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2nd International Conference on Sustainable Environment & Healthcare (ICSEH 2021)

Focal Theme: *Ecosystem Restoration In Conjunction with World Environment Day 2021*

Abstract Book

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VIRTUAL

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Lincoln University College, Malaysia
in collaboration with

Sekolah Tinggi Ilmu Kesehatan Hang Tuah Surabaya, Indonesia
and

Dr. Tarak Nath Podder Memorial Foundation, Kolkata, India



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Collaboration



The Malaysian Journal of
Nursing (MJN)



Malaysian Journal of
Medical Research
(MJMR)



International Journal of
Advancement in Life
Sciences Research
(IJALSR)



Datuk Dr. Hjh. Bibi Florina Abdullah

Pro Chancellor
Lincoln University College

Message

Distinguished delegates, ladies, and gentlemen

On behalf of Lincoln University College, I welcome you to the 2nd International Conference on Sustainable Environment & Healthcare (ICSEH 2021). I warmly thank Sekolah Tinggi Ilmu Kesehatan Hang Tuah Surabaya, Indonesia and Dr. Tarak Nath Podder Memorial Foundation, Kolkata, India for launching this platform to share of ideas, presentation of research findings, and discussion of professional issues relevant to Sustainability Science.

As we are in the midst of a crisis like no other, this pandemic has sent repercussions through the global economy. People are worried about their lives and livelihoods. There is a greater consciousness today of the relations and inter-dependence of the scientific research which leads to a better understanding and knowledge of the environmental problems. We are more concerned now to shield our fragile environment and to ensure it is safe and healthy for present and future generations.

The Sustainable Development Goals (SDGs) that all UN Member States have agreed to work towards Transforming our world: the 2030 Agenda for Sustainable Development as a set of 17 "Global Goals" with 169 targets. Sustainable development refers to improving the quality of life within carrying capacity of ecosystems. Therefore, health sector has an important role in linking environmental with economic development and sustainability.

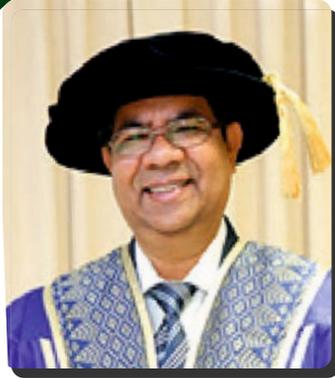
The Conference Focal Theme is Ecosystem Restoration in Conjunction with World Environment Day 2021. So, we must understand our place in the world has changed. More and more evidence has been progressively and unquestionably proven, that we live in an era in which human activity is altering entire ecological systems and natural processes, including the climate, which have the potential to jeopardize our very existence. Moreover, this is the era of the 2030 Agenda for Sustainable Development and its goals. This is our collective determination to eradicate poverty, heal and secure our planet and our future without anyone left behind.

Consequently, this gathering will introduce us to a global framework that emphasizes on the critical role we play in achieving sustainable development, and rethinks the way we build, manage and inhabit the environment. This is a Conference that we approach with an optimistic awareness that overall life expectancy and many other key health and well-being indicators have markedly improved and many dangerous environmental hazards have been greatly controlled.

But the present situation is a strong sign that we have a huge unfinished and persistent agenda. So, Ladies and gentlemen, I hope we will remember this Conference as an important event in the history of the Environment and Health, a conference which will have a legacy for all our people, our children and grandchildren – nobody forgotten or excluded. I trust in your support, commitment, enthusiasm and wisdom to make meaningful changes happen.

Thank you for your attention





Prof. Dr. Amiya Bhaumik

President
Lincoln University College

Message

On behalf of the Lincoln University College, it is my pleasure to invite all of the great scientists, academicians, young researchers and students from all over the world to attend the 2nd International Conference on Sustainable Environment & Healthcare ICSEH.

Allow me to warmly thank the collaborative partners of this important Conference Sekolah Tinggi Ilmu Kesehatan Hang Tuah Surabaya, Indonesia and Dr. Tarak Nath Podder Memorial Foundation, Kolkata, India for giving us privilege and honor to conduct this enlightening conference.

I would also like to thank the organizers in having us brought together in this virtual platform to discuss one of the main current challenges worldwide which are, without doubt, Environment & Healthcare. At present we intend to host the conference online according to COVID-secure guidelines to best facilitate in-person networking and learning.

The Focal Theme of our conference is Ecosystem Restoration, In Conjunction with World Environment Day 2021. Sustainable Development 2021 aims to pave the pathway toward achieving sustainable development goals by enhancing communication among different research areas and different shareholders. In this meeting Global experts will discuss topics like Sustainable Environment, Sustainable Technology, Sustainable Living, Sustainable Society.

The Sustainable Development Goals (SDGs), also known as the Global Goals, were adopted by the United Nations in 2015 as a universal call for the accomplishment to end poverty, protect the planet, and ensure that by 2030 all people enjoy peace and prosperity. Ensuring healthy lives and promoting well-being at all ages is essential for sustainable development. Currently, the world is facing a global health crisis unlike any other. COVID-19 is spreading human suffering, destabilizing the global economy and upending the lives of billions of people around the globe.

Before the pandemic, major progress was made in improving the health of millions of people. Significant steps were taken in increasing life expectancy and reducing some of the common killers associated with child and maternal mortality. But more efforts are needed to fully eradicate a wide range of diseases and address many different persistent and emerging health issues. By focusing on providing more efficient funding of health systems, improved sanitation and hygiene, and increased access to physicians, significant progress can be made in helping to save the lives of millions. Health emergencies such as COVID-19 pose a global risk and have shown the critical need for preparedness. The United Nations Development Programme highlighted huge disparities in countries' abilities to cope with and recover from the COVID-19 crisis.

Let me wrap up by saying that we can strengthen multilateralism. We will need to innovate. We will need to reach out to new partners. We will need to re-engage and build trust across the board. If we can pull together and generate renewed momentum in the areas such as development and climate, we can reignite enthusiasm. I look forward to your help, your support, and your ideas.

I sincerely hope that this conference will deliberate and discuss all the different facets of this exciting topic and come up with recommendations that will lead to a better, healthier, merrier world.

I wish the conference great success

Thank you very much





Dr. A. V. Sri Suhardiningsih., Skp., M. Kes.

Director of Sekolah Tinggi Ilmu Kesehatan Hang Tuah Surabaya, Indonesia

— GREETING MESSAGE —

The Honorable, Prof. Dr. Amiya Bhaumik , *The President Lincoln University College, Malaysia*

The Honorable, Datuk Dr. Hjh. Bibi Florina Abdullah, *Pro Chancellor Lincoln University College, Malaysia*

The Honorable, Dr. Suryapada Podder, *The President Dr. Tarak Nath Podder Memorial Foundation, Kolkata, India*

The Distinguished Speakers and the Conference Committee

Dear All the Participants of the Conference

Greeting and a Very Warm Welcome

I am pleased to welcome you to this Conference, The 2nd International Conference on Sustainable Environment & Healthcare 2021 (ICSEH, 2021). The theme for this conference is very Extraordinary and respective which is “ Ecosystem Restoration in Conjunction with World Environment Day 2021”.

As we know that World environment day takes place every year on 5 June. The day were celebrated across the world through various events and activities. Over the years, it has grown to be the largest global platform for environmental public to do the efforts-plans to expand and restore the country's forest as well as to support nature-based solution to climate change and facilitate the transition towards environmentally resilience, ecologically targeted initiative covering afforestation and biodiversity conservation. The public and government need to committed to playing leadership role in addressing the issue of climate change. The year 2021 is a year of reckoning, facing multiple crises, including a global pandemic and the continued crises of climate, nature and pollution. We must take deliberate steps to move from crisis to healing and recognize that the restoration of nature is imperative to survival of our planet and the human race. In line with the United Nation decade and The Sustainable Development Goals timeline are intended to massively scale up the restoration of degraded ecosystem to fight the climate crisis, prevent the loss of million species and enhance the food security, water supply and livelihoods. To achieved restoration at the request scale, incentives and financial investment must be made in changing the way lands and oceans are exploited both in research and education as well as in inspiring a movement of scientists, people , businesses and governments . Furthermore, more work needs to be done due to new challenges in the era of industrial revolution, pandemic situation and unstable climate. A more comprehensive approach is needed in order to adapt and improve for the benefit of mankind.

I thank to all the eminent speakers and participants from different fields, to share knowledge and disseminate , updates, research findings and their experiences today in this forum even though with virtual meeting.

Finally, I would like to mention that I am thankful and we are proud being conducted this event along with the Host - organizer of this conference, Lincoln University College, Malaysia and Co-organizer Dr. Tarak Nath Podder Memorial Foundation, Kolkata, India. I believe this conference would positively upgrade the quality of knowledge and network among us in the future. I wish everyone have a successful and fruitful conference.

Thank you ALL for joining this virtual Conference





Prof. Dr. Suryyapada Podder

President

Dr. Tarak Nath Podder Memorial Foundation, Kolkata, W.B., India

Message

Welcome Address from President

It is my proud privilege to address this August gathering in our Foundation's 2nd International Conference on Sustainable Environment & Healthcare (ICSEH 2021). Dr. Tarak Nath Podder Memorial Foundation is a charity based non profit voluntary organization established on 20th March, 2015. The Foundation was named after Dr Tarak Nath Podder (MSc. MB.) born at village Barat, Faridpur in East Bengal. Late Dr. Tarak Nath Podder passed, BSc 1915, MB 1921, MSc Zoology 1928 in 1st class from University of Calcutta. Afterwards he served R.G. Kar Medical College as Professor of Zoology and also joined as visiting physician in Asharam Bhiwaniwala Hospital and chest department at Chittaranjan Hospital, Calcutta. He was also active member of Bengal Tuberculosis Association. One century back he obtained Kabya-Ratnakar title from Arya-Sahitya-Samaj, Sovabazar Street, Calcutta. Two parasites were named after him (Podder) *Neoechinorhynchus chilkaensis* Podder, *Neoechinorhynchus topseyi* Podder in the year 1937. Looking back, through the prism of many years, I see in my father's hard work and universal desire of each individual to care for and lift up the next. He was very supportive and helpful to others and loves to spread higher education and research activities.

After more than 100 years of his birth we have tried to organize some activities from the Foundation. To support one of the aims of our Foundation objective, "to encourage the use of scientific and technological advancement while conserving the balance on the natural environment for the wellness of the people through agriculture farm and other living creatures may be deemed appropriate", we are holding this event.

We're thankful to the authorities of Lincoln University College, Malaysia and Sekolah Tinggi Ilmu Kesehatan Hang Tuah Surabaya, Indonesia for necessary collaborative permission.

We are trying to involve the young researchers the creators of the future. In this COVID 19 pandemic era we are looking forward for "Ecosystem Restoration"—this year theme for World Environment day 2021 and wish we can come back to normal life and meet physically with each other.

We are trying to our best to share different unknown information among the participants. And I am sure that our 2nd International Conference on Sustainable Environment & Healthcare in virtual platform will provoke some useful thoughts among us and enlighten the way forward.

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ABSTRACT

The purpose of this study is to analyze the caring behavioral education model that is influenced jointly by the value of personality and expertise courses as learning outcomes with a single mediation or a combination of student attitudes about caring, subjective norms of students and perceptions of caring behavior of nursing students. This study uses a quantitative research approach with Structural Equation Modeling (SEM) analysis techniques using Lisrel software. The study was conducted on 120 students of the third level of the Study Program among Diploma Nursing students, who are undergoing the final practice in the form of a case study in hospital. The results showed that the educational model of student caring behavior is influenced jointly by knowledge in the form of personality and skills courses in the form of expertise courses through a combination of mediation together with the direct influence of student attitudes about caring, the direct influence of student subjective norms and the effect of indirect perception control student caring behavior. The results of the research model are fit, which includes both of those aspects. The implications of the study found that the concept of caring behavior education for nursing students needs to be developed based on the principles of knowing moral integrity, moral feeling, and moral action through various learning approaches. Students need to be assigned various assignments for study such as visits or internships at a hospital, as well as managing the time both students and their lecturer to gain more knowledge and skills. Furthermore it is also necessary for institutions to develop caring behavioral learning modules in health services in hospitals.

Keywords: *Personality Courses; Subjects of Expertise; Attitudes; Subjective Norms; Perception Control; Caring Behavior of Students*

Correlation of Knowledge and Attitude to Vulva Hygiene Practicing in Students of SMPN 21 Surabaya

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ABSTRACT

Poor of knowledge, attitudes and behavior on maintaining the reproduction hygiene will impact to women's reproduction health. The aim of study was to determine the correlation of knowledge level and attitudes to the vulva hygiene practice of grade VIII students in SMPN 21 Surabaya. The research was analytical observational study with cross-sectional approach using cluster sampling technique with sample of 138 students. The variables of study were knowledge level, attitudes and hygiene practice of vulva hygiene. Data were analysed using Spearman Rho test with level of significance of $p \leq 0.05$. In this study data were collected by questionnaire sheet. The results indicate that most of the students have a sufficient level of knowledge, positive attitudes and positive behavior. The results of the Spearman Rho analysis showed that there was no correlation knowledge level and vulva hygiene practice ($\rho = 0.583$) and there was a correlation attitude and vulva hygiene practice ($\rho = 0.000$). Providing information by schools through audiovisuals about reproduction organs so that students are more interested in listening information. Students should further increase their desire for reproductive organs, especially in maintaining cleanliness to prevent bad effects such as fungi and cancer.

Keywords: Knowledge Level; Attitude; Vulva Hygiene Practice

Effect of Hyperbaric Oxygen Therapy on Rest and Sleep Needs in The Elderly: Pre-Experimental Study

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ABSTRACT

Introduction: Rest and sleep are basic needs that must be met by everyone. The elderly tend to experience a decrease in the quality of rest and sleep due to the aging process. This, results in changes in sleep patterns and resting for the elderly normally. Hyperbaric oxygen therapy is widely used in supporting clinical treatment, where hypoxic tissue repair and reduction of swelling are the main factors in the mechanism. This study aims at determining the effectiveness of Hyperbaric Oxygen Therapy for rest and sleep needs in the elderly. **Methods:** The research design was a one-group pre-test - post test. The research variable was the need for rest and sleep in the elderly. The sample was selected by means of simple random sampling, obtained 65 respondents in Lakesla Surabaya. The research instrument was the PSQI (Pittsburgh Sleep Quality Index) questionnaire and the data were analyzed with the Paired T-Test. **Results:** The results of the research showed that the average value of quality of sleep in the elderly before HBOT was 6.63 (poor sleep quality), and after 10 times HBOT was 4.35 (good sleep quality), with the value of $p = 0.001$, it means that HBO therapy is effective in improving quality of sleep in the elderly. **Conclusion:** this study shows that in the elderly undertaking Hyperbaric Oxygen therapy, besides having an impact on improving the clinical condition of the disease, it is also effective in improving the need for rest and sleep.

Keywords: *Hyperbaric Oxygen, Rest And Sleep, Elderly, Quality of Sleep*

Effect of Herbal Therapy Steeping Salam Leaves Greetings to Decrease in Blood Glucose Levels in Elderly Patients with Diabetes Mellitus in the Village of Tell Subdistrict of Sidoarjo Regency Sukodono

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ABSTRACT

Introductin: Diabetes mellitus is a metabolic disease most often occurs in the elderly due to decreased function of the pancreas which produce insulin function. The number of elderly patients with DM in the village of Tell subdistrict of Sidoarjo regency Sukodono ignorance alternative ways to control blood sugar levels. The purpose of this study was to analyze the influence of herbal therapy steeping Salam leaves against a decrease in blood glucose levels in the elderly. **Methods:** This study design pre Experiment (One-group pre-post test design). Samples were taken using purposive sampling and obtained as many as 28 elderly Tell Rural District of Sukodono Sidoarjo. The independent variable is the herbal therapy steeping Salam leaves and the dependent variable is blood glucose levels in the elderly. Test Glucose research instruments used for the measurement of blood sugar levels. Test data analysis using Paired T-test $p \leq 0.05$. **Results:** The results showed that the steeping Salam leaves for lowering blood glucose levels in elderly people with diabetes mellitus is evidenced by the results of Test Paired t-test showed $p = 0.000$ before and after the treatment groups. **Conclusion:** Seeing the results of this study can be concluded that the steeping Salam leaves containing astringent compounds can affect insulin sensitivity thereby stimulating the parasympathetic autonomic nerve stimulation and stimulate the release of insulin from the pancreas gland. Furthermore, the public are advised to be used as an alternative way to control blood sugar levels.

Keywords: *Bay leaf infusion; Blood Glucose Levels; The Elderly; Diabetes Mellitus*

The Relationship Between Knowledge and Husband's Support with the Participation of Women of Fertile Age to Check Visual Inspection of Acetic Acid (IVA) in Surabaya

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ABSTRACT

Introduction: Cervical cancer is still a health problem for women with a high incidence and mortality rate. Nearly 70% are found in an advanced stage. The Visual Inspection Method of Acetic Acid (IVA) is a low-cost method aimed at detecting cervical cancer. The research objective was to determine the relationship between knowledge and support from husbands with the participation of women of childbearing age to perform a Visual Inspection of Acetic Acid (IVA) in Surabaya. **Methods:** Analytical observational research design with a cross-sectional approach. The population of WUS is numbered 923 people in the range 1 March - 20 May 2020. The sample technique used accidental sampling as much 140 respondents. The research instruments were questionnaires and observation sheets. Data were analyzed using the Chi Square test. **Results:** The statistical results with the Chi Square test between knowledge and participation of women of childbearing age conducted a Visual Inspection of Acetic Acid (IVA) obtained $p = 0,000$ ($p < \alpha = 0.05$) with an Odds Ratio (OR) value of 8,696, and statistical results Between husband's support and participation of women of childbearing age to perform a Visual Inspection of Acetic Acid (IVA), it was found that $p = 0.001$ ($p < \alpha = 0.05$) with an Odds Ratio (OR) value of 8, 111. This shows that there is a relationship between knowledge and support. husband with the behavior of Visual Inspection of Acetic Acid (IVA) in women of childbearing age in Surabaya. **Conclusion:** A good knowledge of husband's support can increase the participation of women of childbearing age in carrying out a Visual Inspection of Acetic Acid (IVA). It is hoped that health workers can provide more health education regarding the procedure for the Visual Inspection of Acetic Acid (IVA) so that it can motivate women of fertile age to carry out the examination.

Keywords: Knowledge; Husband Support; Visual Examination of Acetic Acid (IVA); Fertile Age Women

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ABSTRACT

End-stage chronic kidney disease requires lifelong hemodialysis which can cause physical and psychological problems. To prevent these problems, good self-management is needed in regulating diet, limiting fluids, vascular access care, treatment management, problem-solving, emotional management, resource utilization, and relationships with health workers. This study aims to determine self-management in hemodialysis patients. This research method uses descriptive research. The population in this study was 168 patients with a sample of 63 patients with purposive sampling technique based on the inclusion criteria of patients who were actively undergoing hemodialysis at least the last 6 months, communicative and cooperative, aged ≥ 20 years, and routinely undergoing hemodialysis twice a week. Data collection was carried out by distributing a Hemodialysis Self-management Instrument (HDSMI) questionnaire to hemodialysis patients during the hemodialysis process. Data were analyzed using the median. Based on the results of the study, it was found that most of the hemodialysis patients at Majalaya Hospital, as many as 35 people (55.6%) had high self-management, the self-management dimension with the highest average answer score was the partnership dimension, namely, 38 people (60.3%) and the lowest average answer score for the most is the emotional management dimension as many as 34 people (54.0%). It is hoped that the hospital will continue to maintain its educational program and routine information in the form of installing pamphlets in the hemodialysis waiting room and hemodialysis nurses to maintain good relationships and communication with patients and families by opening discussion sessions and providing explanations about self-management aspects that can be applied by patients. hemodialysis.

Keywords: *Chronic Kidney Disease; Hemodialysis; Self-Management*

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ABSTRACT

Background: The ICU is a room for critical patients who require continuous airway breathing circulation support. This also affects the family psychology in the form of stress and anxiety. One of the urgent but often overlooked things is that the families of patients in the ICU need social support and this is expected from the nurses. **Purpose:** To examine the relationship between social support nurses and the level of stress and anxiety of the patient's family in ICU. **Methods:** This study was an observational analytic study with a cross sectional approach. The population in this study were the families of patients who were treated in the critical care room from May to June 2019. The sampling technique was simple random and 83 respondents met the inclusion and exclusion criteria. The instrument used to measure social support is the CCFNI (Critical Care Family Need Information) while to measure the level of stress and anxiety using DASS 42. Both of these instruments have been tested for validity and reliability. **Results:** The results showed that the majority of respondents had a mild stress level and the majority of respondents had moderate anxiety levels. The results of the *T* test statistical test showed that social support with a stress level of p value <0.001 , while social support with anxious level showed $p = 0.02$. **Conclusion:** Nurse's social support is needed by the families of patients who are admitted to the intensive care unit.

Keywords: *Critical Care; Soccial Support; Stres Anxiety*



The Relationship of Stigma and Anxiety Levels with Adherence on Treatment Schedule Patient with HIV/AIDS

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ABSTRACT

Introduction: Patient with HIV/AIDS aren't only having problems with their decreasing physical condition, but they also can get social problems that are quite concerning as a result of the stigma against this disease. The stigma felt by patient with HIV/AIDS causes feelings of inadequacy, stress, depression, guilt, and anxiety. This become an inhibiting factor in adherence to treatment schedules. The feeling of anxiety felt by patient with HIV/AIDS as a result of the stigma gives a negative reaction in the form of not taking the medication regularly. **Methods:** The research design used a cross sectional approach. The sampling technique used was simple random sampling. The population of patients with HIV/AIDS who visited at VCT's Polyclinic of Menur Mental Hospital Surabaya was 128 respondents, the total sample was 97 respondents. The instrument of stigma variables, level of anxiety, and adherence to treatment schedules used a questionnaire. Data analysis used the Spearman rho test with degrees of significance $\rho_value \leq 0,05$. **Results:** The results of this research show that there is a relationship between stigma ($\rho_value = 0,012$) and anxiety level ($\rho_value = 0,02$) with adherence to treatment schedules patient with HIV/AIDS. There is a negative relationship between the stigma and the level of anxiety with treatment schedules in patient with HIV/AIDS. **Conclusion:** The implication of this research is show that stigma and anxiety level affect the treatment schedule patient with HIV/AIDS. The suggestion from this research is hoped that VCT's Polyclinic of Menur Mental Hospital Surabaya will provide more coping and education at the beginning of ARV treatment, reactivate family gathering activities again and assess the anxiety symptoms of patient with HIV/AIDS during therapy so that compliance with treatment schedules can be achieved.

Keywords: Stigma; Anxiety Level; Adherence; Patient with HIV/AIDS

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ABSTRACT

Autism is a developmental disorder that affects some aspects of how children see the world and learn from experience. Mothers of children with autism often feel stressed by the presence of children with autism in families and it can affect change patterns of care provided to children with autism. This study aims to identify the relationship of stress levels with parenting mothers of children with autism in Terapis Anak Terang Surabaya. The design used Cross Sectional. The population were mothers of children with autism in Terapis Anak Terang Surabaya. Samples numbered 24 people selected with Simple Random Sampling technique. Independent variable is the level of stress in mothers, the dependent variable is the parenting in mothers. Instrument used questionnaires. Data were analyzed using Spearman's rho test. Through Spearman's rho test got the result $\rho = 0.003$ and $r = 0.577$ it means there is a relationship between stress levels and parenting mothers of children with autism in Terapis Anak Terang Surabaya. The implication of this research is the motivation from the family and the therapists are needed to overcome the stress experienced by the mother in order to apply good parenting and the right to the children with autism.

Keywords: *Level of Stress; Parenting; Child Autism*

The Implementation of Electronic Medical Record (EMR) in the Development Health Care System in Indonesia: A Literature Review

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ABSTRACT

The development of information technology is now growing rapidly, including in the health sector. According to WHO, medical record is an important compilation of facts about a patient's life and health. The development of information technology in medical records is the electronic medical record (EMR). In developed countries, such as the United States and Korea have implemented EMR for a long time. In developing countries such as Indonesia, the development of EMR is still in progress because its implementation requires many factors to build a system or replace from manual medical records. Eventually, it is hoped that in the future all health services will use the EMR to resume patient datas from admission to discharge. The purpose of this study is to analyze the implementation and preparation of EMR in health care in Indonesia. This study is a literature review on the implementation and preparation of EMR in health care in Indonesia from 28 literature sources (Google-Scholar database). Total of 8 articles were obtained from 2019 to 2021. The results are there are benefits after switching to EMR, even though some health care only used EMR in certain units. The highest benefit is reducing the cost of duplicating paper for printing. Also there is still limited human and tools resources for implementing EMR in Indonesia. The implementation of this EMR will be able to improve the service quality of the health care itself, especially in Indonesia.

Keywords: *Implementation; EMR; Health Care; Indonesia*

Walking as a Simple Exercise to Reduce Blood Glucose Level in Type 2 Diabetes

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ABSTRACT

Introduction: Patients with Type 2 Diabetes Mellitus (DM) who do not do physical exercise are more likely to be unable to control their blood glucose levels, which has the potential to cause various complications. Based on basic health research 2018, the prevalence of DM is mostly at the age of 55-64 years (15.6%). This current research aims to identify the effectiveness of walking to reduce blood glucose levels. **Methods:** This study, which applied the time-series design, involved 15 randomly selected patients with type 2 Diabetes Mellitus aged 45-65 years. The walking intervention was carried out three times in 2 weeks, namely twice in week 1 and once in week 2, each for 30 minutes. Data were collected using a glucometer and an observation sheet. Data were analyzed using paired *t*-test and repeated ANOVA with a significance level of $p < 0.05$. **Results:** We found differences in blood glucose levels before and after walking on days 1, 3, and 8 ($p < 0.001$). In addition, there were significant differences in all measurements of blood glucose levels of Diabetes Mellitus patients both at the start (before walking) and after walking on day 3 and day 8 ($p < 0.025$). This study found that walking was effective at lowering blood glucose levels. **Conclusion:** Walking as a simple exercise can increase the use of glucose by active muscles, reduce insulin resistance, and increase blood vessel flow. Health education on self-care management, especially physical exercise on walking, will support the control of blood glucose levels.

Keywords: *Blood glucose; Diabetes Mellitus; Exercise; Walking*

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ABSTRACT

Introduction: Adolescence is a phase of transition from children to adulthood, marked by accelerated physical, mental, emotional and social development. They are still looking for self-identity, tend to follow trends, are still unstable, and are very easily influenced by their peers, including the influence to smoke. This study aims to determine the description of student smoking behavior among high school students in the city of Gresik. **Methods:** This research used quantitative descriptive with consecutive sampling technique, the sample used was 161 high school students who were conducted from May to October 2018, interviews were conducted on 161 male students who smoked in the Gresik City area. at the State Senior High School in Gresik City. The instrument used was the Jalpniec Coping Scale (JCS) in Indonesian with a validity value of 0.85 and a reliability of 0.88. Data were analyzed descriptively using a frequency distribution and the final results were presented in percentage form. **Results:** The results showed an overview of smoking behavior with the characteristics of the majority of respondents aged 16-17 years as many as 142 students (88.2%) and the majority of the science class 83 students (51.6%) based on the experience of 110 students (68.3%), As many as 91 students (56.5%) still smoked and 70 students (43.5%) had been smoking for a long time. **Conclusion:** Knowing that the first teenager has been exposed to cigarettes at the age of 14-15 years, it is advisable to take preventive measures, such as health counseling as early as possible (starting in primary or secondary school).

Keywords: Behavior; Smoking; Adolescence

Effect of Sambiloto (*Andrographis paniculata*) Levels Stew to Cholesterol Levels on Wistar Rats with Atherogenic Diet

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ABSTRACT

Introduction: The risk of atherosclerosis increases when elevated blood cholesterol levels. Flavonoids may help inhibit the absorption of fat, which indirectly help lower cholesterol levels. Flavonoids are widely available on the *Andrographis paniculata* leaves (APL). This study aims to examine the effect of flavonoids on APL stew in lowering cholesterol levels. **Material and Methods:** This research employed five groups from 25 of wistar rats. Group (K-) received normal diet, group (K+) received atherogenic diet, and three groups of atherogenic diets rats that pre-treated with three different doses (0.6, 1.2, and 2.4 g/day) of APL leaf stew. APL stew are orally gavaged on the 60 day. The cholesterol blood serum was analyzed using CHOD-PAP method. Statistical analysis using One Way Anova and Tukey. **Results:** The results showed a significant difference in cholesterol levels between the groups of atherogenic diet with other treatment groups ($p = 0.000$). When compared with normal diet group, treatment with 1.2 g and 2.4 g of APL produce cholesterol levels not significantly different. APL stew has been shown to inhibit the elevated levels of serum cholesterol in male wistar rats fed atherogenic diet with a contribution of 54.8%. While fat intake affects cholesterol increased by 16.3%. Both of APL stew and fat dose intake together affect the formation of cholesterol with a contribution of 69.2%. **Conclusion:** The dose is considered as the most effective in lowering cholesterol is dose of 2.4 g because produce cholesterol levels closest to normal.

Keywords: *Andrographis Paniculata*; *Atherogenic Diet*; *Cholesterol*

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ABSTRACT

Background: Occupational stress and work environment have become major concerns on a global and national level. The mental health of employees' were affected because of given societal value of work, the amount of time spent at work place, and the current changes in the nature of work to be carried out. It is not surprising that work stress appears to be on the rise. Healthcare workers frequently experience work-related or occupational stress as a result of high expectations from the service providers combined with insufficient time, skills, and social support at work. **Purpose:** The goal of this paper is to better understand the impact of work environment on occupational stress among healthcare menial workers. It is a significant concern because of its critical role in achieving maximum job output and optimal working life quality. **Research Methods:** The research scope was examining the occupational stress caused to menial job workers due to work environment in healthcare sector. It was analysed using Occupational Stress Index. Survey method was adopted and structured questionnaire was used to collect the primary data using telephone interview. Due to COVID -19, it is very difficult to visit hospitals to collect data from menial job workers. So, randomly 64 menial job workers were selected and contacted over the phone in Tirunelveli District. The data were processed using SPSS and analysed using percentage analysis, t-test and ANOVA. **Results:** The result of the study reveals that the menial job workers are more stressful in their occupation due to disrespect among peer, authorities and patients. Due to the problem of unemployment and lack of skills for other qualified jobs, they are forced to choose this job to run their family financially. It is found that there is no significant difference between government and private sector menial job workers in healthcare sector. Menial workers reported significantly higher stress from professionals which are significantly high level on stress towards work environment in all dimensions of occupational stress ($p < 0.05$). **Conclusion:** It is important that the professionals and authorities in hospitals need to recognise service menial job workers in the healthcare sector. Because job category and specialisation influence more on occupation stress due to unpleasant work environment. So, flexible strategies to need to implemented to improve employees' productivity, contentment, and personal well-being.

Keywords: *Work Environment; Occupational Stress; Menial Job Workers; Healthcare*

Quality of Life, Stress, Coping and Burden among Caregivers of Behavioural Disorder Children: A Narrative Review

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ABSTRACT

Introduction: Children are considered as future of nation and their strong nurturing is not essential for their up-bringing in family itself but also equally important for nation's development. Keeping them physically and psychologically fit is a great challenge every parent is experiencing. Kids under 15 years old address roughly 33% of the total populace and around 5 to 15% of them are disabled with behavioural problems.⁽¹⁾ Children and their care giver's health is in great threat during this Covid -19 pandemic as they are stuck at home and unable to avail the mental health services. So the researcher conducted a narrative review regarding behavioural disorder children's care givers stress, quality of life, burden and their coping mechanism.

Materials and Methods: The original research papers from different countries were only included searched through the electronic databases, ProQuest, Embase, PubMed, PsycARTICLES, EBSCO, ResearchGate, EORTC, Scopus, Educational Resources Information Centre (ERIC), and Allied Health Literature (CINHAL). Articles included from the year 2010 to 2021 completed in English language, freely accessible online/offline and full text available.

Results and Discussion: A total 464 articles were received from search engines from that 332 articles were excluded bases on exclusion criteria. So total retrieved articles were 132, among all 36 were published behind the review limit, 1 was not in English language, 44 not relevant and 15 abstracts were excluded. Final retrieved articles were 36; among them 22 full articles were excluded based on inclusion criteria. Finally, 14 articles were included in the review. Kids under 15 years old address roughly 33% of the total populace and around 5 to 15% of them are disabled with this socially incapacitating conduct problems.⁽¹⁾

Study result of Karuna Sandra Thomas *et al.*, (2020) conveyed that mean PS score was most elevated in the PDD, mean BOC was least in the LD and the QOL score was most poor in the ADHD.⁽¹²⁾ In addition interventional study result of Sharifeh Mousavi *et al.*, (2019) revealed that mean stress score, depression score and burden scores were significantly diminished in experimental group than in control group ($p < 0.01$).⁽¹³⁾

Conclusion: Present narrative review has planned to visualize the behavioural disorders among children with their caregiver's burden in terms of stress, quality of life, burden and their coping mechanism. It was seen through gathers scientific investigations that caregivers of such behavioural disorders children are facing very stressful situations because of unusual behaviour of their children. The increased case of behavioural disorders keeps impact on quality of life of their own with their primary caregivers.

Keywords: Quality of Life; Stress; Coping; Burden; Caregiver; Behavioural Disorder

Nurses' Attitude Towards Communication with Conscious In-Tubated Patients

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ABSTRACT

Intubation is a routine procedure in the critical care unit and is often lifesaving. Patients admitted in critical care area with endotracheal intubation are unable to speak and face difficulty in communication (Marasinghe *et al.*, 2015). In spite of nurses' high levels of knowledge and skills, they often face difficulty in communicating with intubated patients in critical care areas (Happ *et al.*, 2015). Studies have reported that when patients are unable to respond verbally, nurses often do not find it important to talk with them, and nursing interventions are based on the nurses' own ideas, assumptions and previous experience about patients' non-verbal communications, which might be wrong or insufficient (Happ *et al.*, 2015). Though many studies have identified the importance of communication to improve the well-being and shorten the length of stay of patients with intubation but fail to address the nurses' attitude to do so. The present study aims to find the attitude of nurses to communicate with conscious intubated patients. **Methods:** A descriptive study using a self-developed, validated questionnaire was conducted through purposive online data collection from May 14th to May 28th, 2021 among 154 nursing personnel with a selected sample stratified across education level and years of experience. **Results:** Almost ninety percent of the respondents agreed that communication with conscious intubated patients is possible but most (76%) of them face challenges to communicate with conscious intubated patients. Majority (90%) of the respondents stated the need to communicate with conscious intubated patients and requirement of standardised communication tool to do so. Sixty three (63%) percent of respondent have never used any communication tool so far. Most (70%) of the respondent had never been taught to communicate with conscious intubated patients and 53.3% had never asked for any such tool to ease the communication with conscious intubated patients. Most of the suggestions from the respondent for communication tools included non verbal communication techniques with pen and paper, visual symbols, cues etc. **Discussion:** The result indicates a need to develop standardised communication tool to ease communication with conscious intubated patients. A study may be undertaken further to develop such communication tool.

Keywords: Communication; Intubation; Attitude

Assessment of Knowledge and Attitude Regarding Normal Birthing Process among Pregnant Women and Their Spouses in Selected Hospital, Kolkata, West Bengal, India

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ABSTRACT

An important stage of a woman's life is to become a mother. The transition period from womanhood to the parenthood is a special experience felt by every woman. Though this is the most beautiful and joyful part of women's lives, they may have some unpleasant experiences related to changes of their body image and the delivery process. The present research was conducted in order to assess the knowledge and attitude regarding normal birthing process among pregnant women and their spouses in selected hospital in Kolkata, West Bengal. The present study was conducted on 200 pregnant women and their spouses as samples selected from outpatient department of SSKM Hospital of Kolkata city by non probability purposive sampling technique. Data collection comprises of first demographic data of the pregnant women and their spouses, second Interview Schedule on assessment of knowledge regarding Normal birthing process, third structure attitude scale used for measuring attitude of pregnant woman and her spouse regarding normal birthing process. The study findings revealed that most of the pregnant women (56%) had good knowledge in comparison to spouses'(43%) regarding normal birthing process. Though majority (95%) of pregnant women had moderately favourable attitude a big percentage of spouses (54%) had unfavourable attitude regarding normal birthing process. There were very poor relationship between knowledge and attitude as evidence from 'r' value ($r=0.0996$). It also showed that there was association between knowledge of spouse of pregnant women and family income which was statistically significant as evidence from the obtained value

Keywords: *Normal Birthing Process; Pregnant Women; Spouses*

Behaviour Change Communication for Positive Environmental Outcomes: An Assessment of Environmental Studies among Communication Students in Higher Educational Institutions in India

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ABSTRACT

Background: Human behaviour is complex, but promoting behaviour change necessitates a thorough understanding of how people behave in various situations and contexts. Behavior Change Communication known as BCC in short with its well established theories and models supports individuals and communities to change their behaviour and adopt healthy, beneficial, and positive behavioural practices in order to live a more sustainable lifestyle. Environmental education is an important part of every student's education. It promotes environmental awareness, which leads to informed concern and active participation in resolving environmental issues. Young minds will be instilled with positive attitudes toward the environment. **Purpose:** The purpose of this paper is to understand the role of BCC in environmental studies for positive behavioural change approaches among communication students towards environment in higher educational institutions in India. **Research Methods:** The research scope examined BCC, which promotes appropriate and essential attitude change among the target group i.e. communication students after they had learned environmental studies in their higher educational institutions. Survey method was adopted and structured questionnaire was circulated to collect data from communication students throughout India. Random Sampling technique was adopted to choose sample respondents. 646 communication students throughout India were chosen at random for the study. The data were processed using SPSS and analysed using percentage analysis, *t*-test, ANOVA and factor analysis. **Results:** The result of the study reveals that there is significant difference among male and female communication students behavior towards environment after learning environmental studies. The communication students' behaviour on environment was positively influenced after learning environmental studies. The factors were loaded based on personal, communicate, influence and concern behavioural change. **Conclusion:** The behaviour change communication is a tool for positive behavioural approaches that influences communication students' behaviour change towards the environment after they learn about it in their respective higher educational institutions in India. Through education, it is critical to instill knowledge, understanding, and concern for the environment. The curricular and cross-curricular effort of environmental education should also be enjoyable for the learner and result in behavioural change for a sustainable lifestyle.

Keywords: BCC; Environment; EVS, Behaviour; Communication

Knowledge and Attitude on Face Mask Use During Covid 19 Pandemic Among Diploma Nursing Students in Selected Institutions: An Online Survey

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ABSTRACT

Information about fever and pneumonia of unknown cause from Chinese authorities in Wuhan, China were received On December 31, 2019 and corona virus was shown to be the causative organism (WHO). Facemask use is considered as a cheap, effective and safe method with minimum disruption in day-to-day life. WHO also validated that face masks are an effective method to prevent respiratory infections from corona virus. Nurses in the hospital units are present round-the-clock which allows first hand contact with patients and their relatives to respond to their problems and risks (Aiken *et al.*, 2002). Correct knowledge and attitude towards face mask use during COVID-19 among health care professionals is highly needed as they constitute the most influential community in health matters. **Methods and Materials:** A descriptive study was conducted in Peerless Institute of Nursing through Online data collection from January 1st to 15th January, 2021. 98 Nursing students from General Nursing and Midwifery with a selected demographic variable were administered a self-developed, validated questionnaire to assess the knowledge and attitude through online mode by using purposive sampling technique. **Results:** Diploma 97 participated. The median Knowledge score was 8 and maximum scoring 11 out of 15. The knowledge score in this study shows among 98 diploma students 17(17.3%) of them have inadequate knowledge, 73(74.4%) of them have moderately knowledge, 8(8.1%) of them have adequate knowledge. No Negative correlation was found in the knowledge score with the attitude score of diploma students. A Moderate Negative correlation was found between knowledge score and selected attitude like I do not like to wear a facemask ($r = -0.6$), Wearing a facemask is too much of a hassle($r = -0.6$), It is difficult to breath when wearing a facemask ($r = -0.5$). **Conclusion:** The study found that majority of the students has moderately adequate knowledge. However attitude towards using facemask was lacking.

Keywords: Face Mask; Knowledge; Attitude; COVID 19

A Study to Assess the Occurrence and Correlation of Anemia with Dietary Practices among Adolescent Girls at Selected School, Agartala, Tripura (W)

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ABSTRACT

Adolescence has been defined by the World Health Organisation as the period of life spanning the ages between 10 to 19 years. This is a vulnerable period in human life cycle for the development of nutritional anemia due to various reasons in a family with limited resources. Anemia is a term that indicates a low red blood cell count and a below normal haemoglobin level. Among all types of anemia, iron deficiency anemia is the most common nutritional disorder in the World. The objective of the study was to determine the occurrence of anemia, to identify the dietary practices, to assess the correlation between anemia and dietary practices and to determine the association between occurrence of anemia among adolescent girls with the selected demographic variables. **Method And Materials:** A correlational survey study with quantitative study design was conducted to assess the occurrence and correlation of anemia with dietary practices among adolescent girls in selected schools, Agartala, West Tripura. 100 numbers of adolescent girls were selected by using simple random sampling technique. Conceptual framework was used based on Health Belief Model. Data was collected by using valid and reliable demographic proforma, dietary practice checklist and Hemometer. **Results:** Pre-testing of the tool was conducted among adolescent among adolescent girls to know the feasibility, ambiguity, and clarity of items, pilot study was conducted among 10 students. The reliability of the tool was 0.71(r). The analysis revealed the 64 percent of the adolescents have poor dietary practices and 36 percent of the adolescent have moderate dietary practice. Chi square test and Yate's continuity correction show significant association at 0.05 level of significance. **Conclusion:** From this study it is concluded that there is significant association between anemia and selected demographic variables. Study has implications on Clinical Nursing Practice and Nursing Research.

Keywords: Occurrence; Correlation; Dietary Practice; Adolescent Girls

A Study to Assess the Knowledge and Practice on Face Mask Use During Covid 19 Pandemic Among Graduate Nursing Students in Selected Institutions: An Online Survey

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ABSTRACT

On 11 March 2020, COVID-19 have been declared as a global pandemic by WHO.. Spread of COVID 19 may be prevented by adopting measures like hand washing, physical distancing and using a face mask (Feng S, 2020). There is evidence that Health Care Worker have inadequate knowledge and poor practice regarding the use of surgical mask (Kelkar *et al.*, 2013). Correct knowledge and practice towards face mask use during COVID-19 among health care professionals is highly needed (WHO). The present study will assess the knowledge and practice of student nurses on face mask use during COVID-19 pandemic.

Methods and Materials: A descriptive study was conducted in Peerless Institute of Nursing through Online data collection from 15th to 31st January, 2021. Study was undertaken on 91 Nursing Students pursuing degree courses by purposive sampling techniques. **Results:** BSc [59 (65%)] and Post Basic [32 (35 %)] students participated. Maximum (60 %) respondents were between 18-22 years of age, 88 (97%) participants were having previous knowledge regarding face mask use. Maximum 57 (63%) participants were from urban area. Knowledge scores shows Majority of the students have moderately adequate Knowledge 77(85%). The median score of Knowledge was 9 and maximum scoring 12 out of 15. Majority [55 (60%)] had followed hand hygiene practices before using mask and 60 (66%) had practiced hand hygiene after using mask. Majority 52 (57 %) of them discard mask in yellow color coded bin after use. But majority 67 (74%) hang the face mask near neck when nobody is near, Very few [36 (40%)] of the respondents hold string near ear lobe to remove mask. Moderately Negative correlation was found between knowledge score and selected practice like hanging mask near neck ($r = -0.655$) and touching outer surface of mask with contaminated hand ($r = -0.7$). **Conclusion:** Though knowledge score of students are moderately adequate but practice is lacking.

Keywords: Face Mask; Knowledge; Practice; COVID 19

Implement of Concurrent Nursing Audit – A Three Months Observational Report

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ABSTRACT

Introduction - Audits are a method of evaluating the care process. It not only improves care quality but also helps nurses to acquire and use the knowledge, skills, and attitudes necessary for creating a meaningful, productive, and satisfying working environment. A nursing audit is the process of evaluating the quality of nursing care through the review of clinical records made by healthcare professionals. **Objectives** - To measure the degree of quality of patient care against a defined criteria.

- To identify the gap between the care and the standards.
- To improve the quality of nursing care.
- To find out the correlation between the demographic variables and quality nursing care.

Methodology - A Descriptive Observational research study was employed. Four hundred nursing staff were taken as the sample of the study. Non probability convenience sampling was used for the study. Data was collected through structured questionnaire for demographic variables and structured observational nursing procedural checklist based on nursing manual was used to assess the quality of nursing care. Data was analysed by using descriptive and inferential statistics. **Results** - The results shows that the majority of the samples 70% (280) are belongs to female and majority of the samples 75% (300) are having 1 to 2 years of experience. Implementations of concurrent nursing audit had a positive impact on quality of nursing care, which improved for each nursing procedure from first month to third month. The present analysis showed that nurses' experience and age had significant positive correlations with implementation of care indicators. The coefficient value 'r' ranges between 0.7 to 0.8. **Conclusions** - Internal audit performed by nurses can be useful in assessing the quality of care, as it verifies patient satisfaction as well as supports adequacy for patient's financial resources. Nursing audit as a method for developing nursing care and ensuring patient safety.

Keyword: *Nursing Audit; Quality Nursing Care; Standards*

Review: Paracetamol's Toxicity and Medicinal Plants as an Alternative for Paracetamol

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ABSTRACT

Acetaminophen (Paracetamol) or PCM is defined as a single of the most generally used pain-relieving and antipyretic drugs in the world. Paracetamol is easily available in the market without any recommendation. World Health Organization (WHO) considers paracetamol to be an important medicine in a basic health system. This drug plays a vital role in cure fever, both mild and some severe pain; colds and flu. However, paracetamol shows different effects on different individuals. It is based on an individual's size, weight, health and consumption. Regular use of paracetamol may eventually cause long-term effects like tiredness, breathlessness, bluish tinge to fingers and lips, anemia, liver and kidney damage. A medicinal plant consists of bioactive compounds which are helpful for therapeutic purpose or precursors for the synthesis of drugs. In this paper, four different types of plants (ginger, turmeric, neem and tulsi) as an alternative natural medicine for paracetamol were described. The plants possess many health-beneficial effects such as anti-inflammatory, anti-viral and anti-bacterial properties.

Keywords: *Paracetamol; Toxicity; Medicinal Plants*

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ABSTRACT

Introduction: Lock down has been started again with emergence of the second wave of covid infection in India. It was proved effective in the first wave of the last year, but there is possibility of several health issues related with abrupt physical inactivity. Our aim was to search those serious health issues related with this new change of life style. **Material and Methods:** We selected 113 individuals, aged 50 years and above who attended doctor's clinic in the midst of covid pandemic immediately after locked down period with their chronic physical complains. There were 14 male and 99 females. All were evaluated with estimation of their bone mineral density (B.M.D) using a single machine in five separate camps in private as well as government hospitals. **Results:** We found 86(74 %) individuals as osteoporosis with their BMD T score less than -2.5. There were less number of male but 72 % of them and 76% of female were affected. **Discussion:** We found high incidence of osteoporosis, among the individuals of locked down Kolkata and surrounding area in multiple clinical centres, which may cause severe morbidities including fatality from several factors, though initially remain silent. **Conclusion:** Therefore, there is possibility of emergence of osteoporosis, being a silent killer as another epidemic during the pandemic situation of covid infection.

Keywords: Bone Mineral Density; Silent Epidemic; COVID19; Osteoporosis

Determinants of Intra and Post-Operative Maternal Mortality Among Women Undergoing Caesarean Section (C/S) At Maternity Theater of Murtala Muhammad Specialist Hospital (MMSH) Kano

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ABSTRACT

Objectives of the study is to determine the rate, common causes, and age-groups that are mostly been affected with, of intra and post-operative maternal mortality in the hospital. The cross-sectional descriptive research design was used, where self-structured questionnaire used as instrument to collect information from the respondents, and surgical obstetric mortality records in the unit was used too. The data collected, analyzed and presented as There is low rates of intra and post-operative maternal mortality among the women undergoing caesarean section in the maternity theater of Murtala Muhammad Specialist Hospital Kano, the common causes include Severe bleedings, Sepsis and Co-morbidity, The women between the age of 31 to 40 years and above are the age-group that are mostly affected and Caesarean sections save lives of mothers and fetusin Murtala Muhammad Specialist Hospital Kano. Conclusively, it was recommended that, the management should mount periodic Orientation for the health care workers on determinants of intra and post-operative maternal mortality among women undergoing caesarean section in maternity theater of MMSH Kano in order to improve their practices and to avoid the occurrence of death from c/s.

Keywords: *Intra and Post-operative Maternal Mortality; Severe Bleedings; Sepsis; Co-morbidity; Caesarean Section*

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ABSTRACT

Introduction: Latest estimate show that about 1.2 billion people, one in six of the World population are adolescents (10-19) years. (1) In India around 27% of the total population of 1,3 billion are adolescent.(2) In west Bengal 28.32% (1.26 crores) are adolescents.(3) Investing in adolescent's health in key to unlocking lifelong health, productivity and National prosperity. But unfortunately, the Covid 19 pandemic the adolescents are worst suffered. **Problem:** Their school are closed; they are not able to go to play ground and physical interaction with friends and relative has become impossible due to lockdown. Physical activity provides fundamental health benefits for adolescents, including improved cardiorespiratory and muscular fitness, bone health, maintenance of a healthy body weight, and psychosocial benefits. Adolescents are spending their times by watching television, using mobile phone, their screen time has been increased, they become addicted to electronic media, they are suffering from anxiety of FOMO (Fear OF Missing Out). Their food habit become erratic and sleep pattern become irregular and gaining weight and becoming irritable. In a socioeconomically disadvantaged country like India in school environment might be more enriching than the home-nutritionally, emotionally,developmentally.School closure has seriously disrupted adolescent lives in India, with many young people entering the workplace as a result possibly never to return to education again. **Solution:** protective family life, peer support, psychological support, participation in various social and cultural programmegiving some prize which can be done online, physical activity like cycling,walking,jogging,healthy food habit, adequate sleep. **Recommendation:** Steps to help provide stability and support to adolescents—maintain normal routine,talk,listen and encourage expression, give accurate and honest information, teach simple steps to stay healthy. Be alert for any change in behaviour. Reassure adolescent about their safety and well being

Keyword: Adolescent problems; Solutions Covid Pandemic

Analysis of Established Behavioural and Physical Risk Factors Associated with Non-communicable Diseases Among Rural and Urban Women in West Bengal with a View to Develop an Awareness Programme Related to the Modification of Behavioural Changes to Prevent and Control Ncds.

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ABSTRACT

Introduction: Non-communicable diseases are the most common causes of death and disability of women in India. Rural as well as urban women are more vulnerable to various behavioural and physical risk factors for NCDs, which is preventable. This study aimed to compare the established behavioural and physical risk factors of NCDs among rural and urban women by administering WHO STEPS tool and to develop an awareness programme related to the modification of behavioural changes to prevent and control NCDs.

Methods: In this study, 210 rural women and 210 urban women were selected by multistage sampling method, who attended sub-center of selected rural and urban area West Bengal, India, during the period from April 2020 to June 2020. **Results:** Significant risks of NCDs were found among rural and urban women in terms of consumption of smokeless tobacco, consumption of vegetables and fruits, physical inactivity, and obesity measured by increased BMI. It was found that the rate of consumption of smokeless tobacco was higher in rural women than urban women. Whereas low intake of vegetables and fruits < 5 servings per day was similar both in rural and urban women. Results showed that urban women were notably inactive physically. They were involved more in sedentary activities than rural women. Urban women were 4.6 times more at risk of high blood pressure, 2.8 times more with increased BMI than rural women. Mean difference related to BMI, Systolic blood pressure among rural and urban women also were reported significantly in the result. **Discussion:** Several risk factors of NCDs had already established by the researchers, based on different populations of different geographical areas. This study was based on the females of the rural and urban areas. Thus the risk factors identified through this study may help for early detection and prevention of NCDs among women in the rural and urban areas.

Keywords: NCDs; Behavioural and Physical Risk Factors; Modification of Behavioural change; Awareness

Abundance of Microarthropods Population in Different Sites of Midnapore East Coast of West Bengal, India

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ABSTRACT

Soil represents one of the most important reservoirs of biodiversity. Soil fauna is an important reservoir of biodiversity and plays an essential role in several soil ecosystem functions; furthermore it is often used to provide soil quality indicators. An ecological study of microarthropods communities from East Midnapore coast, West Bengal, India was undertaken. Four different biotopes were studied over the course of 30 months. A total 44 species of soil microarthropods were studied in details with regard to seasonal population fluctuation, variation in their community structure, relationship with physiochemical parameters of soil, life cycle pattern and their functional role in the ecosystem. Key words: Soil microarthropods, Population fluctuation, Diversity

Keywords: Soil microarthropods, Population fluctuation, Diversit

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