



1st CCE Health 2019

Universitas Gadjah Mada

Yogyakarta, 19-20 July 2019

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CCE Health 2019
1st Conference on Community Empowerment for Health

JCOEMPH
Journal of Community Empowerment for Health

**1st Conference of Community
Empowerment for Health
“Community Empowerment to Improve
Health Status in Rural Area”**

**Yogyakarta, Indonesia
19-20* July 2019**

Book of Abstracts



Welcome

Journal of Community Empowerment for Health (JCOEMPH) is a new scientific journal managed by Faculty of Medicine, Public Health, and Nursing Universitas Gadjah Mada. JCOEMPH vision is to become Indonesian journal with international reputation focusing in community empowerment for health, specifically in rural area.

Regarding JCOEMPH's mission to increase publication of research findings based on community empowerment, JCOEMPH conducts the **1st Conference on Community Empowerment for Health (1st CCE Health)**, bringing a theme "**Community Empowerment to Improve Health Status in Rural Area**". The conference aims to provide a platform for lecturers, practitioners, researchers, and students to improve their knowledge as well as to share their ideas, thoughts, and research findings.

1st CCE Health invites the Regent of Kulon Progo, dr. Hasto Wardoyo, Sp. OG(K), as the first keynote speakers to share his experiences and strategies in community empowerment. The second keynote speaker is Prof. Susan M. Sawyer from University of Melbourne, who is expert in global adolescent health. In addition, there will be two panel discussions to trigger an exchange of perspectives among experts on community empowerment.

1st CCE Health accommodates publication on community empowerment, community services, health facility, medical education based on community, medical anthropology, emergency and disaster management, health workforce, and epidemiology in rural area.

It is pleasure to welcome you the 1st Conference of Community Empowerment for Health at Universitas Gadjah Mada. JCOEMPH is delighted to host this year's conference in the newly build Tahir Foundation Building on the Universitas Gadjah Mada. We have one of our biggest program to date with 30 talks and 40 posters being presented. Our delegates come from around Indonesia.

We hope you enjoy this year's conference.

Kind regards,

1st CCE Health Committee

Committee

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Ari Sakti

Putik Haryanti

Suprianto

Maria Arumwati

Friday, 19 July 2019

07.30 – 08.00

Registration

08.00 – 08.30

Welcome and Introduction

1st Keynote Speaker

08.30 – 09.00 Peran pemerintah dalam pemberdayaan masyarakat pedesaan dalam bidang kesehatan : dr. Hasto Wardoyo, Sp. OG(K).

2nd Keynote Speaker

09.00 – 09.40 Thinking differently around schools and adolescent health : Prof. Susan M. Sawyer, MBBS, MD, FRACP, FSAHM

09.40 – 09.50

Coffee Break

1st Panel Presentation

Peran institusi pendidikan dalam pemberdayaan masyarakat di area kesehatan

Moderator: dr. Hanggoro Tri Rinonce., Sp.PA(K)

- 09.55 - 10.15 1. Community based education (CBE) sebagai sarana pemberdayaan masyarakat
Prof. Dr. dr. Tri Nur Kristina, DMM, M.Kes.
- 10.15 - 10.35 2. Peran Academic Health System (AHS) dalam mendorong pemberdayaan masyarakat
dr. Mei Neni Sitaresmi, Sp.A(K), Ph.D.
- 10.35 - 10.55 3. Peran mahasiswa dalam pembangunan daerah pedesaan
Prof. Ir. Irfan Dwidya Prijambada, M.Eng., Ph.D.
- 10.55 - 11.15 4. Peran organisasi profesi dalam pemberdayaan masyarakat di bidang kesehatan
dr. Mariatul Fadilah, MARS, Sp.DLP., Ph.D.

11.15 - 11.30 Sesi tanya jawab dan penutup

11.30 - 13.00

Poster Exhibition

11.30 - 13.00

Lunch

2nd Panel Presentation

Pemberdayaan area pedesaan menuju sehat dan sejahtera

Moderator: Aviria Ermamilia, S.Gz., M.Gizi

13.05 - 13.25

1. Badan usaha milik desa
Rudy Suryanto, S.E., M.Acc., Ak., CA.

13.25 - 13.45

2. Pemberdayaan masyarakat di desa binaan, Desa Batik Lendah Kulon Progo
dr. Sri Awalia Febriana, M.Kes., Sp.KK., Ph.D.

13.45 - 14.05

3. Publikasi data pengabdian masyarakat di pedesaan
Rika Fatimah P.I., S.T., M.Sc., Ph.D.

14.05 - 14.25

4. Cara mempublikasikan data berbasis pengabdian masyarakat di jurnal ilmiah, JCOEMPH
dr. Widyandana., MHPE., Ph.D., Sp.M.

14.25 - 14.40

Discussion session

14.40 - 15.20

Poster Exhibition

14.40 - 15.20

Coffee Break

15.20 – 16.20

Oral Presentation

Oral presentation will take place in the Auditorium Tahir floor1 and rooms U.2.4.A, U.2.4.B, U.2.5.A & U.2.5.B

| | Auditorium Tahir floor1 | U.2.4.A | U.2.4.B | U.2.5.A | U.2.5.B |
|----------------------|--|---|--|---|--|
| 15.30 – 15.40 | <i>The association of six-minutes walking test (6MWT) with cardiovascular disease risk among older women with type 2 diabetes mellitus in a rural primary health care: A pilot observational study</i> | <i>The relationship between menstrual pattern and Body Mass Index among adolescence in Pondok Pesantren Al-Hikmah, Karangmojo, Gunung Kidul</i> | <i>The role of social support for mother's interest in preventing stunting</i> | <i>Pijat-Pijat Pancen Oye (PPO): Community participation model to manage hypertension symptom among elderly</i> | <i>Correlation between shift work with cognitive function and salivary cortisol level in emergency medicine resident</i> |

| | Auditorium Tahir floor1 | U.2.4.A | U.2.4.B | U.2.5.A | U.2.5.B |
|----------------------|--|---|---|---|---|
| 15.40 – 15.50 | <i>Description of age and parity with the occurrence of chronic energy deficiency in pregnant women at Puskesmas Sibela, Surakarta</i> | <i>Problems related to acute respiratory infection among under-5 children in Sorong, West Papua: A community diagnosis approach</i> | <i>The economic impacts of wheelchair use: Evidence from Central Java, Indonesia</i> | <i>The influence Tabletop Disaster Exercise (TDE) simulation to improve knowledge and skill among master nursing students for disaster emergency response</i> | <i>Community perception about leprosy that influence behaviour of the early prevention of leprosy transmission in the Kunduran public</i> |
| 15.50 – 16.00 | <i>Women in River School: Raising women and community awareness through informal educational skill related to health knowledge</i> | <i>Empowering community health volunteer in tuberculosis case management : Systematic review</i> | <i>INSTO (Integrated Sustainable Multiproject) as an effort to maximize the potential of waste products</i> | <i>Knowledge and attitudes of the community towards tuberculosis care after "Bicara Sehat" activity at the University of Indonesia Hospital</i> | <i>Knowledge and attitudes of communities following the "Healthy Talk" activities at the University of Indonesia Hospital on safe tips and tricks for pregnant women according to sharia, medical, and nursing perspectives</i> |

| | Auditorium Tahir floor1 | U.2.4.A | U.2.4.B | U.2.5.A | U.2.5.B |
|----------------------|---|--|---|---|--|
| 16.00 – 16.10 | <i>Firsthand experience in community health: Early community and clinical exposure for medical students in Condongcatur, Yogyakarta</i> | <i>Citarum Harum Thematic Community Collage Service (KKN): Healthy Indonesia Program with Family Medicine Approach Family (PIS-PK) in the village Amansari, Rengasdengklok District, Karawang Regency</i> | <i>The SGPC program effects in increasing nutritional knowledge and intake in female teenagers as agents of the first 1000 days of life program</i> | <i>Posyandu cadre entrepreneurs in Medan City</i> | <i>Paramedic empowerment in postpartum mental health improvement in the region of Pakem District, Sleman District</i> |
| 16.10 – 16.20 | <i>Implementation of interprofessional education in community setting</i> | <i>Posyandu revitalization through integrated development activity to prevent non-communicable diseases in Wonokrino II, Pleret, Bantul, Yogyakarta</i> | <i>Drug Information : Deaf's knowledge before and after viewing an educational video using Indonesian Sign Language</i> | <i>Analysis of implementation of community mental health policy in increasing empowerment of people with mental disorders</i> | <i>Community Collage Service (KKN) student assistance to improve women's health by detecting breast cancer and cervical cancer in Amansari Village, Karawang Regency</i> |
| 16.20 -16.30 | Closing | | | | |

Predisposing factors of health status among villagers in North Bali

Made Kurnia Widiastuti Giri*

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ABSTRACT Health problems still have a huge proportion of homework for Bali government projects. As same as Indonesian government set the promotive and preventive strategy, Bali also built some of it. This study was conducted to describe predisposing factors in health status among people in rural areas of North Bali. This study was involved 100 villagers (among 12-60 years old) as sample. Data was collected by observation, interview and using the questionnaire from September 2018 until February 2019. Data describes in several category as predisposing demographic, enabling habits, and need factors (kind of disease that most common). The result shows that most common diseases were disease symptoms by cough, dengue Fever, dermatitis, sexual transmitted diseases and the undiagnosed sickness found in several group of ages. In > 60 years old group, back pain, osteoarthritis knee, fatigue, hypertension, and other undiagnosed sickness (0,8%) were noted in depth interviews. Most common cause of accidents were riding Motor bikes, dog bites and snake bites. In case of nutrition, most common source for food were markets or shops and snack stands. For children in school (age 7-12 years old), most common meals for lunch were snacks (61%), cake (15%), mixed rice (12%), fried foods like sausage, nugget (11), and only drinks (1%). Among health behaviors we categorized in tobacco use and alcohol use. Tobacco use per family, for category 5 or more family members (59%), 4 or less family members (41 %) and only males (44%). For average age at which people begin to smoke are 13.95 years. Alcohol use per family were categorized 5 or more family members (49 %), 4 or less family members (51 %) and only males (74%). Average age at which people begin to drink alcohol are 13.80 years. In other enabling factors which is access to healthcare, most common reason to see a medical provider are when exhibiting symptoms of illness (98%) and when injured (2%). Most common age to see a medical provider are infant/children until 5 years and in geriatric phase. Distance to a medical provider or health clinic are predominantly more than 5 km. The barriers to healthcare were cost (70%) and other responses distance/transportation (25%), and private health insurance (5%). Positive force of change that has improved healthcare in villages were Badan Jaminan Penyelenggara Sosial (BJPS) (80%). This study well described several predisposing factors in health status among people in rural areas of North Bali, which outcomes are recommendations to health care provider, government and for others, to improve the knowledge and perception among health status in order to deliver a health and wellness.

KEYWORDS health status; predisposing; enabling; villagers

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The influence Tabletop Disaster Exercise (TDE) simulation to improve knowledge and skill among master nursing students for disaster emergency response

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ABSTRACT Today, the high incidence of disasters requires nurses to increase their role as disaster nursing in emergency response. This is in accordance with standards of the international council of nursing (ICN) that the nurse as a front line in providing treatment of disaster victims. One of the way to do in these situations is to improve the early preparedness in master nursing students through disaster education, so that this plan needs a new method for effective and innovative disaster learning. One of the recommendation learning method is simulation with Tabletop Disaster Exercise (TDE). The purpose of this study was to analyze the effect of TDE learning for master nursing student's knowledge in providing the management of victims in disaster response simulations. This study uses quasi experimental with pre-test and post-test and control group design. The samples are 36 respondents were divided into two groups there are treatment and control groups so that each consisting of 18 respondents. The treatment group were given a TDE simulation, while the control group was given standard simulation and module. The results using paired t-test significantly showed that the differences value of knowledge before and after intervention with difference pre-test 18 respondents mean $23,89 \pm 9,00$ and post-test 18 respondents mean $81,67 \pm 8,04$ difference mean (CI 95%) = 57,78 (53,85-61,71) in each group indicated by the value ($p = 0.000$). The Effect Simulation Standards Knowledge Nursing Students with difference pre-test 18 respondents mean $26,39 \pm 9,04$ and post-test 18 respondents mean $70,28 \pm 10,07$ difference mean (CI 95%) = 43,89 (38,59-49,18). The results from unpaired t-test to identify the difference of knowledge between the two groups after intervention has a significance value ($p = 0.000$). This means that there is significant difference of knowledge between TDE and simulation.

KEYWORDS learning; Tabletop Disaster Exercise (TDE); simulation; knowledge and skill

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Problems related to acute respiratory infection among under-5 children in Sorong, West Papua: A community diagnosis approach

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ABSTRACT Acute respiratory infection (ARI) is the leading cause of morbidity and mortality in children under five years, with a periodic prevalence of 25.9% in West Papua (2013). This study aims to explain the factors associated with ARI in under-5 children in Sorong Regency, West Papua. This cross-sectional study was conducted in two districts, where trained medical students interviewed 135 mothers/caregivers by using a structured questionnaire and interviewed cadres and health workers for qualitative observation. About 85.5% of respondents stated that their children had had ARI in the previous two weeks (n=135), much higher than the data from Sorong Regency Health Office, which only reached 24.63%. Dominant risk factors were large household size, smoking at home, and improper handwashing habit. Only half of the respondents went to a physician in a primary care facility. Nearly half of the respondents had difficulty in accessing the facility. The majority of caregivers used over-the-counter or traditional medicine. Around 70% of respondents in Makbon District did nothing to prevent the transmission of ARI among children. ARI remains a massive problem in the Sorong Regency. We need to educate the mothers/caregivers about the rational use of medicine so that the treatment may not harm their children, and about ARI transmission so that they may take appropriate precautions.

KEYWORDS acute respiratory infection; children under five years; West Papua

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Description of age and parity with the occurrence of chronic energy deficiency in pregnant women at Puskesmas Sibela, Surakarta

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ABSTRACT The proportion of chronic energy deficiency in pregnancy in Indonesia gradually decreases, from 24,2 % in 2013 to 17,3 % in 2018, based on Riset Kesehatan Dasar. According to puskesmas reports in Surakarta, 174 mothers (1.6%) out of 10.757 targeted pregnancies suffered from chronic energy deficiency. The primary objective of this study was to describe chronic energy deficiency incidence in pregnant women at Puskesmas Sibela, Surakarta. This is a descriptive retrospective study using secondary data of first pregnancy assesment at Puskesmas Sibela. Samples were collected using total sampling method from July to December 2018. Study variables include age, number of pregnancies and mid-upper arm circumference. Data from 175 pregnancy women assessed in Puskesmas Sibela are collected from July to December 2018. Chronic Energy Deficiency incidence was found on 7 (4%) pregnant women. 85.7% Chronic Energy Deficiency was found in pregnant women between the age of 20 to 34 years old. Chronic energy deficiency was also found more often in primigravida (85.7%). From aforementioned data, we found that the incidence of chronic energy deficiency in pregnancy at Puskesmas Sibela is 3.7%, with 7 out of 175 pregnant women were diagnosed with this condition. This result is consistent with the data collected by Dinas Kesehatan Surakarta in 2017. Most of chronic energy deficiency cases in pregnancy were found in primigravida women between the age of 20 to 34 years old.

KEYWORDS age; parity; chronic energy deficiency; Surakarta

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INSTO (Integrated Sustainable Multiproject) as an effort to maximize the potential of waste products

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ABSTRACT Garbage is one of the main problems in Indonesia. The absence of good waste management makes some people dump their garbage to landfill (TPA), burn it or throw it into the river. This will worsen the environmental conditions. The problems caused by this waste requires serious handling from the government and society. To solve this problem we are doing Integrated Sustainable Multiproject (INSTO). To overcome this problem, INSTO propose a strategy not only to eliminate the irresponsible habit of disposing trash but also increasing their awareness to process waste properly and utilize its commercial potential by an integrated multipoject that regulated under waste bank.

KEYWORDS INSTO; waste bank; waste processing

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The economic impacts of wheelchair use: Evidence from Central Java, Indonesia

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ABSTRACT An estimate of 10% the global population have disabilities, with 10% of them require wheelchairs. Although imperative, the provision of wheelchair services remain challenging, especially in low resources setting of Indonesia. Interacting barriers in availability of wheelchair services and healthcare access may have affected people with disability in the way it alters their households' potency in obtaining income. Therefore, the availability of wheelchair, potentially lessen the economic burden related. However, to date there is limited evidence economic gain of the wheelchair users in Indonesia. The aim of this study is to analyse the economic impact of using wheelchairs on households in Central Java Province. Economics gain of wheelchair users were measured using a cross-sectional survey in Central Java, Indonesia during 2017. The questionnaires consisted of three main sections: (1) Patient's general information and type of wheelchair used; (2) Socio-economic information before and after using adaptive wheelchair; and (3) Income and spending related information. Data were quantitatively analysed. A total of 60 adaptive wheelchair users and parent proxy completed the questionnaires. Demographic characteristics of the wheelchair users are aged between 9 and 73 years with a mean of 31 years old. More than half (55%) respondents were male, became impaired in 1998, and used an adaptive wheelchair starting year 2009. Medical conditions of the respondents related to need for a wheelchair are mainly cerebral palsy (29%), paraplegia (29%), and polio (15.5%). Three-fourths of the respondents were working in informal sector. On average, there is a significant increase of Rp 217,662 in household income before and after using wheelchair. Also, per capita income before and after using adaptive wheelchair shows a significant increase of Rp 56,209. However, there is no significant difference in spending before and after using wheelchair. Regarding qualitative result, the study participants. Respondents feel that wheelchair is beneficial in mobility and help their activities. However, most of the respondents suggest small effect of household income after using wheelchair. In terms of budget impact from client perspective, the raise of income was demonstrated, showing that wheelchair has association with income. Clients responded that there have been several aspects which can be of support, for instance, skills improvement, employment generation for people with disability, and adequate public transportation facilities.

KEYWORDS disability; wheelchair use; economic impact; household income; Indonesia

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Strengthening community health volunteer as a community empowerment in the reduction of HIV/AIDS stigma

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ABSTRACT Negative stigma of society become one of the inhibitory factor of HIV/AIDS promotion and preventive program. CHV (Community Health Volunteer) of HIV can be an attempt to reduce negative stigma of society. The purpose of this activity is the formation of HIV CHV which is expected to bridge the PHC (Primary Health Care) and childbearing age women and expectant mothers in HIV/AIDS prevention; to support the success of PMTCT (Preventive Mother to Child Transmission) program; and increase the participation of childbearing age women and expectant mothers to VCT (Voluntary Counselling and Test); to reduce the incidence rate of HIV. Community empowerment was conducted on 2018, July until November in Sleman DIY. This activity was the socialization of HIV/AIDS and VCT on CHV which cooperate with PHC and NGOS. Community health volunteer provided counselling in childbearing age women and expectant mothers related to prevention of HIV/AIDS transmission. The result of this activity was the increasing CHV knowledge about HIV/AIDS and the formation of twelve HIV CHV in Sleman, Yogyakarta. In conclusion, this activity effectively increases the participation of childbearing age women and expectant mothers in voluntary HIV tests, so that the formation of HIV CHV should not only involve adult age, but also adolescents.

KEYWORDS community health volunteer; community empowerment; HIV/AIDS; stigma

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Increased motivation for caring dementia in the elderly through education and training to the family and social workers in the health sector

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ABSTRACT National and international elderly population numbers tend to increase every year. Increased life expectancy also increased to 72 years in 2018. With this condition, causing serious problems among the elderly and commonly referred to as Geriatric Syndrome. One of the geriatric syndromes that occurs in the elderly is a decline in cognitive function and this condition becomes number two. As a result of cognitive decline, it tends to interfere with daily activities, reducing the quality of life of the elderly and will be a burden on family, society and the country. For this reason, the involvement of families with elderly people at home, health workers in the health sector especially in the elderly Posyandu in caring for the elderly in the environment so as not to cause more severe problems for the elderly. The purpose of this service is to increase the awareness and motivation of families and health workers to care for the elderly who experience dementia through education and training for 1 day with lectures and discussions, screening practices and focus group discussions by presenting community leaders and local government apparatus namely Head of Community Health Center, Head of Village. The media used in the form of handbooks, cognitive function screening tools in the elderly health card (KMS) book. The target of this service is families who have elderly at home and social health workers from the Posyandu Amarta and Sari Waluyo in Kadipiro Surakarta of Village for 30 people. The results obtained were in the form of increasing knowledge about dementia in the elderly, increasing skills for screening impaired elderly people using screening tools in the KMS book, agreement on assisting elderly care in the community by a team of devotees and the formation of families and health workers concerned with dementia.

KEYWORDS family; social workers in the field of health care; dementia; elderly

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Nutrition literacy “IBU HEBAT” for improving maternal self-efficacy in feeding practice

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ABSTRACT Nutritional literacy and self-efficacy determine healthy eating habits so that it becomes an important factor in the success of nutrition management and healthy living behavior. The purpose of this writing is to describe the nutritional literacy program for self-help groups named IBU HEBAT, to improve the self-efficacy of mothers in parenting. The method used is a case study. The nutrition literacy program was provided in 6 sessions covering the topic of toddler nutrition and stress management to improve maternal self-efficacy. The evaluation results show an increase in maternal self-efficacy, especially in feeding according to the appropriate amount has increased. Efforts to nutritional literacy with the self-help group approach in the community have effective influence in improving maternal self-efficacy in toddler feeding practices so that it can be a recommendation in handling the problem of underweight children under five. Nutritional literacy requires the strengthening of nurses through home visits to achieve optimal self-efficacy.

KEYWORDS nutrition literacy; self help group; maternal self-efficacy; toddlers' nutrition

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The survey of security officer knowledge about Basic Life Support (BLS) on the Deandles Highway of Manyar District, Gresik, East Java

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ABSTRACT Giving first aid to victims of traffic accidents is often not carried out by medical personnel or competent people. The first helper in traffic accidents on the deandles highway is the surrounding community including security officers. The purpose of this study was to describe the level of security officer knowledge about basic life support along the Deandles Highway of Manyar District, Gresik. This study used a descriptive design with a cross-sectional approach. The sample in this study was 45 security officers of the company which is spread along the Deandles Highway of Manyar District, Gresik, East Java. The sample was taken by purposive sampling. Data were taken using questionnaires then analyzed by univariate techniques with SPSS 16. The results showed that security with good knowledge was 31.11%, sufficient knowledge was 55.56%, and insufficient knowledge was 13.33%. The characteristic group of respondents who have good knowledge was aged 26-35 years with a working period of 1-5 years and > 5 years. While the characteristic of the respondents who have insufficient knowledge was aged 36-45 years with a working period of 1-5 years and > 5 years. Increasing knowledge and skill about basic life support are needed to reduce mortality and increase the life expectancy of victims while waiting for help from medical personnel.

KEYWORDS basic life support (BLS); Daandles Highway; East Java; knowledge level; security officer

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Correlation among anemia severity and visuospatial function in *pembatik tradisional* in Kecamatan Lendah Kulonprogo

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ABSTRACT Anemia is a condition which the blood hemoglobin (Hb) level or number of red blood cells decreases from its normal level. Anemia in *pembatik tradisional* is related with toxicity of heavy metal poisons such as lead, zinc, and arsenic. Visuospatial function is cognitive process to identify, integrate, and analyze space and visual form. Clock Drawing Test (CDT) is easy tools that can be used to screening visuospatial function. The aim of this study to determine the correlation of anemia severity to visuospatial function in *pembatik tradisional* in Lendah Kulon Progo. Cross-sectional study. Hemoglobin (Hb) count is taken from routine hematological examination with sianmethemoglobin in *pembatik tradisional*. Anemia severity classified base on WHO criteria, if hemoglobin count < 13 g/dl (female < 12 g/dl) classified as mild anemia. If hemoglobin count < 11 g/dl classified as moderate anemia and hemoglobin count < 8 gr/dl classified as severe anemia. Visuospatial function are assessed by Clock Drawing test. Fifty five subject included in this study, 14 males (25%) and 41 female (75%). Two subject (3,6 %) have severe anemia, 2 subject (3,6 %) have moderate anemia, and 9 subject (16,3 %) have mild anemia. The Kruskal Wallis test showed not significant correlation between anemia severity with clock drawing test score with p value 0.182 ($p > 0.05$). Anemia severity is not correlated with low score of Clock Drawing Test that represents visuospatial impairment. The presence of subjects who have anemia cannot be excluded due to heavy metal toxicity in *pembatik tradisional*.

KEYWORDS anemia severity; hemoglobin; clock drawing test; visuospatial function

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The relationship between zinc intake and serum zinc levels with fasting blood glucose levels in type 2 diabetes mellitus women

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ABSTRACT The number of people with type 2 diabetes mellitus (DM) continues to increase every year, especially in women. One of the micronutrients associated with blood glucose control is zinc. High zinc intake has been associated with a lower risk of type 2 DM in women. In addition, the fact that the serum zinc levels in DM patients were lower than those in non-DM patients has been associated with poor blood glucose control. This research aimed to determine the relationship between zinc intake and serum zinc levels with fasting blood glucose levels in type 2 DM women. It used a cross sectional design. The research samples were 33 women of type 2 DM from Prolanis (Chronic Disease Management Program) club members in 3 community health centers in Surabaya City taken by consecutive sampling method. The zinc intake data were obtained through Semi Quantitative FFQ, the serum zinc levels were analyzed by using AAS (Atomic Absorption Spectrophotometry) method while the fasting blood glucose levels were analyzed by using Automatic chemistry analyzer. The Spearman correlation test results showed that there was a significant, negative, and inversely proportional correlation between serum zinc levels and fasting blood glucose levels ($p = 0.007$, $r = -0.460$) and there was no relationship between zinc intake and fasting blood glucose levels ($p = 0.655$, $r = 0.081$) in Type 2 DM women. The conclusion of this research was fasting blood glucose levels in type 2 DM women were related to serum zinc levels instead of zinc intake.

KEYWORDS fasting blood glucose; serum zinc levels; zinc intake

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Health knowledge of private practice midwives towards the occurrence of stunting

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ABSTRACT The prevalence of the problem of stunting in children under five in the city of South Sumatra is still high at 44.7%. Based on the results of nutritional status observation, malnutrition rates of children in Palembang City reached 11.2% and the prevalence of stunting was 19,2%. The incidence of stunting is related to the ability of pregnant women to overcome it, which is influenced by the knowledge of private practice midwives. There are 9 midwife competencies in relation to the incidence of stunting. This study aims to determine the description of the knowledge of private practice midwives and their relationship to the prevalence of stunting in the city of Palembang. This research is a quantitative analytical observational research with a cross sectional approach, with a sample of 56 respondents. Data collection was carried out using a questionnaire with 30 questions that had been tested for validity and reliability. Knowledge measurement results can be grouped into 4 categories; namely very low (score <40%), low (40-50%), quite high (56-75%), and high (76-100%). The results showed that the average knowledge of private practice midwives was high and there was a relationship between the knowledge of private practice midwives to the occurrence of stunting in the city of Palembang ($p < 0.05$).

KEYWORDS private practice midwives; knowledge; stunting

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The contribution of medical anthropology to sustain health mission in Asmat, Papua

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ABSTRACT At the beginning of 2018, Indonesia faced one of the most tragic and challenging health problem: many children in Papua's Asmat Regency were suffering from malnutrition and measles. More than 800 children under five years of age were treated and at least 72 of them have died, mostly indigenous children. Asmat Regency is located in Indonesia's easternmost province which encompass a total area of 23,746 km², with poor infrastructure and communication network, also high transportation cost due to swampy region criss-crossed by rivers that hard-to-reach from center to the districts. Since missionaries arrived in Asmat at the beginning of 20th century, nomadic culture has been becoming trademark to live for more than a hundred year, and Asmat's believe to their ancestor has formed the way of life in shaping behavior, choices, and attitudes especially in health issues such as poor awareness about the fulfillment of daily nutritional intake. In an extraordinary incident such as outbreak or mass casualty disaster, curative care is the highest priority. However, to maintain health sustainability, we must put integrated promotive and preventive health care that can reach all the community even in rural and remote areas, and work together with local indigenous stakeholders to bridge the gaps in sociocultural understanding. Changing people's health behavior is a major challenge. Medical anthropology could identify sociocultural factors which may inhibit health promotion, as the public health's primary concern is to improve the health of a population. An anthropological approach can contribute to a health promotion, may provide insight on why public health interventions succeed or fail, and may also contribute in establishing the cultural hegemony of biomedicine.

KEYWORDS medical anthropology; health promotion; public health

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The tuberculosis care community (KPT) role in controlling lung tb cases in Babo Village, Bandar Pusaka Subdistrict, Aceh Tamiang District

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ABSTRACT Lung TB in Indonesia reported 420,994 cases which is 1.4 times higher in men than women. At Aceh Tamiang, 290 patients suffered and the cases notification rate is around 101.04 per 100,000 population. KPT was founded at December 26th 2014, consisting of Village Health Volunteers (RKD), communities and community leaders. This project aimed to asses KPT's role in Lung TB control in Babo Village, Bandar Pusaka, Aceh Tamiang. Participatory evaluation was conducted, 11 TB cases (2014 - 2019) that had been monitored in close collaboration with primary health centre in Bandar Pusaka, Aceh Tamiang, were 10 existing case and 1 new case, consists of 2 women and 9 men. Nine patients had completed medication and recovered, while 2 patients are still taking their medication. In conclusion, KPT's roles in promotive, preventive, curative and rehabilitative are essential. Empowered local people to participate and gave the real local contribution in TB control in Babo Village, Bandar Pusaka, Aceh Tamiang.

KEYWORDS tuberculosis; people participation

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Peer education of health reproductive system among teenager

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ABSTRACT The unpreparedness of adolescents in dealing with physical and psychological changes will lead to a variety of risk behaviours such as juvenile delinquency, drug abuse, sexually transmitted diseases, unwanted pregnancies, and abortion. This is mainly caused in adolescence, it has been changes both biologically and psychologically in the reproductive system. Sufficient and directed information will avoid any misperception of changes that occur in the teenager. The methods of peer health education are considered more effective than other sources of information and also have a strategic role in the stages of adolescent psychosocial development. So as to overcome this problem, as a preliminary stage for this program to run smoothly, peer educator training will be carried out with the main focus on adolescent reproductive health for all junior and senior high schools. In general, the stages of peer education include introduction, investigation, interpretation, intervention and evaluation. Peer education techniques that are trained in students are attending, empathy, asking, genuine, confrontation, summarizing and problem-solving skills. One of the indicators of success in this community service activities was the enthusiasm of all the schools that became the target audience could involve 6 students to participate in peer educator training activities for 3 consecutive days in accordance with a predetermined schedule with 100% attendance.

KEYWORDS adolescents; reproductive health; peer educators

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Firsthand experience in community health: early community and clinical exposure for medical students in Condongcatur, Yogyakarta

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ABSTRACT Holistic health management requires a wide range of skills. Several competencies, such as communication and clinical management, are difficult to teach through conventional classroom lessons. Firsthand exposure in real-life situations will enable students to learn and practice these skills. Therefore, this project was designed to develop communication and clinical management by early exposure of preclinical medical students to primary health care facilities. Sixteen third-year medical students from Duta Wacana Christian University were deployed to the Sih Nugroho Primary Health Post in Condongcatur, Yogyakarta for 4 months (2 hours every week). The clinical activities included observing doctors in interacting with patients, managing medical records, and organizing medications. The students also did guided interviews with the patients about their diseases, related lifestyles, and difficulties in disease management. At the end of the program, the students organized a community education based on the issues identified. Through the project, students practiced and became more confident in talking with patients and managing a health care center. Health needs assessment identified inaccurate information (such as health-related hoaxes) as a major problem. A community education session on health literacy was held at the health post. This session was conducted to raise the patients' awareness and prevent usage of harmful alternative treatments. Early exposure to community health issues and primary health care facilities can help medical students improve their communication and clinical management skills.

KEYWORDS community health; clinical exposure; medical education

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Community perception about leprosy that influence behaviour of the early prevention of leprosy transmission in the kunduran public health center of working region of Blora

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ABSTRACT Leprosy is a chronic infectious disease that caused by Mycobacterium leprae. Since this disease may lead to peripheral nerve damage and permanent disability when patients do not get a proper early treatment, WHO prioritizes eradicating action for leprosy. The government strive to eliminate for stigma and discrimination of the community towards lepers. Stigma againts leprosy makes patients to hide their illness and therefore lepers were late in getting treatment. Leprosy cannot be transmited easily. The bacteria can enter our body through air inhalation and physical contact in a sufficient period of time. New cases, both first grade or second grade (permanent disability) are found continuously every year in the Kunduran Health Center service area which is a leprosy endemic area. This research is aimed to analyze community perception towards leprosy that influence their behaviour to make an early preventive action in the Kunduran Health Center service area, Blora District. The research was a qualitative research with phenomenology descriptive design study. Samples were Multibacillary type (MB) Leprosy patients and their relatives who may be exposed to leprosy (patient's family and neighbors). As a third party for triangulation informan were Kunduran Health Center leprosy programmer, village tocologist, and leprosy cadre. Data collection method was by depth interview and open observation. The data validation based on triangulation informan's depth interview. Community have lack of knowledge about symptoms, causes, and transmission of leprosy. This condition potentially lead to a wrong perceptions about how dangerous the effect of the disease can bring to the community, especially in leprosy endemic area. There were many patients in this area that got a late treatment or have a "drop out" status on their treatment. All of this conditions were caused by wrong perceptions, that leprosy was not an infectious disease and just like mild dermatology diseases. Most of the leprosy patients feel embarrassed and unconfident about their disease, although there was no stigma or discrimination to the lepers in this area. Any actions that aims to eliminate leprosy stigma must be accompanied by adequate education about the early prevention of the disease.

KEYWORDS community perception; leprosy

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The correlation among different types of work in process of batik making and the incidence of peripheral neuropathy

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ABSTRACT The making of batik is a step-by-step process that requires specific set of skills for each of its stages. Different types of work in this process may subject the employees in this industry to different risk factors for the development of peripheral neuropathy, including exposure to chemical raw materials used to make batik. The aim of this study is to examine the correlation among different types of work in making batik and the incidence of peripheral neuropathy. The design is cross-sectional study. Data were obtained from direct interviews with workers at three batik industrial centers in Lendah, Kulonprogo in July-August 2018. The incidence of neuropathy was determined using the Diabetic Neuropathy Symptoms (DNS) scoring system. Fisher Exact Test was used to compare the incidence of neuropathy in workers with direct exposure versus those with no direct exposure to chemical raw materials. Chi Square Test was used in subgroup analysis to compare the incidence of neuropathy between different types of work in the group of workers with direct exposure to chemical raw materials. No significant difference was found between the incidence of peripheral neuropathy in workers with direct exposure and those with no direct exposure to chemical raw materials ($p = 0.620$). Subgroup analysis also showed no significant difference between the incidence of peripheral neuropathy in painting workers and dyeing workers ($p = 0.440$). Workers with direct exposure to chemical raw materials have same risk of developing neuropathy as those with no direct exposure. Among workers with direct exposure to chemical raw materials, those working mainly in painting have same risk of developing neuropathy as those working mainly in dyeing.

KEYWORDS peripheral neuropathy; batik making; chemical raw materials; industrial workers

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**Promoting community awareness on risk of non-communicable diseases
in Pondok 2, Widodomartani, Ngemplak, Sleman: A Community And Family Health
Care-Inter Professional Education (CFHC-IPE) activity**

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ABSTRACT Health is an aspect that could be viewed from various age groups and factors. Risk factors found during CFHC-IPE (Community and Family Health Care-Inter Professional Education) visits in Pondok 2, Widodomartani, Ngemplak are the habits of people who still lacking in controlling excessive consumption of sugar, salt, and oily foods. These may lead to many problems such as hypertension, diabetes mellitus and hypercholesterolemia. Based on the problem, our group held the community service activities focusing on health screening, particularly on the measurement of blood pressure (BP), random blood glucose (RBG) and total cholesterol level. This activity aims to screen the community health condition and to raise health awareness and understanding. Therefore people may start to take action improving their lifestyle in order to maintain their long term health status. The health check-up was conducted on May 4, 2019. We utilize manual mercury sphygmomanometer for BP measurement and automatic skin prick test device for RBG and total cholesterol level. During the health examination, we also counsel the subjects about healthy lifestyle. Sixteen people from the targeted community attended the activity. Half of the people had normal BP; 1 person pre-hypertension; 4 persons stage I hypertension, and 3 persons stage II hypertension. For RBG measurement, only 1 resulted in high RBG whilst others were within normal limit. Total cholesterol level was examined to 9 people with history of hypercholesterolemia with the following results; 2 people had high level, 2 people had borderline-high level, and the rest had normal level. Most of the people within the community had good health status. This kind of activity can be routinely conducted not only to screen community health status but also to promote health awareness.

KEYWORDS community health; health awareness; health check-up; blood pressure measurement; random blood sugar; total cholesterol

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Empowering community health volunteer in tuberculosis case management: Systematic review

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ABSTRACT Globally, almost 40% of tuberculosis (TBC) clients are undiagnosed and treatment delays. This is at risk for transmission of the disease and has an impact on increasing new cases. There needs to be early case detection and appropriate handling. Healthcare workers and community health volunteers as a active case finding frontliner and case manager in the community. The increased new cases finding and management of diseases comprehensively is a successful indicator of the implementation of TBC prevention programs. This study identified research articles about community health volunteer empowerment in tuberculosis case management. Literature study in 20 articles through journal database Science Direct, Proquest, SAGE, Scopus, EBSCO dan Taylor and Francis, in the last 5 years, keywords Tuberculosis, community volunteer OR empowerment, community based early case finding. Data are analyzed in tables contain title, author, year, methodology, result, and recommendation. The Empowerment of community health volunteers is effective in increasing TB cases, especially in urban areas. The existence of community health volunteers brings TB services closer to the community so as to minimize barriers to access and costs. Increasing the capacity of community health volunteers through training programs is needed to support their role. Community health volunteers with a history of TB or from a family with TB are more acceptable to the community so the success of case finding and treatment is achieved. Community health volunteers through home visits are able to change the paradigm and public perception of TBC, which triggers the formation of health seeking behavior and minimizes public stigma. The Empowerment of community health volunteers is needed in an effort to find new TB cases in the community and cases management. There needs to be moral and material support from the government for community health volunteers in full. This can be integrated in the management of TB programs in primary health care facilities.

KEYWORDS community empowerment; health volunteers; tuberculosis case management

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The correlation of body fat and muscle mass with incidence of diabetes in overweight and obese woman

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ABSTRACT The prevalence of diabetes continuous to increase every year and obesity is one of the factor that caused it. Fat hypertrophy especially visceral fat can increase free fatty acids and proinflammatory cytokines which are the cause of endothelial dysfunction and insulin resistance. Skeletal muscle is an organ that plays a role in glucose metabolism through glucose intake and storage. This study aims to evaluate the relationship between body fat and muscle mass with the incidence of diabetes in overweight and obese women. Crossectional study of 85 overweight and obese adult women (BMI ≥ 25 kg / m²) aged 25-57 years in February to May 2019 in Serengan District, Surakarta City. Anthropometric measurements included body weight, percent body fat, visceral fat level and muscle mass using Bioelectrical Impedance Analysis methods with Tanita BC 451. The incidence of diabetes from the results of fasting blood glucose level examination using the hexokinase method. Pearson correlation analysis was used to determine the relationship between variables with p value < 0.05 . There are 21.2% of subjects had fasting blood glucose levels > 100 mg / dl. There is a non-significant negative correlation between percent body fat ($r = -0.102$; $p = 0.354$), visceral fat ($r = -0.088$; $p = 0.442$) and muscle mass ($r = -0.116$; $p = 0.289$) with the incidence of diabetes in overweight and obese women. Decrease in muscle mass increases the incidence of diabetes even though the correlation is not significant in overweight and obese women.

KEYWORDS diabetes; fasting blood glucose; muscle mass; percent body fat; visceral fat

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Teaching hospital roles in community empowerment: A literature review

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ABSTRACT Teaching hospital at university is a health service institution that provides all types of comprehensive health services. Teaching hospital has an obligation to carry out its role in providing effective, efficient and sustainable services. Community empowerment is a reinforcing element that is carried out in increasing the hospital coverage. This study aims to identify research articles on the benefits of teaching hospital for community empowerment, in order to achieve optimal health and well-being. Literature review was done on 20 journals through Proquest, EBSCO, SAGE, Emerald Insight, Sience Direct, in the last 10 years, with the keywords teaching hospital, community empowerment, impact teaching hospital. Data were analyzed in a table containing the title, author's name, year, methodology, results, and recommendations, using critical appraisal of PRISMA (2009). Teaching hospital in all countries are able to rise a positive impact on patient compliance who undergoing therapy and improving the health status of the patients. Teaching hospital services that involve the components of patients' rights and obligations are considered important to empower patients, families, and the community. The availability of trained medical personnel, health education implementation, interprofessional collaboration and the good perception of work by health team increase the enthusiasm of the community to use the teaching hospital as health facility. This can reduce the community negative perspective regarding the patient utilization as practicum objects. Teaching hospital is very much needed by the community. Health education activities, the implementation of interprofessional collaboration, and strong work perception by health team at each line of service in Hospital University, are able to increase the involvement of patients and families in an effort to obtain optimal health and welfare status.

KEYWORDS community empowerment; teaching hospital; interprofessional collaboration; health education

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Knowledge and attitudes of the community towards tuberculosis care after "Bicara Sehat" activity at the Universitas Indonesia Hospital

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ABSTRACT Tuberculosis is an infectious disease that becomes one of the world's concern. Indonesia is the country with the second highest number of tuberculosis cases after India. Tuberculosis mostly affects the productive age community, which can lead to a decline in income and productivity of a nation. The insufficient ability of the community to recognize and prevent infectious diseases may increase the number of tuberculosis cases. The government has formed and designed a Tuberculosis Management program by involving all parties and stakeholders. This program aims to improve the ability of the community to recognize and break the chain of tuberculosis transmission in Indonesia. This study aimed to analyze the level of knowledge and attitudes of respondents who attend and did not in "Bicara Sehat" activity at the University of Indonesia Hospital for Tuberculosis care at home. This study used the cross-sectional approach in the period of March to May. This study included the type of descriptive research by distributing questionnaires to respondents and the method of collecting data by consecutive sampling. A questionnaire had been sent via email and whatsapp by the Primary Nurse of the University of Indonesia Hospital. The results showed that respondents who attended to "Bicara Sehat" activity about Tuberculosis had good knowledge (30%) and positive attitudes (76.7%) if it compared to respondents who did not attend that had good knowledge (13.3%) and positive attitudes (60%). The provision of health education conceptualized in "Bicara Sehat" activity at the Universitas Indonesia Hospital can have positive impact on the knowledge and attitudes of the people who are participating in the activity.

KEYWORDS knowledge of tuberculosis; management of tuberculosis at home; tuberculosis health education

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The association of six-minutes walking test (6MWT) with cardiovascular disease risk among older women with type 2 diabetes mellitus in a rural primary health care: A pilot observational study

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ABSTRACT Recent systematic review found that cardiovascular events contributed to approximately half of all deaths among patients with type 2 diabetes mellitus (T2DM). Several studies suggested that the six-minutes walking test (6MWT) could be a valuable prognostic tool for predicting cardiovascular (CVD) events among people with stable coronary heart disease and chronic obstructive pulmonary disease. However, less is known concerning the role of 6MWT in predicting CVD events among patients with T2DM. Thus, this pilot observational study aimed to examine the association of the distance and heart rate response during 6MWT with parameters of ASCVD risk estimator plus which have been widely used for predicting CVD events among T2DM patients. Fourteen older women with T2DM in a rural primary health care were enrolled conveniently in this cross-sectional study. Blood pressure measurement, heart rate measurement, and blood sampling for HDL, LDL, and total cholesterol measurement were carried out during rest. Both heart rate and distance were measured at the end of the following 6MWT. Patients' average age, body mass index, systolic blood pressure, diastolic blood pressure, total cholesterol, HDL, and LDL were 59 (7.5) years, 148 (25.3) mmHg, 77,2 (11.7) mmHg, 186 (31.6) mg/dl, 56.9 (10.6) mg/dl, and 94.9 (23.1) mg/dl respectively. Patient's heart rate at the end of 6MWT was correlated with diastolic blood pressure ($r=0.5$ $p=0.48$). Multivariate analyses suggested that every one-meter increase in distance of 6MWT, there is a decrease in diastolic blood pressure of -0.9 mmHg ($p=0.01$; 95% CI= -1.6 to -0.2). 6MWT is a simple test which could provide a valuable prediction of ASCVD risk among older women with T2DM. Cohort study with a larger sample could be suggested to establish the usefulness of the 6MWT in predicting CVD risk.

KEYWORDS 6MWT; cardiovascular disease risk; diabetes mellitus; older adults; cardiorespiratory fitness

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Pijat-Pijat Pancen Oye (PPO): Community participation model to manage hypertension symptom among elderly

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ABSTRACT Given a high prevalence of hypertension in elderly (up to 80% of those >60 years old) and its rising incidence over time, treatment of hypertension becomes challenging. Acupressure is a form of therapy with utilizes hands or blunt objects to stimulate certain points on the body by pressure. This alternative therapy is now being used in Puskesmas Panjatan 2 Kulon Progo as one of the community empowering programs to relieve various symptoms of diseases, including hypertension. This was cross sectional study with 50 respondents. Respondents were elderly (60 years old and above) with hypertension in Puskesmas Panjatan 2 Kulon Progo Yogyakarta. The data was collected by using interviewed questionnaire, and analyzed using spearman correlation test. The length of PPO exposure correlates negatively to the frequency of doing PPO at home ($p = 0,008$). The length of PPO exposure doesn't correlate with the patient' skill in PPO ($p = 0,537$). The symptoms of hypertension are musculoskeletal problem (53%), gastrointestinal (GI) disorder (12%), head problem (25%), and others (9%). PPO can decrease the musculoskeletal problems ($p = 0.037$). PPO doesn't correlate with the head problems ($p = 0,422$) and cannot statistically analyze the data for GI disorder and others because of the lack of subjects. The PPO was became a social forum for elderly to share their complaints and experiences. The PPO program was a good model of community participation on the hypertension symptom management among elderly. Besides, the PPO was help them to reduce stress by involve in the elderly social forum.

KEYWORDS community participation; hypertension; acupressure; elderly

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Knowledge and attitudes of communities following the "Healthy Talk" activities at the University of Indonesia hospital on safe tips and tricks for pregnant women according to sharia, medical, and nursing perspectives

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ABSTRACT One of the obligations for Muslims, are fasting in Ramadan month. Fasting during pregnancy is still a debate in Indonesian society, because pregnant women are encouraged to consume more and nutritious foods, namely folic acid, iron and calcium. There are still many pregnant women in Indonesia who think that fasting can disrupt fetal development, the presence of other diseases and excessive vomiting. Low level of knowledge causes the mother does not understand how to fulfill the nutrients needed by pregnant women during her pregnancy. The purpose of this study was to determine the level of knowledge and attitudes of the people who participated in the "Healthy Talk" at the University of Indonesia Hospital after education on nutrition for pregnant women while fasting. The sampling technique using the cross-sectional method that was taken on one day the distribution of questionnaires before and after the event began using the significance level ($\alpha = 0.05$) H_0 was rejected if p value = 0.05 and H_a was accepted if p value < 0.05 . The cut-off score is 6 using the calculation of the mean and the number of scores from 76 respondents. The number of respondents in this study were 76 respondents. Pre and Healthy Test Post Test Results from 76 respondents were Good, as indicated by an increase in the total value of the questionnaire by 0.76% and the average increase in value is 0.11%. From the "Healthy Talk" activities of the University of Indonesia Hospital showed an increase in knowledge about fasting safe for pregnant women in terms of sharia perspectives, medicine and nursing.

KEYWORDS fasting; pregnant mother; nutrition

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Public health services and quit smoking campaign in Pondok 2, Ngemplak, Sleman: A Community and Family Health Care-Interprofessional Education activity

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ABSTRACT On the third year of Community and Family Health Care-Interprofessional Education (CFHC-IPE) activity, our team designed an activity which beneficiary for our partner families in RT 7 in Dusun Pondok 2, Widodomartani, Ngemplak, Sleman. Based on the home visit's findings and Focus Group Discussion conducted earlier, we highlighted several health problems which the communities' knowledge still lacking on. This condition together with improper lifestyle and habits may increase the risk of non-communicable diseases. One of the most common NCD found in partner families is hypertension. We also found a high sugar dietary pattern which is one of the risk factors for the incidence of diabetes. Another concern is smoking behavior of the community. Therefore, we decided to conduct health services and quit smoking campaign in order to assist the community to adopt a healthier lifestyle and prevent non-communicable diseases. The health services offered measurement of body weight, body height, blood pressure, blood glucose, cholesterol and uric acid levels, and consultation for the measurement results. Moreover, a quit smoking campaign was carried out by distributing stickers containing messages about smoking behavior and consultation regarding efforts to quit smoking. We found that 37% of the participants had grade 1 obesity. In addition, the blood pressure, blood glucose, uric acid, and cholesterol levels of most participants were normal with the percentage of 75%, 100%, 65%, 83% consecutively. The distribution of quit smoking stickers was received by 64% of the participants, but only 4% of the participants joined the quit smoking counseling. The implementation of this health services and quit smoking campaign had covered 70% of the targeted families. The chosen community service methods were suitable with current problems and needs of the community because it has been discussed together with them.

KEYWORDS health services; quit smoking campaign

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Work postural analysis using the rapid entire body assessment method (REBA) against complaints of musculoskeletal disorders (MSDS) in workers at Laboratory of Faculty of Medicine, Public Health And Nursing, Gadjah Mada University, Yogyakarta

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ABSTRACT Complaints of musculoskeletal disorders (MSDs) are complaints of skeletal muscles that are felt by a person ranging from mild complaints to severe complaints, which generally occurs due to stretching the muscles that are excessively heavy and the length of the burden is overly long thus can cause damage to the joints, ligaments, and tendons. Musculoskeletal complaints such as pain, sore, numb, tingling, swelling, stiffness, trembling, sleep disturbance, and burning that results in a person's inability to carry out movements and coordination of limb movements. To determine the level of risk of work posture and the degree of musculoskeletal complaints in FKKMK Laboratory workers at Gadjah Mada University, Yogyakarta. This study used an observational analytic method using a cross sectional study design. The independent variable is the work posture; with the dependent variable are musculoskeletal complaints in laboratory workers by taking measurements simultaneously at the time of the study in a certain period of time. The research sample was FKKMK laboratory workers at Gadjah Mada University, Yogyakarta, which were in accordance with the inclusion and exclusion criteria. The sampling technique in this study was carried out by means of total sampling, which is 46 laboratory workers. According to the statistical test with the Chi-Square test shows there is one confounding variable, which is the work period has a significant relationship with musculoskeletal complaints with a value of $p = 0.00$. There is no significant relationship between work posture and musculoskeletal complaints, p -value = 0.50. There was no significant relationship between age with musculoskeletal complaints, p -value = 0.61. There was no significant relationship between body mass index and musculoskeletal complaints, p -value = 0.85. There is a significant relationship between years of service and musculoskeletal complaints in FKKMK Laboratory workers at Gadjah Mada University, Yogyakarta.

KEYWORDS musculoskeletal complaints; work posture; age; years of service.

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The sgpc program effects in increasing nutritional knowledge and intake in female teenagers as agents of the first 1000 days of life program

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ABSTRACT The 1000 First Days of Life Movement is a national movement in Indonesia designed to improve nutritional status, focusing on the intervention given to mothers or premarital women and infants. However, this action is considered ineffective because when a nutrition-related issue has arisen, then an intervention would produce less than optimal results. An intervention that begins in the teenage phase has become an alternative accelerated program included in the 1000 First Day of Life Movement. The nutritional status of female teenagers has a significant contribution to their future health. One of the factors affecting the nutritional status of teenagers is their knowledge regarding nutrition, where the lack of knowledge regarding nutrition affects eating behavior in female teenagers. One of the methods that may be used to prevent this is by providing nutritional education. The Nutritional Education Program for Smart Women or Sekolah Gizi untuk Perempuan Cerdas (SGPC) is a program meant to give nutritional education for female teenagers in order to, as early as possible, possess the awareness and understanding regarding the importance of nutrition in life, especially for mothers and children in order to assure their future health. To recognize the effects of the SGPC intervention program towards nutritional knowledge and intake. This experimental research uses the one group pre-post test design. Intervention is given every week for a month and the pre-test and post-test for nutritional knowledge and intake is given one week before and after the intervention program, respectively. The quantitative data is collected through nutritional knowledge questionnaires and 2 x 24-hours food recalls distributed to 68 female teenage subjects aged 15 to 18 years old and is then analyzed using the Paired T-test and Wilcoxon Signed Rank Test. There is a statistically significant increase in the subjects' knowledge after obtaining intervention ($p < 0,05$). There is also a statistically significant increase in the average intake and adequacy percentage of the subject in calories, fats and carbohydrates ($p < 0,05$) while there is a statistically insignificant decrease in the average intake of protein ($p > 0,05$). Conclusion: There is an effect from the intervention program towards nutritional knowledge and intake of calories, fats and carbohydrates.

KEYWORDS nutritional education; nutrition knowledge; nutrition intake; 1000 First Day of Life; female teenager

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Unmet need for family planning among reproductive age couples in Makassar

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ABSTRACT The problems of unmet need for family planning have impacted on unwanted pregnancy, abortion, death of mother and infant, short interval pregnancy, prematurity and low birth weight. The research aims to determine the influence of age, wealth, knowledge, attitude, subjective norm, perceived behavioral control, self-efficacy and intention on unmet need for family planning. Design of study was observational method with cross-sectional study approach. Populations were married couples whose age of wife were 15-49 yo and divided into three groups namely acceptors, non-acceptors who want to postpone pregnancy and who don't want to get pregnant anymore. Firstly, the purposive sampling was used to choose the area of research. Secondly, samples were taken by systematic random sampling and selected 246 respondents. The data were analyzed by using chi-square and logistic regression. The results showed that there were significant relation of welfare, attitude, subjective-norm, perceived behavioral control, self-efficacy and intention on unmet need for family planning ($p < 0,05$). The logistic regression analyses showed that factors that affect unmet need were age ($p < 0,05$; OR=2,283; 95%CI=1,064-4,901), wealth ($p < 0,01$; OR=3,448; 95%CI=1,539-7,721), attitude ($p < 0,05$; OR=4,09; 95%CI=1,331-12,570), subjective-norm ($p < 0,001$; OR=5,376; 95%CI=2,205-13,107), self-efficacy ($p < 0,10$; OR=2,639; 95%CI=0,884-7,883), and intention ($p < 0,001$; OR=14,472; 95%CI=4,526-46,268). Intention and subjective norm were the biggest factors that affect unmet need for family planning.

KEYWORDS subjective-norm; self-efficacy; intention

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Women in River School: Raising women and community awareness through informal educational skill related to health knowledge

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ABSTRACT Developing and maintaining river function is the responsibility of many parties, including the academic community. Educational activities that are sustainable need to be done so that river communities can help maintain the vital function of the river independently. We tried to implement education for sustainable development program by targeting women who live in river fringe of Code River, Yogyakarta by giving them educational skills “Women in River School” (Sekolah Srikandi Sungai) related with health knowledge. Educational skills were implied by transferring knowledge on the phytochemistry and uses of medicinal plants, how to make medicinal plants processing as herbal drinks, how to make fermented food and fermented drink processing, and how to make ecobrick as an effort of waste recycling. From the activities, we got the results that the educational skills were participatory driven by the community and had opened insights for the women community in Code River fringe about the importance of health knowledge as well as driven creative ideas for the community to make economic and ecological sustainability for river ecosystem.

KEYWORDS Code River; Sekolah Srikandi Sungai; medicinal plants; fermented drink; ecobrick

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The role of social support for mother's interest in preventing stunting

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ABSTRACT Stunting is a condition where the child's height is too low. Indonesia is ranked fifth in the world of stunting. Stunting is the result of a complex interaction of family, environment, socioeconomic, and culture including behavior related to interest in preventing stunting. Social support is an interpersonal transaction that is shown by providing assistance to others. This is a descriptive observational study with qualitative research approach. This study was conducted to determine the effect of social support role for mother interest in preventing stunting using primary data through focus group discussion and depth interview on pregnant mothers and mothers who have children ≤ 2 years. Used the concept of The Pland Behavior Theory as the basic theory of this study. The study was conducted in June-July 2017 in several urban villages in Palembang. From seven informants conducted by Depth Interview, various proportion of social support received by informants. Overall social support plays a role in determining the interest of mothers to preventing stunting. All mothers are very interested in preventing stunting. The greatest influence in determining the mother's interest to prevent stunting is behavioral control aspect in terms of perceived power that is the sense and the emotional bond that the child is the most important part of a mother and the sense of not wanting the child to have a stunting growth disorder.

KEYWORD social support, stunting, pland behaviour theory

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Citarum Harum Thematic Community Collage Service (KKN): Healthy Indonesia Program with Family Medicine Approach Family (PIS-PK) in the Village Amansari, Rengasdengklok District, Karawang Regency

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ABSTRACT Community Collage Service (KKN) is an intracurriculum activity that combines the implementation of Tri Dharma Perguruan Tinggi (education, research, and community service). In order to fulfill the community service element and accelerate the control of pollution and damage to the Citarum watershed ecosystem, Ristekdikti held a Citarum Harum Thematic Community Collage Service (KKN) Program. YARSI University are included in sector 20 which is responsible for controlling watersheds (DAS) downstream of the Citarum river. Village Aman Sari is one of village in Watershed (DAS) Citarum, located in Karawang Regency. Family medicine approach not yet done in the village Aman Sari and level participation residents in health programs still less. Family medicine principle which are holistic and comprehensive, integrated and continuous could resolve health problem in family and society level. This activities will give away training about concept Healthy Indonesia Program with Family Medicine Approach Family (PIS-PK) to staff village and cadre. College student will do visit family for do data collection with PIS-PK questionnaire to obtain analysis health family index then plan and do intervention according to issue discover. Has been do training to staff village and cadre, results data collection with to show in the Village Aman sari included area with index family not healthy and intervention is community health care service (pusling). PIS-PK data collection shows village Aman sari District Rengas Dengklok have index family not healthy and do intervention in the form of community health care service for health monitoring.

KEYWORDS KKN; Citarum Harum; PIS-PK; family medicine

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Paramedic empowerment in postpartum mental health improvement in the region of Pakem District, Sleman District

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ABSTRACT The low level of knowledge of majority paramedics about depression blues in postpartum women in Pakem Health Center has an impact on the high rate of blues depression. Data shows that in Pakem Health Center area is 48.1%. If depression blues is not tackled properly and immediately, it can lead to postpartum depression causing the worst complications, namely postpartum psychosis and risk of killing the baby or himself. One of efforts to overcome this is to educate paramedics about early detection and treatment of depression blues, so that they can provide early prevention and treatment at the basic level. Increasing the knowledge and skills of paramedics in overcoming depression blues in postpartum women, reducing the incidence of depression blues in postpartum women in Pakem District, Sleman Regency. Empowerment on giving social and spiritual support is carried out 6 times (1 time every week for 1.5 months). The target in this study were 18 paramedics at Pakem Health Center. The tools consisting of the blues depression early detection module, social and spiritual support for the prevention of blues depression, Edinburgh Postnatal Depression Scale questionnaire, skills questionnaire and knowledge of blues depression early detection, and social and spiritual supporting questionnaires, using lecture methods, discussions, role playing, practice, mentoring, and implementation. Data analysis using qualitative and quantitative methods. Changes in the average value of knowledge about early detection and treatment of depression blues increased from 51.9 to 93.3, while the skills of social support increased from 34.3 to 90.8. Decreasing tendency of blues depression from 13 people (41.9%) to 5 people (16.1%). Paramedic empowerment in the Pakem Health Center area can increase the knowledge and skills of midwives to cope with depression blues in postpartum women, reduce the incidence of depression blues in postpartum women in the Health Center Area Pakem

KEYWORDS blues depression; social support; paramedic; postpartum; Pakem Health Center

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Karang taruna cadres empowerment in controlling juvenile delinquency and adolescent mental disorder after Merapi eruption in Desa Purwobinangun, Pakem, Sleman

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ABSTRACT Mental disorders and juvenile delinquency arising after a disaster are very crucial health problems. Ignorance of the phenomenon pose an impact on the delay in tackling and restoring psychological conditions affecting on academic, social, and future life. Based on the magnitude of the problems caused, it is necessary to address the issue by ongoing assistance to Karang Taruna cadres. Evaluating the enhancement in knowledge and skills of Youth Cadres in early detection of symptoms of depression and juvenile delinquency, evaluating improvement in knowledge and skills in managing depression and juvenile delinquency, evaluating declining levels of depression and juvenile delinquency. The training was conducted from May to October 2017. The target of this service was 45 youth cadres and 60 teenagers in Purwobinangun Village. The research tools used were the Early Detection and Prevention of Mental and Delinquency Disorders module, Child Depression Inventory (CDI) instrument, juvenile delinquency questionnaire, peer social support questionnaire (Sarason), and questionnaires on knowledge and skills of early detection and prevention of juvenile depression and delinquency. Data is presented with quantitative and qualitative descriptive. After training, 1) The average grades of knowledge of early depression detection rose by 55.13 and the average grades of early depression detection skills rose by 56.38; the average grades of knowledge of early detection of juvenile delinquency increased by 44.03 and the average grades of early juvenile delinquency detection skills increased by 44. 2) The average value of knowledge of peer social support rose by 31.69 and the average grades of skills peer support increased by 30.96; the average grades of knowledge of the game of local cultural wisdom rose by 16.89 and the average grades of the skills of the game of local cultural wisdom increased by 23.61. 3) the per centage of depression tendency decreased by 26.67%; the trend of high juvenile delinquency decreased by 10% and the low juvenile delinquency trend decreased by 30%. Training conducted; 1) Increase the knowledge and skills of cadets in early detection of depression and juvenile delinquency. 2) Increasing the knowledge and skills of cadres in prevention depression and juvenile delinquency. 3) Reducing the tendency for depression and delinquency in adolescents in Purwobinangun Village.

KEYWORDS depression; peer social support; juvenile delinquency; local cultural wisdom games

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Empowerment of siaga bencana students in depression and agressivity treatment in students of junior high school after erupsion in Cangkringan, Sleman

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ABSTRACT Mental disorders and aggressiveness of adolescent, especially that occurred after a disaster, are very important health problems. Ignorance of this will have an impact on delays in treatment, which can worsen the mental condition of adolescents. Poor mental conditions will highly disrupt school achievement, environmental interactions, and their future. These problems are very urgent to deal with, bearing in mind that mental development during adolescence will determine mental and behavioral conditions after adulthood. One of the efforts to overcome mental health disorders and aggressive disorders is by training and educating teenagers' responsibility through the wisdom of local culture that is included in scouting activities for Junior High School. Cadres of secondary school student Siaga Bencana students play a strategic position and role as the front guard in tackling mental disorders and aggressiveness of post-disaster adolescents throughout secondary school in Sleman Regency. The empowerment was conducted from June to October 2017. The target consists of 32 cadres and 92 students of Cangkringan Junior High School. The research tool used are a module of the game of local cultural wisdom inserted by the responsibility of adolescents in scout activities, game equipment, the Child Depression Inventory (CDI) questionnaire, and depression tendency questionnaire. After the local cultural sacrifice training program (PKBL) was carried out which was filled with youth responsibility material (TJR) in scouting for cadres of Disaster Preparedness Middle School students: (1) the average PKBL knowledge of student cadres increased from 58.4 to 81.9 ; (2) the average value of PKBL skills of cadre students increased from 46.6 to 79, 4; (3) the number of students who experienced a depression tendency declined from 54 people (58.7%) to 31 people (33.3%); (4) many students have a high aggressive score (≥ 12) decrease from 31 people (33.7%) to 12 (13.0%). Training on local cultural wisdom in scouting activities with the insertion of youth responsibilities on cadres of disaster preparedness students is an effective method for overcoming depression trends and aggressive tendencies in Cangkringan Junior High School students after the Merapi eruption in Cangkringan District, Sleman Regency

KEYWORDS local wisdom games; depression tendencies; aggressiveness; middle school students; Merapi eruption

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Knowledge and attitudes of millennial generation who attended the 'Bicara Sehat': "Millennials Stress Management" Seminar at Hospital of Universitas Indonesia

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ABSTRACT Stress can be experienced by all age groups and can have impact on physical and mental health. Millennial generation is no exception to this. Millennials are individuals who was born between 1980 and early 2000. Various studies suggest that millennials are more susceptible to stress due to changes in social trends and norms in society. However, oftentimes stresses experienced by millennials are not realized and ignored. This leads many millennials to fell into depression and personality disorders. This study aims to explore the extend of millennials knowledge and attitudes of participants or not participants of "Bicara Sehat: Millennials Stress Management" seminar at Hospital of Universitas Indonesia. This study is a descriptive study with a cross sectional approach. As many as 90 people became participant in the study and were divided into 2 groups, namely 45 participants who attended the seminar and 45 participants who did not attend the seminar. The consecutive sampling method was used by providing participants with questionnaires accessed through Google Form to measure participants' knowledge and attitudes. The study to measurement of knowledge in the participant group who attended "Bicara Sehat: Millennials Stress Management" resulted in 55.6% good knowledge and 44.4% poor knowledge, while the non-participant group obtained 31.1% good knowledge and 68.9% poor knowledge. Measurement towards attitudes in the seminar participant group showing 64.4% with good attitude and 35.6% poor attitude, while non-participating groups amounted 68.8% good attitude and 31.2% poor attitude. This study found that participants who attended "Bicara Sehat: Millennials Stress Management" seminar had a higher percentage of good knowledge than participants who did not take part in the "Bicara Sehat: Millennials Stress Management" seminar. While the percentage of higher good attitudes was found in the group of participants who were not participating the " Bicara Sehat: Millennials Stress Management" seminar which was influenced by differences in the characteristics of participants.

KEYWORDS millennial generation; stress; stress management

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Community College Service (KKN) student assistance to improve women's health by detecting breast cancer and cervical cancer in Amansari village, Karawang Regency

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ABSTRACT KKN (Community Collage Service) is an activity that is followed by students to be able to recognize and interact with the community directly and can be agents of change in the region. Amansari village only has a sub-district health center with 1 medical staff and 3 midwives, although there are no reports of cervical cancer and breast cancer but with a total of around 4487 women and health workers who are still minimal, training and counseling regarding cervical examination with IVA and BSE training (Breast Self-Check) can be done and realized. The aim of the study was to increase Women's Health Concern by Early Detection of Breast Cancer and Cervical Cancer, which was conducted by lecturers and students, namely counseling on early detection of breast cancer with BSE and early detection of cervical cancer with IVA examination. The activity is carried out through stakeholder socialization stages, data collection on knowledge level about breast cancer and cervical cancer for 1 week, then respondents are also given information on IVA examination and how to do BSE, then implementation by mentoring by trained lecturers and midwives and free for women in Amansari district. The results obtained an increase in knowledge from 60 respondents who attended counseling the value of pretest 45.5 and posttest value 59, of the 20 respondents who did IVA and BSE examination there were 2 people suspected of cervical abnormalities and 2 people there were lumps in the breast the respondent was given a referral to the primary health care. The activities carried out have had an impact on increasing the knowledge and skills of early detection of cervical cancer and breast cancer in women, health workers, cadres and students. BSE skills can be done independently, so that knowledge of women's reproductive health attitudes and behaviors can be better.

KEYWORDS breast cancer; cervical cancer; BSE; IVA

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Drug information: Deaf's knowledge before and after viewing an educational video using Indonesian sign language

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ABSTRACT The ongoing fulfillment of "no one left behind" in terms of sustainable development goals could be attained by improving the accessibility of deaf community to get drug information. A preliminary study, a focus group discussion, was initiated to convince the appropriate media to deliver drug information to the deaf community. The educational video using Indonesian Sign Language was recommended and then it has been created. We invited one deaf person and one interpreter to support this video. A pretest-posttest design was conducted over a period of six months, from May to November 2018. Eighteen consent deaf participants had been involved in this study and about 78.95% of participants increased their knowledge. This result showed that this educational video is effective in increasing deaf knowledge.

KEYWORDS deaf; educational videos; drug information

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Parenting pattern of feeding in stunting toddlers at the working area of Tegallalang health centre in Gianyar, Bali

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ABSTRACT Stunting is a growth disorder that is based on measurements of Length-for-Age or Height-for-Age which is characterized by a body condition that tends to be short. Children under five are categorized as short-bodied if the z-score is less than -2SD. In Indonesia, approximately 29% of children under five are included in the short-bodied category. A good nutritional intake at this time is a depiction of good growth and development in the future. Health status of infants is very closely related to parenting pattern of feeding. The aim of this study was to find out the description of parenting pattern of feeding in stunting toddlers in the working area of Tegallalang I Health Centre. The study belongs to a qualitative research with a phenomenological approach. The sample of this study was 5 mothers who had stunting toddlers. Data were collected by applying purposive sampling technique. Data collected were of two types, that is, primary data and secondary data. Data were analyzed using thematic analysis technique. Some respondents had fed their toddlers with exclusive breastfeeding until they were 6 months old but the frequency of feeding was ruled out. In addition, most respondents had only started to feed their babies with complementary food for breastfeeding at time they were 6 months old but they had not paid attention to their nutritional needs, the precise frequency of feeding, the kinds of better food for toddlers, and appropriate food variations. These results indicate that the wrong parenting pattern of feeding in children under five has the potential to cause stunting. Therefore, more attention to this matter is necessarily needed to reduce the severe incidence of stunting.

KEYWORDS parenting pattern of feeding; stunting; children under five

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Posyandu cadre entrepreneurs in Medan City

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ABSTRACT Posyandu is a government program that has been rolling for a long time as part of an effort to improve of public health. Strategically, through Posyandu cadres, various health programs in Indonesia are synergized and moved by Posyandu cadres. However, the problem of Posyandu operational costs and the economy of Posyandu cadres is often an obstacle for cadres in developing Posyandu, so that the productivity of Posyandu becomes declining. Therefore it is necessary to strengthen entrepreneurship in Posyandu cadres to increase Posyandu financing while at the same time increasing the family economy, so that Posyandu cadres can more fully strengthen the Posyandu. This research is a study using a qualitative approach to capture the picture of the implementation of Posyandu carried out by cadres who have business independently in the city of Medan. Posyandu cadres are the main informants whose input will be obtained through in-depth interviews in addition to related stakeholders in helping to strengthen Posyandu cadre entrepreneurs. The results show that Posyandu cadres who have independent entrepreneurs tend to be more active in carrying out Posyandu activities, cadres no longer complain if the posyandu implementation experiences financial constraints, because cadres voluntarily help with a little operational costs for Posyandu. In addition, cadres who are active in entrepreneurship tend to be more active because many household operations are supported by business income. Entrepreneurship development should be carried out in groups at each Posyandu so that the impact will be more massive for all cadres in the Posyandu.

KEYWORDS posyandu; cadres; entrepreneurs

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MONIKA: A strategy in helping verification and certification issues of Indonesian doctors and midwives' qualification and competence on family planning services through digital platform

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ABSTRACT Family planning has been a part of Indonesian policy since 1967. By 2011-2016, there were 11,331 doctors and 37,147 midwives who had participated in family planning training but had not been verified or certified by any official authorities. A national monitoring and evaluation system needs to be implemented to verify and certify doctors and midwives who have undergone family planning services training, in which MONIKA (Monitoring Berkualitas) was then developed by the National Population and Family Planning Board in collaboration with Gadjah Mada University and Clinton Health Access Initiative Indonesia. This research was descriptive to determine the number of verified and certified doctors and midwives using the MONIKA application. The data is displayed in tables and graphs. MONIKA had been socialized to all 34 provinces in Indonesia from August 2018 until April 2019. During that period, 13 provinces had undergone on-the-job training. The target of this research was 15% of the total of 37,831 doctors and midwives in the 13 provinces. This research found that the doctors and midwives who had been verified and logged in were 1,924 (34%). From this data, the number of doctors and midwives who had submitted were 1,166 (21%), and those who had been declared competent were 620 (11%). We found that only 11% of the target population had been declared competent. This was caused by the limited funds, the density of each provinces' schedule, the lack of interest from end users, and the difficulties in technical factors. Thus, the next challenge for the MONIKA application would be to improve coordination between provinces, allocate special funding, and enhance socialization.

KEYWORDS family planning; monitoring; qualification; competence; family planning services

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Improving the quality of healthcare personnel in family planning and reproductive health services through pre-service training program for medical students

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ABSTRACT BKKBN initiated Pre-Service Training program in 2016 for Indonesian medical students who will be graduating from medical education institution. The training aims to improve the ability of medical students in providing quality family planning services. The training involves the representatives of the faculty of medicine and provincial BKKBN using competency-based training, preparatory training, humanistic, and coaching approach. This research was descriptive to determine the number of universities who had participated in training of trainers and carried out Pre-Service Training. The data are displayed in tables and graphs. With a total of 87 Faculty of Medicine spread throughout Indonesia, BKKBN had managed to conduct training of trainers of Pre-Service Training in 42 universities and implement the training itself for medical students in 16 universities. This program will produce an augmentation in the quality of family planning and reproductive health services and establish Indonesia as one of the leading family planning countries as its long-term impact.

KEYWORDS family planning; reproductive health; medical students; pre-service training; curriculum

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Neuropathy is associated with tremor of farmer with pesticide exposure in Ngablak Magelang

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ABSTRACT Organophosphates and carbamates are the most commonly used insecticides worldwide and known inhibit blood cholinesterase in human that will result in nervous system toxicity. The aimed of this study to identify the association among neuropathy with tremor of farmer with pesticide exposure in Ngablak Magelang Regency. Cross-sectional study design subjects were farmer with history of pesticide exposure in Ngablak, Magelang Regency, Central Java, Indonesia. Neuropathy assesed using Neuropathy Symptom Score (NSS) and tremor was assesed using Tremor Rating Scale (TRS). One hundred and twenty subjects aged average 45.8 ± 13.43 years old were included. Mostly male with average of blood cholinesterase level was 8.73 ± 1.80 kIU/L, with 71 (59,1%) subjects had neuropathy and 86 subjects (71,6%) had tremor. Bivariate analysis showed that neuropathy associated with tremor ($p= 0.012$; 95% CI=1.24-6.36) and multivariate analysis ($p=0.006$; 95% CI = 1.43-8.53). Neuropathy, is one of peripheral nervous system impairment, was positively associated with tremor in farmer as assessed by TRS.

KEYWORDS pesticide exposure; neuropathy; tremor

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@Gizi_gama: An Instagram-based nutrition education for prevention of non-communicable diseases among Indonesian millennials

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ABSTRACT It has been reported that non-communicable diseases (NCDs) are responsible for roughly three-quarters of death among Indonesians. Nutrition and a healthy lifestyle are important components in the prevention of NCDs. Thus, health promotion using a well-targeted platform is necessary to increase awareness on the importance of nutrition and healthy lifestyle especially among communities with a high prevalence of NCDs. We created an Instagram account @gizi_gama and started to provide a post on nutrition, diet, food and healthy lifestyle since April 2019. Posts in this account were mostly made by undergraduate students of The School of Nutrition, UGM batch 2017 and 2018. Two months after the initial post, we reported the activity of this Instagram account. Within 2 months we posted 61 figures and videos. We currently have 324 active followers (June 2019), reached 731 accounts and had a total impression of 11.155. We have 468 profile visits in last week. Our highest visited post was a video of a student explaining the connection between fat and health. This video reached 398 discoveries, with 77 likes and 128 interactions. Our viewers were mostly from Indonesia (95%), with the highest viewers were from Yogyakarta (37%) and Jakarta (7%). The age distribution of the viewers were 18-24 years (42%), 25-34 years (48%) and 35-44 years (6%). Majority of the viewers are women (83%). Followers were active around the weekend (Friday until Sunday) with the most active hours between 18.00 and 21.00. In the age of internet, we are witnessing the death of printed media and television. Instagram and youtube were seen as alternative media now become a mainstream media, especially among millennials. We showed that Instagram can be used as an important media for nutrition and health promotions among Indonesian millennials.

KEYWORDS

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Posyandu revitalization through integrated development activity to prevent non-communicable diseases in Wonokromo II, Pleret, Bantul, Yogyakarta

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ABSTRAK Non-communicable diseases has become highly burdensome in Wonokromo II Village, Wonokromo, Pleret, Bantul, Yogyakarta. Community nursing student program which is conducted by the Nursing Department of the Faculty of Medicine, Public Health, and Nursing Universitas Gadjah Mada, focuses on the prevention of non-communicable diseases through Posyandu revitalization. A small research was done in order to have an image of the incidence of non-communicable diseases among Wonokromo population. This is a descriptive study using cross-sectional, quantitative method. We had 80 respondents who were the residents of Wonokromo II Village, Pleret, Bantul. The result of this study showed that there were 45% families with hypertension and 20% families with diabetes mellitus. The numbers suggested that the incidence of non-communicable diseases in Wonokromo, Pleret, Bantul, Yogyakarta is still high. Therefore, health promotions and routine medical check-up for the entire community are required. These can be done through several activities such as: health screening for populations aged 15-49 years old, as well as medical check-up and targeted treatment for populations aged > 49 years old which are supposed to be routinely done in this area through posyandu revitalization.

KEYWORDS non-communicable diseases; posyandu revitalization; health promotion; health screening

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Ophthalmology education: Standard of quality assurance in cataract extraction done by ophthalmology residents in community settings at Universitas Gadjah Mada, Indonesia

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ABSTRACT The shortage of cataract extraction practitioner in the community needs to be overcome. Therefore, involving ophthalmology residents in this practice can potentially resolve the issue. This study is aimed to deliver ophthalmology education in the form of evaluating quality assurance of cataract operation results performed by ophthalmology residents in the community settings by correlating semester level of residents with progress of patients' visual acuity pre and post-operative, to determine their skills and competence in performing cataract extraction. Reports of manual small incision cataract surgery performed by ophthalmology residents were randomly collected in one year period (n:190). Data were analyzed using spearman correlations test to identify correlation between semester level of residents and operation results, such as progress of visual acuity (VA) and complications. Cataract extraction performed by residents gave adequate results. There was no correlation between semester level of residents and operation results and complications, which showed that standard of quality control in every operators were excellent. Cataract operations in community services performed by ophthalmology residents were able to give significant benefit for the community. Quality control of operations implemented by Universitas Gajah Mada are effective to maintain quality of operators that performing the cataract extraction.

KEYWORDS

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The effects of dates (*Phoenix dactylifera* Linn) against high density lipoprotein (HDL) on type-2 diabetes mellitus patients

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ABSTRACT Type 2 diabetes mellitus (DM) raises more healthcare expenses as well frequent coronary heart complications to the patient. Dates (*Phoenix dactylifera* Linn) are known to contain nearly complete nutrients such as carbohydrate, fibre, and rich antioxidant. Using pretest and posttest methods with Control Group Design, this experimental *randomized control trial* (RCT) research was aimed at discovering the effects of dates (*Phoenix dactylifera* Linn) against high density lipoprotein (HDL) on type 2 DM patients. The research samples were 36 type 2 DM outpatients of Pucang Sewu Clinic, Surabaya. The samples were then subdivided into control and treatment groups. In a fourteen (14) day-observation, during which both control and treatment groups continued taking the oral antidiabetic medicine, the treatment group was provided with daily 5 grams of Lulu dates to consume, while the control one was not. The data acquisition about age, weight, height, and dates intake was done through interviews and questionnaires, and the result of HDL was acquired through the use of the enzymatic method by means of the automatic device BS-300 Mindray. Afterwards, an analysis using paired t-test was carried out. The result of HDL analysis on both control and treatment groups showed no difference with the mean scores of the control group and the treatment groups were respectively 0,78 mg/dl ($p = 0.408$) and 1,66 mg/dl ($p = 0.875$), while the HDL levels between the control and treatment group were deemed meaningless ($p = 0.642$). Thus, it is concluded that the research showed no significant effects of date consumption upon the improvement of HDL on DM patients and that further researches are required.

KEYWORDS dates; high density lipoprotein (HDL); type 2 diabetes mellitus

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Correlation between shift work with cognitive function and salivary cortisol level in emergency medicine resident

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ABSTRACT Night shift work or rotating shift work system can interfere with cognitive and circadian rhythms. Resident doctors who underwent shift work for more than 24 hours had a higher risk of medical errors due to decreased cognitive function. Circadian rhythms can be known from the cortisol secretion pattern. To investigate the relationship between shift work with cognitive function and salivary cortisol level in Emergency Medicine (EM) residents, the study was conducted at Emergency Department Saiful Anwar General Hospital Malang during June to July 2016. The research design is observational with cross sectional approach. Thirty EM residents met inclusion and exclusion criteria were divided into 2 groups, they are 12 hours shift work group and > 24 hours shift work group. The MoCA-Ina scale is used to assess impaired cognitive function. Cortisol Awakening Response (CAR), total cortisol and cortisol deterioration rate were used to measure cortisol secretion pattern. Unpaired T-test and Mann Whitney test were used to compare the two groups. There was a significant difference in MoCA-INA scores between the 12 hours shift work group and > 24 hours shift workgroup (26.87 ± 1.685 vs. 24.20 ± 1.612 , $p=0.00$, $CI = 2.67 (1.43-3.90)$). A significant difference in CAR levels between the 12 hours shift work group and > 24 hours shift workgroup ($14.36 (9.88-30.42)$ vs. $5.58 (1.12-11.15)$, $p=0.00$). There is a relationship between shift work with cognitive function and cortisol. Shift working more than 24 hours can cause impaired cognitive function and low CAR levels.

KEYWORDS cognitive; cortisol awakening response (CAR); emergency department; shift work

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Implementation of interprofessional education in community setting

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ABSTRACT Community health problem(s) need to be solved collaboratively among health care team. Interprofessional Education (IPE) is implemented to facilitate health students to collaborate before they join in the working world. The purpose of this study was to identify experience of students, lecturers, and family member in implementation of IPE in community setting. All (465) sixth semester medical, nursing, and nutrition students participated in the IPE program. Each small group contains of 4-5 students worked together to identify family health problems, to implement interventions, and to evaluate the results. Focus Group Discussion (FGD) was conducted to evaluate the implementation. Twenty-four medical, nursing, and nutrition students, eight lecturers and five family members were involved in this study. FGD was conducted separately among groups. The implementation is divided into three phases, namely preparation, process, and evaluation. Unclear competencies and roles-responsibilities of each students in the program was the most problem faced during preparation, while obstacles during the process was difficult to set a schedule among team members. Conducting an objective assessment both methods and tools need to be concerned in the evaluation phase. However, students, lecturers, and family member appreciated the program and prefer to sustain the program. IPE can be implemented in community setting to solve health problems and it can facilitate students to collaborate in a team, but it needs to be settled including preparation, process, and evaluation.

KEYWORDS IPE; implementation; community setting

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Analysis of implementation of community mental health policy In increasing empowerment of people with mental disorders

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ABSTRACT Mental health is a basic need that must be possessed by every human being to be able to live in dignity in society. The more complex problems in the community have an impact on the increasing number of mental disorders in Indonesia. This condition has changed the paradigm of mental health services from hospital based mental health service to become a community based mental health service. The purpose of this study was to analyze the implementation of government policies in community mental health services in increasing community empowerment in Sribhawono Sub-District, East Lampung, Lampung Province. The research method uses a type of explorative descriptive research. Data collection is done through interviews, observation and literature studies. The results showed that the Government Policy in Community Mental Health Services through the Mental Health Constitution No. 18 in 2014, PMK No. 39 in 2016, PMK 54 in 2017, has not been able to increase the empowerment of people with mental disorders in the community. The implementation of the policy is still oriented to the provision of medication for mental disorders in first-level health facilities. There is no empowerment program to improve the quality of life of ODGJ through life skills training such as academic skills, social skills, vocational skills and family training, which can help ODGJ to become independent. Attention and support from the community, government, private sector, non-governmental organizations, and professional organizations are still lacking. Broader socialization needs among the community and cross-program and cross-sector collaboration to empower ODGJ through lifelong learning and skills programs integrated with Community-Based Mental Health Efforts (UKJBM) programs at the village, sub-district and district / city levels.

KEYWORDS government policy; community mental health services; community empowerment

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The relationship between menstrual pattern and body mass index among adolescence in Pondok Pesantren Al-Hikmah, Karangmojo, Gunung Kidul

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ABSTRACT Adolescence is a period of maturity, a point of physical, emotional, social and psychological change. Menstrual pattern may vary among adolescence which is influenced by many factors, one of them is nutritional status. This study aimed to investigate correlation of menstrual pattern with nutritional status among adolescence in Pondok Pesantren Al Hikmah, Karangmojo, Gunungkidul. A cross-sectional study was conducted on 36 female students who has menarche and came to school clinic. Data collected by doctor. Data on menarche, height, weight, and menstrual pattern were collected. Nutritional status was assessed by measuring BMI-for-age. Data analysis was performed by using chi-square test ($\alpha=0.05$). The mean age of the students was 15.1 years old. Irregular menstrual pattern happened in 69.44% students. The result of BMI-for-age shows that 32 students (86.1%) were normal and 5 students (13.9%) were overweight. Based on statistical tests conducted, the results obtained that there was no significant relation between nutritional status and menstrual pattern ($p=0.141$). There was no corelation between menstrual pattern and nutritonal status among adolescence in Pondok Pesantren Al-Hikmah, Karangmojo, Gunungkidul.

KEYWORDS menstrual pattern; nutritional status; adolescence; body mass index

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The correlation of uterine volume and menstrual pattern among adolescence in Pondok Pesantren Al-Hikmah, Karangmojo, Gunung Kidul

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ABSTRACT Adolescence is a period of maturity, a point of physical, emotional, social and psychological change. Menstrual pattern may vary among adolescence. The anatomy of female reproductive organ in adolescence influence the menstrual pattern. This study aimed to investigate correlation of uterine volume and menstrual pattern among adolescence in Pondok Pesantren Al Hikmah, Karangmojo, Gunungkidul. A cross-sectional study was conducted on 34 female students who has menarche and came to school clinic. All students do pelvic ultrasound. Data collected by interview by doctor. Data on menarche, height, weight, and menstrual pattern were collected. Uterine volume measured by abdominal ultrasound using formula for prolate ellipsoid: longitudinal diameter x anteroposterior diameter x transverse diameter x 0.5233. Data analysis was performed by using chi-square test ($\alpha=0.05$). The mean age of the students is 15.1 years old. Irregular menstrual pattern happened in 69.44% students. The normal range of uterine volume is 15-56 ml. Based on statistical tests conducted, the results obtained that there is no significant relation between uterine volume and menstrual pattern ($p=0.095$). There is no correlation between uterine volume and menstrual pattern among adolescence in Pondok Pesantren Al-Hikmah, Karangmojo, Gunungkidul.

KEYWORDS menstrual pattern; uterine volume; adolescence; ultrasound

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Stunting detection in Labuan, Seram Utara Barat, Maluku Tengah: A student community service in rural area

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ABSTRACT According to Riskesdas 2018, 19.3% of Indonesian children under five are stunted, with higher prevalence in eastern parts of Indonesia. Nation-wide programs have attempted to alleviate stunting, yet the problem persists. Lack of data on stunting from eastern parts may hamper program and strategy designing. A team of Universitas Gadjah Mada students carried out this descriptive observational study as a part of Kuliah Kerja Nyata - Pembelajaran Pemberdayaan Masyarakat (KKN-PPM). This study aimed to investigate the prevalence of stunting in Labuan, Seram Utara Barat, Maluku Tengah. The participants were children under five coming to the local social health check-up between March 3 and April 29, 2019. The data of sex, age, weight, and height were obtained. The nutritional status was determined based on criteria from the World Health Organization (WHO). Environmental observation in the form of guided interviews with the local mothers and health workers was also conducted to assess possible risk factors for stunting. Among 71 participants, 21% were classified as stunted and 6% as severely stunted. Moreover, 32% of participants were classified as underweight and 6% as severely underweight, with 23% malnourished and 3% severely malnourished. This condition may stem from low educational status and lack of knowledge of nutrition. Further studies regarding the correlation between stunting and risk factors are needed to design better strategies in reducing stunting prevalence.

KEYWORDS stunting; community service; Seram Utara Barat; Maluku Tengah

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Data-based public health intervention: HDSS Sleman experience

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ABSTRACT Health intervention aims to improve health status in a community. Factors that influence the effectiveness and success of intervention programs include the characteristic of problems and the target population. Sleman Health and Demographic Surveillance System (HDSS) collects data on demographic and health status annually. By 2018, four cycle of data collection has been carried out from 5,154 households. Results from Sleman HDSS could provide information regarding the characteristics of target population and health-related problems they faced. The present paper describes how data from a surveillance system could inform the development of health intervention programs. Aside from collecting survey data, Sleman HDSS field staff also recording statements from respondents and community leader regarding health issues which they thought needed to be addressed. Both quantitative and qualitative information were used to identify problems and locations that should be targeted. Discussion with the head of districts and primary health care were then conducted to develop and implement the intervention programs. Effects of the intervention programs could be monitored trough the next data collection. Until 2018, 22 health educations and 8 community empowerments activities have been completed in collaboration with academic communities of FKMK UGM. Health surveillance activities could support the development of effective evident-based health intervention programs. To utilise data from PISPK to develop health intervention programs that will effectively address the health problem in a particular area.

KEYWORDS health promotion; evidence-based health intervention; population data; Sleman HDSS

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Characteristics of genital hiatus and perineal body in women in Hargobinangun Village, Sleman, Yogyakarta

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ABSTRACT The objective of this study was to describe the characteristics of genital hiatus and perineal body in women in Hargobinangun Village, Sleman, Yogyakarta. This study was performed concurrently with community empowerment program from Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, which aimed to create a village which have awareness in women health. The program was conducted from August to November 2018 and consisted of the following agenda: focus group discussion, community education, health screening for elderly, and gynecologic screening and Pap Smear examination for adult women. The subjects were women which agree to participate in gynecologic screening. They were asked about their age, parity, and occurrence of perineal laceration, and the genital hiatus and perineal body were measured from each subject. Fifty-three subjects were acquired in this study. The subjects had mean age of 41.00 ± 9.058 years, mean parity of 2.06 ± 0.795 , mean genital hiatus of 2.792 ± 0.840 cm, and mean perineal body of 2.660 ± 0.626 cm. Forty-three subjects (81.1%) experienced perineal laceration. Based from Spearman correlation test, there were no significant relationship between parity and genital hiatus ($p=0.658$) or between parity and perineal body ($p=0.336$). Group which experienced perineal laceration had average genital hiatus of 2.837 ± 0.871 cm and average perineal body of 2.651 ± 0.660 cm, while group which did not experienced perineal laceration had average genital hiatus of 2.600 ± 0.699 cm and average perineal body of 2.700 ± 0.483 cm. The difference of genital hiatus and perineal body between the two groups were not statistically significant with $p=0.517$ and $p=0.628$, respectively. In conclusion, most of the subject were multiparous and had experienced perineal laceration. There were no significant relationship between parity and perineal laceration occurrence and genital hiatus and perineal body.

KEYWORDS genital hiatus; perineal body; perineal laceration

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Contraceptive usage in women in Hargobinangun Village, Sleman, Yogyakarta

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ABSTRACT The objective of this study was to describe the usage of contraceptive method in women in Hargobinangun Village, Pakem, Sleman, Yogyakarta. This study was performed concurrently with community empowerment program from Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, which aimed to create a village which have awareness in women health. The program was conducted from August to November 2018 and consisted of the following agenda: focus group discussion, community education, health screening for elderly, and gynecologic screening and Pap Smear examination for adult women. The subjects were women which agree to participate in gynecologic screening. They were asked about their age, parity, and contraceptive usage. Fifty-five subjects were acquired in this study. Mean age of the subject was 41.15 ± 8.922 years while mean parity was 2.05 ± 0.78 . Thirty-six women (64.3%) used various contraceptives methods, namely: lactational amenorrhea method (1 subject/1.8%), condom (6 subjects/10.7%), hormonal injection (11 subjects/19.6%), implant (1 subject/1.8%), intrauterine device (9 subjects/16.1%), and sterilization (3 subjects/5.4%). Group which used contraceptives had average age of 41.31 ± 7.022 years while group which did not use contraceptives had average age of 40.84 ± 11.95 years. The difference was not statistically significant ($p=0.878$) according to independent t test. Furthermore, group which used contraceptives had average parity of 2.25 ± 0.770 while the other group had average parity of 1.68 ± 0.671 . The difference was statistically significant ($p=0.007$) according to Mann Whitney test. In conclusion, most of the research subjects had used contraceptives. The most common type of contraceptive method was hormonal injection. There was no difference in age between group which used contraceptives and group which did not use contraceptives. Group which used contraceptives had higher parity compared to group which did not used contraceptives.

KEYWORDS age; contraceptives; parity

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A mixed-method study: Understanding the role of Community Health Workers (CHWs) in Kaledupa Island, South-East Sulawesi, Indonesia.

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ABSTRACT In remote areas with limited healthcare facilities, we rely on Community Health Workers (CHW) for healthcare promotion and data collection to assess the health profile of the nation but it seems the delivery and implementation of the CHW system is not yet fully effective. This research aims to understand the role of CHWs in Kaledupa Island. A mixed-method approach was conducted over 7 weeks on the CHWs (n=94) employed by the local government in three villages; Mantigola, Horuo and Pajam. First, a questionnaire was done to assess their basic health literacy before and after the intervention of teaching, followed by multiple in-depth interviews to understand the outcome and their perspective on the subject matter. Only 42,5% attended the training sessions despite adequate information spread of its purpose and importance and of the attendees only 42,5% had ever attended a training session prior to this. During the in-depth interviews, it was learned that many women felt that poor coordination and communication between their village officials and healthcare workers was the main reason why they did not understand their role. Many felt the selection of CHWs was unfair and biased and there also existed some racial tensions between the indigenous group of women and mainlanders. The CHWs do not fully understand their role which affects the implementation of the CHW system. Although the quantitative data suggests that the intervention improved their health literacy, the qualitative data revealed that behind the numbers are CHWs who are truly enthusiastic to learn their roles. However, there is a need for continued engagement and stimulation as any learning process requires repetition. Therefore, understanding the CHWs is essential to ensure their commitment to their role is sincere and sustainable.

KEYWORDS community health workers; Kaledupa; health promotion

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**Collaborating local ngo to sustain community empowerment in rural area:
A lesson from KKN-PPM featuring paragita foundation in Sukaresmi, Garut, West
Java**

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ABSTRACT Rural areas in Indonesia are often neglected and underdeveloped. This condition leads to poor quality of life and health. Data from Indonesia Health Profile 2017 shows that number of poor people in rural areas is 16.31 million and the percentage is 61.35% of the whole poor population. UGM has a moral obligation to give contribution into this problem. Periodically, UGM sends groups of students to rural areas named Student Community Service-Community Empowerment Learning (KKN-PPM). Due to limited time the students had, seldom the intervention given are underutilized. Local agents such Non-Government Organizations (NGO) are needed to further the agenda. The aim is to understand the advantage of collaborating local NGO within community empowerment in rural area. Field observational study from KKN-PPM featuring local NGO named Paragita Foundation (PF) in Sukaresmi, Garut, West Java. KKN-PPM Garut 2018 was involving PF into their waste management program. PF is local NGO in Garut whose focus is on waste management by empowering community. PF firstly introduced the benefit of waste management followed by leading people to build 'waste bank' within long term. The organic waste is processed to be fertilizer, while the anorganic one is recycled into usable products. This program obviously takes long time to do. Thus, local NGO has an important role until people can help themselves and solve their main problems. Local NGOs are considered to be good partner in empowering community since they are culturally and morally more indebted to the areas and have a common interest with the community. Unfortunately, local NGOs in Indonesia are still few. The existence of local NGO can facilitate the sustainability of community empowerment. Program initiator needs to seek a local-based supporting system in order to sustain the impact. However, to overcome the small amount, local NGOs formation is paramount to the community interest.

KEYWORDS community empowerment; NGO; sustainable

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Service learning in KKN: Improving students' managerial skills in shaping community health programs

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ABSTRACT Community service program or Kuliah Kerja Nyata (KKN) is a platform for undergraduate students to engage with the unreachable population in Indonesia. It has been conducted in all provinces in Indonesia. The activity consists of assessing the community and individual needs followed by delivering programs accordingly. Students have the opportunity to interact and provide interventions to population with different needs through community service learning. The purpose of this project are documenting KKN programs related to public health and evaluate strategies to keep the sustainability of the program. Using service learning approach, students have to identify the type of community including their needs, manage programs for the specific groups based on the priority, and create support groups. They will have a hands-on experience in public health programs by doing organization, training, and reporting system. This requires students to develop project objectives, plan a program or interventions, establish evaluation protocols, and actively engage with community organizations. Through service-learning approach students acknowledge the benefit of community delivery programs (i.e.: directly involved in disaster management, improving hygiene and sanitation, initiating cadre for adolescent health problems). Students are able to identify best practices and use their experience to reflect upon when implementing community programs in the future. In addition, service learning will be the hub to strengthen the partnership between the community and campus to address health disparities through sustained collaboration and action in vulnerable population. Students involvement in community service program will enhance health promotion and improve the self-efficacy and managerial skills of the students. Universities have to develop community service program as a service-learning for students.

KEYWORDS community service program; KKN; public health education; service learning

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Reaching the most vulnerable: Strengthening framework in addressing health inequity through community service learning

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ABSTRACT Naturally, Indonesia has great disparities geographically, demographically, and economically – which make it more vulnerable in obtaining the rights for health. Several efforts have been implemented by the government involving primary health centers as well as NGOs. However, these services are not sufficiently accessed by the most vulnerable in rural and remote areas. This paper proposes the idea of reaching the underserved through student service learning as a complementary element in health system strengthening. This paper reviews literature as well as system using production system approach (input, process, output, outcome) and organizational configuration framework to strengthen the existing efforts. Every area and every vulnerable family has its own barriers and needs, therefore local-based solution provides better, such as health microplanning. Health workers from primary health centers has been carrying out a door to door service in order to broaden health equity coverage. However, generally and nationwide, lack of human resources still being a barrier. As a result, the most vulnerable who has difficulty in accessing health facilities, are still underserved. The proposed input are students who are in community service learning program in rural or remote areas. They are given a number of service package to build community self-help capacity as well as doing community empowerment to create local social support group. Besides, the effort also needs organizational configurations at the local and central level. University, as the central, manage the community service learning program, standardize the service and create the information reporting system. Finally, local organizational configuration plays a role as middle line and operating core of the central's. Investing human resources and building configuration is evident to create effectiveness, efficiency, and sustainability. In conclusion, health inequity due to lack of human resources does exist. Community service learning students, along with organize efforts from the university, is potential to address the issue. University needs to give the students a role in reaching the most vulnerable for better development.

KEYWORDS vulnerable population; rural health; remote health; health system strengthening; community development; community empowerment; student service learning

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Semi-formal advocacy meetings with lower level subdistrict administrative officials for implementing health programs in socially stigmatized groups

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ABSTRACT Advocating community members to treat families with people with men with an open mind and positive support has been traditionally difficult. This case report describes how a health center in Sleman invited the community to create a positive environment towards people with mental illness by asking the involvement of formal local officials in community public health programs. Following role model argument of local support in public health programs, the head of a puskesmas held a regular four-monthly meeting discussing public health programs, which was attended by around 20 local officials. These semi-official meetings took place in a local restaurant in the puskesmas area has attracted good attendance and create a positive perception of public health programs in the area. Support from local officials encourages people to accept people with mental illness so that they can work in productive activities in the local area. Periodic semiformal meeting helps health workers advocate middle level officers in health programs. Dissemination of programs, their challenges in implementation, as well as rooms for feedback from local actors has a positive effect on program acceptance in the wider population.

KEYWORDS Public health advocacy; primary health care; socially stigmatized group

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**When students face situations far from their learning exposure in the class:
Experience of a two months UGM compulsory student community service and
action in Papua Indonesia**

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ABSTRACT A group of 30 students took remote areas of Papua as their place for student compulsory community action (Kuliah Kerja Nyata). The KKN in Papua has been a new policy of Universitas Gadjah Mada (UGM) in response to the lack of health human resources in remote areas. Working in different geographic settings and cultures, the degree and scope of health problems were divergent. Those differences would make a valuable experience for learning activities. There are medical, pharmonic and nutrition student, three staff from primary health care Yendidori and field advisory board worked in two village of Samber dan Binyeri with 150 households and over 700 villagers. This place was very unique since rural area, most of the villagers work as fisherman, no educational health programme in these areas. It is because primary health care service far from these village. This case report presented students' effort in searching strategy to build student-based public health activities in reaching the underserved. We also discuss implications that medical teachers need to consider on rural and remote health learning focus in their curriculum. First, health promotion activities including sanitation infrastructure and practice, personal hygiene, and students food program are very minimal. Considering parents with mostly coming from primary school education and working as informal fishing, students had no access to Samber Elementary School was located at the coast of the beach with a total of 120 students and 10 teachers. The school environment was quite dirty since there were many trash from the sea and there was no garbage disposal system to process their trash. Medical students had initiated personal hygiene program through toothbrushing and hand washing hygiene for all elementary school student. Secondly, there was limited community resources available for supporting health promotion in particular on sanitation and hygiene programs. Two puskesmas workers participated with students. Most activities depended on KKN students. This report has two conclusions. First, local education authority should consider to make school health programs as priority as education as main activities of the school system. Second, local education authority should also consider to take special assigned staff who have the responsibility to take care of KKN students all the year long. University could make better organization with partner in Papua to deliver their student in Papua.

KEYWORDS primary health care, health promoting school, evaluation, indigenous health; remote areas; student of Community Service and Action (KKN)

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Analysis of factors that influence the performance of nurses in RSKDIA-government and RSIA-private, Makassar city in 2019

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ABSTRACT Performance is interpreted as one of the benchmarks of organizational success, especially in public health services, so that through the focus on improving the quality of human resources it is expected that the quality of services will be increase. This study aims to understand the factors that affect the performance of nurses in RSKDIA-Government and RSIA-Private, Makassar City. The study was quantitative study using cross sectional design, samples was selected by saturated sampling because the whole population was relatively small at 90 samples. The results showed that individual characteristics variables had an influence on the performance of nurses in the Government Hospital and Private RSIA inpatient care room ($p = 0.002$; $p = 0.025$). Likewise the team variables have an influence on the performance of nurses in the Government Hospital and Private Hospital inpatient care room ($p = 0.010$; $p = 0.011$). System variables have an influence on the performance of nurses in the Government Hospital and Private RSIA inpatient care room ($p = 0.043$; $p = 0.065$). Likewise, situational variables have an influence on the performance of nurses in the Government Hospital and Private RSIA inpatient care room ($p = 0.010$; $p = 0.060$). The dominant factor influencing the performance of nurses is the individual characteristic variable in RSKDIA Government ($p = 0.0131$; Exp B = 6,286) and the team factor in the Private RSIA with ($p = 0.0205$; Exp B = 4,345). Therefore, it is expected that the hospital will periodically include nurses in activities to improve soft skills or hardskills so that the improvement of nurses' competencies and knowledge can continue to be improved.

KEYWORDS nurses' performance; characteristic; team work

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The effect of counseling on cerebral palsy to the increase of people knowledge

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ABSTRACT Cerebral palsy is the one of the frequent cause of disability, which is chronic and permanent. However, in the people (parents) knowledge on cerebral palsy is still low. So, it is necessary to use a method which can increase people knowledge on cerebral palsy. Health education with counseling method can be use. This study was aimed to analyze the effect of counseling on cerebral palsy to the increase of people knowledge. This research used quasi-experimental of one group pretest posttest design. The sample was taken by consecutive sampling. There were 34 subjects who visited Ngudi Lestari Posyandu, Sendangmulyo, Semarang from April to May 2014. Researcher gave questionnaires which had been tested for validity as a pretest and then the subjects received counseling after pretest was done. Posttest was done 35 days after the counseling. All of the data were analyzed by Wilcoxon test. The result of average knowledge score of participant was 2.56 ± 2.149 before counseling, it can increased significantly to 21.88 ± 5.488 at posttest, after counseling ($p < 0.05$). The topics include the definition, etiology, symptom, therapy, and prevention of cerebral palsy. Counseling with leaflet, presentation slides, and video can be used as an effective method to increase the people knowledge on cerebral palsy.

KEYWORDS counseling; knowledge; cerebral palsy

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Empowering posyandu cadres to increase food consumption in babies and children through fish based dietary optimization in Tamanan Pabrik, Tamanmartani, Kalasan, Sleman, Yogyakarta

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ABSTRACT Tamanan Pabrik is a district locating in Tamanmartani town, in the area of Kalasan sub-district, in Sleman district, Special Region of Yogyakarta. It has a 6 acre and 980 m² wide area. Tamanan Pabrik accommodates five neighborhoods and two hamlets. The total number of the people are currently 563 people with 282 males and 281 females. Most of them work as farmers. Tamanmartani found a problem that was malnutrition in their children. The problems that usually arose in this nutritional case were: malnutrition (2 children, making up 6.9% of the population), wasting (4 children, 13.8%), and stunting (1 children, 3.44%). This nutritional problem was caused by inadequate feeding dietary. Tamanan Pabrik has a potential fish-based dietary, initiated by a group of fish farmers. It is called Mini Cemara. However, this dietary plan had not yet been applied to their children. Fish contains healthy proteins that are good for children's growth. Therefore, active contribution from the Posyandu (Indonesian's integrated service centers) cadres are important for the mothers to improve the quality of the dietary plan for their babies and children. Posyandu cadres trainings and sisterings as a counseling program on dietary plan for babies and children were fairly effective. The judgment was based on the decrease of problems relating in dietary plan for babies and children that had been a challenge for the mothers all this time. This program also were capable in recommending solutions in optimizing the local's potential in Tamanan Pabrik.

KEYWORDS posyandu cadres, dietary plan counseling, empowering, babies, children

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Enhancement of teenager's knowledge about menarche care in elementary school age (10-12 years old) through audiovisual media

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ABSTRACT The teenager is defined as the period of transition from childhood to adulthood. In Indonesia, according to population projection data (2014), the number of teenagers reaches around 65 million or 25 percent of the 255 million population (Ministry of Health, 2015). This means that the number of teenagers is quite large and is one of the strategic targets in health development. In the 2014-2019 health development target, teenage reproductive problems are one of the important aspects that must be a concern, one of which is the understanding of menarche or menstruation experienced by young women for the first time. Data shows that a quarter of teens never talk about menstruation before experiencing menarche. Other information is that women's knowledge about fertility is very low at 16% (IDHS, 2013). Knowledge about menstruation should have been obtained since elementary school at prepubertal age (10-12 years), but in reality, it is still rare for elementary schools to provide additional lessons on menstruation. Insufficient knowledge about menarche causes anxiety problems in adolescents, unpreparedness in dealing with menarche, and poor personal hygiene during menstruation which can have an impact on reproductive health. Based on this analysis, it is considered important to carry out community service to improve understanding and knowledge of menarche care at elementary school age through audiovisual teaching media. Audiovisual media was chosen as an educational suitable media for elementary school age because it presents more interesting shows than hours of lectures. The promotion of health through education is expected to be able to increase the knowledge of young girls so that they can achieve both physical and psychological well-being and health.

KEYWORDS teenagers; puberty; menarche; care

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Implementation of lean hospital management in correlation with patient satisfaction levels in emergency department

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ABSTRACT Lean hospital management is a management system that is fully focused on efficiency, if the hospital is unable to identify waste, there will be waste, ineffectiveness in the process of activities and patient safety. Patient satisfaction is the level of the patient's feelings that arise as a result of the performance of the health service obtained after the patient compares with what is expected. The purpose of this study was to determine the relationship between lean management and patient satisfaction in the Emergency Installation. This study was used a cross sectional design. The independent variable of this study was lean hospital management and the dependent variable of patient satisfaction in the Emergency Room Installation. Samples were taken using consecutive sampling for samples of patients with 108 respondents and for nurse samples with 9 respondents. The instrument of this study was the lean hospital management observation sheet for nurse respondents and the patient satisfaction questionnaire for respondents of patients in the Emergency Installation of Grha Husada Hospital. The results of this study indicate that the variable lean hospital management with the level of patient satisfaction at the emergency department with N = 108 and the significant value of the Spearmans Rho correlation test $p < 0.01$ so that there is significance of the relationship. The implications of lean hospital management research emphasize that implementation in hospitals provides benefits in reducing waste, increasing service effectiveness, improving service quality and contribute to the level of patient satisfaction.

KEYWORDS critical installation; lean hospital management; patient satisfaction level.

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