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BOOK OF ABSTRACT

# Padjajaran International Nursing Conference

Faculty of Nursing  
Universitas Padjadjaran

From West Java to the World

## Host of The 8th Padjadjaran International Nursing Conference



Faculty of Nursing  
Universitas Padjadjaran

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**CEDS**  
PADJADJARAN UNIVERSITY

**BOOK OF ABSTRACT**

**THE 8<sup>TH</sup> PADJADJARAN INTERNATIONAL NURSING  
CONFERENCE 2022**

**"Sustainable Health and Well-being:  
Fostering Collaborations for Mitigation  
and Adaptation to The Climate  
Changes"**

**Wednesday to Friday, 13th-16th September 2022**

**HYBRID CONFERENCE**

**Publisher:**

**Faculty of Nursing Universitas Padjadjaran  
Jalan Raya Bandung - Sumedang Km 21  
West Java Indonesia**

**THE 8<sup>TH</sup> PADJADJARAN INTERNATIONAL NURSING  
CONFERENCE 2022**

**Sustainable Health and Well-being: Fostering Collaborations for  
Mitigation and Adaptation to The Climate Changes**

Trustee	: Prof. Kusman Ibrahim, S. Kp., MNS., PhD : Restuning Widiasih, S. Kp., M.Kep., Sp.Mat., PhD : Windy Rakhmawati, S.Kp/M.Kep., PhD
Advisor	: Prof. Suryani, S.Kp., MHSc., PhD : Prof. Henny Suzana Mediani., S.Kp., MNg., PhD
Chairperson	: Hana Rizmadewi Agustina, SKp., MN., PhD
Secretary	: Iqbal Pramukti, S.Kep.Ners., MSc., PhD
Treasurer	: Nur Oktavia Hidayati, S.Kp., M.Kep
Program	: Aat Sriati, S.Kp., M.Si : Raini Diah Susanti., S. Kp., MN
Reviewer	: Neti Juniarti, S.Kp., M.Kes., MNurs., PhD : Yanny Trisyani W, S.Kp., MN., PhD : Dr. Yanti Hermayanti, S.Kp, MNm : Dr. Siti Yuyun Rahayu Fitri, S.Kp, M.Kes : Hartiah Haroen, S.Kp., M.Kes., MNg., AIFO., PhD : Cecep Eli Kosasih, S.Kp., MNS., PhD : Maria Komariah, S.Kp, M.Kes, PhD : Dr. Nita Fitria, S.Kp., M.Kep., AIFO : Dr. Ati Surya Mediawati, S.Kp., M.Kes : Iyus Yosef, S.Kp, M.Si, MSc., PhD : Nursiswati, S.Kep, Ners, M.Kep, Sp.KMB : Desy Indra Yani, S,Kep, Ners, MNS : Atlastieka Pratiwi, S.Kep.,Ners., M.Nurs : Imas Rafiyah, S.Kp, MNS : Titis Kurniawan, S.Kep, Ners, MNS : Tetti Solehati, S.Kp, M.Kep : Hidayat Arifin, S.Kep, Ners, M.Kep
Layout Editor	: Citra Windani M.S, S.Kep., Ners., M. Kep

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**WELCOME REMARKS**  
**CHAIRPERSON OF THE 8<sup>th</sup> PADJADJARAN INTERNATIONAL NURSING**  
**CONFERENCE 2022**



Bismillahirrahmanirrahim,  
Assalamualaikum Wr.Wb

Good morning, ladies and gentlemen, fellow speakers, and good morning to our audience joining us offline and online from national and international. First, may I thank each of our speakers, co-hosts, and national and international collaborator institutions for participating in this special event – the quality and calibre of speakers this year are outstanding. This is the first year that we are holding our biennial event in a hybrid format, with small numbers of audience physically in the room.

Ladies and gentlemen,

Climate change has become an important topic discussed in many disciplines since it impacts many people worldwide. Mitigation and adaptation to respond the climate change is a mandatory agenda, particularly in healthcare sectors. Thus, transforming the current healthcare into better services and systems is urged to achieve sustainable health and well-being. Strong efforts are therefore needed to enhance people's quality of life from early diagnosis until the end of their life.

As we come together today, with the theme of "Sustainable Health and Well-being: Fostering Collaborations for Mitigation and Adaptation to The Climate Changes" The conference has several aims which are FIRST: to disseminate the current issues on global health and its relationships with climate change, SECOND to improve the

awareness of professionals and LASTLY, to improve awareness of the public regarding the importance of collaboration and innovation to mitigate and adapt to the climate changes.

Our expectations through this conference are clear. We want to progress our current situation from uncertainties to better circumstances. It is now time for health professionals to foster a stronger collaboration with other professions and demonstrate that they are fully resolvable. There is much to do over the coming years, particularly as we get closer to the milestone of a full recovery from the pandemic by next year's agenda.

Ladies and gentlemen,

Again, let me thank our wonderful speakers from domestic and overseas universities for giving their valuable time and insights over the several days. Special thanks are given to the American Holistic Nurses Association (AHNA) and Journal of Holistic Nursing (JHN), Revista Brasileira de Enfermagem (REBEn), as well as other publishing counterparts for giving us a chance to collaborate in spreading our local knowledge and wisdom to the world. This year we have a collaboration with international journals indexed by Scopus to publish in the special issues or supplement issues related to the conference theme.

We also thank Universitas Pelita Harapan and Universitas Aisyiah Bandung for being our important co-hosts in delivering this conference. Finally, I would thank all support from the 8th Padjadjaran International Nursing Conference committee members for their hard work and perseverance in preparing for this conference. And I hope all of you enjoy the conference and gain fruitful discussions to develop personal, professional, organisational, and environmental aspects.

I wholeheartedly welcome all of you to the 8<sup>th</sup> Padjadjaran International Nursing Conference 2022 and welcome you to Bandung, the Paris city on Java Island.

Wassalamualaikum Wr. Wb.

Chairperson

Hana Rizmadewi Agustina, S.Kp., MN., PhD

## WELCOME REMARKS

### RECTOR OF UNIVERSITAS PADJADJARAN



Honorable chief guest, respected dean, all distinguished speakers & all our other guests. It is a pleasure to welcome you to the 8<sup>th</sup> Padjadjaran International Nursing Conference, Universitas Padjadjaran.

I wholeheartedly welcome all the delegates across the country. We are fortunate enough to get supported by a group of sponsors and co-hosts with whom we will interact during the conference. As we all know, we are currently facing a new era after we struggle with the recent pandemic. The current situation shows demand for advancing collaboration for mitigation and adaptation to facing global health issues and climate changes. Universitas Padjadjaran as a public University providing high-quality education commits to enhancing a sustainable collaboration with other university partners worldwide by conducting a series of international conferences such as the 8<sup>th</sup> Padjadjaran International Nursing Conference.

The speakers in the program are uniquely placed to debate, discuss & highlight the key points, trends & reforms in the healthcare system for the audience. It will be great to hear from our keynote speakers about the influence, priorities, development & comparison to international standards in the same field. We have 20 speakers from various world-ranked universities, such as Universitas Padjadjaran, University of Newcastle Australia, University of Nottingham and University of Glasgow from the United Kingdom, and Texas Woman's University in the United States of America. From

Asia regions, we have speakers from the University of Tokyo, Japan, National Cheng Kung University, Taiwan, Prince of Songkla University, Thailand, Sultan Qaboos University, Oman, and Visayas State University, the Philippines.

We also have arranged paper & poster presentation opportunities for our delegates to put forward their reforming thoughts in this vast field. We have 216 participants who will present their papers both local and international delegates, such as in the United Kingdom, Australia, South Korea, Philippines, Thailand, Kuwait, Malaysia, and India.

Distinguished guests and honourable speakers, and finally, welcome to the 8<sup>th</sup> Padjadjaran International Nursing Conference, where we can build an international network and collaboration as well as promote the achievement of sustainable development goals as a part of our commitment and dedication to sustaining the world.

Thank you.

Rector

Professor Rina Indriastuti, SE, MSIE, PhD



**WELCOME REMARKS**

**DEAN OF FACULTY OF NURSING UNIVERSITAS PADJADJARAN BANDUNG**



The honourable,

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Vice Rectors of Universitas Padjadjaran

Deans of faculties in Universitas Padjadjaran

Directors in Universitas Padjadjaran

Chairman of Indonesian Nasional Nurses Association

Chairman of Association of Indonesian Nursing Education Institutions

Director of Dr Hasan Sadikin Hospital

Director of Bandung Kiwari Hospital

Head of West Java Provincial Health Office

Head of Bandung City Health Office

Head of Sumedang Health Office

Head of Garut Health Office

Distinguished Speakers, Guests, and Participants

Dear colleagues, friends, and students of the Faculty of Nursing Universitas Padjadjaran

Ladies and Gentlemen

Assalamu'alaikumWr.Wb, selamat pagi, good morning.

Praise our gratitude to Allah SWT, the Almighty Lord, for all the blessings that have been bestowed on Us so that We can gather in good health and condition. It is a great honour for me to welcome all of you to the 8th Hybrid Padjadjaran International Nursing Conference 2022 with the theme "sustainable health and well-being: fostering collaboration for mitigation and adaptation of climate change".

After the past two years, we have witnessed constant turbulence and disruption to the lives of human being globally by the COVID-19 pandemic, praise Allah, and thank healthcare workers, policymakers, scientists, and all stakeholders who have tirelessly worked hard to control the spread of the Covid-19 disease. Now we are approaching the end of the pandemic. Hopefully, we are going to recover to normal life soon. However, another big issue, namely climate change, has already been impacting the population's health and undermining many social determinants for good health, such as livelihoods, equality and access to health care and social support structures. Climate change presents the single most significant threat to public health development, potentially undermining the past 50 years of public health gains. The WHO estimates that between 2030 and 2050, climate change is expected to cause approximately 250 000 additional deaths yearly from malnutrition, malaria, diarrhoea and heat stress. Nurses are the most significant health professionals worldwide who work on the front lines of caring for human health. Nurses recognize that climate change is threatening humans' life, health, and well-being. In light of the current and predicted health threats from climate change, nurses are committed to investing in the necessary knowledge and skills to address the health needs of the people. Engage in mitigation activities in our personal and professional lives, participate in climate change-related disaster responses, and support and engage in policy discussions to ensure equitable care for all populations in the face of climate change impacts.

The Faculty of Nursing Universitas Padjadjaran, in line with the scientific platform of Universitas Padjadjaran, have a solid commitment to addressing various issues related environment, health, and well-being, as well as to finding scientific and innovative solutions for protecting, maintaining, and improving human health and well-being. The theme of today's conference, "sustainable health and well-being: fostering collaboration for mitigation and adaptation of climate change", reflects our vision to become an internationally recognized and excellent school of nursing that

have a significant impact on improving health and quality of life of the society through holistic, collaborative, integrated, and sustainable approaches.

In collaboration with our local, national and international partners, the Faculty of Nursing is organizing a hybrid international conference series where nurses and allied health professionals worldwide can participate and present their work. The conference series consists of open lectures, research workshops, keynote and plenary sessions, and oral as well as poster presentations. These activities will promote the sharing of expertise and experiences and help us move forward with confidence to contribute to overcoming various health issues related the climate change.

On behalf of the Faculty of Nursing Universitas Padjadjaran, I would like to express my sincere gratitude to the Rector of Universitas Padjadjaran for continuing support and encouragement to our Faculty of Nursing Universitas Padjadjaran. Thank the keynote and all distinguished speakers from Universitas Padjadjaran (Indonesia), Texas Women's University (USA), University of New Castle (Australia), University of Glasgow (UK), University of Nottingham (UK), Nottingham University Hospital (UK), University of Tokyo (Japan), University of Sultan Qaboos (Oman), Prince of Songkla University (Thailand), National Cheng Kung University (Taiwan), and, our co-host, the University of Aisyiyah Bandung and University of Pelita Harapan Tangerang, and guests, delegates, and all participants for joining this conference today. Special thanks to the Editor in Chiefs of the Journal of Holistic Nursing, Journal of Revista Brasileira de Enfermagem, Journal of the Pakistan Medical Association, and Journal of International Dental and Medical Research for accepting collaboration to publish some selected articles of this conference in your journal. Last but not least, my gratitude to our organizing committee for their hard work, perseverance, and patience that make this conference go smoothly and successfully. Thank also the sponsors and other parties who contribute to the success of this conference. I hope you will have the two most productive days of exciting discussions at this conference.

We look forward to learning about the outcomes and expanding our collaboration network to improve people's health and well-being.

Thank you and enjoy the conference.

Wassalamu'alaikum Warahmatullahi Wabarakatuh

Professor Kusman Ibrahim, S.Kp., MNS., PhD., RN

**WELCOME REMARKS CO-HOST**

**EXECUTIVE DEAN OF FACULTY OF NURSING UNIVERSITAS PELITA HARAPAN  
(UPH) TANGGERANG**



Welcome to the 8<sup>th</sup> Padjadjaran International Nursing Conference 2022! The focus of the conference and papers is on sustainable health and well-being by fostering collaborations for mitigating and adapting to the climate change. It is exciting that this conference is supported and attended by nursing and healthcare professionals and universities from around the globe. As nurses, it is important that we collaborate with each other and with other healthcare professionals to promote and provide sustainable health and well-being.

As you read through the proceedings, consider how you might collaborate with the authors to develop future research studies and projects. May this conference and proceedings be an opportunity to network with nurses and other healthcare providers from around the globe, as together, current issues on global health and climate change are discussed. As you actively participate in the conference, may your awareness of the importance of collaboration and innovation to mitigate and adapt to climate change improve.

Kind Regards,

Christine Sommers, PhD, RN, CNE



**WELCOME REMARKS CO-HOST**

**DEAN OF FACULTY OF HEALTH SCIENCES UNIVERSITAS AISYIYAH BANDUNG  
(UNISA)**



Assalamu alaikum wr. wb.

Good morning, ladies and gentleman

Alhamdulillah, wa syukurullillah, wa laa haula wala quwwata illa billahi. Allahumma shalli 'alaa sayyidina Muhammad wa 'alaa aalihi wa shahbihi ajma'ien.

Ladies and gentleman

Praise be to Allah SWT who has given His grace, taufik, and inayah, so that today we can attend the 8th Padjadjaran International Nursing Conference 2022 in good health. Our gratitude goes to the Faculty of Nursing, Universitas Padjadaran for organizing this conference. The conference with the theme “sustainable health innovation and well being fostering collaboration for mitigation and adaptation to the climate change” hopefully can run as well as possible and provide blessings for all of us

The digital era 5.0 also provides great challenges and opportunities for the developing world of health.. Nursing is a science that continues to grow. This profession is required to be prepared to face challenges in various situations, including the impact of the post-Covid-19 pandemic that hit the world and greatly affected the world's health system.

This international nursing conference is a forum for nursing researchers with various backgrounds as educators, researchers and field practitioners from within the

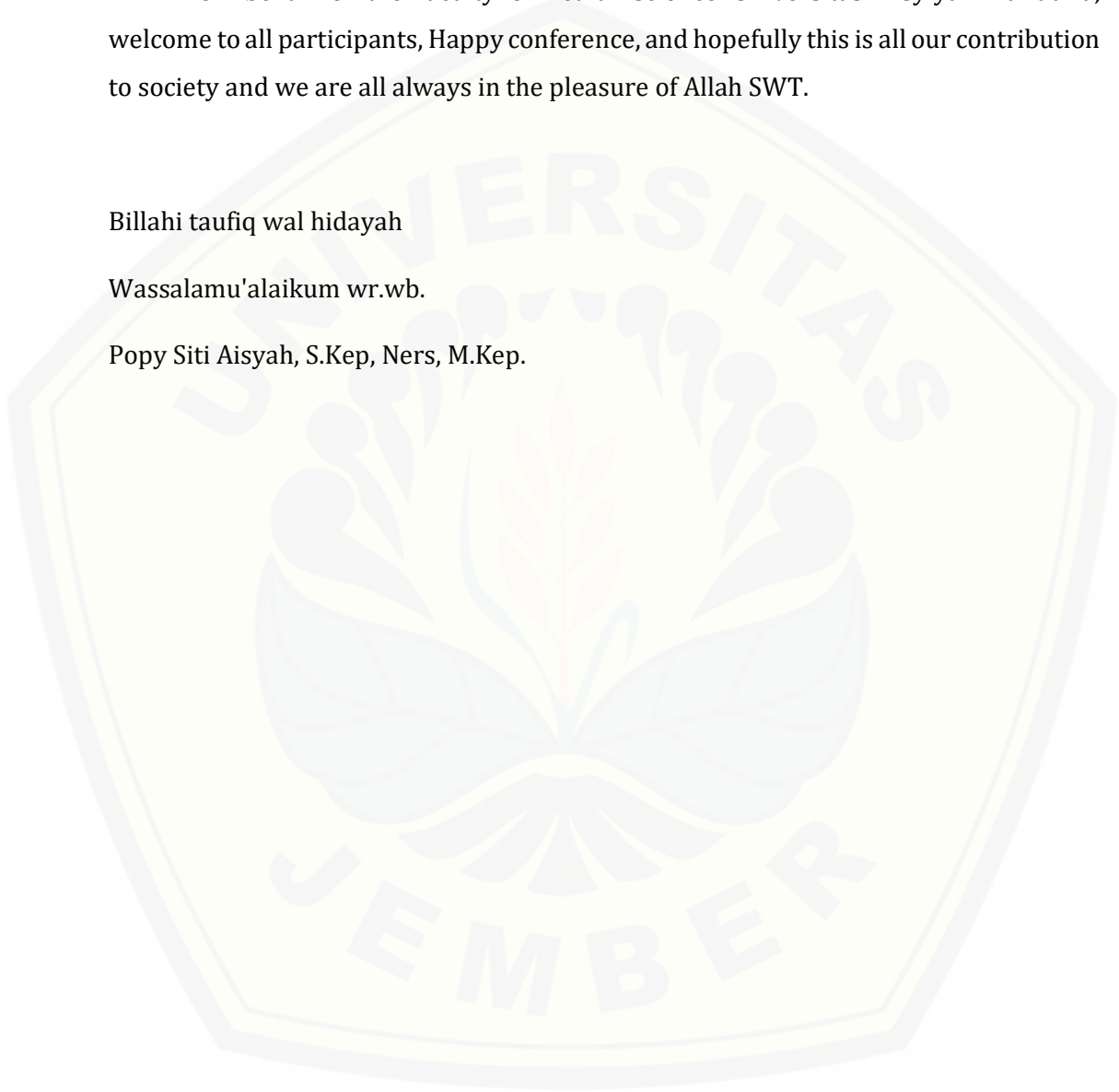
country and abroad to share findings and the latest nursing knowledge. Therefore, the theme of the conference raised the theme of innovation to support a better health system and also to support environmentally friendly innovation. Therefore, we hope that this conference will provide a lot of information about innovations that can be applied to nursing practice and education

On behalf of the faculty of health science Universitas Aisyiyah Bandund, welcome to all participants, Happy conference, and hopefully this is all our contribution to society and we are all always in the pleasure of Allah SWT.

Billahi taufiq wal hidayah

Wassalamu'alaikum wr.wb.

Popy Siti Aisyah, S.Kep, Ners, M.Kep.



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**THE 8<sup>TH</sup> PADJADJARAN INTERNATIONAL NURSING CONFERENCE 2022**

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## Programs and Schedules

### A. Preconference Program (Online meeting)

Day/Date	Time	Topic	Speaker
<b>Manuscript Writing Workshop</b>			
Thursday, 4 August 2022	08.00 – 15.00	Writing Manuscript for Publication in Indonesia Journal	Iqbal Pramukti, PhD (FoN Unpad)  Hidayat Arifin, S.Kep, M.Kep (FoN Unpad)
<b>Kampus Merdeka Virtual Open Lectures</b>			
Zoom Link: <a href="https://bit.ly/8thPINC2022">https://bit.ly/8thPINC2022</a> Preconference Meeting Indonesia: 987 5537 9660 Passcode: 8PINC2022			
Tuesday, 13 September 2022	08.00 – 08.15	Registration and opening	MC
	08.15 – 08.30	<b>Welcoming Remarks</b> Dean of FoN UPH Dean of FoN UNISA  <b>Opening Speech</b> Dean of Faculty of Nursing	Professor Kusman Ibrahim, PhD
	<b>Moderator: Windy Rakhmawati, PhD</b>		
	08.30 – 09.30	Holistic nursing theory development	Richard Cowling III, PhD (Editor in Chief Journal of Holistic Nursing)
	09.30 – 10.30	Interdisciplinary approach to promoting oral health in the community settings	Drg. Fidya Meditia Putri, M.Epid (Faculty of Dentistry, Universitas Padjadjaran)
	12.00 – 13.00	<b>LUNCH BREAK</b>	
	13.00 – 13.30	<b>Information for participants</b>	Zoom main room
	<b>Moderator: Hana Rizmadewi Agustina, PhD</b>		
	13.30 – 14.30	Managing chronic lymphedema	Professor Christine Mofatt, CBE
	14.30 – 15.30	Beyond the pandemic: roles of nurses in disasters	Professor Alison Hutton, PhD (University of Newcastle)
<b>Workshop in Research Methodology Updates</b>			
Wednesday, 14 <sup>th</sup> September 2022	09.30 – 10.00	Opening	MC (Main Room)
	<b>Session 1:</b>		
	10.00 – 12.00	<b>Moderator Room 1: Titis Kurniawan, PhD</b>	
		Phenomenology in Nursing Research (Breakout Room-1) (Maximum 50 persons)	Professor Suryani, PhD (FoN Universitas Padjadjaran)
		<b>Moderator Room 2: Ida Maryati, PhD</b>	
		Ethnography in Nursing (Breakout Room-2) (Maximum 50 persons)	Professor Kusman Ibrahim, PhD (FoN Universitas Padjadjaran)
<b>Moderator Room 3: Laili Rahayuwati, DrPH</b>			
Participatory Action Research in Healthcare (Breakout Room-3)	Joey Rey Acob, DNS (Visaya State)		

	(Maximum 50 persons)	University, The Philippines)
12.00 - 12.45	<b>LUNCH BREAK</b>	
<b>Session 2:</b>		
12.45 - 13.00	Information for participants	Zoom main room
<b>Moderator Room 1 Tuti Pahria, PhD</b>		
13.00 - 15.00	Systematic Review and Meta-Analysis (Breakout Room-1) (Maximum 50 persons)	Iqbal Pramukti, PhD (Faculty of Nursing Universitas Padjadjaran)
<b>Moderator Room 2: Nursiswati, PhD (c)</b>		
13.00 - 15.00	Scoping Review (Breakout Room-2) (Maximum 50 persons)	Hartiah Haroen, PhD (Faculty of Nursing Universitas Padjadjaran)

## B. Conference Programs (Hybrid meeting)

Day 1: Thursday, 15 Sept 2022		
Time	Program	Venue
07.30 - 08.30	<b>Registration</b>	<b>Onsite:</b> Aula Suharyati  <b>Online:</b> Zoom
08.15 - 09.00	<b>Opening</b> <b>Welcoming Speech:</b> Chairperson 8 <sup>th</sup> PINC 2022 Dean of Faculty of Nursing UNPAD <b>Opening Speech:</b> Chairman of Indonesia National Nurses Association (INNA) Rector of Universitas Padjadjaran	
<b>Plenary Session 1</b>		
<b>Moderator: Dr. Yanti Hermayanti</b>		
09.15 - 09.45	<b>Keynote Speech 1</b> Roles of Higher Institution in Promoting SDGs and Responding to Global Health Issues and Climate Changes (Professor Arief Ansory Yusuf, SE, MSc, PhD - CEDS Unpad)	
09.45 - 10.00	<b>Sponsor Presentation</b>	
10.00 - 10.30	<b>Coffee Break</b>	
10.30 - 12.00	<b>Plenary session 1</b>	
10.30 - 11.00	Green healthcare technology and quality of life of people living with chronic wounds (Professor Gojiro Nakagami, PhD, University of Tokyo, Japan)	
11.00 - 11.30	Competency-based Education in Nursing (Associate Professor Omar Al-Rawajfah, PhD, Sultan Qaboos University, Oman)	
11.30 - 12.00	<b>Discussion</b>	
12.00 - 13.00	<b>Lunch Break</b> <b>E-Poster Presentation</b>	
13.00 - 15.00	<b>Plenary Session 2</b>	
<b>Moderator: Neti Juniarti, PhD</b>		
13.00 - 13.30	Climate changes and health-related quality of life in the Elderly population (Prof. Nai-Ying Ko, National Cheng Kung University, Taiwan)	<b>Onsite:</b> Aula Suharyati  <b>Online:</b> Zoom
13.30 - 14.00	Collaborative care and stunting management (Professor Henny S. Mediani, FoN Unpad, Indonesia)	
14.00 - 14.30	<b>Discussion</b>	

<b>14.30 - 15.30</b>	Dignity and End of Life Care (Professor Bridget Johnston, PhD, University of Glasgow, United Kingdom)	
<b>15.30 - 16.30</b>	<b>BREAK</b> <b>E-Poster Presentation</b>	
<b>Preparing for Gala Dinner and Cultural Night in Saung Angklung Mang Udjo (For Onsite Participants)</b>		
<b>16.30 - 17.00</b>	Registration and departure preparation (coach provided by the committee)	Faculty of Nursing Kampus Jatinangor
<b>17.00 - 18.00</b>	Coach journey to Saung Angklung Mang Udjo	
<b>18.00 - 22.00</b>	<b>GALA DINNER &amp; CULTURAL NIGHT</b> (Dress code: Kebaya/Pangsi/Traditional Outfits)	Saung Angklung Mang Udjo
<b>22.00 - 23.00</b>	<b>Participants back to the Jatinangor campus</b>	Assembly point of Saung Angklung Mang Udjo
<b>Day 2, Friday, 16<sup>th</sup> September 2022</b>		
<b>Time</b>	<b>Program</b>	<b>Venue</b>
08.00 - 08.30	<b>Registration</b>	<b>Onsite:</b> Aula Suharyati <b>Online:</b> Zoom
08.30 - 11.30	<b>Concurrent Sessions</b>	9 Online Room and 1 Hybrid room
11.30 - 13.00	Lunch Break – <i>Friday Prayer</i> E-Poster Presentation	Aula Suharyati Zoom room
12.45 - 13.00	Participants join in the main room	<b>Onsite:</b> Aula Suharyati  <b>Online:</b> Zoom
<b>Plenary Session 3</b>		
<b>Moderator: Marisa Junianti Manik, DNP</b>		
<b>13.00 - 13.30</b>	<b>Keynote Speech 2</b>	
	Strengthening clinical practice and learning to meet global standards (Professor Emeritus Carol Hall, PhD, University of Nottingham, United Kingdom)	
<b>13.30 - 15.00</b>	<b>Plenary session 3</b>	
<b>13.30 - 15.00</b>	<ol style="list-style-type: none"> <li>1. Holistic Admission for Nursing Schools (Associate Professor Peggy Landrum, PhD, Texas Woman's University, USA)</li> <li>2. Mental health and well-being issues and holistic care (Assistant Professor dr. Orean Nakeow, PhD, Prince of Songkla University, Thailand)</li> <li>3. Virtual Reality learning to improve basic nursing skills in an undergraduate program (Restuning Wideasih, S.Kep, Ners, M.Kep, Sp. Mat, PhD, Faculty of Nursing Unpad)</li> </ol>	
<b>15.00 - 15.30</b>	<b>Discussion</b>	
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**ORAL PRESENTATION**

22PINC122

## Correlation Pain on Fatigue in Post Operation Patients

**Kushariyadi<sup>1\*</sup>**  
**Mulia Hakam<sup>1</sup>**  
**Ken Rangga Galang**  
**Adiantara<sup>1</sup>**

<sup>1</sup>Fakultas Keperawatan, Universitas Jember, 68121, Jember, Indonesia

**\*Correspondence:**

Kushariyadi\_Fakultas Keperawatan  
Universitas Jember\_Kalimantan Rd  
37\_68121 Jember\_Indonesia  
Phone: 085236718141  
Email: kushariyadi@unej.ac.id

**Background:** Uncontrolled postoperative pain causes prolonged fatigue in the patient which hinders wound healing, hinders the recovery of the patient's functions and activities to a normal state, causes frustration, depression and hopelessness, and risks increasing treatment costs.

**Purpose:** to determine the relationship between pain and fatigue in postoperative patients.

**Methods:** the research design is cross-sectional. A total of 57 postoperative patient samples at Baladhika Husada III Hospital Jember. The study used a consecutive sampling technique with a Numerical Rating Scale instrument with a score of 0 (no pain), 1-3 (mild pain), 4-6 (moderate pain), 7-10 (severe pain). Instrument Fatigue Severity Scale with a score of <36 (not tired) and ≥36 (tired). Research analysis using Spearman correlation test with p value = 0.05.

**Results:** Most of the respondents experienced moderate pain (57.1%), most of the respondents experienced fatigue (55.6%). The results of the Spearman test p value = 0.001 (<0.05) means that there is a significant relationship between pain and fatigue in postoperative patients. The correlation strength value is 0.540 which means that it is moderately correlated and the direction of the correlation (+) indicates the higher the pain score, the higher the fatigue score.

**Discussion:** Pain has a complex relationship with fatigue in postoperative patients. Pain is a predictive factor of postoperative fatigue that can interfere with physiological recovery, decrease functional status, and impede control over motor activity and body functions.

**Conclusions:** Postoperative pain increases fatigue and has an impact on the patient's postoperative recovery. By reducing postoperative pain, it can prevent or eliminate postoperative fatigue.

**Keywords:** fatigue, pain, post operative



22PINC123

## Impact of Static Lifestyle on Musculoskeletal Disorder among Adolescents during Covid-19 Pandemic

Mulia Hakam<sup>1\*</sup>  
Kushariyadi<sup>1</sup>  
Sinditya Faridatul Nikmah<sup>1</sup>

<sup>1</sup>Fakultas Keperawatan, Universitas Jember, 68121, Jember, Indonesia

**\*Correspondence:**  
Mulia Hakam\_Fakultas  
Keperawatan Universitas  
Jember\_Kalimantan Rd 37\_68121  
Jember\_Indonesia  
Phone: 081216366837  
Email:  
muliahakam81@hotmail.com

**Background:** Static lifestyles have an impact on decreased learning activities, boredom, stress, and cause musculoskeletal disorder. A static lifestyle also causes muscle fatigue, pain and discomfort in certain body parts.

**Purpose:** to find out the relationship between a static lifestyle and musculoskeletal disorder in adolescents during the Covid-19 pandemic.

**Methods:** The study used a cross-sectional design and recruited 238 students from the Faculty of Nursing, University of Jember following a random sampling technique. The researchers used the Adolescent Sedentary Activity Questionnaire with findings scored of <36 (not tired) and ≥36 (tired). The research analysis used the Spearman rank test with  $\alpha = 0.05$ .

**Results:** most of the respondents experienced a moderate static lifestyle (50.0%) in most of the respondents experienced high musculoskeletal disorder (50.8%). The results of the Spearman test p-value = 0.017 means that there is a significant relationship between a static lifestyle and musculoskeletal disorder. The correlation strength value is 0.154, which means it is weakly correlated and the direction of the correlation (+) indicates the higher the static lifestyle, the higher the musculoskeletal disorder experienced.

**Conclusions:** This indicates that the higher the sedentary lifestyle behavior, the higher the level of musculoskeletal complaints felt or experienced by student. So it is necessary to do physical activities such as exercise, stretching, and rest for a while.

**Keywords:** covid-19, musculoskeletal disorders, static lifestyle, student

22PINC132

## Knowledge and Attitudes in Preventing Hypertension

**Murtaqib<sup>1\*</sup>,  
Siswoyo<sup>1</sup>,  
Kushariyadi<sup>1</sup>,  
Windhy Dwi Surya  
Arizana<sup>1</sup>**

<sup>1</sup>Fakultas Keperawatan, Universitas  
Jember, 68121, Jember, Indonesia

**\*Correspondence:**

Murtaqib\_Fakultas Keperawatan  
Universitas Jember\_Kalimantan Rd  
37\_68121 Jember\_Indonesia  
Phone: 082132204529  
Email: murtaqib999@yahoo.co.id

**Background:** A preliminary study was conducted on the knowledge and attitudes of the community in one of the villages in the Tanggul sub-district regarding the prevention of hypertension, the information obtained by researchers during interviews with puskesmas officers said that knowledge, attitudes and efforts to prevent hypertension in adults were relatively low. Because there are several factors, including rarely getting health information, hypertension will cause heart disease, brain disorders, eyes and kidneys if not controlled. A good pattern or lifestyle causes hypertension with a lack of knowledge and attitude to prevent hypertension.

**Purpose:** to describe the knowledge and attitudes of the community in preventing hypertension.

**Methods:** This research is a descriptive study with a cross-sectional approach. The number of samples was as many as 96 respondents. The sampling technique used is purposive sampling a data collection tool in the form of a questionnaire. Data analysis used univariate analysis.

**Results:** the respondents' knowledge of hypertension prevention efforts were mainly good (99%). The attitude of the respondents towards prevention efforts was sufficient primarily (96.6%).

**Conclusions:** This good knowledge and attitude show that the community has the capital to carry out hypertension prevention efforts. For further research, it is recommended that further research be carried out in the Manggisan village area to determine the level and attitude of hypertension in the village.

**Keywords:** attitude, hypertension, knowledge

22PINC145

**The Relationship between Sociodemographic Characteristics and Knowledge Level of Near Drowning First Aid at Watu Ulo Coast Guard, Ambulu District, Jember Regency**

**Baskoro Setioputro<sup>1\*</sup>,  
Wantiyah<sup>1</sup>,  
Sefri Frisrianto<sup>1</sup>**

<sup>1</sup>Fakultas Keperawatan, Universitas Jember, 68121, Jember, Indonesia

**\*Correspondence:**  
Baskoro Setioputro\_Fakultas  
Keperawatan Universitas  
Jember\_Kalimantan Rd 37\_68121  
Jember\_Indonesia  
Phone: 081312329989  
Email: baskoro\_s.psik@unej.ac.id

**Background:** Near drowning victim is a condition that must be helped immediately. any delay in victim resuscitation can cause morbidity and mortality. Coast guard plays an important role in rescue efforts for near drowning victims.

**Purpose:** The research aimed to determine the relationship between sociodemographic characteristics and knowledge level of near drowning first aid at the Watu Ulo coast guard, Ambulu District, Jember Regency.

**Methods:** The research design was cross-sectional. The sampling technique that has been used is total sampling. The researcher used a data collection tool in the form of a first aid knowledge level questionnaire for drowning victims that had been tested for validity and reliability. This research has passed the ethical test at the Faculty of Nursing, University of Jember with certificate number no. 008/UN25.1.14/KEPK/2022.

**Results:** The study involved 42 members of the coast guard. The results showed that 50% respondents were aged 36-45 years, 64% worked >10 years, 67% had basic education level, and 55% never had exposure to information, 55% had sufficient knowledge. The results showed that there was no relationship between age and the knowledge level of near drowning first aid. There was a relationship between years of work, education level, information exposure and knowledge level of near drowning first aid.

**Conclusions:** Most of respondent's knowledge level of near drowning first aid was still in the sufficient category. Years of work, education level, information exposure have correlation with coast guard's knowledge level of near drowning first aid.

**Keywords:** knowledge, near drowning, sociodemographic