II DM. This type of research is Quasi Experiment with Pre and Post-test and control group design. The research was conducted from March 1-April 1, 2023. The sample consisted of 54 respondents, using the purposive sampling technique. The analysis test used is the paired T-test. Analysis of the average ABI value showed that there was a significant difference in the increase in ABI value, namely the right extremity ($p = 0.013$) and left extremity ($p = 0.000$). Analysis of unpaired variable t-tests on ABI values showed that there was a difference between the groups given chair-based exercise with an improvement of $p = 0.043$ right extremity and $p = 0.048$ left extremity ($p < 0.05$) compared to the group not given gymnastics, so it can be concluded that the hypothesis is accepted. Chair-based exercise has an effect on improving ABI values in patients with type II DM.

Keywords: Type II Diabetes Mellitus, Chair-Based Exercise, Ankle Brachial Index Value.





ABS-02

APPLICATION OF FLUID MANAGEMENT BOOKLET IN FLUID BALANCE REQUIREMENTS IN PATIENTS WITH CHRONIC KIDNEY DISEASE IN DR. SOERADJI TIRTONEGORO KLATEN GENERAL HOSPITAL

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Abstract

Hemodialysis patients have difficulty managing fluids and dietary restrictions which result in a high risk of death and an increase in health care costs. Patients who had difficulty managing hemodialysis fluids reached 81,4% and difficulty following diet as much as 74.6%, this was because they did not get an understanding of how strategies could help them with restrictions fluid. Able to apply nursing care to patients who experience chronic kidney failure. Descriptive method with a case study approach, namely the scientific method that is data collection. The nursing care includes assessment, diagnosis, fluid management intervention, implementation, and evaluation. The diagnosis that appears in cases of chronic kidney failure in Dr. Soeradji Tirtonegoro Klaten to Mr. J include hypervolemia, ineffective peripheral perfusion, unstable blood glucose levels, and impaired physical mobility. Meanwhile, Mr. H include hypervolemia, ineffective peripheral tissue perfusion, and acute pain. Patient Mr. J after being treated for 6x8 hours with a diagnosis of hypervolemia, ineffective peripheral perfusion, risk of infection, and impaired mobilization resolved. Then on the diagnosis of blood sugar instability in the patient Mr. J partially resolved, because the blood sugar value when it still reached 218mg/dL, with complaints of drowsiness, dizziness, weakness decreased. Then in the patient Mr. H after being treated for 9x8 hours with nursing diagnoses of hypervolemia, ineffective peripheral perfusion, risk of infection, and acute pain partially resolved, because there was still pharmacological therapy when the patient went home on discharge planning. Then in the diagnosis of bleeding risk, the criteria are resolved. The results of the implementation show that the information booklet is effective in increasing the knowledge of hemodialysis patients about fluid management for preventing complications from hemodialysis and can be used effectively in hospitals and in the community.

Keywords: chronic kidney failure, fluid management booklet, nursing care





ABS-03

APPLICATION OF FOOT REFLEXOLOGY TO IMPROVE FOOT SENSITIVITY OF PATIENTS WITH TYPE 2 DIABETES MELLITUS

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Abstract

Diabetes Mellitus (DM) is a disease of high blood sugar because the pancreas is impaired. According to research 60-70% of people with DM experience foot sensitivity disorders, characterized by tingling, numbness, and numbness. Handling of foot sensitivity disorders can be done pharmacologically such as GABA group drugs and carboxamide, and non-pharmacology such as diabetic foot exercises and foot reflexology. Describe the Application of Foot Reflexology to Increase Foot Sensitivity of Diabetes Mellitus Type 2 Patients Data collection by interviewing and observing complaints and then assessing foot sensitivity using a 10gr monofilament 2 times a day. Foot reflexology was carried out on March 21 - March 23, carried out every day twice a day at 09:00 and 15:00. On the first day the sensitivity level of the right foot 3 and left foot 5 became right foot 4 and left foot 5, and on the second day the sensitivity level of the right foot 5 and left foot 6 became right foot 6 and left foot 7, the third day the sensitivity level of the right foot 6 and left foot 8 became right foot 7 and left foot 8. Foot reflexology can help improve foot sensitivity in clients with type 2 Diabetes Mellitus.

Keywords: Type 2 Diabetes Mellitus, Foot Sensitivity, Foot Reflexology





ABS-04

APPLICATION OF MOZART MUSIC THERAPY ON AUDITORY HALLUCINATION PATIENTS IN SEMBODROWARD GRHASIA MENTAL HOSPITAL, YOGYAKARTA

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Abstract

Hallucinations are a symptom of mental disorders experienced by patients with changes in sensory perception, and feeling false sensations such as sound, sight, taste, touch and smell. Signs and symptoms experienced by patients with hallucinations are talking to themselves, speaking chaotically and sometimes irrationally, laughing alone for no reason, fear, tense and hostile facial expressions, withdrawal and avoidance of others. This research Aims to implementing the application of Mozart music therapy to patients with auditory hallucinations in the sembodro ward of GRHASIA Hospital, Yogyakarta. In this case study using a descriptive case study, the subject of the case study was taken by 1 respondent with inclusion criteria, the instrument used was the SOP for applying Mozart's classical music therapy and the AHRs (Auditory Hallucination Rating Scale) rating sheet, the data collection method was by interview and marking score sheet. and hallucinogenic symptoms. The application of Mozart's classical music therapy was carried out on 1 respondent, namely Mrs. B who received an AHRs score before being given therapy totalling 28, after being given therapy it decreased to 15. Assessment of signs and symptoms of hallucinations obtained a score of 7 on the first and last day 2. Mozart classical music therapy is effective in reducing signs and symptoms of hallucinations in patients with auditory hallucinations.

Keywords: Auditory hallucinations, Mozart classical music therapy.





ABS-05

APPLICATION OF MUSIC THERAPY TO REDUCE PAIN IN POSTOPERATIVE PATIENTS FEMURALE FRACTURE

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Abstract

A fracture is damage or fracture to the bone that can be caused by pressure on the bone which can be caused by direct trauma or indirect trauma. Fractures can cause swelling, loss of normal function, deformity, redness, crepitation, and pain. Get an overview of the implementation of music therapy to reduce pain in patients after femoral fracture surgery in Bougenville Ward 1 RSUP Dr. Sardjito Yogyakarta. The method used is a descriptive method with a case study with 1 respondent who experienced moderate pain then given music therapy for 3 days within 30 minutes of each implementation. After music therapy to reduce pain in patients after femoral fracture surgery in bougenville ward 1 RSUP Dr Sardjito Yogyakarta with a frequency of 3 times a day for 3 days and a duration of therapy of 30 minutes, the results of the client's pain level decreased. Measurement of pain levels is done using the Numeric Rating Scale (NRS). Based on the results of a case study conducted in Bougenville ward 1 of RSUP Dr Sardjito Yogyakarta for 3 days, it can be concluded that the provision of music therapy can reduce the level of pain in patients after femoral fracture surgery.

Keywords: fracture, pain, music therapy





ABS-06

APPLICATION OF OCCUPATIONAL DRAWING THERAPY IN PATIENTS WITH HEARING HALLUCINATIONS

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Abstract

Hallucinations are sensory perception disorders in which a person is unable to receive sensory stimuli from the five senses properly. Signs and symptoms of hallucinations, for example, are hearing voices that aren't real, suspicious, worried, talking to themselves, and laughing to themselves. The incidence of Hallucinations at Grhasia Hospital in 2022 is 118 people. One of the treatments that can be done is non-pharmacological therapy with occupational drawing therapy. To determine changes in the level of hallucinations and signs of hallucination symptoms after drawing occupational therapy in patients with auditory hallucinations. Method: In this case study using a descriptive case study, the subject of the case study was taken by 1 respondent according to the inclusion criteria. The instruments used in this case study were drawing occupational therapy SOPs, AHRS (Auditory Hallucination Rating Scale) assessment sheets, observation sheets for signs and symptoms of hallucinations. Methods of data collection by conducting interviews, observation, application of occupational drawing therapy, evaluation, and documentation. Results: The application of occupational drawing therapy was carried out on 1 respondent, namely Mrs. S. Prior to therapy the patient received an AHRS score of 24, and a score of 9 on the observation of signs of hallucinations. After the therapy was carried out, the results showed that the patient had an AHRS score of 17, and a score of 3 on observation of signs and symptoms of hallucinations. Occupational drawing therapy can reduce the level of hallucinations and signs and symptoms of auditory hallucinations.

Keywords: Auditory hallucinations, Occupational drawing therapy.





ABS-07

APPLICATION OF PLAY THERAPY: DRAWING AND COLORING TO REDUCE ANXIETY LEVELS IN PEDIATRIC PATIENTS WITH ACUTE LYMPHOBLASTIC LEUKEMIA (ALL) UNDERGOING CHEMOTHERAPY AT DR. SARDJITO HOSPITAL YOGYAKARTA

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Abstract

Acute Lymphoblastic Leukemia is a type of malignancy that occurs in blood cells where there is excessive proliferation of white blood cells. The main complaint that can appear in patients suffering from Acute Lymphoid Leukemia is hyperthermy, Hyperthermia is a condition in which individuals experience or are at risk of experiencing an increase in body temperature $>37,8^{\circ}\text{C}$ peroral or $38,8^{\circ}\text{C}$ rectal spring whose nature is sedentary due to external factors. According to *Global Cancer Statistics*, there has been an increase in *Acute Lymphoblastic Leukemia* from all countries, as much as 2,4% new cases and 3,2% Death cases in years 2018, according to Kemenkes RI (2018). Knowing efforts to reduce children's anxiety levels with drawing play therapy in rut patients *with Acute Lymphoblastic Leukemia* in the ward Estella RSUP Dr Sardjito Yogyakarta. Data collection by interviews and observations. Provision of play therapy procedures : drawing by measuring anxiety scales before and after therapy is given 1 time a day for 3 days on March 15-17, 2023. Results obtained after being given play therapy: drawing for 3 consecutive days can help reduce anxiety levels with a scale score of 14 (no anxiety). Play therapy : drawing can help reduce anxiety levels in pediatric patients with acute lymphoblastic leukemia who are undergoing chemotherapy

Keywords: Anxiety, Play Therapy : Drawing, Acute Lymphoblastic Leukaemia





ABS-08

APPLICATION OF PSYCHORELIGIOUS DHIKR THERAPY TO REDUCE ANGER IN PATIENTS AT RISK FOR VIOLENT BEHAVIOR AT WISMA SEMBODRO GRHASIA YOGYAKARTA HOSPITAL

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Abstract

Describe the application of psych religious dhikr therapy to reduce anger in patients at risk for violent behaviour. In this case study using a descriptive case study, the subject of the case study was taken 1 respondent with inclusion criteria, the instrument used was the SOP for applying psych religious dhikr therapy and the Clinical Anger Scale rating sheet, data collection method by interview, observation, application of psych religious dhikr therapy, evaluation and documentation. The application of psych religious dhikr therapy was carried out on 1 respondent, namely Mrs. D with a clinical anger value before being given dhikr psych religious therapy of 26, after 3 days of being given dhikr psych religious therapy the clinical anger value dropped to 9. Psych religious dhikr therapy can reduce anger in at-risk patients violent behaviour.

Keywords: Risk of violent behaviour, anger, dhikr psych religious therapy





ABS-09

APPLICATION OF THE BENSON RELAXATION TECHNIQUE TO REDUCE ANXIETY LEVELS WITH BENSON RELAXATION IN CHRONIC KIDNEY DISEASE (CKD) PATIENTS IN THE DAHLIA 2 WARD AT RSUP Dr. SARDJITO YOGYAKARTA

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Abstract

Chronic Kidney Disease (CKD) is a condition of decreased kidney function that lasts a long time, is gradual and progressive in nature. One of the therapies that can be given to respondents with CKD is hemodialysis. The long hemodialysis process can make respondents feel tired, anxious and even depressed, so non-pharmacological measures are needed to reduce anxiety, one of which is benson relaxation therapy. Describe the application of benson relaxation therapy in reducing anxiety levels in CKD respondents in the Dahlia 2 Ward at RSUP Dr. Sardjito Yogyakarta. This case study uses a descriptive method with a case study to obtain an overview by conducting interviews, observing and analyzing accurate data so that it is easy to understand. After the Benson relaxation therapy was carried out in 1 CKD patient as a respondent, there was a decrease in the anxiety scale from 47 (very severe anxiety) to 1 (not experiencing anxiety), anxiety assessment used HARS. From this case study that benson relaxation therapy can reduce anxiety levels in CKD patients who will undergo hemodialysis.

Keyword: *Chronic kidney disease*, Benson relaxation therapy, Anxiety





ABS-10

APPLICATION OF WATERMELON JUICE ON BLOOD PRESSURE REDUCATION IN CLIENTS WITH HYPERTENSION

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Abstract

Hypertension is a disease that many Indonesians suffer from because the prevalence of hypertension in Indonesia exceeds the national rate. Hypertension treatment is divided into two parts, pharmacology and non-pharmacology. Previous research shows that watermelon juice is a non-pharmacological treatment that can reduce blood pressure in people with hypertension. The purpose of this study was to describe the efforts of giving watermelon juice to reduce blood pressure in hypertensive clients in the Pajangan Bantul Health Center working area. This case study uses descriptive methods by obtaining a real picture systematically and accurately by conducting observations, interviews, blood pressure checks, documentation. The results of giving watermelon juice have been carried out for 3 days, which is given once a day and after drinking watermelon juice, waiting for 30 minutes for watermelon juice to be absorbed by the client's body, then the client is measured blood pressure obtained a decrease in average blood pressure from the first day to the third day before giving watermelon juice of 140/88.6 mmHg and after giving watermelon juice of 133.6/86 mmHg. There was a decrease in average systole blood pressure before and after giving watermelon juice by 4.6 mmHg and diastole dropped by 3 mmHg. The application of watermelon juice can reduce the average blood pressure from stage 1 hypertension classification to pre hypertension. The classification used in this case study is according to JNC 2003.

Keywords: Watermelon Juice, Blood Pressure, Hypertension





ABS-11

Audio Visual Therapy Watching Cartoon Movie To Reduce Anxiety During Intravenous Injection In Children With Acute Lymphoblastic Leukemia

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Abstract

Acute Lymphoblastic Leukaemia is a malignancy of the blood and is characterized by the number of lymphoblasts $>30\%$ found in the bone marrow and blood. Hospitalization in children causes anxiety due to invasive measures such as intravenous injections, so non-pharmacological measures are needed to relieve anxiety. According to pediatric cancer registration data for the period January-March 2023 in Estella Ward 2 of DR. Sardjito Hospital, there were 22 pediatric patients diagnosed with acute lymphoblastic leukemia. Describe the application of audio visual therapy in reducing anxiety during intravenous injection in patients with acute lymphoblastic leukaemia in Estella Ward 2 of Dr. Sardjito Hospital. Descriptive method to obtain an overview by making observations and analyzing data according to facts. After performing audio-visual therapy on acute lymphoblastic leukaemia patients with anxiety during intravenous injection, the results of anxiety decreased from scale 4 (moderate anxiety) to scale 1 (very not anxious). Based on case studies conducted for 3 days with a duration of 15 minutes, it can be concluded that audio visual therapy can reduce anxiety in patients with acute lymphoblastic leukaemia with anxiety during intravenous injection.

Keywords: Anxiety, Acute Lymphoblastic Leukaemia, Audio Visual





ABS-12

DESIGNING HEALTH PROMOTION MEDIA FOR PREGNANT WOMEN'S GROUPS TO ENCOURAGE PARTICIPATION IN PRENATAL CLASSES

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Abstract

Prenatal class activities are conducted to enhance the knowledge of pregnant mothers regarding their pregnancy comprehensively and systematically, and can be carried out continuously. This activity will be effective when pregnant mothers are able to comprehend and implement the health information provided by healthcare personnel. This research aims to examine and design appropriate health promotion media for groups of pregnant women in the effort to participate in prenatal classes in Sukoharjo, Wonosobo. This research is qualitative in nature with a phenomenological approach, involving 18 participants. Data were obtained through Focus Group Discussions and in-depth interviews. The research results indicate that the suitable health promotion media for groups of pregnant women is an animated video with the message of Exclusive Breastfeeding, using the Indonesian language. The desired appearance includes bright colors and comprehensive message content, with the delivery method distributed through group chats and regularly explained repeatedly.

Keywords: Media, Prenatal class activities, Pregnant Women





ABS-13

DISTRACTION THERAPY USING *VIRTUAL REALITY* REDUCE THE LEVEL OF INTRAOPERATIVE ANXIETY LEVELS OF PATIENTS WITH *SPINAL ANESTHESIA*

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Abstract

Intraoperative anxiety in spinal anesthesia patients must be treated properly to prevent some complications related to patient comfort and the success of surgical procedures and anesthesia to be performed. The development of technology can help health workers make interventions that can solve health problems. One of them is by using *virtual reality* technology for distraction in patients with intraoperative anxiety. To determine the effect of distraction therapy using *virtual reality* on the level of intraoperative anxiety of patients with *spinal* anesthesia. Research *quasy experiment with* pre-test and post-test research design with control group. The population from October to December 2022 is 240 under spinal anaesthesia. Sampling technique with random sampling, the sample number of 72 respondents was taken according to inclusion criteria, 36 respondents in the intervention group and 36 respondents in the control group. Data were analyzed using the Wilcoxon and Mann-Whitney Test. The study will be conducted in March 2023 at the Bendan Regional General Hospital in Pekalongan. The results of the Wilcoxon test analysis obtained a decrease in pre-test and post-test anxiety levels in both groups with a p-value of 0.000 ($p < 0.05$). Analysis of the *Mann-Whitney test* found differences in the results of reducing anxiety levels in the intervention group and the control group with a p-value of 0.000 ($p < 0.05$). Distraction therapy using *virtual reality* affects the level of intraoperative anxiety of patients with *spinal* anesthesia.

Keywords: maximum 5 keywords





ABS-14

EFFORTS TO IMPROVE SLEEP QUALITY WITH INSTRUMENTAL MUSIC THERAPY IN CHRONIC KIDNEY DISEASE PATIENTS

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Abstract

Chronic kidney disease (CKD) is a disease that can cause kidney organ function to decrease, resulting in retention of urea and other nitrogen waste in the blood. The problem that is often experienced by most CKD sufferers is sleep constraints or can be called insomnia, therefore to overcome sleep disorders in CKD patients is therapy. Good sleep cycle management therapy is instrumental music therapy. Describe and know the results of the application of music therapy instruments to improve sleep quality in *Chronic Kidney Disease* patients in Dahlia Ward 2 RSUP Dr. Sardjito Yogyakarta. This case study uses a descriptive method with a case study to obtain an overview by conducting interviews, observations and analyzing accurate data so that it is easy to understand. After music instrument therapy was carried out on 1 CKD patient as respondents, there was an increase in sleep quality score from 9 (bad) to 5 (good), assessment of sleep quality using PSQI. The conclusion of this case study is that instrumental music therapy can improve the sleep quality of CKD patients.

Keywords: *Chronic Kidney Disease*, CKD, Music Therapy Instrument, Sleep Quality





ABS-15

EFFORTS TO REDUCE PAIN LEVELS WITH BENSON THERAPY IN POST-OPERATIVE FRACTURE PATIENTS H-1 IN CENDANA 1 Ward, Dr. RSUD. SARDJITO YOGYAKARTA

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Abstract

Fracture is a term for the loss of continuity of bone, cartilage, either total or partial and a break in continuity or tissue fracture caused by trauma. The surgery performed resulted in acute pain, so non-pharmacological measures are needed to relieve the pain. The therapy that can be given by respondents with fractures is benson therapy. This paper aims to describe the application of benson therapy in reducing pain levels in postoperative fracture patients in the sandalwood 1 ward of RSUP Dr, Sardjito Yogyakarta. The method used by the author in conducting this research is descriptive method. After benson therapy was carried out in postoperative fracture patients in sandalwood ward 1 RSUP Dr, Sardjito Yogyakarta for 3 days the results of pain felt by patients decreased from scale 6 (moderate pain) to scale 1 (mild pain). Based on a case study conducted at RSUP Dr. Sardjito on March 13-15 2023 which was carried out for 3 days with a duration of 30 minutes. It can be concluded that benson therapy can reduce pain levels in post-fracture surgery patients.

Keywords: Pain, Fracture, Benson





ABS-16

FINGER GRASP RELAXATION TECHNIQUE TO REDUCE PAIN IN PATIENTS POST APPENDECTOMY SURGERY

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Abstract

Appendectomy is a specialized surgery for appendicitis to cut out the infected bowel. This surgery can cause acute pain, so pharmacological and non-pharmacological measures are needed to reduce the pain. According to the source of Medical Records of Sleman Yogyakarta Hospital in 2022 appendectomy with appendicitis as many as 143 patients with the third order after tumor / cancer fractures. This study aims to apply finger grip relaxation therapy to reduce pain in patients post appendectomy surgery. Descriptive method to describe the patient's condition objectively and also analyze in depth. After performing the finger-grip relaxation technique on post-appendectomy patients in Cempaka Ward 2 of Sleman Yogyakarta Hospital for 3 days with a frequency of 2 times a day for a duration of 30 minutes, the results showed that the pain felt decreased from scale 6 pain (moderate pain) to scale 1 (mild pain). Conclusion: The results of the application of finger grasping relaxation techniques to reduce pain in patients post appendectomy surgery performed for 3 days with a frequency of 2 times a day in a duration of 30 minutes can reduce the level of pain in patients post appendectomy surgery from initial pain scale 6 (moderate pain) to scale 1 (mild pain).

Keywords: Pain, Post Appendectomy Surgery, Finger Grasp Relaxation Technique





ABS-17

HOW THE INDONESIAN GOVERNMENT HAS IMPLEMENTED HEALTH RISK COMMUNICATION DURING THE COVID-19 PANDEMIC CASE STUDY IN YOGYAKARTA

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Abstract

The COVID-19 has provided invaluable lessons for the Government of Indonesia regarding disaster risk communication. COVID-19 is the government's first experience dealing with a global pandemic. Although much literature has discussed disaster risk communication, implementation in the field highly depends on each country's situation and conditions. This paper attempts to explore the government's efforts to conduct communication during a pandemic. Using in-depth interviews with policymakers and a literature review. Controlling the spread of its depends on the government as the frontline in handling pandemic disasters. The government has made an effort to mobilize all elements, including support from the government sector, building partnerships with the private sector, community organizations, and all elements of society in the process of communicating and agents of change in the application of discipline and law enforcement in the prevention and control of COVID-19. The implementation of risk communication is guided by the central government, which issues policies to be implemented in the regions that are adapted to the conditions of each region. The role of the figure greatly influences the community's decisions. All types of media that are easily accessible have been used as a means of communication, both in coordination and to convey appeals and important information. During a disaster, the cooperation of all parties is needed to support efforts in the health sector to reduce mortality, by preparing human resources and facilities in a relatively short time. The government needs innovation in changing communication media from needs-based print and electronic media to planning based on data collected systematically to make the right decisions in changing people's behaviours so that the community can make the right decisions for controlling the pandemic. The government needs to plan for the health sector in anticipating any disaster that can cause casualties by providing national reserve personnel and a support system that can be utilized and informed at any time when needed.

Keywords: COVID-19, Risk Communication, Government





ABS-18

IMPLEMENTATION OF EARLY MOBILIZATION TO IMPROVE INTESTINAL PERISTALTIC OF POST LAPARATOMY PATIENTS FOR INDICATIONS OF OVARIAN CYST

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Abstract

The health disorder of the reproductive system that often occurs in women is ovarian cysts. The incidence of ovarian cyst cases in the Bougenvile 2 room at RSUP Dr. Sardjito is 79 cases. Patients with ovarian cysts who have undergone laparotomy surgery must experience disturbances in intestinal peristalsis. One of the non-pharmacological measures that can be taken is early mobilization. Knowing the application of giving early mobilization to increase intestinal peristalsis in post laparotomy patients for indications of ovarian cysts. This research uses a descriptive method in the form of a case study. The research subjects taken were 1 respondent who met the inclusion criteria. The instruments used were SOP for early mobilization, SOP for measuring intestinal peristalsis, and observation sheets for increased intestinal peristalsis. Data collection methods using observation, measurement, interviews, and documentation studies. Before early mobilization of intestinal peristalsis in post-laparotomy patients it was still below the normal value of 1x/minute, and after early mobilization for 3 days there was an increase in intestinal peristalsis to 21x/minute. Implementation of early mobilization can increase intestinal peristalsis in post laparotomy patients in the Bougenvile 2 room at RSUP Dr. Sardjito.

Keywords: early mobilization, intestinal peristalsis, post laparotomy, ovarian cyst





ABS-19

IMPLEMENTATION OF EFFLURGE AND DEEP BACK MASSAGE AS COMPLEMENTARY THERAPY IN CONTINUITY OF CARES

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Abstract

The maternal mortality rate in Indonesia in 2019 was reported to still be high, at 305 per 100,000 live births, which is higher than the Sustainable Development Goals (SDGs) target of less than 70 per 100,000 live births. The results of the 2017 Indonesia Demographic and Health Survey (IDHS) reported a high maternal mortality rate in Indonesia, specifically 24 per 1,000 live births, with a target of reducing it to 16 per 1,000 live births by 2024. Labor pain is a physiological process that begins during the first stage of labour, caused by uterine contractions that result in cervical dilation and thinning. The techniques used in midwifery care for this purpose are Effleurage Massage and deep back massage, which are massage techniques performed to help alleviate pain during the active phase of the first stage of labour when done correctly during each contraction. This qualitative research employs a comprehensive case study approach. Continuity of Care is provided continuously from pregnancy to the postpartum period. After undergoing Effleurage Massage and deep back massage during the first stage of labour, the delivering mother is more at ease in facing childbirth because her pain has been reduced.

Keywords: Effleurage Massage, Deep Back Massage, Continuity of Care





ABS-20

IMPLEMENTATION OF HYDROTHERAPY IN LOWERING BLOOD SUGAR IN TYPE 2 DIABETES MELLITUS CLIENTS

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Abstract

Diabetes Mellitus is a metabolic disorder due to the pancreas not being able to produce enough insulin, characterized by hyperglycaemia. Handling hyperglycaemia with pharmacological therapy, namely the administration of insulin and OHO while non-pharmacological therapy by implementing a healthy lifestyle, diligent exercise, physical exercise and diet therapy. Hydrotherapy is a dietary therapy that can help reduce blood sugar levels while in type 2 Diabetes Mellitus patients. By drinking mineral water gradually can help accelerate the body's metabolic processes which then accelerate the digestive process and solvents concentrated substances such as excess glucose which are then excreted through urine, sweat and feces so as to help lower blood sugar. The purpose of the study describes the application of hydrotherapy in reducing blood sugar levels while in patients with type 2 diabetes mellitus. Case studies using descriptive methods to obtain a real picture by conducting interviews, observations, blood sugar checks and documentation. After hydrotherapy was performed on patients with type 2 diabetes mellitus, the blood sugar level before hydrotherapy was 279 mg/dl after hydrotherapy was 125 mg/dl. The results of the implementation of hydrotherapy carried out for 3 days by adding mineral water consumption as much as 800 ml / day gradually starting from waking up in the morning at 05.00 after checking GDS until 20.00 can help reduce blood sugar levels while in patients with Diabetic Mellitus type 2.

Keywords: DM, Blood Sugar Level, Hydrotherapy





ABS-21

IMPLEMENTATION OF LEMON AROMATHERAPY TO REDUCE PAIN SCALE IN POST OPERATIVE LAPARATOMI CHOLELITHIASIS

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Abstract

Laparotomy is a surgical procedure that involves cutting into the abdominal wall to help treat abdominal diseases. Cholelithiasis is a gallstone disease found in the gallbladder. Objective: to obtain an overview of the implementation of lemon aromatherapy on the decrease in pain scale in patients post laparotomy surgery for cholelithiasis in Cendana 1 of Dr. Sardjito Hospital. Methods: taking patients with postoperative laparotomy cholelithiasis who experience pain who are then given lemon aromatherapy for 3 days 30 minutes with a duration of 2 times a day. Results: after being given lemon aromatherapy for 3 days duration 30 minutes frequency 2 times obtained results before implementation with a scale of 4 and after implementation to scale 1 as measured using the Numeric Rating Scale (NRS). Conclusion: the provision of lemon aromatherapy is able to assist pharmacological therapy in reducing the pain scale in post laparotomy cholelithiasis patients.

Keywords: Laparotomy, Pain, Cholelithiasis, Lemon Aromatherapy





ABS-22

IMPLEMENTATION OF OXYTOCIN MASSAGE WITH LAVENDER STEAM AS COMPLEMENTARY THERAPY IN CONTINUITY OF CARE

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Abstract

In 2019, Indonesia's Maternal Mortality Rate remained high at 305 per 100,000 live births. The leading causes of maternal death include hemorrhage, infections, and preeclampsia. Postpartum maternal deaths, in particular, are often a result of abnormal or subinvolution of the uterus due to hemorrhage. Infections in postpartum mothers can occur when breastfeeding difficulties lead to inadequate milk flow, causing breast engorgement and potential infections. To address these cases, the Continuity Of Care approach can be employed, along with complementary techniques. One such complementary technique is oxytocin massage with lavender steam to expedite the uterine involution process, promote relaxation in mothers, and enhance breast milk production. This research adopts a qualitative methodology with a comprehensive case study approach under the Continuity Of Care framework. Continuity Of Care encompasses continuous care from pregnancy through the postpartum period. Following oxytocin massage, uterine contractions return more quickly, mothers experience greater relaxation, and there is an evident increase in breast milk production, as demonstrated by the improved weight gain in infants. Oxytocin massage with lavender steam aids in expediting uterine involution, promoting maternal relaxation, ensuring smooth breast milk production, and maintaining adequate milk supply.

Keywords: Oxytocin Massage, Lavender Steam





ABS-23

IMPLEMENTATION OF RANGE OF MOTION (ROM) TO INCREASE MUSCLE STRENGTH IN PATIENTS STROKE

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Abstract

Stroke is a disease caused by narrowing of the brain's blood vessels, so that the flow of blood and oxygen to the brain is hampered or even stopped. This study aims to obtain an overview of the Implementation of Range Of Motion (ROM) Exercises to Increase Muscle Strength in Stroke Patients at Wonosari Hospital. Data collection is done by interviewing and observing and measuring muscle strength scales. Range of motion exercise was carried out on March 18-March 24, conducted 2 times a day for 7 days. After implementation for 5 meetings, the left leg experienced an increase in muscle strength from 2 to 3, and in the 11th implementation increased from a scale of 3 to 4. In the 7th implementation, the left hand increased from 2 to 3 until the 14th implementation of the left hand muscle strength scale 3. Bottom Line: Range of motion exercises can increase muscle strength and prevent contractures in stroke patients.

Keywords: Stroke, Muscle Strength, Range Of Motion Workout





ABS-24

IMPLEMENTATION OF WARM COMPRESSES TO REDUCE PAIN IN GASTRITIS PATIENTS IN EAST PADMANABA WARD OF DR.SARDJITO HOSPITAL YOGYAKARTA

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Abstract

Gastritis is an inflammatory process in the gastric mucosa and gastric submucosa. Gastritis is a health disorder that is most often found in clinics, the diagnosis is often based only on clinical symptoms, not examination. *pylori* found 23 of them aged 3-5 years, aged 6-11 years amounted to 60 and aged 12 years amounted to 57. *H.pylori* infection in Yogyakarta is lower than in other regions. This study aims to describe how the implementation of warm compress therapy to reduce pain scale in Gastritis patients at Dr.Sardjito General Hospital, Yogyakarta. Collecting data by interview and observation. Giving warm compress therapy procedures by measuring the pain scale before and after being given therapy 1 to 3 times a day for 3 days on March 14-16 2023. The results obtained after being given warm compress therapy for 6 days were able to help pharmacological therapy in reducing the pain scale, namely an average of 2 scales until the third day. Warm compress therapy can help pharmacological therapy in reducing the pain scale in gastritis patients

Keywords: Pain, Warm Compress, Gastritis





ABS-25

IMPLEMENTATION OF WARM COMPRESSES TO TREAT HYPERTHERMIA IN CHILDREN PATIENTS WITH URINARY TRACT INFECTIONS WEST IN PADMANABA WARD RSUP DR. SARDJITO YOGYAKARTA

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Abstract

Urinary Tract Infection is a condition where the urinary system becomes infected. Data obtained from RSUP Dr. Sardjito Yogyakarta mentioned Urinary Tract Infections from 70 antibiotics given to 63 Urinary Tract Infection patients in January 2016 until December 2018. Hyperthermia is a condition when the body experiences a significant increase in temperature beyond 38.5°C. Hyperthermia that is not treated immediately risk of causing more serious health problems. Hyperthermia can be treated in ways namely pharmacological and non-pharmacological. Non-pharmacological actions include: warm compress. Applying the effectiveness of implementing warm compresses to treat hyperthermia in child patients with urinary tract infections in the West Padmanaba Ward of Dr. Hospital. Sardjito Yogyakarta. Descriptive in case studies. The temperature drops between 0.3°C-0.8°C. Conclusion: Results during two time procedures in a day, the average temperature dropped by 0.64°C.

Keyword: UTI (Urinary Tract Infection), Hyperthermia, Warm compress.





ABS-26

LEGO PLAY THERAPY TO REDUCE HOSPITALIZATION ANXIETY SCALE IN CHILDREN WITH NEUROBLASTOMA

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Abstract

Neuroblastoma is a type of solid tumor development of cancer in immature nerve cells, usually arising from the development of sympathetic nervous system cells. Therapy given to patients with *Neuroblastoma* will cause children to experience hospitalization anxiety so it is necessary to provide nonpharmacological therapy in the form of playing lego to reduce anxiety scale. According to medical record data at DR Sardjito Hospital, especially Estella Ward 2 for the period January - March 2023, there were 6 children. This study aims to apply lego play therapy to reduce the scale of hospitalization anxiety in children with *Neuroblastoma*. Descriptive method to obtain a picture by observing and analyzing accurate data to be easily understood. After performing lego play therapy on preschool-age children with *Neuroblastoma* in Estella ward 2 with a frequency of 1 time a day for 3 days, the results of hospitalization anxiety in patients decreased from a scale of 48 (moderate anxiety) to a scale of 20 (no anxiety). Conclusion: the results of the application of lego play therapy to reduce anxiety in children in Estella Ward 2 which was carried out for 3 days with a duration of 45 minutes can be concluded that lego play therapy can reduce the level of hospitalization anxiety in pediatric patients with Neuroblastoma.

Keywords: Neuroblastoma, anxiety, hospitalization, lego play therapy





ABS-27

MANAJEMEN IMPLEMENTASI *EVIDENCE BASED NURSING* (EBN) DI RUMAH SAKIT

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Abstract

Technological advances require health workers to develop pharmacological therapy and non-pharmacological therapy (complementary therapy). Complementary therapies are a group of medicine and health care systems that are not usually part of conventional medicine. Complementary therapy is known as a combination of traditional therapy and modern medicine. Complementary therapy is a form of care based on evidence/Evidence Based Nursing (EBN). Implementing Evidence Based Nursing (EBN) management into patient therapy requires conceptual and systematic steps so that it can help nurses to develop complementary therapies that are clear, valid, and can reduce patient health problems. In the management of implementing Evidence Based Nursing (EBN) there are several stages so that these stages should not be separated from each other because each stage is interconnected so as to produce Evidence Based that is clear and valid so that it can be applied to handle patient problems. This research will explain the implementation of Evidence Based Nursing (EBN) management in hospitals. This research is a qualitative study with a descriptive method that focuses on the implementation of EBNP management in hospitals which is then carried out in a simple analysis. Results: The implementation of EBNP in hospitals is in accordance with EBNP management given the challenges and obstacles in implementing EBN. Conclusion: The implementation of Evidence Based Nursing (EBN) management in hospitals has been carried out in accordance with EBN management.

Keywords: Management, Implementation, EBN, Hospital





ABS-28

MODEL FOR HANDLING STUNTING IN INDONESIA

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Abstract

Stunting is an occurrence of stunted body growth as a result of a lack of complete nutritional intake both in quantity and quality that occurs in children in the first 1000 days of life (1000 HPK). One of the efforts that can be made is implementing a model for handling stunting in Indonesia which is expected to support reducing the prevalence of stunting in Indonesia and achieving the expected targets. The method used in this research is using the literature review method with the questions used in reviewing journals adjusted to PICOT and journal search terms via MESH (Medical Subject Heading), there are no restrictions in taking journals, researchers write keywords according to MESH (Medical Subject Heading). Headings) namely "stunting prevention", "pregnant women", "nursing mothers", "toddlers", and "moringa oleifera" were then selected as full text. The results and conclusions from several journals that have been analyzed show that in efforts to deal with stunting of pregnant women, children aged 0-6 months, and children aged 7-23 months in several developing countries, nutritional deficiencies are still the main problem causing stunting. Moringa Oleifera is a plant that is rich in nutrients and is good for fulfilling nutrition to prevent stunting in pregnant women, children aged 0-6 months and aged 0-23 months.

Keywords: Stunting, pregnant women, babies, Children, Moringa Oleifera





ABS-29

PARENTS' EXPERIENCES IN SELF-CONTROL IN THEIR CHILDREN TO PREVENT BULLYING IN THE WORK AREA OF PUSKESMAS GAMPING 2 YOGYAKARTA

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Abstract

Bullying is an aggressive and negative behavior of an individual or group of people who repeatedly abuse an imbalance of power with the aim of hurting the victim mentally and/or physically. Bullying cases mostly occur in the school environment and can continue to occur in the environment after school hours have finished. The impact of bullying cases in Indonesia is very worrying because victims of bullying, apart from experiencing psychological and physical trauma, can also experience death. The aim of this research is to explore in depth parents' experiences in controlling children's self-control to prevent bullying. The design of this research is qualitative with a phenomenological approach. The population of this study were all mothers who had school age children with a research sample that met the inclusion criteria of 4 participants. Interviews were conducted with these participants in the data analysis process, the researcher involved a coder to maintain the validity of the data. The results of the coding through the coding and recoding-reduction process carried out with the coder contained 99 final codes and became 26 categories which finally resulted in six (6) themes which included self-concept as the basis for character formation, a harmonious family as child support, the child's socialization period requiring assistance, child protection as a form of love, spiritual aspects that are instilled strengthen the child's character, appreciation as a basis for child recognition.

Keywords: Self-control, Bullying





ABS-30

REDUCING COMPLAINTS OF ITCHING FOR THE COMFORT OF PRURITIC ELDERLY WITH GARRA RUFA CARE BREATHING RELAXATION (GC-BR) BASED ON KOLCABA'S COMFORT NURSING THEORY

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Abstract

Pruritus or itching in the elderly can have a negative impact on the comfort and health aspects of the elderly. Garra rufa Care Breathing Relaxation (GC-BR) intervention is a combination of two interventions with micro massage carried out by garra rufa fish and relaxation techniques which are useful for exfoliating dead skin, increasing blood circulation, eliminating bacteria. The aim of this research is that GC-BR therapy can increase comfort and reduce complaints of itching in elderly people with pruritus. Experimental research design with quasi-experimental methods. The sample size was 20 Pruritus Elderly consisting of 10 treatment groups and 10 control groups by total sampling. The independent variable is GC-BR. The dependent variable is the level of comfort and itching complaints of Pruritus elderly people. The instrument for this research is the General Comfort Questionnaire to assess the comfort of elderly Pruritus and the Numeric Rating Scale (NRS). Statistical tests use the Wilcoxon Signed Rank Test and Mann Whitney with a significance level of 0.05. The results showed that there was an effect of GC-BR on comfort level ($p=0.005$) and complaints of itching ($p=0.004$) in the treatment group. Meanwhile, in the control group there was no influence on the results of comfort level ($p=0.096$) and complaints of itching ($p=0.655$). The comparison results stated that there was a difference in the post test comfort level ($p=0.003$) and itching complaints ($p=0.031$). GC-BR has a significant effect on the comfort level and complaints of itching in the elderly.

Keywords: Garra rufa Care, Breathing Relaxation, Pruritus, Comfort, Elderly





ABS-31

SLOW STROKE BACK MASSAGE (SSBM) THERAPY TO REDUCE THE PAIN SCALE IN CERVICAL CANCER PATIENTS

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Abstract

Cervical cancer is a malignant tumor that grows in the cervix due to abnormal growth in the cervical epithelial tissue. In general, advanced cervical cancer patients experience chronic pain if not treated immediately, it will slow down recovery so it is necessary to provide non-pharmacological therapy in the form of slow stroke back massage to reduce the pain scale. Cervical cancer cases at DR. Sardjito Hospital Yogyakarta in 2022 amounted to 1,345 which included dead patients and chemotherapy. This study aims to determine the results of SSBM therapy in an effort to reduce the pain scale in cervical cancer patients in Bougenvile Ward 2 of DR Sardjito Hospital. Descriptive method to obtain results by observing the pain scale before and after therapy, and analyzing accurate data for easy understanding. After SSBM therapy with a frequency of 1 time for 3 days, the results showed a decrease with an initial pain scale of 4 (moderate) to scale 1 (mild). The conclusion of SSBM therapy to reduce the pain scale in cervical cancer performed 5 times for 4 days with a duration of 10 minutes can be concluded that this therapy is effective for reducing the pain scale of cervical cancer patients.

Keywords: Pain, Cervical Cancer, Slow Stroke Back Massage





ABS-32

SPIN CHALLENGE AS AN EDUCATIONAL MEDIA TO INCREASE DISASTER MITIGATION KNOWLEDGE IN ELEMENTARY SCHOOL STUDENTS

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Abstract

The main problems related to disaster vulnerability in Indonesia are the lack of improved disaster mitigation preparations, low disaster response performance, and the weak introduction of disaster mitigation education in the education sector. The need for disaster preparedness must be strengthened, especially for children. Children are one of the most vulnerable and often forgotten groups when disaster strikes. For this reason, children need to be involved in disaster mitigation activities through disaster mitigation education. Efforts to increase knowledge of disaster mitigation in children can be done using Spin Challenge educational game media. To find out how effective the use of Spin Challenge educational media is on the level of knowledge of elementary school students. This study was a quasi-experimental study with a control group with pre-test and post-test. 82 students selected with a total sample approach were used as respondents in this study. Questionnaires on disaster mitigation are used to obtain data. In this study, the statistical tests used were the Mann-Whitney test and the Wilcoxon test. There was a significant difference in the level of knowledge (p -value = 0.000) of disaster mitigation before and after students were given disaster mitigation education using Spin Challenge educational media. There is an influence on the level of knowledge of disaster mitigation after children get disaster mitigation education using the educational game medium Spin Challenge.

Keywords : Spin Challenge, Disaster Mitigation, Children





ABS-33

STRESS LEVEL RELATED TO SLEEP QUALITY IN STUDENTS

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Abstract

Stress is the main factor that affects students, stress for students who complete their dissertations is the difficulty in finding references, limited time in the process of repeated revisions. Final semester students postpone sleeping because they are required to complete their thesis so that some students sleep late. This study aims to determine the relationship between stress levels and sleep quality in final year nursing students. This research is a quantitative study with a cross-sectional approach. The research population was VII semester nursing students who were working on their final project. It consisted of 92 students from class of 2019. The instrument for this study was primary data which was taken using 2 questionnaires, namely the DASS-42 stress level questionnaire and the Pittsburgh Sleep Quality Index (PSQI) sleep quality questionnaire. It was found that the majority of students were in the category of moderate stress levels with 36 respondents (39.1%) and poor sleep quality with 71 respondents (77.2%). The statistical test results obtained a significant value of 0.000, this indicated a p-value <0.05, so H_a was accepted and there was a relationship between stress levels and sleep quality. There is a relationship between stress levels and sleep quality in final year nursing students at STIKES Surya Global Yogyakarta.

Keywords : stress level, sleep quality, nursing students.





ABS-34

STUDI KASUS: PEMBERIAN OBAT INHALASI PADA ANAK PNEUMONIA DENGAN BERSIHAN JALAN NAFAS TIDAK EFEKTIF

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Abstract

Pneumonia causes the deaths of 740,180 children under five and is the highest cause of death among children under five. In Indonesia, pneumonia is the cause of 16% of deaths and causes airway clearance to be ineffective, so appropriate treatment needs to be given, namely administering inhaled medication to reduce sputum viscosity or widen the airway. To determine the effectiveness of administering inhaled medication to children with pneumonia with ineffective airway clearance in the West Padmanaba Room at Dr. RSUP. Sardjito Yogyakarta. The method used in this case study is to describe and explore the administration of inhaled medication to pneumonia patients with ineffective airway clearance for 3x24 hours at RSUP Dr. Sardjito Yogyakarta. After administering inhaled medication for 3x8 hours in children with pneumonia, the problem of ineffective airway clearance was partially resolved. Pneumonia with ineffective airway clearance that received effective inhalation medication in An.M.

Keywords: Ineffective airway clearance; Administration of inhaled medication; Pneumonia





ABS-35

STUDI KASUS: TINDAKAN PERAWATAN LUKA *POST* OPERASI PADA PASIEN *CARCINOMA MAMMAE POST* MASTEKTOMI DENGAN GANGGUAN INTEGRITAS JARINGAN DI RSUP DR. SARDJITO YOGYAKARTA

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Abstract

Carcinoma mammae is a disturbance in the normal cell growth of the mammae gland in which abnormal cells arise from normal cells, develop and infiltrate lymphatic tissue and blood vessels. Based on a preliminary study of Cendana Room 1 register data at RSUP Dr. Sardjito Yogyakarta from January to December 2022, there were 86 breast cancer patients recorded, out of a total of 184 cancer patients. This study aims to describe post-mastectomy wound care procedures for mammary carcinoma patients with impaired tissue integrity at Dr. RSUP. Sardjito Yogyakarta. This study uses a qualitative method with a case study approach. Data collection techniques using a nursing process approach for patients aged 80 years with Carcinoma Mammae Dextra T4BN1M0 Post Modified Radical Mastectomy. Based on the research results, the problem of impaired tissue integrity was partially resolved with the result that there was a post-operative wound on the right side of the chest with a drain under the right armpit and no signs of infection. The pain in the wound decreased from a scale of 4 to 2 and the patient was allowed to go home. The preparation of this scientific paper is based on the data obtained by the diagnosis that was revealed to Mrs. S. The fellowship problem is partially resolved.

Keyword: Case study, Impaired Tissue Integrity, Carcinoma Mammae





ABS-36

THE ASSOCIATION OF FOOT CARE STRATEGIES (FCS) THROUGH ABLUTION WITH HBA1C AMONG DIABETES MELLITUS TYPE 2 PATIENT.

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Abstract

Diabetes Mellitus in Malaysia has become increasingly problematic along with issues of other cardiovascular conditions such as hypertension, heart disease and stroke. Therefore, the aim of this study is to determine the association of Foot care strategies (FCS) through ablution with HbA1c result among Diabetes Mellitus Type 2. The study design used is a Quasi experimental design. The intervention group received an Educational Package that focused on ablution, while the control group did not receive any form of intervention and received standard health care. A Wilcoxon test was used for the statistical analyses. There are no statistical changes in the mean difference of score in intervention and control group after implementation of Diabetic Foot Care Strategies for intervention group Pre-test (M=7.706, SD=2.598, P 1.000) and Post-test is (M=7.706, SD (2.598), P 1.000). It was found that 0% Changes from baseline to post test. In this study has found that there was no effect between the improvement of foot hygiene with HbA1c result even though respondent HbA1c result were well control and poorly control.

Keywords: Foot care, ablution, Diabetes mellitus, HbA1c





ABS-37

THE COMBINATION OF EDUCATION AND HYPNOTHERAPY OPTIMIZES DIABETES SELF-MANAGEMENT AND FASTING BLOOD GLUCOSE IN TYPE 2 DIABETES MELLITUS PATIENTS

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Abstract

Diabetes is a metabolic disease with signs of hyperglycemia. Self-management education and support are key to successful complication control and prevention. Hypnotherapy, although limited, has promising potential in diabetes management. This study aims to explore the effect of education and hypnotherapy on Diabetes Self-Management (DSM) and fasting blood glucose (FBG) of type 2 DM patients. The study was conducted with a quasi-experimental pre and post-test design. A total of 34 respondents participated based on inclusion and exclusion criteria, further divided into control and intervention groups. A total of 88.2% of respondents were female, average age 57 years (50-64), 70.6% had a secondary school education, and 100% consumed OHO. In one week there were significant differences in mean DSM scores and FBG before and after the intervention that were greater than those of the control (+23.12 vs. +0.64; +42.41 vs. +21.76 mg/dL; $p = 0.000$). The difference between the two interventions had a significant effect on the mean DSM score ($p = 0.000$) but not on the mean FBG ($p = 0.645$). The decline in FBG was greater in the intervention group than in the control. A combination of education and hypnotherapy is effective for improving DSM and FBG in type 2 DM patients. Further research is needed with more respondents and a longer time to determine the results of the study.

Keywords: Education, Diabetes Self-management, hypnotherapy, fasting blood glucose, DM type 2





ABS-38

THE EFFECT OF COLD COMPRESS ON THE LEVEL OF THROAT PAIN IN POST PATIENTS *ENDOTRACHEAL TUBE* (ETT) INTUBATION

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Abstract

Endotracheal tube intubation is a management of airway patency with general anesthesia which can cause complications, one of which is sore throat. Post-surgery sore throat must be treated immediately because it can cause side effects that make you feel uncomfortable so that it can interfere with the patient's activities. Management of non-pharmacological therapy with cold compresses can be done to reduce the level of post-intubation sore throat because it is more effective and does not cause side effects. To determine the effect of cold compresses on the level of sore throat after endotracheal tube (ETT) intubation at PKU Muhammadiyah Yogyakarta Hospital. Type of quasi-experimental research with non-randomized control group pre-test post-tests design. Patients were given pretest and posttest levels of post-intubation sore throat using the NRS (Numeric Rating Scale) measurement scale. The research was conducted in April-June 2023 by taking a sample using the Consecutive Sampling technique of 82 respondents, with 41 respondents per group. The intervention group was given cold compresses and the control group was given deep breath stimulation. Data analysis used the Wilcoxon and Mann Whitney tests. The majority of respondents' characteristics in this study were early elderly, female, had no history of smoking, ASA II physical status, endotracheal tube size 7.5 mm and length of ETT usage <2 hours. The results of data processing using Wilcoxon in the intervention group obtained $p=0.000$ ($p<0.05$) and in the control group obtained $p=0.000$ ($p<0.05$). The Mann Whitney test obtained $p=0.000$ ($p<0.05$), so that H_a was accepted. There is an effect of cold compresses on the level of sore throat after endotracheal tube (ETT) intubation at PKU Muhammadiyah Yogyakarta Hospital.

Keywords: Cold compresses, endotracheal tube intubation, sore throat, post surgery





ABS-39

THE EFFECT OF INSPIRATORY MUSCLE TRAINING TOWARD OXYGEN SATURATION IN HEART FAILURE PATIENTS

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Abstract

The purpose of this research is to find the improvement of quality of life in heart failure patients with muscle training inspiration. This study uses a True Experiment Pre-Post Test Design design. Sampling in this study using non-probability sampling method with consecutive sampling. Sample allocation into the intervention group and control group uses simple random sampling, with 32 respondents. The instrument used pulse oximetry to measure oxygen saturation. Statistical test using Wilcoxon Test. The results of research that have been done show that there is no differences the oxygen saturation in heart failure patients in the intervention group and there is no difference the oxygen saturation in heart failure patients in the control group.

Keywords: Oxygen Saturation, Heart Failure, Inspiratory Muscle Training





ABS-40

THE EFFECT OF LISTENING TO RECORDING DHIKR THERAPY FOR THE PREVENTION OF POSTOPERATIVE NAUSEA AND VOMITING PATIENTS UNDER GENERAL ANESTHESIA IN SALATIGA, INDONESIA

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Abstract

PONV or postoperative nausea and vomiting is a frequent complication after anesthesia. PONV can affect men and women of all ages. The treatment of PONV so far has mostly used pharmacological therapy. Besides starting to develop complementary complementary therapies. To determine the effect of recording dhikr therapy on postoperative nausea and vomiting under general anesthesia at Ario Wirawan Hospital, Salatiga. Quasy experimental research design. The research respondents were 34 people, patients who underwent elective surgery with general anesthesia management at RSP dr. Ario Wirawan Salatiga. The sampling technique used consecutive sampling, where the research subjects were selected according to the inclusion and exclusion criteria. Respondents who have met the requirements and are willing to be interviewed are in accordance with the questions in the RINVR questionnaire. Processing the data with Paired t Test and the influence Independent Paired t Test. The results showed that the incidence of PONV in RSP dr. Ario Wirawan Salatiga the majority occurred in the female sex as many as 22 people (64.7%) and the most at the age of 51-60 years as many as 14 people (41.2%). The results of the influence test showed that p value was $0.003 < 0.05$, indicating there was a significant effect of recording dhikr therapy on postoperative nausea and vomiting under general anesthesia. There is a significant effect of providing relaxation therapy with recordings of dhikr can decrease postoperative nausea and vomiting under general anesthesia at RSP dr. Ario Wirawan Salatiga than clients who were not given recording dhikr therapy. Nurses should provide moral support, moral assistance during perioperative, bring peace of mind, reduce anxiety so that it has an impact on reducing the risk of postoperative nausea and vomiting

Keywords: Dhikr, PONV, general anaesthesia.





ABS-41

**THE EFFECT OF RELAXATION THERAPY WITH SAPE
DAYAK AUDIO MUSIC ON THE STRESS LEVEL OF DIABETES
MELLITUS PATIENTS AT PROLANIS BPJS KESEHATAN PALANGKA RAYA**

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Abstract

Diabetes mellitus is a disease with a large impact on health and society, not only for its high prevalence but also for its chronic complications and high mortality. The psychological impact of diabetes begins to be felt by sufferers from the moment a person is diagnosed by a doctor. Sufferers begin to experience psychological disorders, including stress on themselves related to the care and treatment they have to undergo. This emotional stress condition requires appropriate treatment so that it does not fall into a more severe condition. This study aims to identify the effect of relaxation therapy using sape Dayak music audio media on the stress levels of diabetes mellitus sufferers at Prolanis BPJS Health, Palangka Raya City. The design used in this research uses the research design using pre-test-post-test design with control group. In this study, the population was diabetes mellitus sufferers at Prolanis BPJS Health Palangka Raya City, using a total sampling technique, namely 60 people. The results of the statistical test analysis showed that the p value = 0.001, which means that at α 5% there was a significant difference in the average stress level after being given therapy between the intervention group and the control group. Relaxation therapy using Dayak sape music audio media can be recommended as an alternative intervention in managing stress in diabetes mellitus sufferers.

Keywords: relaxation techniques, stress, Sape Dayak





ABS-42

THE QUALITY OF LIFE AMONG NURSING STUDENTS RELATED TO STRESS AND ACADEMIC PRESSURE IN NORTH BORNEO LOCAL UNIVERSITY.

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Abstract

Nursing students often face high levels of stress and academic pressure due to the demanding nature of their coursework, clinical rotations, and the responsibility of caring for patients. Therefore, the aim of this study is to identify the association between Quality of Life and stress plus academic pressure among nursing student in north Borneo local university. Cross sectional study design was used, with 55 respondents using Academic Pressure Scale (APS) and Overall Quality of Life scale (WHOQOLS) as the questionnaire was analysed using Chi-square test. The probability value obtained from Pearson Chi-Square was 0.014 is less than predetermined alpha value (0.05), thus the null hypothesis was rejected. There is significant association between WHOQOL and the APS underscores the interconnectedness of students' perceived quality of life and their experience of academic stress.

Keywords: Nursing students, stress, academic pressure, QOL, well-being





ABS-43

THE RELATIONSHIP BETWEEN THE USE OF WHO SURGICAL SAFETY CHECKLIST AND IMPLEMENTATION OF SURGERY PATIENT SAFETY IN DEPATI HAMZAH HOSPITAL PANGKALPINANG CITY

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Abstract

Patient safety is very important in the operating room to prevent death and complications due to surgery and is a variable for measuring and evaluating the quality of nursing services that have an impact on health services. The mortality rate due to Unexpected Events (KTD) in hospitalized patients is 33.6 million per year. The patient safety program aims to reduce the number of unexpected events (KTD) that often occur in patients while hospitalized so that it is very detrimental to both the patient himself and the hospital. Efforts to improve the quality of surgical services include using the WHO Surgical Safety Checklist. Knowing the relationship between the use of the WHO Surgical Safety Checklist and the implementation of patient safety operations at Depati Hamzah Hospital, Pangkalpinang City. This research is a quantitative observational method with a cross-sectional design. The population of this study were anesthesiologists and surgical nurses at Depati Hamzah Hospital, Pangkalpinang City for one month, March 1 - March 30, 2023 with a sample of 30 people. Statistical test using the Chi-Square test. The results showed that all Anesthesiologists and Surgical Nurses filled out a complete Surgical Safety Checklist sheet (83.3%), and improving the implementation of patient safety showed the level of patient safety (83.3%). The results of the study showed that there was a relationship between the use of a surgical safety checklist and the implementation of surgical patient safety with a value of $p = 0.004$. There is a relationship between the use of a surgical safety checklist who and the implementation of surgical patient safety.

Keywords: patient safety, surgical safety checklist, KTD





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