

1st International Conference on Nursing Education and Practice (ICNEP 2025)

AI in Nursing Education and Practice: Advancing Transformation and Sustainable Quality Healthcare

Date

19th - 20th November 2025

Venue

The Everly Putrajaya, Malaysia

Organised By

School of Nursing and Applied Science
Lincoln University College, Malaysia

In Collaboration with

Lincoln Institute of Higher Education,
Australia



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CONFERENCE RUNDOWN

19th November 2025 Open Paper and Poster Sessions			
TIME	BALL ROOM 1	Breakout room 1	Breakout room 2
14:00-17:00	Physical	Physical	Online
Poster Presentation 2025			
10.00-1700	Lobby Level 1		
20th November 2025 Open Paper and Poster Sessions			
TIME	BALL ROOM 1	Breakout room 1	Breakout room 2
10:30 – 13:00	Physical	Physical	Online
LUNCH			
14.00-15.00	Physical	Physical	Online
15:00-16:00	Certificates of Attendance/Awarding of Best Presenter Awards Closing of ICNEP2025 Ceremony		



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

Distinguished guests, esteemed partners, respected speakers, faculty members, and dear participants,

Assalamu'alaikum warahmatullahi wabarakatuh, and a very good morning to everyone.

It gives me immense pleasure and honor to welcome all of you to the *1st International Conference on Nursing Education and Practice*, a landmark event that brings together scholars, practitioners, educators, and students from across borders in the noble field of nursing.

This conference stands as a reflection of our shared commitment to advancing nursing science, strengthening professional practice, and nurturing global collaboration in healthcare education. I would like to express my sincere appreciation to all our collaborative partners — Lincoln Institute of Higher Education, Australia; STEKS PEMKAB PURWOREJO; Universitas Alifah Padang; Universitas Dehasen Bengkulu; Universitas Hang Tuah Pekanbaru; STEKS TMS; and Stikes Sukabumi — for joining hands with Lincoln University College in making this academic endeavor possible.

The world of healthcare continues to evolve rapidly, demanding that we, as educators and professionals, prepare nurses who are not only skilled and knowledgeable but also compassionate, ethical, and adaptive to change. Conferences such as this play a vital role in bridging the gap between education and practice — fostering innovation, evidence-based care, and interprofessional collaboration that ultimately enhance patient outcomes and community well-being.

As we deliberate on new ideas, share best practices, and engage in scholarly exchange over the next sessions, I encourage everyone to embrace this opportunity to learn from one another and to build lasting professional networks that transcend geographical and institutional boundaries.

On behalf of Lincoln University College, Malaysia, I extend my heartfelt congratulations to the organizing committee for their dedication and vision, and to all participants for their valuable contributions to the nursing profession.

May this conference inspire new pathways in nursing education and practice, and may it strengthen our collective pursuit of excellence and humanity in healthcare.

Thank you, and I wish you all a productive and inspiring conference.

Wassalamu'alaikum warahmatullahi wabarakatuh.

Datuk Dr. Hjh. Bibi Florina Abdullah

Pro Chancellor, Lincoln University College, Malaysia



Prof. Dr. Amiya Bhaumik

President, Lincoln University College, Malaysia

Distinguished guests, esteemed collaborators, respected speakers, faculty members, and dear participants,

A very warm greeting to you all.

It is indeed a great honor and joy to welcome you to the *1st International Conference on Nursing Education and Practice*. This significant gathering reflects our shared vision of promoting excellence in nursing education, advancing healthcare practice, and strengthening academic collaboration across nations.

At Lincoln University College, we believe that education is the foundation of transformation. The field of nursing, more than any other, embodies compassion, knowledge, and service — values that form the heart of humanity. As global healthcare continues to evolve, nurses stand at the forefront of patient care, health promotion, and community well-being. Thus, nurturing their education and professional growth is not only an academic duty but a moral responsibility.

This conference provides a valuable platform for educators, researchers, and practitioners to exchange ideas, present research, and explore innovative approaches to nursing and healthcare delivery. The partnership between Lincoln University College, the Lincoln Institute of Higher Education in Australia, and our distinguished Indonesian collaborators — STEKS PEMKAB PURWOREJO, Universitas Alifah Padang, Universitas Dehasen Bengkulu, Universitas Hang Tuah Pekanbaru, STEKS TMS, and Stikes Sukabumi — exemplifies the spirit of international cooperation that transcends boundaries for the betterment of society.

As we engage in these academic dialogues, let us remember that the ultimate goal of our efforts is to improve the quality of life and healthcare outcomes for all. Through collaboration, innovation, and compassion, we can build a more sustainable and equitable future in healthcare.

On behalf of Lincoln University College, Malaysia, I extend my heartfelt congratulations to the organizing committee for their tireless work and to all participants for their commitment to the nursing profession. I wish you a fruitful and inspiring conference filled with meaningful exchanges and discoveries.

Thank you, and may this event mark the beginning of many more international collaborations in education and healthcare.

Prof. Dr. Amiya Bhaumik

President, Lincoln University College, Malaysia



Dato' (Amb) Dr. Mohd Yusoff Bin A. Bakar

Vice Chancellor & CEO, Lincoln University College, Malaysia

Distinguished guests, respected speakers, partners, faculty members, and participants,

Assalamu'alaikum warahmatullahi wabarakatuh, and a very good day to everyone.

It gives me great pleasure to extend my warmest greetings and heartfelt congratulations on the occasion of the *1st International Conference on Nursing Education and Practice*. This remarkable event marks a milestone in our collective mission to strengthen the field of nursing through education, research, and innovation.

At Lincoln University College, we are deeply committed to fostering global partnerships that enrich learning and advance healthcare excellence. This conference, organized in collaboration with the Lincoln Institute of Higher Education, Australia, and our distinguished Indonesian partners — STEKS PEMKAB PURWOREJO, Universitas Alifah Padang, Universitas Dehasen Bengkulu, Universitas Hang Tuah Pekanbaru, STEKS TMS, and Stikes Sukabumi — is a testament to the power of international cooperation in addressing shared challenges in nursing and healthcare delivery.

Nurses are the backbone of every healthcare system. Their knowledge, compassion, and professionalism directly influence the quality of patient care and community health. In today's dynamic healthcare environment, continuous education, research engagement, and evidence-based practice are crucial to ensuring that nurses remain adaptable, innovative, and resilient.

This conference provides an invaluable platform for scholars, practitioners, and students to exchange ideas, showcase research findings, and explore new approaches that can shape the future of nursing education and practice. It is through such academic gatherings that we inspire progress, strengthen interprofessional networks, and reaffirm our dedication to improving healthcare standards globally.

I would like to express my sincere appreciation to the organizing committee for their excellent effort and vision in bringing this conference to fruition, and to all participants for their commitment to advancing the nursing profession.

May this conference be a source of inspiration, learning, and collaboration for all. Together, let us continue to empower nurses and educators to lead with knowledge, compassion, and integrity.

Thank you, and I wish you a successful and enriching conference ahead.

Dato' (Amb) Dr. Mohd Yusoff Bin A. Bakar

Vice Chancellor & CEO, Lincoln University College, Malaysia



Prof. Datin Dr. Hafizah Che Hassan
*Deputy Vice-Chancellor (Academic), Lincoln University College,
Malaysia*

Distinguished guests, esteemed collaborators, respected speakers, and dear participants,

Assalamu'alaikum warahmatullahi wabarakatuh, and warm greetings to everyone.

It is a great honor and privilege to address you at the *1st International Conference on Nursing Education and Practice*. This important gathering embodies our shared dedication to enhancing the quality of nursing education, promoting evidence-based practice, and fostering international collaboration among academic and professional communities.

As educators, we recognize that the strength of any healthcare system depends significantly on the competence, compassion, and commitment of its nursing workforce. Therefore, it is our collective responsibility to ensure that nursing education remains responsive to the evolving needs of society, integrating innovation, research, and technology to prepare future nurses for global challenges.

This conference provides an excellent opportunity to exchange ideas, share experiences, and discuss current issues that influence the nursing profession. The collaboration between Lincoln University College, Lincoln Institute of Higher Education, and our distinguished partner institutions from Indonesia — STEKS PEMKAB PURWOREJO, Universitas Alifah Padang, Universitas Dehasen Bengkulu, Universitas Hang Tuah Pekanbaru, STEKS TMS, and Stikes Sukabumi — symbolizes a meaningful step toward building a stronger academic and professional network in the region.

I would like to commend the organizing committee for their hard work and dedication in bringing together scholars and practitioners from various backgrounds to engage in this enriching academic discourse. To all participants, I encourage you to take full advantage of this platform — to learn, to share, and to inspire each other in advancing nursing education and practice.

On behalf of Lincoln University College, Malaysia, I wish everyone a fruitful and stimulating conference filled with insightful discussions and lasting connections.

Thank you, and may this event serve as a beacon of knowledge, collaboration, and progress in nursing and healthcare education.

Prof. Datin Dr. Hafizah Che Hassan
Deputy Vice-Chancellor (Academic), Lincoln University College, Malaysia



Prof. Dr. Faridah Mohd Said
Chairman, Organizing Committee

Bismillahirrahmanirrahim,

Assalamu'alaikum warahmatullahi wabarakatuh, and a very warm welcome to everyone. It is with great pleasure and deep gratitude that I welcome you all to the *1st International Conference on Nursing Education and Practice*. On behalf of the organizing committee, I would like to extend our heartfelt appreciation to all our distinguished guests, keynote speakers, partner institutions, and participants who have joined us from near and far to make this important event a reality.

This conference marks a significant milestone for all of us — a moment to celebrate academic collaboration, professional dedication, and the shared pursuit of excellence in nursing and healthcare education. The theme of this conference reflects our commitment to advancing nursing education and practice in a rapidly changing world, where innovation, compassion, and interprofessional collaboration are more essential than ever.

We are honored to have the strong support and partnership of **Lincoln University College, Malaysia; Lincoln Institute of Higher Education, Australia; STEKS PEMKAB PURWOREJO; Universitas Alifah Padang; Universitas Dehasen Bengkulu; Universitas Hang Tuah Pekanbaru; STEKS TMS; and Stikes Sukabumi**. Together, we have built a meaningful platform that encourages the exchange of ideas, research findings, and best practices among educators, practitioners, and students from diverse backgrounds.

Over the course of this conference, you will hear from outstanding speakers and engage in thought-provoking discussions that address the challenges and opportunities in nursing education and practice today. We hope these sessions will inspire collaboration, deepen understanding, and contribute to the development of more effective and compassionate healthcare systems.

I would also like to express my deepest appreciation to the members of the organizing committee for their tireless dedication, hard work, and teamwork in preparing this event. Your passion and professionalism have made this conference possible. To all participants, I encourage you to make the most of this opportunity — share your knowledge, exchange perspectives, and forge new professional relationships that will continue long after this conference concludes.

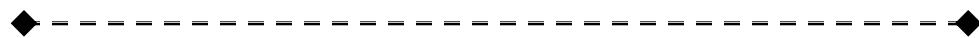
Once again, welcome to the *1st International Conference on Nursing Education and Practice*. May our time together be fruitful, inspiring, and filled with meaningful learning experiences.

Thank you, and I wish you all an engaging and successful conference.

Wassalamu'alaikum warahmatullahi wabarakatuh.

Prof. Dr. Faridah Mohd Said
Chairman, Organizing Committee

ABSTRACTS



Reproductive Health Education Through Social Media Influencers on Adolescents' Positive Emotions and Self-Confidence

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Abstract

Background: The rapid advancement of digital technology has significantly transformed nursing education and healthcare practices, particularly in promoting adolescent reproductive health. Adolescents often experience confusion, anxiety, and social pressure related to the physical and emotional changes that occur during puberty. Low self-confidence and a lack of positive emotions in facing these changes can make them vulnerable to unhealthy decision-making, particularly regarding sexual behavior. This research idea focuses on analyzing the implementation of reproductive health education delivered by social media influencers and its impact on adolescents' positive emotions and self-confidence. **Objectives:** This study aims to analyze the delivery of reproductive health education by social media influencers and to measure the impact of the education provided by influencers on adolescents' positive emotions and self-confidence. **Methods:** The study employs a quantitative research design using a quasi-experimental design with two groups. Data collection includes identifying influencers actively educating about reproductive health, observing their uploaded content, and surveying adolescents who follow these influencers. Data analysis is conducted using statistical techniques, including the Paired T-Test and Independent T-Test. **Results:** An analysis of differences between the two groups (pre- and post-intervention) showed the following: For the variable *Reproductive Health Education*, post-test scores in the intervention group ($p = 0.000$) and the control group ($p = 0.013$) were not significantly different. For the variable *Positive Emotions*, the intervention group showed a significant difference before and after the intervention ($p = 0.000$), whereas the control group showed no significant difference ($p = 0.280$). For the variable *Self-Confidence*, the intervention group showed a significant improvement ($p = 0.000$), while the control group did not ($p = 0.569$). **Conclusion:** There is a significant effect of reproductive health education on adolescents in the intervention group before and after the intervention. In contrast, the control group showed no significant differences or effects before and after the intervention.

Keywords: Education; Reproduction; Adolescents; Emotions; Self-Confidence

NSAIDs in Malaysia: A National Landscape of Use, Risk, and the Path to Safer Community Practice

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Abstract

Background: In Malaysia, community pharmacies serve as a primary and highly accessible healthcare touchpoint, with over 2,500 outlets and an average of 31 public visits per year. The supply of most Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) is regulated under the Poisons Act, requiring supervision by a licensed pharmacist. Despite this controlled access, NSAIDs are commonly used and easily obtainable, accounting for 14.3% of medications dispensed for minor ailments. Concurrently, adverse drug reactions (ADRs) linked to NSAIDs have surged dramatically, from 1,575 reported cases in 2017 to 4,411 in 2021, indicating a significant and growing public health concern. **Objectives:** This presentation aims to synthesize the current evidence on NSAID utilization, regulatory context, associated risks, and identified gaps in knowledge and practice in Malaysia to delineate the imperative for targeted interventions. A comprehensive narrative review was conducted, synthesizing data from national pharmaceutical regulatory reports, drug utilization studies, national health surveys, peer-reviewed literature, and policy documents pertaining to NSAID use in Malaysia. **Methods:** The review establishes that NSAIDs are extensively used and easily obtainable in Malaysia, with diclofenac and mefenamic acid being the most prevalent. **Results:** A critical finding is the high prevalence of unsafe prescribing, with 22.9% of NSAID prescriptions classified as high-risk, often lacking gastroprotection or being prescribed to patients with cardiovascular comorbidities. This is compounded by significant knowledge deficits; 75% of patients in one study were unaware of the active ingredients in their painkillers, and only 15.8% of healthcare workers demonstrated adequate knowledge of NSAID hypersensitivity management. Furthermore, research on NSAIDs in Malaysia remains limited, with a bibliometric analysis identifying only 111 articles from 1979 to 2018, most of which are laboratory-based rather than clinical or practice-oriented. **Conclusion:** The widespread use of NSAIDs in Malaysia occurs within a paradox of regulated access yet unmitigated risk, characterized by high-risk prescribing, a rising burden of ADRs, and critical knowledge gaps among both consumers and providers.

Keywords: NSAIDs, Malaysia, Community Pharmacy personnel, Adverse Drug Reactions

The Effect of Combining Rubber Ball Hands and Music Therapy in Improving Hand Muscle Strength in Non-Hemorrhagic Stroke Patients

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Abstract

Background: Non-hemorrhagic stroke is a leading cause of disability characterized by muscle weakness, particularly in the upper extremities. Decreased hand muscle strength significantly impacts patients' quality of life. Effective rehabilitation efforts are crucial for increasing patient independence. This study aimed to determine the effect of combining a rubber ball hand-held treatment model and music therapy on improving hand muscle strength in non-hemorrhagic stroke patients. **Objectives:** To analyze the effectiveness of applying rubber ball grip treatment and music therapy on increasing hand muscle strength in non-hemorrhagic stroke patients. **Methods:** This study employed a mixed-methods approach with an Explanatory Sequential Design. (i) Quantitative: Pre-Experimental Design (One Group Pretest-Posttest). (ii) Measurement: hand muscle strength using Manual Muscle Testing (MMT). (iii) Intervention: combined rubber ball gripping and music therapy for 14 consecutive days. (iv) Analysis: Wilcoxon test and Mann-Whitney test. (v) Qualitative: Descriptive qualitative method through semi-structured in-depth interviews with patients. (vi) Setting: Arifin Nu'mang Hospital and Nene Mallomo Hospital, Sidenreng Rappang. (vii) Respondents: 30 non-hemorrhagic stroke patients. **Results:** The combined intervention of rubber ball gripping and music therapy was proven to improve hand muscle strength in non-hemorrhagic stroke patients. Statistical analysis showed a significant difference between pretest and posttest scores. The qualitative findings supported the quantitative results, indicating that patients felt more motivated, relaxed, and supported in their motor recovery. **Conclusion:** Simple interventions such as rubber ball gripping and music therapy can be implemented as a complementary non-pharmacological therapy in stroke rehabilitation programs. Nurses are encouraged to integrate this intervention into nursing care to enhance hand muscle strength in non-hemorrhagic stroke patients. Further studies with stronger experimental designs (e.g., randomized controlled trials) and larger sample sizes are recommended to strengthen the evidence of effectiveness.

Keywords: Non-hemorrhagic stroke, Rubber ball gripping, Music therapy, Hand muscle strength, Rehabilitation

The Effectiveness of Education and Counseling Interventions on Self-Care Behaviors among Adults with Type 2 Diabetes Mellitus: A Bibliometric Analysis

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Abstract

Background: Type 2 Diabetes Mellitus (T2DM) is a chronic metabolic disorder characterized by persistent hyperglycemia resulting primarily from impaired insulin secretion or insulin resistance. Its global prevalence continues to rise steadily, creating major and complex health and economic challenges. Effective interventions are urgently required to enhance patients' ability to adopt sustainable self-care behaviors essential for optimal long-term disease management.

Objectives: This literature review aims to evaluate the effectiveness of education and counseling interventions in strengthening self-care among adults with T2DM. **Methods:** Dimensions.Ai served as the primary database, with article selection guided by the PRISMA flowchart. Eligible studies were peer-reviewed publications from 2022 to 2024 in health sciences, public health, nursing, and health systems. The review focused on interventions for improving self-care in T2DM, including digital health, patient education, health literacy, psychological counseling, family support, and healthcare professional involvement. Keywords such as type 2 diabetes mellitus, education, counseling, self-care, and behavioral intervention were applied. Data were analyzed and mapped using VOSviewer. **Results:** Education and counseling interventions improved knowledge, motivation, and patient skills in managing T2DM, covering diet, physical activity, medication adherence, and glucose monitoring. Most studies reported positive outcomes, but many were undertaken in resource-adequate contexts, limiting wider applicability. Future studies should adapt interventions to cultural, social, and economic conditions while promoting community-based and policy-supported strategies. **Conclusion:** Education and counseling interventions effectively enhance knowledge, motivation, and self-care behaviors among T2DM patients, ultimately contributing to long-term health improvements and better overall quality of life.

Keywords: Bibliometric, Type 2 Diabetes Mellitus, self-care, education, counseling

Effectiveness of Health Education on Self-Care Knowledge and Quality of Life in Type 2 Diabetes Mellitus Patients: A Systematic Review

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Abstract

Background: Type 2 Diabetes Mellitus (T2DM) is a global health issue that continues to rise, characterized by chronic high blood glucose levels. This chronic condition requires comprehensive self-management to prevent complications and improve the quality of life for patients. Effective management of T2DM heavily depends on patients' self-care knowledge and a good quality of life. Health education has been recognized as a crucial intervention in empowering patients to manage their condition independently. **Objectives:** This systematic review aims to synthesize current evidence on the impact of health education on self-care knowledge and the quality of life of patients with Type 2 Diabetes Mellitus. **Methods:** A literature search was conducted using the Preferred Reporting Items for Systematic Review and Meta-Analysis Protocols (PRISMA-P) method. The systematic review searched data from PubMed, ScienceDirect, BJM, and Google Scholar. Article selection involved journal selection and abstract screening based on inclusion and exclusion criteria from international journals published between 2019 and 2024, resulting in nine relevant articles. **Results:** The review of the nine relevant journals revealed that health education has a significant positive impact on improving self-care knowledge and the quality of life of patients with Type 2 Diabetes Mellitus. **Conclusion:** It is concluded that health education is effective in improving self-care knowledge and the quality of life of patients with Type 2 Diabetes Mellitus.

Keywords: T2DM, Health Education, Self Care, Quality of Life

Effectiveness of Diabetic Foot Ulcer Prevention Program for Diabetic Nurses and Its Impact on Patient Satisfaction in Al-Hassa Region

Alruwili Areej Soodi A¹

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Abstract

Background: Diabetic foot ulcers (DFUs) are a severe complication of diabetes mellitus and pose a major public health concern globally and in Saudi Arabia, particularly in the Al-Hassa region. Limited knowledge and training among diabetic nurses regarding DFU prevention have been linked to suboptimal patient care outcomes. This study aims to address this gap through the development and assessment of a specialized DFU training program. **Objectives:** The primary objective is to evaluate the effectiveness of a DFU prevention training program for diabetic nurses and its impact on patient satisfaction. Specific aims include assessing the influence of the program on pain management, cleanliness and safety of care, and discharge planning practices. **Methods:** A quasi-experimental design was utilized, involving diabetic nurses from control and intervention groups. The intervention included a structured DFU prevention training program. Data were collected using surveys and observational checklists focusing on nursing practices and patient satisfaction. Statistical analysis was conducted using SPSS with significance set at $p < 0.05$. **Results:** Preliminary analysis indicated improvements in the intervention group's performance regarding DFU care domains. Patient satisfaction scores increased significantly in areas of pain management, environmental safety, and discharge planning. The training program contributed to enhanced nurse competencies and improved patient outcomes. **Conclusion:** The implementation of a DFU prevention program for diabetic nurses demonstrated significant positive outcomes on patient satisfaction. These findings support the integration of such programs into ongoing professional development and diabetes care strategies, especially in high-prevalence regions like Al-Hassa.

Keywords: Diabetic foot ulcer, prevention program, diabetic nurses, patient satisfaction, wound care, Al-Hassa

The Effect of Combining Rubber Ball Hands and Music Therapy in Improving Hand Muscle Strength in Non-Hemorrhagic Stroke Patients

Asiri, Amal Mohammed M¹

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Abstract

Background: The ageing population in the Aseer Region faces significant healthcare challenges due to geographical barriers, chronic disease burden, and limited access to specialized services. While self-care practices such as medication adherence, nutrition monitoring, and physical activity are increasingly adopted, their effectiveness in improving all domains of quality of life remains inconsistent. Telehealth has emerged as a cost-effective and scalable approach, yet evidence on its nurse-led application among community-dwelling older adults in Saudi Arabia is limited. **Objectives:** This study aims to evaluate the effectiveness of a nurse-led telehealth self-care intervention on the quality of life of community-dwelling older adults in the Aseer Region. Specific objectives include developing and testing interventions in medication self-management, nutrition, physical activity, mental health, and spiritual practices, and determining their impact across physical, psychological, social, environmental, and spiritual domains of quality of life. **Methods:** A quasi-experimental research design will be employed with community-dwelling older adults aged 60 years and above in the Aseer Region. Participants will be randomly assigned to experimental and control groups. The intervention includes telehealth-guided self-care modules delivered by nurses through digital platforms. Standardized instruments such as the WHOQOL-BREF will be used to assess outcomes before and after the intervention. Data will be analyzed using descriptive and inferential statistics, including paired t-tests, regression analysis, and ANOVA to test effectiveness and relationships across domains. **Results:** It is expected that the nurse-led telehealth self-care intervention will significantly improve participants' quality of life across all measured domains compared to the control group. Preliminary evidence suggests that integrated telehealth approaches enhance medication adherence, nutritional balance, physical mobility, mental health resilience, and spiritual well-being. **Conclusion:** This study will provide evidence on the role of nurse-led telehealth in improving the holistic quality of life of community-dwelling older adults. Findings will inform healthcare policy, support digital health adoption, and reduce caregiver burden in underserved regions.

Keywords: Telehealth, Nurse-led intervention, Self-care, Quality of life, elderly, Saudi Arabia

Effectiveness of Patient-Centered Care Training Program among Nurses and Its Impact on Patient Safety in Jeddah

Alhumayri Mashael Abdulkhaliq B¹

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Abstract

Background: Patient safety remains a significant global concern, particularly in low- and middle-income countries. Despite international efforts to promote patient-centered care (PCC) as a standard in healthcare delivery, many healthcare systems—such as those in Saudi Arabia—still face challenges in implementation. Nurses play a central role in PCC, yet existing training programs often lack components addressing communication, empathy, and shared decision-making. This gap contributes to adverse events, including medication errors, miscommunication, and incomplete documentation. **Objectives:** This study aims to determine the effectiveness of a PCC training program among nurses in improving patient safety outcomes. Specific objectives include evaluating the program's impact on communication clarity, error prevention, and documentation accuracy, and examining the relationship among these domains in promoting patient safety. **Methods:** A quasi-experimental design was used involving control and experimental groups across selected hospitals in Jeddah. The intervention consisted of a five-day PCC training program delivered by qualified physicians and nurse educators. Data were collected using a structured survey instrument and observation checklists. Pre- and post-intervention assessments measured changes in nursing practices related to the three PCC domains. Data were analyzed using SPSS, with significance set at $p < 0.05$. **Results:** Preliminary findings suggest a statistically significant improvement in communication clarity, error prevention behaviors, and documentation accuracy among the experimental group compared to the control group. The strongest effect was observed in the domain of documentation accuracy. A positive correlation was found between PCC training and overall patient safety performance indicators. **Conclusion:** The implementation of a structured PCC training program for nurses can significantly enhance patient safety outcomes in hospital settings. Integrating such programs into continuous professional development may lead to more consistent, high-quality care aligned with national and international safety goals. This model may serve as a benchmark for other healthcare institutions aiming to reduce preventable harm and promote patient-centered practices.

Keywords: Patient-centered care, nurses, training program, patient safety, communication, documentation

Effectiveness of Emotional Intelligence Training Program for Nurse Managers and Its Impact on Team Performance in Armed Forces Hospital

Sibyani Ali Mohammed A¹

¹*School of Nursing and Applied Sciences, Lincoln University College*

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Abstract

Background: Nurse managers are pivotal to the quality of care, staff performance, and organizational outcomes. Emotional intelligence (EI) has emerged as a critical leadership competency associated with communication, conflict management, and task execution. Despite its increasing recognition, the effectiveness of structured EI training programs for nurse managers, particularly within military hospitals, remains under-examined. **Objectives:** This review aimed to (1) identify and analyze empirical studies on EI training interventions for nurse managers; (2) evaluate the relationship between EI and team performance dimensions (communication, conflict management, task execution); and (3) determine the implications of EI training for leadership development in healthcare organizations. **Methods:** A comprehensive search strategy was conducted across PubMed, CINAHL, Scopus, Web of Science, PsycINFO, ProQuest Dissertations, and Google Scholar using PRISMA 2020 guidelines. Keywords were derived from the PICO framework, focusing on nurse managers (Population), EI training programs (Intervention), standard leadership practices (Comparison), and team performance outcomes (Outcome). Inclusion criteria limited studies to peer-reviewed publications between 2020 and 2025 in English, examining EI interventions or correlational studies linking EI to leadership outcomes. **Results:** Out of the initial pool of retrieved studies, 48 met the inclusion criteria, encompassing randomized controlled trials, quasi-experiments, cross-sectional surveys, longitudinal designs, and mixed-method studies. Evidence consistently indicated that EI training improved communication and collaboration, with effect sizes ranging from moderate to large ($\beta = 0.35\text{--}0.52$; $p < 0.01$). Conflict management outcomes showed medium correlations with EI ($\beta \approx 0.30\text{--}0.45$), though most studies relied on cross-sectional data. Task execution outcomes—including efficiency, timeliness, inclusiveness, and adaptability—were positively associated with higher EI scores, supported by regression and growth curve models ($\beta = 0.28\text{--}0.42$). **Conclusion:** EI training enhances nurse managers' leadership effectiveness and team performance. While EI is strongly correlated with communication, conflict resolution, and task execution, the field requires more rigorous randomized controlled trials, standardized EI measures, and multi-site studies to establish causality and generalizability. In Saudi military hospital settings, structured EI training for nurse managers could substantially improve organizational outcomes, staff cohesion, and patient care quality.

Keywords: Emotional intelligence, nurse managers, leadership, team performance, training intervention, systematic review

Assessing the Role of Artificial Intelligence in Enhancing Nursing Practices and Patient Outcomes in ICU Settings: A Case Study of Aseer Health Cluster Hospitals

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Abstract

Background: Artificial Intelligence (AI) holds transformative potential for healthcare, particularly in high-acuity environments like the Intensive Care Unit (ICU). While AI promises to enhance nursing practices and patient outcomes through improved decision support and workflow optimization, a significant gap exists in understanding its real-world application, perceived effectiveness, and the specific barriers to its adoption within the context of Saudi Arabian healthcare settings. **Objectives:** This study aims to comprehensively assess the role of AI in enhancing nursing practices and patient outcomes within the ICUs of the Aseer Health Cluster. The specific objectives are to determine the relationship between AI literacy and nursing practices, analyze nursing practice as a mediator between AI and patient outcomes, and explore the influence of demographic factors on this dynamic. **Methods:** A convergent mixed-methods design will be employed. The quantitative component will utilize validated questionnaires—the AI Health Literacy Questionnaire (AI-HLQ), the Nursing Work Index (NWI), and the ICU Quality of Care Survey (ICU-QoC)—to collect data from an estimated 300 ICU nurses and healthcare professionals. Data will be analyzed using descriptive statistics, exploratory data analysis, and multivariate regression. The qualitative component will consist of semi-structured interviews to gather in-depth perceptions and experiences, with data analyzed thematically. **Results:** The study anticipates finding a significant positive relationship between higher levels of AI literacy among healthcare professionals and enhancements in nursing practices and patient outcomes. It is expected that AI implementation will be perceived as a valuable tool for improving clinical decision-making, optimizing resource allocation, and increasing patient safety within the ICU. **Conclusion:** This research will provide critical, evidence-based insights into the integration of AI in ICU nursing in Saudi Arabia. The findings are expected to inform the development of targeted training programs, strategic implementation frameworks, and institutional policies to effectively leverage AI. This will ultimately empower nursing staff, enhance patient care quality, and support the technological advancement goals of the Saudi healthcare system.

Keywords: Artificial Intelligence, Nursing Practices, Patient Outcomes, Intensive Care Unit (ICU), AI Literacy, Saudi Arabia

Effectiveness of a Management Competency Training Program and Its Impact on Nursing Management Skills at Prince Mohammed bin Nasser Hospital, Jazan

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Abstract

Background: Nursing management competencies are essential for ensuring quality healthcare delivery and organizational effectiveness. However, limited evidence exists on the effectiveness of structured management competency training programs in enhancing nursing leadership skills within the Saudi healthcare context. This systematic review synthesizes empirical studies evaluating the impact of management competency and leadership development training programs on nursing management skills, including delegation, staffing, planning, organizing, and controlling. **Objectives:** To assess the effectiveness of management competency training programs in improving nursing management skills and to evaluate the relationship between managerial competencies and nursing performance outcomes. **Methods:** A systematic review was conducted following PRISMA guidelines. Literature was retrieved from databases including PubMed, CINAHL, Scopus, and Web of Science using Boolean operators and the PICO framework. Inclusion criteria focused on quantitative, quasi-experimental, and longitudinal studies published between 2020 and 2025 that assessed leadership or management training among nurse leaders. Studies were critically appraised for methodological rigor and synthesized thematically. **Results:** Across 45 studies, evidence consistently demonstrated that structured leadership and management training programs improved nursing management competencies by 15–30%, particularly in areas of delegation, planning, and controlling. Quasi-experimental studies reported statistically significant gains ($p < 0.05$) in leadership confidence, communication, and decision-making skills. Training interventions also led to measurable improvements in staff satisfaction, patient outcomes, and organizational efficiency. Regional variations were noted, with the strongest effects observed in hospitals employing blended learning and mentorship-based training models. **Conclusion:** Management competency training programs significantly enhance nursing management skills, leading to better leadership performance and healthcare outcomes. The findings underscore the need for institutionalizing competency-based leadership development within nursing education and hospital administration, particularly in the Gulf region.

Keywords: Nursing management, leadership development, management competency, training program, PRISMA, nursing leadership skills

Nursing Interventions in The Management of Patients with Hypertension: A Hybrid Systematic Literature Review and Bibliometric Analysis

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Abstract

Background: Hypertension continues to be one of the most prevalent global health challenges and a leading risk factor for cardiovascular disease, stroke, and renal failure, particularly among older adults. Despite the availability of effective antihypertensive therapies, achieving optimal blood pressure control remains elusive, underscoring the importance of innovative and evidence-based nursing strategies. **Objectives:** This study aims to explore the current landscape of research on nursing interventions for hypertension and evaluate its relevance as a focus for future investigations. **Methods:** Employing a Systematic Literature Review (SLR) and Bibliometric Analysis, the study synthesizes existing evidence, identifies trends, gaps, and effective components of nursing interventions, and maps the distribution of scholarly discourse. Data were extracted from the Scopus database and analyzed with VOSviewer to assess publication patterns up to July 22, 2025. **Results:** Findings indicate that nursing interventions play a pivotal role in improving treatment adherence, promoting lifestyle modifications, and enhancing self-care, ultimately reducing both systolic and diastolic blood pressure. Key strategies include multimodal interventions combining education, continuous follow-up, and behavioral support, which are particularly effective among older adults. Moreover, nurse-led telehealth and remote monitoring approaches demonstrate significant benefits in patient engagement, self-management, and the reduction of healthcare burden. However, challenges remain, such as limited access to healthcare services, technological barriers, and insufficient long-term outcome data. **Conclusion:** Future directions highlight the need for integrating novel biomarkers, strengthening health education, and promoting multidisciplinary collaboration to ensure sustainable and personalized hypertension management. Overall, nursing interventions remain central to advancing hypertension care and shaping future research and policy.

Keywords: Nursing interventions; hypertension management; multimodal interventions; m-health applications; telehealth; self-care

The Impact of Employee Development Programs on Employee Productivity: A Systematic Review

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Abstract

Background: Employee development programs are increasingly recognized as vital drivers of productivity and organizational performance, particularly within the education sector. In Saudi Arabia, the growing emphasis on human capital and educational reform has positioned employee training and engagement as central to achieving institutional excellence and aligning with national transformation goals. These programs not only enhance technical skills but also foster motivation, collaboration, and continuous learning, key elements for sustainable productivity. **Objectives:** This systematic review aims to explore the impact of employee development programs on employee productivity in the Saudi education sector, focusing on the mediating role of employee engagement. The study seeks to identify the behavioral, organizational, and contextual factors that strengthen this relationship and contribute to long-term institutional improvement. **Methods:** Following the PRISMA 2020 guidelines, the review adopted a structured process involving identification, screening, eligibility, and inclusion stages. Peer-reviewed studies published between 2020 and 2025 were collected from major academic databases, including Scopus, Web of Science, and Google Scholar. A total of 418 studies were initially identified, and after removing duplicates and applying inclusion criteria, 30 studies were retained for final synthesis. These studies represented diverse methodologies and educational contexts. **Results:** The findings demonstrate that employee development programs have a significant positive impact on productivity, particularly when combined with engagement, empowerment, and professional support. Training and continuous learning initiatives contribute to higher job satisfaction, reduced turnover intention, and enhanced institutional effectiveness. Leadership practices, organizational learning culture, and alignment with strategic goals further amplify the outcomes of development programs, leading to sustained employee performance and innovation. **Conclusion:** Employee engagement serves as a key mechanism linking development programs to productivity. Establishing supportive leadership, investing in professional learning, and fostering lifelong learning environments are essential strategies for optimizing these outcomes. Strengthening employee development and engagement within educational institutions can ensure sustainable growth, innovation, and alignment with national educational objectives.

Keywords: Employee Development Programs; Employee Productivity; Employee Engagement; Saudi Education Sector

Assessment of Psychological Distress among Mothers of Children with Chronic Illnesses in Surabaya, Indonesia

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Abstract

Background: Mothers of children with chronic illnesses often face significant psychological burdens. The prolonged caregiving role, frequent hospital visits, and uncertainty about the child's prognosis can lead to emotional distress. However, limited studies have explored the specific patterns of psychological distress, particularly in terms of depression, anxiety, and stress, among these mothers in Surabaya, Indonesia. **Objectives:** This study aimed to describe the levels of psychological distress, focusing on depression, anxiety, and stress, among mothers of children with chronic illness in Surabaya, Indonesia. **Methods:** This research employed a descriptive quantitative design. A total of 64 mothers of children diagnosed with chronic illnesses were recruited with simple random sampling from Surabaya General Hospital, Indonesia. Data were collected using the standardized Distress Anxiety Stress Scale Questionnaire for instruments and analyzed using frequency distribution to identify levels of depression, anxiety, and stress. **Results:** The findings revealed that most mothers experienced mild depression (85.9%), while 14.1% reported moderate depression. In terms of anxiety, 60.9% experienced "moderate" level, 25% "severe", and 14.1% "very severe". Stress levels were distributed as follows: 60.9% "mild", 26.6% "moderate", and 12.5% "severe". Overall, the results highlight that maternal psychological distress in Surabaya, Indonesia, is predominantly characterized by mild depression, moderate anxiety, and mild stress. **Conclusion:** The study indicates that mothers of children with chronic illnesses in Surabaya, Indonesia, experience considerable psychological distress, with anxiety emerging as the most severe component. These findings underscore the need for psychological support and intervention programs to alleviate maternal distress and promote better caregiving capacity.

Keywords: maternal distress, chronic illness, depression, anxiety, stress

Confidence in Cardiac Care: A Quantitative Analysis of Knowledge, Risk Factors, and Digital Literacy as Foundations for Advancing Hybrid Cardiac Rehabilitation Education

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Abstract

Background: Cardiac self-efficacy (CSE) is a vital psychological construct influencing individuals' ability to manage cardiovascular disease (CVD). Understanding its determinants is essential for designing effective interventions, particularly in hybrid cardiac rehabilitation models that incorporate digital health strategies. **Objectives:** This study aimed to assess cardiac self-efficacy among CAD patients and examine its associations with sociodemographic characteristics, cardiovascular risk factors, knowledge, and digital literacy. The goal was to identify patterns and predictors that can inform targeted educational strategies to enhance patient engagement and readiness for hybrid care. **Methods:** A cross-sectional quantitative survey was conducted among 200 respondents at Sabah Heart Centre. The survey included validated items measuring CSE, sociodemographic data, cardiovascular risk factors, knowledge of CVD, and digital literacy. Descriptive statistics summarized participant characteristics, and multiple linear regression identified significant predictors of CSE. **Results:** The study demonstrated excellent internal consistency of the CSE measure. A sample of 200 respondents (mean age = 48.23, SD = 9.06) was analysed to assess demographic distribution and statistical trends. The age range spanned from 26 to 71 years, with the interquartile range indicating a concentration of participants between 42 and 55 years. The analysis aimed to explore how age and digital literacy influence confidence in managing cardiac health and understanding risk factors. **Conclusion:** Cardiac self-efficacy is influenced by physical health indicators and digital access. These findings underscore the need for targeted health education and digital engagement strategies to improve cardiac confidence among Cardiac populations, supporting the integration of digital tools in hybrid cardiac rehabilitation programs.

Keywords: Cardiac self-efficacy, cardiovascular disease, digital literacy, hybrid rehabilitation, patient engagement

Self-Care Management in Diabetes Mellitus

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Abstract

Background: Diabetes mellitus (DM) is a chronic disease with a high prevalence and risk of severe complications. Effective diabetes management remains challenging, as it depends not only on medical therapy but also on patients' ability to consistently perform self-care. In Indonesia, the prevalence of diabetes continues to rise, and many patients still struggle with maintaining consistent self-care practices. **Objectives:** This study aimed to describe self-care management among patients with type 2 diabetes mellitus (T2DM). **Methods:** A descriptive cross-sectional study was conducted at Medokan Ayu Community Health Center, Surabaya, Indonesia, from June to July 2025. Seventy-seven respondents were selected using purposive sampling based on the following inclusion criteria: diagnosed with T2DM, aged 30–60 years, able to read and write, and willing to participate. Data were collected using the Diabetes Self-Management Questionnaire (DSMQ), consisting of 16 items in four domains: glucose management, dietary control, physical activity, and health-care use. Each item was rated on a 4-point Likert scale, where higher scores indicated better self-care management. Descriptive statistical analyses, including mean, standard deviation, and frequency distribution, were used. **Results:** Most respondents demonstrated poor self-management (51.9%), while 36.4% showed moderate and 11.7% good self-management. The mean scores for each domain were glucose management (5.99), dietary control (4.48), physical activity (3.72), and health-care use (3.29). Glucose management was the highest performing domain, whereas health-care use was the lowest. **Conclusion:** Nurses play an essential role in motivating and educating patients with T2DM to improve their knowledge and ability in diabetes self-management. Further comprehensive assessment is needed to explore other factors influencing diabetes management outcomes.

Keywords: Descriptive Study; Type 2 Diabetes Mellitus; Self-Care Management

Nurses' Burnout: A Concept Analysis Using Walker and Avant's Method

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Abstract

Background: Nurse burnout is a pervasive threat to workforce well-being, patient safety, and healthcare system performance. Persistent conceptual ambiguity, overlapping constructs (e.g., depression, compassion fatigue, moral distress), and heterogeneous measurement have limited coherent research, policy, and intervention design. **Objectives:** This concept analysis clarifies nurse burnout as a multidimensional, practice-oriented construct; delineates its defining attributes, antecedents, consequences, and empirical referents; and proposes an operational definition suitable for measurement, workforce management, and patient-safety evaluation.

Methods: Following PRISMA 2020 guidelines, a systematic search was conducted across Google Scholar, OpenAlex, and PubMed Central for peer-reviewed, English-language, open-access studies published between 2020 and 2025. Inclusion criteria emphasized relevance, methodological rigor, and direct focus on nurse burnout. Twenty-one studies met the criteria and were analyzed using Walker and Avant's eight-step method to identify defining attributes, antecedents, consequences, and empirical referents of the concept. **Results:** Three interrelated defining attributes were identified: emotional exhaustion, depersonalization (cynicism/detachment), and reduced professional efficacy. Antecedents clustered around excessive job demands (high nurse-to-patient ratios, long/rotating shifts, sustained emotional labor) and constrained resources (understaffing, limited autonomy, weak leadership, inadequate material support). Consequences spanned individual (anxiety, depression, presenteeism), patient (safety incidents, lower satisfaction, missed care), and system levels (turnover, cost escalation, operational instability). Model, borderline, and contrary cases delineated boundaries of the construct. Empirical referents included the MBI (HSS/MP), CBI, and OLBI, paired with organizational metrics (staffing, overtime, absenteeism/turnover) and patient-quality indicators (errors, falls, pressure injuries, satisfaction). The analysis clarified distinctions from adjacent constructs and emphasized burnout's chronic, workplace-specific nature. **Conclusion:** Nurse burnout is a measurable, multidimensional syndrome with identifiable antecedents and predictable consequences. System-level strategies safe staffing and scheduling, supportive leadership, and resource adequacy, should be prioritized alongside longitudinal monitoring, cross-context validation, and careful integration of digital solutions (e-rostering, acuity-adjusted staffing, predictive analytics) to protect nurse well-being and strengthen patient safety.

Keywords: Nurse burnout; Emotional exhaustion; Depersonalization; Professional efficacy

The Effectiveness of Patient Centered Nutritional Education among Stem Cell Transplant Patients

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Abstract

Background: This review systematically examines the efficacy of patient-centred nutritional education in stem cell transplant patients. Malnutrition and deficiency in essential nutrients are prevalent in SCT patients due to aggressive treatment regimens, immunosuppression, and treatment-related complications. Acknowledging the key position of nutrition in optimization of immune function, management of toxicity with treatment, and quality of life, health care practitioners increasingly advocate patient-oriented nutritional interventions. **Objectives:** To systematically review and synthesize the evidence on the effectiveness of patient-centered nutritional education on the clinical, psychological, and satisfaction outcomes of patients undergoing stem cell transplantation. **Methods:** This research employs a pre-test/post-test intervention experimental design to evaluate the effectiveness of patient-nutrition education in stem cell transplant patients. For this design, measures are taken at two points: prior to the introduction of the educational intervention (pre-test) and following completion (post-test). This design allows direct comparison of changes in variables such as nutritional awareness, eating habits, adherence to dietary instructions, and clinical outcomes to the intervention. **Results:** After data collection is complete, questionnaires will be reviewed double for completeness and accuracy before entry into statistical programs for analysis. This rigorous data collection procedure will give the capacity to generate quality, valid data required for the evaluation of the impact of nutrition education among transplant patients while maintaining the rights of the participants and the validity of the research. **Data Analysis Process** The data analysis process constitutes a major part of this study, in which the gathered data is processed in a step-by-step manner to answer the research questions for post-stem cell transplant patients' nutritional knowledge, attitudes, and practices (KAP). The process begins as soon as data collection is done, the primary goal being to validate data quality, validity, and accuracy before detailed statistical analysis. **Conclusion:** In brief, the data analysis procedure of this study is focused on the systematic processing of raw data into valuable information about the nutritional status of transplanted patients.

Keywords: Stem cell transplant, hematopoietic stem cell transplant, patient-centered nutritional Education

Bridging the Gap: Assessing Community Views on AI Applications in Preventive Genetic Healthcare in Jeddah, Saudi Arabia

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Abstract

Background: The ongoing digital transformation of healthcare, driven by AI, offers unique opportunities to enhance community health initiatives, including risk assessment & health education. This is particularly for complex areas like genetic testing and risk assessment. In order to provide optimum preventive health education and services at the community level, midwives and nurses are crucial. For a successful adaptation and implementation of AI into the community, it is critical to comprehend how the community views and understands AI.

Objectives: (i) To assess the current level of knowledge within the community regarding expanded genetic testing and the potential role of AI in these services. (ii) To explore community perceptions regarding the use of AI in genetic risk assessment and education. (iii) To determine the extent to which the community is willing to engage with AI-based genetic education and risk assessment tools provided by nurses and midwives. **Methods:** A descriptive, analytical cross-sectional survey design will be used. The study will be carried out in an outpatient department, KASCH-NGHA- Jeddah, K.S.A. A total of 400 participants who will attend the study settings will be recruited for the study in a convenience. The inclusion criteria will be Saudi citizens, Arabic speakers, literate, ≥ 18 years old and willing to participate in the current study. A validated, self-administered, online survey will be used to gather data. Convenience and snowball sampling techniques will be employed for recruitment. SPSS Statistics software will be used to analyze the data.

Keywords: Artificial Intelligence, Genetic Testing, Knowledge, Perception, Education, Nursing.

Anxiety Levels, Sleep Hygiene, Lifestyle, and Sleep Quality of Final Semester Students of the Nursing Program: A Cross-sectional Study

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Abstract

Background: Sleep is a change in the state of consciousness or a decrease in the response that occurs naturally or physiologically, which is important for physical, emotional, and mental well-being. Poor sleep quality causes students to experience health problems both physically, such as decreased daily activity, fatigue, weakness, unstable vital signs, cardiovascular disease, and immune deficiency, as well as psychological problems, such as difficulty controlling emotions, depression, fatigue, stress, and poor sleep quality. **Objectives:** To examine the association of anxiety levels, sleep Hygiene, and lifestyle with the sleep quality of final semester students of the nursing program. **Methods:** The type of study was a quantitative observational analytics type with a cross-sectional study design. The population in this study was 111 final-semester students of the nursing undergraduate program. A sample of 87 respondents was obtained using a simple random sampling technique. The instruments used are the Pittsburgh Sleep Quality Index (PQSI), Generalized Anxiety Disorder (GAD-7), Sleep Quality Index (SHI) and Health-Promoting Lifestyle Profile II (HPLP II). The analysis method used the Spearman Rho test. **Results:** The results of the statistical test showed that the anxiety level obtained a value of $p=0.005$, $r=0.298$ with a low correlation strength and a positive direction. Sleep hygiene obtained a value of $p=0.016$, $r=0.257$, with a low correlation strength and a positive direction. Lifestyle obtained a value of $p=0.492$, $r=-0.075$, with a very low correlation strength and a negative direction. **Conclusion:** There was a relationship between anxiety levels and sleep hygiene and sleep quality in the final semester students of the nursing study program; however, there was no relationship between lifestyle and sleep quality in the final semester students of the nursing study program. Suggestions for students are expected to be able to improve their sleep quality so that they do not experience a negative impact on their bodies. For further research, it is hoped that they can conduct research with other variables related to the sleep quality of final semester students.

Keywords: Sleep Quality, Final Semester Students, Anxiety Level, Sleep Hygiene, Lifestyle

Analysis of Factors Influencing the Occurrence of Hepatitis B in Pregnant Women at The Swasti Saba Health Center, Lubuklinggau City in 2024

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Abstract

Background: Hepatitis B is a dangerous infectious disease that is even more frightening than HIV because it is highly infectious 50 to 100 times. Hepatitis B is a systemic disease, mainly affecting the liver, caused by viral hepatitis. **Methods:** Quantitative research with a case-control study design (retrospective) to determine the incidence factors of hepatitis B infection in pregnant women at the Swasti Saba Health Center, Lubuklinggau City. The population in this study is all patients (pregnant women), the case group consists of pregnant women who are diagnosed positive for hepatitis B, while the control group consists of pregnant women who are suspected (at risk) of hepatitis B. A sample of 50 people was taken using a total sampling technique obtained from secondary data. The data collected in this study includes immunization history, family history, nutritional status and incidence of hepatitis B nutritional status). Data analysis using descriptive data analysis, bivariate analysis (chi-square). **Results:** Bivariate analysis showed the p-value of the immunization history variable (0.018) because the p-value < 0.05; Odds Ratio (OR) of 4.3 (95% CI = 1.23 - 15.20), family history (0.005) due to p value < 0.05; Odds Ratio (OR) of 5.4 (95% CI = 1.62 – 18.35) and nutritional status (0.011) due to p value < 0.05; Odds Ratio (OR) of 4.5 (95% CI = 1.37 – 14,820). **Conclusion:** There is a significant relationship between immunization history, family history and nutritional status with the incidence of Hepatitis B in pregnant women at the Swasti Saba Health Center, Lubuklinggau City in 2024 and the suggestions given by the researcher based on the results of this study are to develop the Mayor's policy on the availability of adequate and free Hepatitis B vaccines and Hepatitis B promotion and education activities carried out by Hospital and Health Center officers at the Swasti Saba Health Center Lubuklinggau City.

Keywords: Family History, Immunization History, Nutritional Status, Hepatitis B, Pregnant Women

Perinatal Post-Natural Disaster Depression Screening Among Pregnant Women in West Sumatra, Indonesia

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Abstract

Background: Indonesia is located in a region prone to natural disasters. Natural disasters not only have physical and environmental impacts but could also affect the psychological well-being of the victims. Exposure to traumatic stress caused by natural disasters can exacerbate depressive symptoms, both during and after pregnancy. Approximately 6.5 – 20% of perinatal depression worldwide can contribute to postpartum depression. Up to 50% of perinatal depression cases were undiagnosed due to social stigma and the lack of mental health integration in antenatal care. **Objectives:** This study aims to determine the occurrence of perinatal depression among pregnant women after a disaster using the Edinburgh Postnatal Depression Scale (EPDS) in West Sumatra, Indonesia. **Methods:** This study used an observational design with a cross-sectional approach and was conducted from October to December 2024 in West Sumatra. Using a purposive sampling technique, the study sample consisted of 23 pregnant women who were victims of natural disasters. **Results:** The results of the study showed that 43.5% of pregnant women in West Sumatra were at moderate risk of experiencing perinatal depression due to natural disasters, with the most common risk factors found in the 20-35 age group (73.9%), high school education level (47.8%), occupational status as a housewife (78.3%), family income below Regional Minimal Wage/RMW (69.6%), multiparity (60.9%), gestational age 14-27 weeks (52.2%), and have no history of miscarriage (78.3%). **Conclusion:** This study reflected the importance of integrating perinatal depression screening into antenatal care for pregnant women in disaster-prone areas.

Keywords: Depression, Perinatal, Screening, Edinburgh Postnatal Depression Scale, Post-Natural Disaster

The Effectiveness of Health Education on Husbands on the Incidence of Postpartum Depression in Postpartum Mothers

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Abstract

Background: Postpartum depression remains a problem for women after giving birth. Many women are exposed to postpartum depression without being detected. This is because postpartum depression is invisible and considered normal, because many people only focus on physical issues without paying attention to the psychological problems of the mother giving birth. Postpartum depression certainly impacts the well-being of the mother and baby if not handled properly. One of the influencing factors is the husband's role. The husband's knowledge of postpartum care needs to be sufficient to support and accompany the mother after giving birth so that the mother is physically and psychologically healthy. The husband's knowledge can certainly be increased in various ways, one of which is by providing health education through counseling. **Objectives:** This study aims to evaluate the influence of Health Education for husbands on the incidence of Postpartum Depression. **Methods:** This type of research is quantitative with a one-group pretest-posttest design. The population in this study was 40 people and was taken using a total sampling. **Results:** From the results of this study, it can be concluded that there is an influence of health education for husbands on the incidence of postpartum depression, with a value of $P = 0.01$. **Conclusion:** There is a significant relationship between health education for husbands and the incidence of postpartum depression in postpartum mothers. This research can serve as input for future researchers regarding postpartum depression, which can be prevented by the role of husbands.

Keywords: Health education, Husband Support, Postnatal depression, Edinburgh Postnatal Depression Scale (EPDS),

Family Support and Caregiver Burden in Elderly Stroke Care in the Working Area of the Bulak Banteng Health Centre in Surabaya

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Abstract

Background: Stroke is the third most prevalent cause of mortality in Indonesia, after cancer and asthma, and the issue is growing more serious and urgent. Elderly stroke victims may experience greater reliance and physical mobility issues, which can lead to caregiver strain. This is crucial for those who provide care for these individuals. **Objective:** This study aims to determine whether caregiver strain and family support are related when it comes to caring for elderly stroke patients. **Methods:** The research methodology used a quantitative design with a cross-sectional approach. The research sample consists of 52 people using the purposive sampling technique. The variables of the research were family support and caregiver burden. Data collection uses questionnaires that have been tested for validity and reliability. The data were analyzed using Spearman's rho statistical analysis ($\alpha < 0.05$). **Results:** The Analysis obtained in this study is the relationship between family support and caregiver burden in the care of the elderly stroke, with a significance value ($p=0.000$). These results showed that there is a strong or very high negative correlation with a value of $r = -0.813$, which means that when family support increases, the burden felt by caregivers tends to decrease. **Conclusion:** Based on the results of the analysis, it is shown that there is a strong relationship between family support and caregiver burden on caregivers who are caring for the elderly with stroke. Good family support can ease the burden felt by the caregiver so that the caregiver can provide more optimal and quality care to the elderly stroke patient. Therefore, the family support factor in the care process is needed so that it can minimize the occurrence of caregiver burden.

Keywords: Caregiver, Caregiver Burden, Family Support, Stroke.

The Impact of Nursing Informatics Training on Nurses' Digital Confidence: A Conceptual Paper

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Abstract

Background: Digital transformation has become an essential component of modern healthcare, reshaping how nurses deliver, document, and evaluate patient care. Despite widespread adoption of electronic health records (EHRs), clinical decision support systems, and telehealth technologies, many nurses still exhibit low digital confidence, a belief in one's ability to effectively use digital tools in professional practice. This lack of confidence limits the potential of digital innovations to enhance patient safety and quality of care. **Objectives:** This conceptual paper aims to explore the theoretical relationship between nursing informatics training and nurses' digital confidence, highlighting how structured education can enhance self-efficacy, empowerment, and readiness for digital transformation in healthcare. **Methods:** A conceptual synthesis approach was employed, integrating findings from recent studies and theoretical models, particularly the Data–Information–Knowledge–Wisdom (DIKW) framework and the Quality and Safety Education for Nurses (QSEN) model. These frameworks provide the foundation for understanding how informatics training supports the transition from data handling to informed decision-making while strengthening the core competencies essential for safe and high-quality care. **Results:** The conceptual analysis suggests that informatics training positively influences nurses' digital confidence by enhancing knowledge, reducing technology-related anxiety, and improving self-efficacy. Confidence, in turn, promotes digital readiness, quality improvement, and patient safety outcomes. The proposed quasi-experimental design recommends the use of the validated Digital Confidence Scale to measure pre- and post-training effects. **Conclusion:** Strengthening nurses' digital confidence through informatics training is not only an educational necessity but also a strategic driver for healthcare innovation, leadership empowerment, and digital transformation. Investing in informatics capacity building aligns with global health priorities and supports Saudi Vision 2030 goals for a competent, empowered, and digitally enabled nursing workforce.

Keywords: Nursing Informatics, Digital Confidence, DIKW Framework, QSEN, Empowerment, Education.

Knowledge, Attitudes, and Practices of Breast Self-Examination among Women of Reproductive Age: A Systematic Review

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Abstract

Background: Breast cancer is the most common cancer in women worldwide, and early detection is crucial. Breast Self-Examination (BSE) is a simple and inexpensive method that can empower women to detect breast changes at an early stage. Despite its importance, knowledge, attitudes, and practices (KAP) regarding BSE vary among women of reproductive age. **Objectives:** This study summarizes the current evidence on women's KAP related to BSE using a systematic review method. **Methods:** This systematic review followed the PRISMA guidelines. The search was conducted in databases such as PubMed, PMC Scopus, and Google Scholar (2018- 2025) using the PICO format: *BSE AND (knowledge OR attitude OR practice OR awareness) AND (women OR reproductive age)*. The studies included women aged 15–49 who assessed at least one component of BSE. Data were described narratively. **Results:** Out of 1,356 articles identified, 10 met the inclusion criteria. The awareness of BSE was generally moderate to high (50–80%), but women's monthly breast self-examination practice remained low (<30%). Higher education, a family history of breast disease, and exposure to health promotion predict better BSE. Barriers include limited knowledge of correct technique, cultural perceptions, and limited access to education. Health education interventions, particularly those based on digital and curricula, increase knowledge by 20–40% and practice by 10–25%. **Conclusion:** Knowledge and attitudes toward BSE are relatively good, but practice remains suboptimal. Targeted health education emphasizing practical skills and digital media is crucial for improving BSE behavior and early breast cancer detection in women of reproductive age.

Keywords: BSE, KAP, Women, Reproductive Age, Health Education

The Relationship Between Husband's Support and Pregnancy Check-Up Compliance among Pregnant Women in Padang Pariaman Regency

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Abstract

Background: Pregnancy naturally affects both the physical and psychological well-being of the mother. Husband's support plays a crucial role during pregnancy and significantly influences maternal health behaviors, such as adherence to antenatal care (ANC) visits. **Objectives:** This study aimed to analyze the relationship between husbands' support and compliance with antenatal care check-ups among pregnant women in Padang Pariaman Regency. **Methods:** A quantitative cross-sectional design was employed. The sample of this research was 100 husbands of pregnant women who met the inclusion criteria. Statistical analysis was conducted using the Chi-square test at a 5% significance level. **Result:** The results indicated that the majority of husbands provided high levels of support (75%), and most mothers (68%) were compliant with antenatal care visits. The bivariate analysis revealed a p-value of 0.002 (<0.05), indicating a significant association between husband's support and maternal compliance with antenatal care check-ups in Padang Pariaman Regency. Pregnant women receiving high husband support were more likely to comply with antenatal care visits compared to those with low support. **Conclusion:** Husband's support is significantly related to compliance with antenatal care check-ups in Padang Pariaman Regency. It is recommended to enhance husband involvement in maternal health programs through partner education at community health centers, family-based counseling, and culturally sensitive approaches incorporating Minangkabau traditions and engagement with traditional leaders to promote successful pregnancies.

Keywords: Husband Support, Antenatal Care, Minangkabau Culture, Maternal Health

Maternal Calcium Intake as a Determinant of Preeclampsia: A Comparative Study of Pregnant Women in Medan, Indonesia

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Abstract

Background: Preeclampsia remains a significant contributor to maternal morbidity and mortality, particularly in low-and middle-income countries, accounting for 14% of maternal deaths globally. Calcium is a micronutrient involved in vascular regulation, has been linked to the pathogenesis of preeclampsia when intake is inadequate. While calcium supplementation can reduce preeclampsia risk by up to 50%, evidence from Indonesian community settings is limited. Given the cost and inaccessibility of biochemical calcium testing, dietary recall offers a feasible alternative for assessing maternal calcium adequacy.

Objectives: This study aims to determine whether maternal calcium intake is a determinant of preeclampsia and to compare calcium intake between normotensive and preeclamptic pregnancies.

Methods: A comparative cross-sectional study was conducted at a health center in Medan from January to August 2025. Participants included 52 normotensive and 52 preeclamptic (>20 weeks of gestation). Calcium intake was assessed using a 24-hour diet recall, analyzed using Nutrisurvey Indonesia. Data were analyzed using the T-test and logistic regression adjusted for maternal age and total energy intake.

Results: Normotensive pregnancies had significantly higher calcium intake (1045.5 ± 192 mg/day; %RDA $96.4 \pm 17.7\%$) than preeclamptic pregnancies (836.5 ± 139 mg/day; %RDA $77.1 \pm 13.8\%$; $p < 0.001$). Logistic regression showed a protective effect (Adjusted OR = 0.47; 95% CI: 0.34–0.65; $p < 0.001$). Higher calcium intake was also associated with lower systolic blood pressure, supporting calcium's regulatory role in maternal vascular function. **Conclusion:** Low dietary calcium intake is a significant determinant of preeclampsia. Strengthening calcium-based nutrition education and self-monitoring tools in antenatal care could reduce maternal complications in Indonesia.

Keywords: Blood Pressure, Calcium Intake, Dietary Assessment, Maternal, Preeclampsia

Overview of the Achievement Level of Good Food Production Practices (GFP) for Home Industry Food in the Working Area of the Bengkulu City Health Office in 2025

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Abstract

Background: Good Home Food Production (CPPB-IRT) is a crucial element in meeting quality and safety guidelines to minimize contamination risks, improve food quality, and ensure food safety. CPPB-IRT also supports the development of micro, small, and medium-sized food industries. **Objective:** This study aims to describe the achievement levels of Home Food Industry (IRTP) operators in implementing Good Home Food Production (CPPB-IRT) standards. **Methods:** A mixed-method approach was applied. Data were collected through in-depth interviews with 80 food business operators. Quantitative data were analyzed using frequency distribution analysis. **Results:** Among the 80 IRTP operators, 6.33% were at level I, 4.9% at level II, 41.5% at level III, and 47.1% at level IV. Serious and critical non-compliance factors included incomplete record keeping, absence of trash bins, incomplete labeling information, and environmental conditions. The most frequent non-compliance was labels not meeting requirements, such as missing production codes and net weight information. **Conclusion:** IRTP operators at levels III and IV should undergo biweekly internal audits until they achieve level I compliance, ensuring home food industries meet established standards. Furthermore, strict sanctions are recommended for operators who violate food safety regulations to promote compliance and product safety.

Keywords: CPPB-IRT, Home Food Industry, Food Safety, Compliance, Documentation

The Relationship Between Smartphone Use Behavior and Eye Health in Early Childhood Education in the Padang City Community Health Center Work Area

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Abstract

Background: The public's enthusiasm for smartphone use is evident in their daily activities, where many people spend time with their gadgets. These activities include communicating, watching movies, browsing the internet, and even playing games. However, the problem is that gadgets not originally designed for children have now become commonplace. **Objectives:** This study aims to identify and analyze the relationship between smartphone use and eye health in early childhood. **Methods:** This study used a cross-sectional design with 30 randomly selected respondents. Data were collected through a questionnaire assessing behavior and 10 symptoms of eye disorders in children. Data were analyzed using univariate and bivariate methods. **Results:** The results of this study indicate that the majority (80%) of respondents exhibited poor smartphone behavior. A chi-square test showed a significant correlation between smartphone use and early childhood eye health at a significance level of 0.023 ($p < 0.05$). This means that poor smartphone use contributes to a greater risk of eye damage in children. **Conclusion:** This study does not definitively establish eye damage, but highlights a moderate to high risk of eye disorders if smartphone use is not accompanied by adequate understanding and education. The results indicate that children with poor smartphone use behavior, especially those who disrupt social interactions and negatively impact behavior, are at greater risk of developing eye disorders. Therefore, increasing public awareness is crucial through ongoing health promotion activities in schools and various public health service facilities.

Keywords: Child Behavior, Smartphone, Eye Health, Early Childhood Education, Community Health Center

Understanding the Causes of Occupational Accidents Among Municipal Solid Waste Collectors: A Global Systematic Review

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Abstract

Background: Municipal solid waste collectors (MSWCs) are among the most vulnerable occupational groups, frequently exposed to physical, ergonomic, chemical, and psychosocial hazards. Despite global efforts to improve occupational health and safety, the burden of work-related injuries among waste collectors remains high. Understanding the determinants of occupational accidents in this sector is essential for designing effective prevention strategies. **Objectives:** This systematic review aimed to synthesize global evidence on the causes and risk factors of occupational accidents among municipal solid waste collectors. **Methods:** The review followed the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) 2020 guidelines. Studies were identified through PubMed, Scopus, and ScienceDirect from January 2015 to August 2025 using the PICOS framework. Eligible studies included quantitative, qualitative, and mixed-method designs that examined determinants of occupational injuries among MSWCs. Data were extracted, quality-assessed using the Joanna Briggs Institute (JBI) checklist, and thematically synthesized. **Results:** A total of 19 empirical studies from Africa, Asia, Latin America, and Europe met the inclusion criteria. Thematic synthesis revealed four major domains of contributing factors: (1) individual factors; (2) work environment factors; (3) organizational; and (4) external factors. Studies consistently reported that ergonomic load and PPE noncompliance were the most significant predictors of occupational accidents (OR range: 1.8–4.5, 95% CI). **Conclusion:** Occupational accidents among municipal solid waste collectors are driven by a complex interaction of behavioral, ergonomic, and organizational determinants. Strengthening safety training, enforcing PPE use, improving ergonomic design, and establishing digital reporting systems are crucial to reducing accident risk. Future research should emphasize longitudinal designs and interventions evaluating the effectiveness of safety management systems in the waste collection sector.

Keywords: Occupational Accidents, Solid Waste Management, Waste Collectors

Effectiveness of a Holistic Approach to Skin Integrity in Patients with Chronic Kidney Disease (CKD) with Diabetes Mellitus (DM)

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Abstract

Background: Patients with chronic kidney disease (CKD) and diabetes mellitus (DM) experience substantial challenges in maintaining skin integrity. These chronic conditions often lead to metabolic and circulatory impairments that manifest as dry, itchy skin, increased susceptibility to scarring, and delayed wound healing. Without appropriate management, such skin complications may negatively affect patients' comfort, self-image, and increase their risk of infection. Therefore, the treatment of individuals with CKD and DM should adopt a holistic approach that addresses not only physical but also psychological, educational, and spiritual dimensions to achieve optimal health outcomes. **Objectives:** This study aims to evaluate the effectiveness of holistic skin care in improving skin integrity and enhancing comfort among patients with chronic kidney disease and diabetes mellitus. **Methods:** This study employed a quasi-experimental design using a pre-test and post-test approach with a control group. The sample consisted of 40 patients with chronic kidney disease and diabetes mellitus (CKD-DM) who were undergoing hemodialysis at a hospital. Participants were divided into two groups: the intervention group ($n = 20$), which received holistic skin care, and the control group ($n = 20$), which received routine hospital care. The intervention was conducted over two weeks and included physical care through daily skin care routines, education on hydration, nutrition, and healthy lifestyle practices. Relaxation techniques, such as breathing exercises, were provided to help reduce stress and itching. Spiritual support in the form of prayer and positive affirmations was also given to promote self-acceptance. Research instruments included a skin integrity observation sheet and a patient comfort level questionnaire. Data were analyzed using paired t-tests and independent t-tests with a significance level set at $p < 0.05$. **Results:** The results of the study showed that there was a significant increase in skin integrity scores in the intervention group compared to the control group ($p=0.001$). 76% of patients reported reduced pruritus, increased skin moisture, and improved physical and emotional well-being. 85% of patients reported that this treatment made them feel more holistically cared for, not only as hemodialysis patients but also as whole individuals. **Conclusion:** Holistic skin care that focuses not only on physical aspects but also on psychological, educational, and spiritual aspects is effective in improving skin integrity, reducing discomfort due to pruritus, reducing stress, and increasing self-acceptance in CKD-DM patients. This holistic approach can be integrated into medical-surgical nursing practice as a comprehensive promotive, preventive, and rehabilitative effort.

Keywords: Holistic Skin Care, Skin integrity, Chronic Kidney Disease (CKD), Diabetes Mellitus

Influence of Long-Term Use of Intra-Uterine Device Against the Occurrence of Vulvovaginal Candidiasis at KB Acceptors at the Clinic in Padang City

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Abstract

Background: *Vulvovaginal candidiasis* (VVC) has become one of the most common infections in the lower genital tract and millions of women over 25 years of age. VVC affects up to 75% of women of reproductive age will experience it at least once, almost half will experience recurrence, and 5-8% have multiple episodes each year. VVC is diagnosed in up to 40% of cases in women with vaginal complaints.

Objectives: This research aims to determine the influence of the length of use of intrauterine contraceptive devices on the incidence of *vulvovaginal candidiasis* in acceptors of IUD KB at the Clinic in Padang City. **Methods:** This research uses an observational research method, with a cross-sectional design study *cross sectional* which was implemented in April – October 2025. This research uses observational research methods, with a cross-sectional research design *cross sectional*. The data analysis used in this research is data analysis with statistical test, using the *Chi-Square Test*. **Results:** The results of the study showed that 41 respondents had used IUDs for <5 years (44.6%) and ≥ 5 years for 51 respondents (55.4%), the incidence of CVV of 40 respondents (43.5%), while those who did not experience CVV were 52 respondents (56.5%). Based on the results of the statistical test showed that the p-value was 0.000 (P-value < 0.005), meaning there is an influence significantly the length of IUD use on the *incidence of vulvovaginal candidiasis* among Family Planning Acceptors at the Clinic in Padang City. **Conclusion:** This research concludes that there is a relationship between the length of IUD use and at risk of experiencing KKV events in IUD acceptors. It is recommended that health workers health to provide education to the community, especially IUD KB participants, about the side effects of using an IUD for too long.

Keywords: *Vulvovaginal candidiasis, IUD, Vaginal Discharge*

The Socio-Demographic and Psychosocial Drivers of Smoking Initiation and Cessation: A Systematic Literature Review

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Abstract

Background: Tobacco use remains a leading cause of preventable morbidity and mortality worldwide. Despite decades of public health campaigns, smoking initiation rates remain high in certain demographic groups, and cessation success is unevenly distributed. Understanding the socio-demographic and psychosocial determinants of smoking behavior is essential for developing targeted interventions, particularly to address persistent health disparities. **Objectives:** This systematic literature review aimed to identify and synthesize evidence on the socio-demographic and psychosocial factors influencing smoking initiation and cessation across diverse populations. **Methods:** Following PRISMA guidelines, a systematic search was conducted across major academic databases for peer-reviewed studies published between 2010 and 2025. Inclusion criteria emphasized relevance, methodological rigor, and thematic alignment. Forty-seven studies met the criteria and were analyzed using thematic synthesis to extract and categorize predictors of smoking behaviors. **Results:** Socio-demographic predictors of initiation included younger age, male gender, lower educational attainment, and low socioeconomic status, particularly in low- and middle-income countries. Higher cessation likelihood was associated with older age, greater health literacy, and higher socioeconomic status. Psychosocial determinants such as mental health conditions, peer and family influence, cultural norms, and access to cessation support were strongly linked to both initiation and cessation. Interactions between structural disadvantage and psychosocial vulnerability emerged as major barriers to quitting. **Conclusion:** Smoking behaviors result from a complex interplay between socio-demographic positioning and psychosocial context. Effective tobacco control policies should integrate culturally tailored, equity-focused strategies that address both structural and individual-level determinants. Future research should prioritize underrepresented populations and context-specific cessation approaches aligned with lived experiences.

Keywords: Tobacco use, Smoking initiation, Smoking cessation, Socio-demographic factors, Psychosocial determinants, Health disparities

The Impacts of Competency-Based Training program on Self-confidence and Maternal Delivery performance in Emergency and Antenatal Departments in Taif

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Abstract

Background: Emergency obstetric situations can be life-threatening for both the mother and the neonate and therefore teamwork by a multidisciplinary team is necessary for timely and coordinated action. These factors can be broadly categorized into socio-demographic, medical, and logistical aspects. Thus, Nurses and Midwives are among the professions that aim to safeguard maternal and infant health and to promote the maintenance of community health. The incorporation of simulation in the training of maternity nursing also reduces the problem of creating credibility in delivery-related complications that are very rare but very essential to handle. **Objectives:** To identify the influence of simulation-based training on delivery competency and confidence among maternity nursing staff in King Faisal Medical Complex – Taif. **Methods:** This study will use a pretest-posttest control group quasi-experimental design, with a quantitative approach, to measure the competency level and evaluate the intervention's outcomes among the maternity nursing staff working at the King Faisal Medical Complex in Taif, Saudi Arabia. Including 60 staff nurses are working in the Maternal Emergency and Antenatal Departments, with participants 30 for each group. In addition, the researcher is going to use (Demographic Data, Observation Checklist for Clinical Performance, Satisfaction and Self-Confidence Scale and Clinical Competence Performance Checklist in the 2nd and 3rd Stage of Labor as study instruments. After Participant Eligibility and Recruitment, the researcher will have established the Data Collection Phases: (Pre-intervention Phase, Intervention Phase and Post-Intervention Phase). **Results:** The researcher expected that there would be a higher performance level for the intervention group than the control group. **Conclusion:** While simulation-based training can happen through several approaches, there is unprecedented overlap in the benefits accrued from these approaches. However, each approach has unique features that differentiate it and form a key factor when choosing an SBT method. The choice of method should be anchored on an understanding of learning goals and the availability of resources.

Keywords: Simulation, Training, Program, Performance, Confidence.

The New English Language National Curriculum of China: An Examination of Teachers' Perceptions on the Role of Educational Technology

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Abstract

Less research has been done on EFL teachers' motivation, considering the fact that their experiences significantly influence students' propensity to pick up a second language, particularly in Chinese contexts where English is an essential language..Examining the observations of Chinese university-level English teachers establishes the foundation for recommendations on teacher motivation in the future, which aim to improve classroom teaching and student performance. There have lately been a lot of changes and difficulties with EFL education and academic achievement at mainland Chinese elementary and secondary institutions. Over the last several decades, China's approach to teaching English as a foreign language has undergone constant changes. The biggest and most profound change in educational thought and practice over the last ten years has been primarily brought about by the introduction of the English Curriculum Standards (ECS). This change has taken place in the theoretical and practical framework of classroom instruction. The new ECS was introduced with the Chinese Ministry of Education (MOE) in 1999 and is a part of a larger initiative to improve basic education in China. The creation of new standards for every academic field was supposed to replace the traditional curriculum, which made it a crucial part of this reform. It was called "standards" rather than "syllabus," and because it was simply another rewording of the syllabus, many individuals didn't care.

Keywords: *Fresh instruction in the English language, Experiences of teachers, Chinese national curriculum, The experiences of ELF instructors and English teachers.*

Nurses' Burnout: A Concept Analysis Using Walker and Avant's Method

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Abstract

Background: Nurse burnout is a pervasive threat to workforce well-being, patient safety, and healthcare system performance. Defined by exhaustion, depersonalization, and reduced professional efficacy, burnout has been linked to increased errors, lower satisfaction, absenteeism, and turnover, with pandemic-era evidence amplifying its prevalence and impact. Persistent conceptual ambiguity, overlapping constructs (e.g., depression, compassion fatigue, moral distress), and heterogeneous measurement have limited coherent research, policy, and intervention design. **Objectives:** This concept analysis clarifies nurse burnout as a multidimensional, practice-oriented construct; delineates its defining attributes, antecedents, consequences, and empirical referents; and proposes an operational definition suitable for measurement, workforce management, and patient-safety evaluation. **Methods:** Following PRISMA 2020 guidelines, a systematic search was conducted across Google Scholar, OpenAlex, and PubMed Central for peer-reviewed, English-language, open-access studies published between 2020 and 2025. Inclusion criteria emphasized relevance, methodological rigor, and direct focus on nurse burnout. Twenty-one studies met the criteria and were analyzed using Walker and Avant's eight-step method to identify defining attributes, antecedents, consequences, and empirical referents of the concept. **Results:** Three interrelated defining attributes were identified: emotional exhaustion, depersonalization (cynicism/detachment), and reduced professional efficacy. Antecedents clustered around excessive job demands (high nurse-to-patient ratios, long/rotating shifts, sustained emotional labor) and constrained resources (understaffing, limited autonomy, weak leadership, inadequate material support). Consequences spanned individual (anxiety, depression, presenteeism), patient (safety incidents, lower satisfaction, missed care), and system levels (turnover, cost escalation, operational instability). Model, borderline, and contrary cases delineated boundaries of the construct. Empirical referents included the MBI (HSS/MP), CBI, and OLBI, paired with organizational metrics (staffing, overtime, absenteeism/turnover) and patient-quality indicators (errors, falls, pressure injuries, satisfaction). The analysis clarified distinctions from adjacent constructs and emphasized burnout's chronic, workplace-specific nature. **Conclusion:** Nurse burnout is a measurable, multidimensional syndrome with identifiable antecedents and predictable consequences. Standardized attributes and empirical referents enable benchmarking, surveillance, and evaluation of interventions.

Keywords: Nurse burnout; Emotional exhaustion; Depersonalization; Professional efficacy.

Evaluating the Knowledge, Attitude, and Practice of Oncology Nurses towards the safe handling of Anti-neoplastic Drugs

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Abstract

Background: Safe handling of antineoplastic drugs is critical for oncology nurses due to the potential health risks of occupational exposure. Occupational exposure to antineoplastic agents and safe handling of cytotoxic drugs (CDs) have gained significant concern among oncology nursing staff due to their potential health risks. This study evaluates the knowledge, attitude, and practices (KAP) of oncology nurses towards the safe handling of these drugs at King Abdullah Medical City, Makkah, Saudi Arabia.

Objectives: To evaluate the knowledge, attitude, and practices (KAP) of oncology nurses towards the safe handling of these drugs at King Abdullah Medical City, Makkah, Saudi Arabia. **Methods:** A cross-sectional survey was conducted among 88 oncology nurses across oncology, hematology, and chemotherapy units using a validated questionnaire. **Results:** Results showed that nurses demonstrated good knowledge regarding cytotoxicity, correct use of personal protective equipment (PPE), and waste disposal methods, but reported gaps in the use of biological safety cabinets (BSC). Attitudes reflected adherence to safety guidelines but highlighted challenges during work overload. Practices revealed strengths in BSC usage but weaknesses in consistent PPE use and incident reporting. A strong correlation was observed among KAP variables and safe handling practices. **Conclusion:** The safe handling of cytotoxic medications is a crucial feature, and nurses can avoid issues for both themselves and their patients. Overall, the nurses reported good practices for handling cytotoxic drugs safely; however, a significant number of the nurses still have fair and negative habits. Effective actions are required to improve the procedures followed by oncology nurses when handling cytotoxic medications safely.

Keywords: *Knowledge, Attitude, Practices, Nurses, Safe Handling, Cytotoxic Drugs.*

Nurses' Work-Life Quality: A Concept Analysis

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Abstract

Background: Nurses' work-life quality (QNWL) is a multidimensional construct that reflects the extent to which nurses are able to maintain balance, satisfaction, and well-being in their professional and personal lives. Despite its importance, QNWL has often been inconsistently defined and conflated with related concepts such as job satisfaction, work-life balance, and burnout. Clarifying QNWL is essential for advancing nursing theory, guiding workforce policies, and improving patient care outcomes. **Objectives:** This study aimed to clarify the concept of QNWL, identify its defining attributes, antecedents, and consequences, and establish empirical referents that make it measurable in practice. **Methods:** Walker and Avant's eight-step method of concept analysis was applied. A comprehensive literature review was conducted using Google Scholar, PubMed Central, Scopus, and Web of Science, focusing on studies published between 2020 and 2024. Thirty-four relevant articles, including cross-sectional studies, systematic reviews, and concept analyses, were analyzed to identify uses of the concept, attributes, antecedents, consequences, and measurement tools. **Results:** The analysis revealed five defining attributes of QNWL: balance between professional and personal life, job satisfaction, supportive and fair work environments, psychological and physical well-being, and opportunities for professional growth and autonomy. Antecedents included supportive leadership, adequate staffing, organizational justice, manageable workloads, and access to professional development. Consequences of QNWL were identified at multiple levels: for nurses (satisfaction, resilience, retention), for organizations (productivity, reduced turnover, improved teamwork), and for patients (safety, compassion, and quality of care). Empirical referents such as the Quality of Nursing Work Life Scale and organizational indicators (e.g., retention, absenteeism, safety outcomes) were recognized as practical tools for measurement. **Conclusion:** QNWL is a distinct and measurable concept that integrates individual, organizational, and professional dimensions of nursing practice. Clarifying its attributes and boundaries provides a foundation for evidence-based policies and interventions that support nurse well-being, strengthen workforce sustainability, and improve patient safety.

Keywords: Nurses; Work-life quality; Concept analysis; Job satisfaction; Nursing workforce; Walker and Avant method.

The determinants of Organizational Resilience: A Systematic Review

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Abstract

Background: Organizational resilience has become a defining capability for institutions seeking to navigate increasing uncertainty, technological disruption, and global crises. Beyond mere recovery, resilience encompasses the ability to adapt, transform, and sustain performance under adverse conditions. Despite widespread attention, the concept remains fragmented, with limited integration of behavioral, organizational, and contextual perspectives. **Objective:** This systematic review aims to synthesize current evidence on the determinants of organizational resilience, focusing on how leadership, employee adaptability, digital transformation, and knowledge management interact to strengthen resilience across industries and sectors. The paper also seeks to identify theoretical, methodological, and contextual gaps to guide future research and practice. **Methods:** The study followed the PRISMA 2020 framework to ensure systematic identification, screening, and inclusion of relevant literature published between 2020 and 2025. A total of thirty empirical and conceptual studies were reviewed. Data were thematically analyzed to extract behavioral, organizational, and contextual determinants and to compare key findings across different settings. **Results:** Findings reveal that organizational resilience is shaped by the interplay of multiple factors. At the behavioral level, employee adaptability, self-efficacy, and psychological strength form the foundation of resilience. Organizationally, transformational leadership, continuous learning, and innovation readiness act as critical enablers. Contextual determinants such as digital transformation, technological capability, and collaborative networks further enhance adaptive capacity and long-term performance. Collectively, these factors contribute to organizations' ability to absorb shocks, realign strategies, and sustain productivity. **Conclusions:** Organizational resilience is not a static attribute but a dynamic process built through the integration of human, structural, and contextual capacities. Institutions that foster adaptive leadership, empower employees, embrace technological change, and promote a culture of learning and collaboration are better positioned to thrive amid disruption. Strengthening these interlinked dimensions is essential for achieving long-term organizational sustainability and competitive advantage.

Keywords: Organizational resilience; Transformational leadership; Digital transformation; adaptability; Sustainability.

AI in Nursing Practice against ICU Infections by *Klebsiella pneumoniae* and MRSA at King Salman Medical City

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Abstract

Background: Infection control in ICUs is vital, especially concerning antibiotic-resistant pathogens like *Klebsiella pneumoniae* and MRSA. Artificial Intelligence (AI) offers promising tools for enhancing nursing practices and reducing such infections. **Objectives:** To explore how AI applications in nursing can prevent ICU infections and antibiotic resistance caused by *K. pneumoniae* and MRSA, contextualized within King Salman Medical City. **Methods:** A scoping review of literature from 2023 to 2025 was conducted, focusing on AI in infection prevention in ICUs and nursing roles. **Results:** AI applications in ICUs, such as predictive models, early detection systems, and clinical decision support, demonstrate substantial potential in reducing HAIs and addressing antibiotic resistance. In nursing contexts, AI facilitates real-time monitoring, automates routine tasks, and aids clinical judgment. Transformative frameworks for safe AI integration emphasize human-centricity, validation, training, and ethical governance. **Conclusion:** AI integration in nursing practice within ICUs can significantly mitigate infections and antibiotic resistance. Successful deployment at King Salman Medical City necessitates tailored implementation strategies, ethical oversight, and capacity building.

Keywords: Antibiotic Resistance, Artificial Intelligence, ICU Infections, *Klebsiella pneumoniae*, MRSA, Nursing

The Effect of Workload and Number of Prescriptions on Waiting Time for Pharmacy Services at Empat Lawang Hospital

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Abstract

Background: Pharmacy waiting times are a key indicator in assessing the quality of hospital services. Empat Lawang Regional General Hospital (RSUD) faces challenges in meeting prescription waiting time, primarily due to the increasing number of prescriptions and the increasing workload of pharmacists. **Objective:** This study aims to analyze the effect of workload and the number of prescriptions on pharmacy waiting time. **Method:** This study used a quantitative method with a cross-sectional approach. Data was collected through direct observation, interviews, and prescription record documentation for one month. Data analysis was performed using multiple linear regression to determine the significant relationship between workload, number of prescriptions, and waiting times. **Results:** The results showed a significant relationship between workload ($p = 0.003$) and number of prescriptions ($p = 0.001$) on pharmacy waiting time. The higher the number of prescriptions and the higher the workload, the longer the wait times. **Conclusion:** It is recommended that the hospital align the number of pharmacists with the workload and implement more effective prescription distribution arrangements.

Keywords: Waiting time, workload, number of prescriptions, pharmaceutical services.

Adolescent girls' perceptions of Sedentary Lifestyle and its Impact on Non-Communicable Diseases Reviewed from the Health Belief Model

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Abstract

Background: Sedentary Lifestyle, as a result of modernization of social and technological changes, contributes to unhealthy behavior patterns. This behavior pattern is a risk factor for the emergence of Non-Communicable Diseases, which will have an impact on the quality of life in adulthood. Non-communicable diseases are a growing threat to children and adolescents. Non-communicable diseases account for 70% of deaths globally, and 86% occur in low- and middle-income countries. More than 2.1 billion adolescents under the age of 20 have Non-Communicable Diseases. Every year, about 1 million people under the age of 20 die from Non-Communicable Diseases. **Objectives:** This study aims to examine adolescents' perceptions of sedentary lifestyle reviewed from the Health Belief Model. **Methods:** This research uses a mixed-method approach, namely quantitative and qualitative approaches. **Results:** The results of the study showed, from 82 samples of adolescent girls as students, 74 adolescents (90.2%) were obtained in the high sedentary lifestyle category with an average amount of time of 9.4 hours/day involved in very light activities and had little movement and sleep duration of less than 8 hours/day, experienced by 78 adolescents (95.1%). The results of the focus group discussion on Perceived susceptibility, Perceived severity, Perceived benefit to action, more than 63% of adolescent girls stated that they had a positive perception of the susceptibility of non-communicable diseases, the impact of sedentary lifestyle on the dangers of non-communicable diseases, and the benefits of active activities in efforts to prevent non-communicable diseases, in the Perceived barriers to action were obtained more than 85% stated the influence of friends and screentime as an obstacle for them to engage in active physical activity, and 75% of adolescents state Cues to action and Self Efficacy to prevent non-communicable diseases through patterns of active physical activity and exercise. **Conclusion:** This study suggests that there is a need for scheduled programs related to active physical activity and sports in the campus environment, as well as massive education about the impact of a sedentary lifestyle on Non-Communicable Diseases.

Keywords: Sedentary lifestyle, Non-Communicable Diseases, Health Belief Model, Adolescents

Analysis of Bpjs Patient Satisfaction with Health Services at Ipuh Community Health Center Using the Servqual Approach

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Abstract

Background: This study aims to analyze the satisfaction of BPJS patients with health services at Puskesmas Ipuh using the ServQual approach. The approach consists of five key dimensions: Tangibles, Reliability, Responsiveness, Assurance, and Empathy. **Methods:** This research is a quantitative study with a descriptive evaluative design. A total of 100 BPJS outpatients who visited Puskesmas Ipuh during the first quarter of 2025 were selected using accidental sampling. Data collection was conducted using a Likert scale-based questionnaire measuring patients' perceptions and expectations of service quality. The data were analyzed by calculating the gap between perception and expectation scores for each ServQual dimension. **Results:** The results showed all dimensions had negative gaps, with the largest in Tangibles (-1.54), followed by Reliability (-1.30), Responsiveness (-1.13), Empathy (-1.05), and the smallest in Assurance (-0.68). This indicates that the services provided did not fully meet patient expectations. Key recommendations include improving physical facilities, training staff in service excellence, and conducting regular satisfaction monitoring for continuous quality improvement. **Conclusion:** This study provides valuable insights for Puskesmas Ipuh management and local health authorities in enhancing patient-centered health services.

Keywords: Patient satisfaction, BPJS, ServQual, Puskesmas Ipuh, service quality Information

Analisis Penyebab Masalah Pelayanan Kesehatan Ibu Dan Anak di Wilayah Kerja UPTD Puskesmas Air Padang Tahun 2025

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Abstract

Latar Belakang: Angka kematian ibu dan anak di Indonesia masih relatif tinggi dan menjadi tantangan dalam pencapaian target Sustainable Development Goals (SDGs). Pelayanan kesehatan ibu dan anak (KIA) di tingkat layanan primer, khususnya puskesmas, berperan penting dalam upaya penurunan angka tersebut. Namun, masih ditemukan rendahnya pemanfaatan layanan KIA di beberapa wilayah, termasuk di UPTD Puskesmas Air Padang.

Objektif: Penelitian ini bertujuan untuk menganalisis faktor-faktor yang memengaruhi pemanfaatan layanan KIA, yaitu aksesibilitas, kualitas tenaga kesehatan, dan dukungan sosial-ekonomi. **Method:** Penelitian menggunakan desain kuantitatif deskriptif korelasional dengan

data primer yang dikumpulkan melalui kuesioner pada 302 responden. Analisis dilakukan dengan regresi linier berganda menggunakan SPSS versi 26. **Hasil:** Hasil penelitian menunjukkan bahwa ketiga variabel independen berpengaruh signifikan terhadap

pemanfaatan layanan KIA. Aksesibilitas ($\beta = 0,339$; $p < 0,001$), kualitas tenaga kesehatan ($\beta = 0,349$; $p < 0,001$), dan dukungan sosial-ekonomi ($\beta = 0,196$; $p < 0,001$) secara bersama-sama menjelaskan 47,5% variasi pemanfaatan layanan KIA ($R^2 = 0,475$). **Kesimpulan:** Hipotesis penelitian diterima, yaitu semakin tinggi aksesibilitas, kualitas tenaga kesehatan, dan dukungan sosial-ekonomi, maka semakin tinggi pula pemanfaatan layanan KIA. Implikasi penelitian ini adalah perlunya peningkatan aksesibilitas layanan melalui penguatan posyandu dan transportasi kesehatan, peningkatan kompetensi tenaga kesehatan, serta intervensi sosial-ekonomi berbasis keluarga.

Keywords: aksesibilitas, kualitas tenaga kesehatan, sosial-ekonomi, pemanfaatan layanan, kesehatan ibu dan anak

Effectiveness of Dengue Prevention Policy Implementation at Sawah Lebar Public Health Center in 2025

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Abstract

Background: This study aims to analyze the effectiveness of dengue prevention policy implementation at Sawah Lebar Public Health Center in 2025. The study was motivated by the persistently high incidence of dengue in Indonesia and the need to evaluate the effectiveness of local-level policy implementation. **Methods:** A quantitative correlational design was employed. The population consisted of health center staff, community health volunteers (jumantik), and community members, with a total of 87 respondents selected through purposive sampling. Primary data were collected using a validated and reliable Likert-scale questionnaire and analyzed through multiple linear regression using SPSS software. **Results:** The results revealed that all dimensions of policy implementation—execution process, resource availability, staff training, and community participation—had a positive and significant relationship with program effectiveness ($p < 0.05$). Community participation emerged as the most influential factor ($\beta = 0.321$). The model's coefficient of determination ($R^2 = 0.62$) indicated that 62% of the variance in the program effectiveness could be explained by these factors. **Conclusion:** The study concludes that the success of dengue prevention programs heavily depends on the quality of policy implementation and the degree of community engagement. The findings highlight the importance of strengthening staff training, intersectoral coordination, and community-based empowerment in dengue prevention programs.

Keywords: health policy, policy implementation, program effectiveness, dengue fever, public health center

Packaging Design Strategies to Improve Drug Compliance in Patients with Chronic Diseases and Infections

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Abstract

Background: Patient adherence to medication regimens is a crucial factor in achieving therapeutic success, especially in chronic diseases such as diabetes mellitus and hypertension, as well as infections like tuberculosis. Low adherence can lead to complications, treatment failure, and a potential increase in antimicrobial resistance. **Objectives:** This study reviews various interventions and factors affecting medication adherence. **Methods:** Through an analysis of six scientific articles, it explores the effectiveness of calendar packaging, pill boxes, poster media, and technology-based interventions in improving adherence. In addition, patient characteristics, including gender, age, education level, occupation, and comorbidity, are also analysed to understand their contribution to adherence. **Results:** The results indicate that structured and personalized interventions, often supported by technology, have significant potential to improve patient adherence. However, effective implementation requires a deep understanding of patient characteristics and adaptation to individual needs. **Conclusion:** These findings are expected to provide insight for healthcare providers in designing more effective intervention strategies to improve patient adherence and health outcomes.

Keywords: Diabetes mellitus, hypertension, intervention, medication adherence, technology, tuberculosis

Efektivitas Intervensi Gaya Hidup Terhadap Penurunan Tekanan Darah Pada Pasien Hipertensi Di Puskesmas Ipuh

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Abstract

Latar belekang: Hipertensi merupakan salah satu penyakit tidak menular utama yang berkontribusi besar terhadap morbiditas dan mortalitas, terutama di daerah pedesaan seperti Kecamatan Ipuh, Kabupaten Mukomuko. Upaya pengendalian tekanan darah melalui pendekatan farmakologis sering kali mengalami hambatan seperti kepatuhan pasien yang rendah, keterbatasan akses obat, dan beban biaya. Oleh karena itu, pendekatan non-farmakologis berbasis intervensi gaya hidup menjadi alternatif strategis yang efektif dan berkelanjutan. **Objektif:** Penelitian ini bertujuan untuk mengevaluasi efektivitas intervensi gaya hidup yang terdiri dari diet DASH (Dietary Approaches to Stop Hypertension), aktivitas fisik ringan, dan manajemen stres terhadap penurunan tekanan darah pada pasien hipertensi di Puskesmas Ipuh. **Method:** Desain penelitian menggunakan quasi eksperimen pretest-posttest tanpa kelompok kontrol dengan total 40 pasien sebagai subjek penelitian. Intervensi dilakukan selama 4 minggu dengan pemantauan rutin oleh petugas puskesmas. Hasil menunjukkan penurunan rerata tekanan darah sistolik dari 153 mmHg menjadi 138 mmHg dan diastolik dari 94 mmHg menjadi 86 mmHg. Analisis uji t berpasangan menunjukkan hasil yang signifikan secara statistik ($p < 0,001$). **Kesimpulan:** Penelitian ini menunjukkan bahwa intervensi gaya hidup yang sederhana, murah, dan berbasis edukasi dapat secara efektif menurunkan tekanan darah pada pasien hipertensi dan layak diintegrasikan ke dalam program rutin manajemen penyakit tidak menular di Puskesmas ipuh.

Keywords: hipertensi, intervensi gaya hidup, tekanan darah, Puskesmas Ipuh, edukasi kesehatan

The Relationship Between Fast Food Consumption Habits and Nutritional Status of Adolescent Females at SMPN 03, Mukomuko District

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Abstract

Background: Fast food is a type of food that is practical, easy to serve, delicious and simply processed. Fast food is becoming increasingly popular among the public and is becoming a trend, especially among teenagers. The impact of consuming fast food can increase cholesterol in the body, which results in increased fat, which can cause heart disease. **Objectives:** The purpose of this study was to determine the relationship between fast food consumption habits and the nutritional status of female adolescents at SMPN 03 Mukomuko Regency. **Methods:** This study used a cross-sectional design. There were 72 respondents who took part in this study and all of them were given a questionnaire to fill up. The sampling technique used was purposive sampling. The data analysis used was univariate and bivariate using a correlation test with a significance level of alpha 5 (0.05). **Results:** The results showed that as many as 23,6% of respondents often consumed fast food and as many as 73,4% respondents experienced excess nutrition. The results of the correlation test between the frequency of fast food consumption and nutritional status showed a p-value of $0.000 < 0.05$, which stated that there was a significant relationship between fast food consumption habits and nutritional status. **Conclusion:** It can be concluded that the more often a person consumes fast food, the more it will affect their nutritional status.

Keywords: Fast Food, Nutritional Status

Determinant Factors of Stunting Incidence in Children Aged 13-24 Months in the Working Area of the Taba Community Health Center, Lubuk Linggau City, in 2024

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Abstract

Background: Stunting is a condition of incompatibility between a child's height and age. Stunting is a major concern as it can reduce productivity and result in poor human resources. Taba Public Health Center, Lubuk Linggau City, is one of the areas with a high prevalence of stunting. **Objectives:** This study aims to determine the determinant of stunting in children aged 13-24 months in the work area of Taba Health Center, Lubuk Linggau. **Methods:** The population was 86 children, while the sample was 71 stunted children aged 13-24 months. Sampling technique used: proportionate stratified random sampling with a retrospective approach. Research instruments included interview sheets and documentation studies on the maternal and child health (MCH) book, analyzed descriptively. **Results:** Results showed that most mothers had low education (81.7%), most did not provide exclusive breastfeeding (54.9%), and most did not provide appropriate complementary feeding (56.3%). **Conclusion:** Interventions focusing on maternal and child health are needed to reduce stunting cases and to foster maternal awareness of the importance of exclusive breastfeeding and proper complementary feeding through counselling.

Keywords: Determinant Factors, Stunting, Breastfeeding, Complementary Feeding

Analysis of the Effect of Service Quality on Outpatient Patient Satisfaction at Ipuh Public Health Center, Mukomuko District

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Abstract

Background: Healthcare is a basic human need that must be optimally met. In this context, the quality of healthcare services is a crucial aspect influencing patient satisfaction. With increasing public awareness of the right to quality care, healthcare providers are required to continuously improve the quality of their services, including community health centers (Puskesmas) as the frontline of the primary healthcare system. **Objectives:** This study aims to determine whether service quality has a significant effect on outpatient satisfaction at the Ipuh Community Health Center, Mukomuko Regency. **Methods:** Data collection techniques used include observation, questionnaire distribution, and documentation. The study sample consisted of 70 outpatients. Data analysis techniques used simple linear regression analysis, validity tests, reliability tests, t-tests (partial), and coefficient of determination tests with the help of the SPSS version 25 program. **Results:** The results showed that service quality had a positive and significant effect on outpatient satisfaction, with a significance value of $0.000 < 0.05$ and an R Square value of 0.792. This means that 79.2% of patient satisfaction is influenced by shared services, and the remaining 20.8% is influenced by other factors.

Keywords: Service Quality, Patient Satisfaction, Community Health Center, Outpatient Care

Analysis of Factors Influencing the Low Rate of LUD Usage Among Productive-Age Mothers in the Working Area of Muara Beliti Regional Hospital, Musi Rawas Regency, South Sumatra

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Abstract

Background: Global reproductive health issues continue to be a major focus in public health development, particularly in controlling birth rates through family planning (FP) programs. One highly effective long-term contraceptive method is the Intrauterine Device (IUD), which is recommended by the WHO to reduce the number of unplanned pregnancies, especially in developing countries. **Objectives:** This study aims to analyze the factors influencing the low interest of women of reproductive age in using intrauterine devices (IUDs) in the working area of RSUD Muara Beliti, Musi Rawas Regency, South Sumatra. The research is motivated by the high rate of unplanned pregnancies and the low prevalence of IUD use, despite its proven long-term effectiveness and efficiency. **Methods:** A quantitative approach with a descriptive-correlational design was used. A total of 100 women of reproductive age were selected using purposive sampling. Data were collected through a structured questionnaire based on indicators from the Health Belief Model (HBM) and the Theory of Planned Behavior (TPB), with established validity and reliability. Statistical analysis was conducted using Chi-square tests and logistic regression at a 5% significance level. **Results:** The results revealed that 60% of respondents were not interested in using IUDs. Significant associations were found between knowledge level, attitude toward IUDs, and partner support with interest in IUD use ($p < 0.05$). Logistic regression identified three dominant predictors: high knowledge (OR = 2.1), positive attitude (OR = 2.8), and partner support (OR = 3.5). In contrast, access to health services and the number of children were not statistically significant. **Conclusion:** In conclusion, internal factors and social support play a key role in shaping interest in IUD use. These findings have practical implications for developing community-based educational interventions and involving male partners in family planning decisions, especially in rural settings.

Keywords: IUD, long-acting contraceptives, reproductive-age women, interest in use, Musi Rawas.

Determinant Analysis of Low Coverage in Non-Communicable Disease Screening Services: A Case Study at Uptd Puskesmas Suka Datang, Lebong District, 2025

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Abstract

Background: Non-communicable diseases (NCDs) are the leading cause of death globally, contributing to over 70% of deaths annually according to the WHO. In Indonesia, the proportion of deaths due to NCDs reaches 73%, with cardiovascular disease, cancer, and diabetes dominating. Specifically for cancer in women, breast and cervical cancer record the highest incidence rates, with 65,858 and 36,633 new cases per year, respectively. **Objectives:** This study aims to analyze the determinants influencing the low coverage of community visits to non-communicable disease (NCD) services, particularly early detection services for degenerative diseases and women's cancers, at the UPTD Suka Datang Public Health Center. The main issue addressed is the underutilization of primary healthcare facilities for NCD screening, which increases the risk of delayed diagnosis, especially among women of reproductive age and the elderly. **Methods:** A quantitative approach with a descriptive-correlational design was employed. Primary data were collected through a structured questionnaire administered to 100 respondents selected using purposive sampling. The research instrument was tested for validity and reliability. Data were analyzed using Pearson correlation and multiple linear regression with SPSS version 26. **Results:** The findings show that all independent variables—knowledge, attitude, accessibility, social support, and perceived service quality—had a positive and significant relationship with NCD service utilization ($p < 0.05$). Perceived quality was the most influential factor ($r = 0.55$), followed by accessibility ($r = 0.52$) and knowledge ($r = 0.45$). These results support the Health Belief Model and Andersen's Behavioral Model in explaining health-seeking behavior in the community. **Conclusion:** This study contributes empirical evidence for improving community-based primary healthcare strategies. Practical implications include the need to enhance service quality, provide continuous health education, and ensure more accessible and responsive health services tailored to local community needs.

Keywords: non-communicable diseases, early detection, primary healthcare, service quality, healthcare utilization

Analysis of Socio-Demographic Factors on PTM Patient Compliance at Bantal Mukomuko Public Health Center in 2025

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Abstract

Background: Non-communicable diseases (NCDs) such as hypertension and diabetes mellitus continue to increase in Indonesia, including in Mukomuko Regency. Patient adherence to treatment and routine check-ups is a crucial factor in successfully controlling NCDs. Sociodemographic factors such as age, gender, education, occupation, and marital status can influence patient adherence. **Objectives:** This study aimed to determine the relationship between sociodemographic factors and NCD patient adherence at Bantal Community Health Center, Mukomuko Regency, in 2025. **Methods:** This study used a quantitative analytical design with a cross-sectional approach. A sample of 100 NCD patients was drawn using purposive sampling. The instrument used was a questionnaire that had been tested for validity and reliability. Data analysis used the Chi-Square test. **Results:** There was a significant association between age ($p=0.024$), education level ($p=0.015$), and employment status ($p=0.031$) with NCD patient adherence. However, gender ($p=0.412$) and marital status ($p=0.589$) did not show a significant association. **Conclusion:** The sociodemographic factors that most influence NCD patient adherence are age, education, and occupation. Health promotion interventions must consider these characteristics to be more effective.

Keywords: Non-Communicable Diseases, Compliance, Socio-Demographics, Community Health Centers.

Patient Satisfaction with Outpatient Services at Rejang Lebong Regional Hospital

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Abstract

Background: Patient satisfaction is a key indicator in assessing the quality of healthcare services. **Objectives:** This study aims to analyze patient satisfaction with outpatient services at Rejang Lebong Regional Hospital, focusing on waiting time, healthcare worker communication, and service facilities. **Methods:** A descriptive quantitative survey was conducted among 100 randomly selected respondents. Data were collected using a validated and reliable questionnaire. **Results:** Results showed that 75% of patients were satisfied with the overall service, 60% considered waiting time acceptable, 80% were satisfied with communication, and 70% were satisfied with available facilities. However, the cleanliness and waiting area comfort need improvement. **Conclusion:** It can be concluded that waiting time, communication, and facilities are key factors influencing patient satisfaction. The study recommends improving service efficiency and enhancing healthcare workers' communication skills to strengthen service quality.

Keywords: patient satisfaction, outpatient services, healthcare quality, communication, facilities

Effectiveness of a Competency-Based Training Program in Enhancing Nurse Performance and Quality of Care in the Interventional Radiology Unit at Medical City

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Abstract

Background: Nurses in Interventional Radiology (IR) units perform complex, high-risk procedures that demand advanced clinical competence, critical thinking, and rapid decision-making. However, existing training methods, primarily lecture-based and brief orientation sessions, do not adequately prepare nurses to handle the technical and cognitive demands of IR practice. This gap contributes to inconsistent performance and variable care quality. Competency-Based Training (CBT) offers a structured and outcome-driven educational approach that emphasises skill mastery, feedback, and performance evaluation, making it suitable for specialised clinical environments such as IR. **Objectives:** This study aims to evaluate the effectiveness of a structured Competency-Based Training (CBT) program in enhancing nurses' performance and improving the quality of patient care in the Interventional Radiology Unit at King Salman Medical City, Saudi Arabia. The study also seeks to determine whether improvements in nurse performance mediate the relationship between CBT implementation and quality-of-care outcomes. **Methods:** A quasi-experimental pre-test–post-test design with a six-month follow-up will be employed. Data will be collected at three stages using validated tools: The Professional Nurse Competence Scale, the Competence Assessment Tool, and a modified Safety Compliance Checklist. The study will include nurses working in the IR Unit who meet specific inclusion criteria. Validity and reliability of instruments will be established through expert review, pilot testing, and statistical measures, including Cronbach's alpha and inter-rater reliability. Data will be analysed using SPSS, employing descriptive statistics, paired t-tests, ANOVA, regression, and correlation analyses. Ethical approval will be obtained from Lincoln University College and the relevant health authorities in Saudi Arabia. Participation will be voluntary, and confidentiality will be maintained throughout the study.

Keywords: Competency-Based Training; Nurse Performance; Quality of Care; Interventional Radiology; Patient Safety; Saudi Arabia

The Effect of Health Education in the Program Keluarga Harapan (PKH) on Posyandu Attendance and Nutritional Status of Children Under Five in Poor Households in Ratu Samban District, Bengkulu City

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Abstract

Background: The Program Keluarga Harapan (PKH) is a national social intervention program that emphasizes the importance of health education for poor households. One of its main objectives is to increase the utilization of basic health services, including posyandu (integrated health posts), and to improve the nutritional status of children under five. However, empirical evidence on the influence of PKH health education on health behavior and child nutrition at the local level remains limited. Ratu Samban District, an urban area in Bengkulu City with relatively advanced economic activity compared to other districts, still has poor households receiving PKH benefits. **Objectives:** This study aims to analyze the effect of health education through PKH on the frequency of posyandu visits and the nutritional status of children under five in poor households in Ratu Samban District. **Methods:** This research employed a quasi-experimental comparative design with a cross-sectional approach. The study subjects were poor households with children under five, divided into two groups: PKH beneficiaries and non-beneficiaries. Data on posyandu attendance were obtained from posyandu records and maternal and child health books, while nutritional status was assessed using anthropometric measurements (weight, height, age) and WHO Z-score analysis. Data were analyzed descriptively, bivariately (Chi-Square test and t-test/Mann-Whitney), and multivariately (logistic regression and linear regression) to control for confounding variables such as maternal education, occupation, number of children, and household income. **Results:** The study is expected to show that poor households receiving PKH health education have higher posyandu attendance and better nutritional status of children under five compared to non-PKH households. **Conclusion:** Health education within the PKH framework has the potential to be an important factor in increasing the utilization of basic health services and improving child nutritional outcomes. The findings are expected to provide input for strengthening social intervention and public health policies at the local level.

Keywords: Program Keluarga Harapan, health education, posyandu attendance, nutritional status of children under five, poor households

The Role of Local Fish-Based Diet in Addressing Stunting among Children Aged 6–24 Months in North Bengkulu Bay

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Abstract

Background: Bengkulu Province, particularly North Bengkulu Regency, continues to report an alarming prevalence of stunting. Data from the North Bengkulu Health Office in 2024 showed that approximately 23.5% of toddlers experienced stunting, with a high prevalence in rural areas such as Krekap District, especially in the Lubuk Durian Community Health Center (Puskesmas). This condition is influenced by various factors, including low intake of essential nutrients such as animal protein, vitamins, and minerals during the critical growth period (ages 6–24 months). **Objectives:** This study aims to analyze the factors influencing the consumption of locally processed fish and its relationship with stunting among children aged 6–24 months in the working area of Lubuk Durian Community Health Center, Krekap District, North Bengkulu Regency. Stunting remains a critical health issue in the region, despite the abundance of local fish resources. **Methods:** This quantitative research employed a correlational design with a cross-sectional approach. A total of 120 toddlers were selected through purposive sampling. Primary data were collected using a validated and reliable structured questionnaire. Data analysis was performed using chi-square and binary logistic regression tests with a significance level of 0.05. **Results:** The results revealed a statistically significant relationship between the level of local fish consumption and the incidence of stunting ($p < 0.001$). Toddlers with low fish consumption were found to be 4.5 times more likely to experience stunting compared to those with regular intake. Additionally, maternal education and nutritional knowledge were found to influence children's fish consumption behavior. These findings highlight the critical role of locally sourced animal protein in preventing stunting at the household level. **Conclusion:** Low consumption of locally processed fish is a significant risk factor for stunting in children. This study contributes to the development of nutritional intervention policies based on local food resources and serves as a foundation for family nutrition education strategies in rural areas.

Keywords: stunting, local fish consumption, toddlers, family nutrition, local food

The Relationship between Knowledge, Exclusive Breastfeeding and Parenting Patterns with Stunting Incidents in Children Aged 2-5 Years in Underprivileged Families at the Lubuk Durian Community Health Center in 2024

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Abstract

Background: Stunting is a growth and development disorder in children due to chronic malnutrition and recurrent infections in children under 5 years of age. Stunting in children can have a negative impact on them from childhood to adulthood. Stunting can be caused by various factors, including knowledge, exclusive breastfeeding and parents' parenting patterns towards their toddlers. **Objectives:** This study aims to determine the relationship between knowledge, exclusive breastfeeding and parenting patterns and the incidence of stunting in children aged 2-5 years from underprivileged families at the Lubuk Durian Community Health Center in 2024. **Methods:** This research adopts a quantitative method with a cross-sectional research design. The research was conducted from March to April. The sample consisted of 67 participants selected by systematic random sampling. The data analysis used in this research was the Chi-Square test. **Results:** The results of the research showed that almost a quarter of toddlers experience stunting, most of them lack knowledge, most of them do not provide exclusive breast milk, most of their food parenting patterns are in the bad category, most of their hygiene and health parenting patterns are in the bad category and most of their psychosocial parenting patterns are poor category. There is a relationship between maternal knowledge and the incidence of stunting, with a p-value of 0.010. There is a relationship between exclusive breastfeeding and the incidence of stunting, with a p-value of 0.015. There is a relationship between parenting patterns and the incidence of stunting, with a p-value of 0.022. There is no relationship between hygiene and health parenting patterns with the incidence of stunting, with a p-value of 0.528. There is a relationship between psychosocial parenting styles and the incidence of stunting, with a p-value of 0.027. **Conclusion:** Knowledge, exclusive breastfeeding, eating patterns and psychosocial parenting patterns are related to the incidence of stunting, while hygiene and health parenting patterns are not related to the incidence of stunting.

Keywords: Knowledge, Exclusive Breastfeeding, Parenting Patterns, Stunting Incidents, Underprivileged Families

Support Equipment on the Speed of Diagnosis and Referral Decisions in the Emergency Unit (UGD) of Ipuh Public Health Center

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Abstract

Background: Emergency Department (ER) services play a strategic role in the primary healthcare system, particularly in providing initial treatment for critically ill patients. In rural areas like Ipuh District in Mukomuko Regency, community health centers (Puskesmas) serve as the frontline, handling a wide range of emergency cases before referral to advanced healthcare facilities. However, the primary challenge faced by puskesmas, particularly in the ER, is the limited availability of diagnostic support equipment such as basic laboratory, radiology, and electrocardiography (ECG). This hinders the speed and accuracy of diagnosis, ultimately leading to delays in referral decisions and patient management. **Methods:** Using a quantitative approach and cross-sectional design, data were collected from 100 respondents, including health workers and patients, through a structured questionnaire. Independent variables included the availability of basic laboratory tools, radiology equipment, and electrocardiography (ECG), while the dependent variables were the speed of establishing diagnosis and the timeliness of referral. **Results:** Bivariate analysis using the Chi-Square test showed a significant relationship between equipment availability and diagnostic speed ($p < 0.05$). Multivariate logistic regression analysis indicated that the absence of ECG devices had the most dominant influence with an odds ratio (OR) of 4.87 (95% CI: 2.11–11.26). **Conclusion:** These findings highlight the urgent need to strengthen diagnostic support facilities in primary healthcare emergency services to ensure timely and accurate management of critical cases.

Keywords: Competency-Based Training; Nurse Performance; Quality of Care; Interventional Radiology; Patient Safety; Saudi Arabia

Mapping Global Research Trends on Discharge Planning for Breast Cancer Patients Using Andersen Behavioral Model: A Bibliometric and Review

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Abstract

Background: Discharge planning was a critical phase in the continuum of care for breast cancer patients, influencing adherence, readmission rates, and overall quality of life. Despite its clinical significance, global research integrating theoretical frameworks such as the Andersen Behavioral Model (ABM) within discharge planning remained fragmented. Understanding the evolution of this research field informed more comprehensive and patient-centered transitional care strategies. **Objectives:** This study aimed to map global research trends on discharge planning for breast cancer patients using the Andersen Behavioral Model and its related frameworks. It also sought to identify leading contributors, institutions, countries, and thematic evolutions, while highlighting research gaps and future directions. **Methods:** A bibliometric analysis was conducted using the Scopus database, covering publications from 2000 to 2025. The search query combined terms for "discharge planning," "breast cancer," and "Andersen model" or equivalent behavioral models. Data were analyzed using VOSviewer for visualization of co-authorship networks, keyword co-occurrence, and funding patterns. Quantitative indicators such as document counts, subject areas, and publication types were also assessed. **Results:** A total of 1,624 documents were identified, showing a substantial increase in scholarly output after 2017, peaking in 2023. The United States, United Kingdom, and Canada dominated contributions, accounting for over 60% of publications. The most productive institutions included the University of Toronto, Harvard Medical School, and the University of California, San Francisco. The National Institutes of Health and National Cancer Institute were the top funding sponsors. Medicine and nursing were the leading subject areas, with growing integration from behavioral sciences and informatics. Keyword network analysis revealed four clusters centered on patient care quality, healthcare planning, oncology, and psychosocial support. Recent trends highlighted emerging interests in artificial intelligence, self-care, and qualitative approaches to transitional care. **Conclusion:** The Andersen Behavioral Model provided a robust framework for discharge planning, understanding healthcare utilization behaviors and optimizing post-hospital transitions.

Keywords: Discharge planning, Breast cancer, Andersen Behavioral Model, Bibliometric analysis, Transitional care, Health service utilization.

Impact of Digital-based Intervention on Smoking Abstinence and Cessation among Adolescents: A Systematic Review

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Abstract

Background: Adolescent smoking remained a significant public health concern, with digital-based interventions emerging as a potentially effective approach for cessation support in this technologically engaged population. However, their effectiveness specifically among adolescents required systematic evaluation. **Objectives:** This study was to assess the effectiveness of digital-based interventions for smoking cessation among adolescents (aged 13–19 years) and identify key factors influencing intervention success. **Methods:** A systematic review following Preferred Items for Systematic Reviews and Meta-analyses guidelines was conducted across five electronic databases (MEDLINE, Scopus, CINAHL, Cochrane Library, and Web of Science) from inception through December 2024. Studies evaluating digital interventions for adolescent smoking cessation were included. Four independent reviewers conducted study selection and data extraction. Study quality was assessed using the Cochrane Risk of Bias (RoB) tool and RoB in Non-randomized Studies of Interventions. Narrative synthesis was performed due to substantial methodological and clinical heterogeneity across included studies, with structured categorization by intervention type, outcome measurement approaches, and follow-up duration. Summarize how the study was conducted: design, participants, instruments, and analysis methods. **Results:** Analysis of 40 studies (28 randomized controlled trials, 12 nonrandomized studies) revealed cessation rates varying from 6.9% to 65.9%. Age-appropriate integrated digital approaches demonstrated superior outcomes compared to single-component interventions. Social media-based platforms showed promise for adolescent engagement, though effectiveness was moderated by cultural adaptation and implementation strategies. Program engagement emerged as crucial, with higher engagement rates correlated with improved outcomes. **Conclusion:** The Impact of digital-based interventions for adolescent smoking cessation depended on age-appropriate design, cultural relevance, and sustained engagement strategies.

Keywords: Adolescent, digital interventions, smoking cessation, systematic review, youth engagement

Bridging Science and Compassion: Implementing Evidence-Based Therapeutic Approaches to Enhance Emotional Intelligence in Children with Cancer

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Abstract

Introduction: Children with cancer frequently experience fatigue, anxiety, and disturbed sleep, which impairs their emotional intelligence and functional status. Although evidence supported the benefits of music therapy and sleep education, the application of these interventions in pediatric oncology nursing in Indonesia remained limited. Addressing this gap was crucial for fostering both physical recovery and emotional resilience in young patients. **Objectives:** This study aimed to evaluate the effectiveness of an educational song therapy intervention in improving emotional intelligence and functional status among children undergoing chemotherapy. **Methods:** A quasi-experimental design with pre- and post-tests was conducted among 60 pediatric oncology patients in Padang, Indonesia. Participants were assigned to intervention and control groups. The intervention consisted of healthy sleep education and 30-minute educational song therapy sessions conducted before bedtime for three consecutive days. Functional status was measured using the Barthel Index for Activities of Daily Living, and emotional responses were observed qualitatively. Data were analyzed using paired and independent t-tests. **Results:** The intervention group demonstrated a significant improvement in functional status ($p = 0.0005$) and higher emotional engagement compared with the control group. Children showed better sleep quality, reduced fatigue, and increased positive affect, as reported by caregivers and nurses. **Conclusion:** Integrating evidence-based, culturally sensitive interventions such as educational song therapy bridged research evidence with compassionate practice. This approach enhanced children's emotional intelligence and functional outcomes, promoted holistic and sustainable nursing innovations grounded in implementation science.

Keywords: Evidence-based nursing, emotional intelligence, pediatric oncology, music therapy, implementation science

Mentorship and Preceptorship Models: Transitioning from Studentship to a Practitioner

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Abstract

Background: The transition from studentship to professional practice was a crucial phase in the development of competent and confident nurse practitioners. Mentorship and preceptorship models played critical roles in bridging the gap, fostering clinical competence, professional identity, and autonomous decision-making. **Objectives:** This paper explored various mentorship and preceptorship models within the context of nursing education and clinical practice, emphasizing their application in facilitating a smooth and effective transition from studentship level into their roles as practitioners.

Methods: A phenomenological study was done in Indonesia. Participants were assigned to intervention and control groups. Mentorship was done among respondents. Inclusion and exclusion criteria were set. An audio recording was done in an in-depth interview. Transcription of results was done in English and shown back to the participants for final interpretation. **Results:** The results underscore the importance of structured support systems, experienced role models, and evidence-based frameworks in nurturing the clinical reasoning, resilience, and leadership potential of emerging nurse practitioners. **Conclusion:** Mentorship and preceptorship were complementary approaches that facilitated a successful transition from studentship to professional practice.

Keywords: Evidence-based nursing, mentorship, preceptorship, competency, nursing

Effectiveness of Nutrition Counseling and Leaflet-Based Education on Knowledge, Attitude, and Iron Intake among Anemic Pregnant Women at Public Health Centers in Padang City

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Abstract

Background: Anemia during pregnancy remains a major global public health concern. According to the World Health Organization (WHO), the global prevalence of anemia among pregnant women was 41.8% in 2021. In Indonesia, the prevalence reached 48.9%, while the *Padang City Health Profile 2022* reported 1,831 anemic pregnant women out of 18,085, representing approximately 10.1%. This condition underscored the need for effective nutritional education and interventions to improve maternal health outcomes. **Objectives:** This study aimed to determine the effectiveness of nutrition counseling and leaflet distribution on knowledge, attitude, and iron intake among anemic pregnant women at the Health Center, Padang City. **Methods:** This study employed a pre-experimental design with a one-group pretest–posttest approach. The sample consisted of 30 anemic pregnant women selected through purposive sampling at the Health Center, Padang City. Data were collected using pretest–posttest questionnaires to assess knowledge and attitude, and a Food Frequency Questionnaire (FFQ) to measure dietary iron intake. Data were analyzed using the paired *t*-test. **Results:** The statistical analysis revealed that the mean knowledge score of pregnant women increased from 8.71 before the intervention to 13.53 after the intervention. Similarly, the mean attitude score rose from 5.84 to 9.57, while the mean dietary iron intake score improved from 22.46 to 30.88 following the intervention. These findings indicated a significant effect of nutrition counseling using leaflets on the knowledge ($p = 0.0001$), attitude ($p = 0.0001$), and dietary iron intake ($p = 0.0001$) of anemic pregnant women. **Conclusion:** Nutrition counseling combined with leaflet media effectively enhanced knowledge, attitude, and dietary iron intake among anemic pregnant women. This educational approach was recommended as part of antenatal care programs to help reduce anemia prevalence.

Keywords: Nutrition counseling, leaflet, iron intake, anemia, pregnant women, health education.

Identification of Hemoglobin Levels in School-Age Children at Muhammadiyah Orphanage in Surabaya

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Abstract

Background: A serious health issue, particularly in underdeveloped nations, is low hemoglobin levels in elementary school-aged children. The orphanage frequently struggled to feed children with proper protection and care. This directed an effect on body weight, which in turn influenced children's hemoglobin (Hb) levels. Low hemoglobin levels caused anemia in children, which eventually impaired their capacity for learning, focus, and productivity. **Objectives:** The purpose of this study was to identify hemoglobin levels in children at Muhammadiyah Orphanage in Surabaya. **Methods:** This study was a quantitative design with a cross-sectional approach. The population of this study was 149 respondents spread across 7 Muhammadiyah Orphanages in the Surabaya Region. The sampling technique used was cluster random sampling with a total of 99 respondents. The variable in this study was hemoglobin level. **Results:** The results showed that of the 99 school-age children examined, 73(73.7%) children had normal or within-normal Hb levels, while 26(26.3%) had low Hb levels. **Conclusion:** Low Hemoglobin levels (26.3%) remained a serious concern, as nearly half of the population was at risk of anemia. Anemia in children negatively impacts growth, cognitive development, endurance and learning productivity.

Keywords: Nutrition counseling, leaflet, iron intake, anemia, pregnant women, health education.

The Effect of Providing Baby Gym on Motor Development in Infants Aged 6–9 in the Health Center Work Area, Padang City

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Abstract

Background: Infancy was both a golden and critical period in development. This stage involved the growth of body structures as well as complex functions related to motor skills, language, speech, independence, and socialization. The number of infants in Indonesia accounted for about 5% of the total population, with the percentage of infants experiencing delayed motor development ranging from 5.3% to 7.5%. Baby Gym was a stimulation technique designed to optimally promote infant growth and development, particularly in enhancing gross motor skills. **Objective:** This study aimed to determine the effect of Baby Gym on motor development in infants aged 6–9 months in the working area of the Padang City Health Center in 2025. **Methods:** This study used a quantitative approach with a pre-experimental design and a one-group pre-test-post-test model. Data collection was conducted from March 8 to May 15, 2025, and the research was carried out from March to August 2025. The study population consisted of 175 infants aged 6–9 months in the Padang City Health Center working area, with 34 respondents selected using a random sampling technique. Data were collected using the Developmental Pre-Screening Questionnaire (KPSP) and observation sheets. The data were analyzed using univariate and bivariate analysis with the Wilcoxon test. **Results:** The results showed that the average motor development score of infants before Baby Gym was 4.53, while after Baby Gym, it increased to 8.88. The bivariate analysis obtained a p -value = 0.000 (< 0.005), indicating a significant difference between before and after the Baby Gym intervention on motor development in infants aged 6–9 months. **Conclusion:** Baby Gym had a significant effect on motor development in infants aged 6–9 months in the working area of the Padang City Health Center in 2025. Health workers facilitated the regular implementation of Baby Gym as part of the Maternal and Child Health (MCH) program to help enhance motor development in infants.

Keywords: Baby Gym, Motor Development, Babies Aged 6 – 9 Months

Effectiveness of Focus Group Discussion-Based Psychoeducation on Anxiety and Coping in Parents with Children with Major Thalassemia: A Quasi-Experimental Study

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Abstract

Background: Beta thalassemia major is a severe hereditary blood disorder characterised by chronic anaemia. This condition required long-term care and has an impact on parents' anxiety and coping. Focus group discussion-based psychoeducation was one of the priority choices for nurses in improving parents' understanding and skills regarding thalassemia. **Objective:** This study aimed to determine the effect of focus group discussion-based psychoeducation on the anxiety and coping of parents with children with beta thalassemia major. **Methods:** The study design used a pre-post-test quasi-experiment with a nonequivalent control group design. Sampling was conducted using consecutive sampling, involving 32 respondents. The instruments used were the ZSAS for anxiety and the Lazarus & Folkman coping scale. Psychoeducation was conducted through lectures, discussions, experience sharing, and demonstrations. Data analysis was performed using univariate and bivariate analysis with paired samples t-test and independent samples t-test. **Results:** There was a decrease in the mean anxiety score (45.31-34.75) and an increase in coping (47.81-56.13) among parents in the intervention group compared to the control group. There was a difference in the mean anxiety score ($p = 0.000$) and coping score ($p = 0.000$) before and after psychoeducation. There was a difference in the mean anxiety score ($p = 0.000$) and coping score ($p = 0.000$) between the intervention group and the control group. **Conclusion:** Psychoeducation was effective in reducing anxiety and improving coping strategies among parents caring for children with beta thalassemia major.

Keywords: Anxiety; Coping; Psychoeducation; Thalassemia

Evaluation of the Liquid Wastewater Management System with Wastewater Treatment Plant (WWTP) at the Health Centre within the Working Area of the XX Regency Health Office in 2025

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Abstract

Background: Wastewater management was an important aspect in maintaining environmental quality and public health, especially in health care facilities that had the potential to produce hazardous liquid waste. In Indonesia, the implementation of Wastewater Treatment Plants (WWTP) in Community Health Centres was an urgent need to prevent pollution and support sustainable environmental health efforts.

Objectives: This study aimed to evaluate WWTP wastewater management using wastewater treatment plants in community health centres within the working area of the selected District Community Health Centers of the selected District in 2025. With this study, it was hoped that community health centres would improve the effectiveness of their wastewater management so that they would not only meet environmental standards but also provide protection for health workers and the surrounding community.

Methods: This research was a qualitative descriptive study. Data collection was conducted through observation interviews and document review. Data analysis was performed using content analysis supplemented with document review. Discussion analysis was conducted descriptively on the inputs, processes and outputs using triangulation of sources and methods. **Results:** The results of the study indicated that the wastewater treatment system was constructed in accordance with basic standards, but there were still several weaknesses, particularly in terms of routine maintenance, recording of monitoring results, and sludge management. In addition, limitations were found in the capacity of human resources and the availability of simple laboratory equipment. In general, the IPAL was functioning, but its performance was not optimal in reducing the levels of Biochemical Oxygen Demand, Chemical Oxygen Demand, and Total Suspended Solids before wastewater was discharged into the environment.

Conclusion: Based on the results of the study, it can be concluded that the management of the WWTP at the Community Health Centre was not been optimal due to limited human resources that have not been technically trained, the absence of a regular budget allocation, a lack of water quality monitoring facilities, and the absence of standard operating procedures (SOPs) in the form of standard operating policies. Therefore, improved human resource capacity, developed SOPs, strengthened funding, and implemented integrated routine supervision were essential to ensure the sustainability and effectiveness of the WWTP system at the Health Center.

Keywords: Evaluation, Wastewater treatment, Medical waste, Environmental management, Health center

Patient Safety Hospital Management Program Improving Nurses' Clinical Knowledge and Skill

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Abstract

Background: Patient safety is a framework of organized activities to build a culture. Processes, procedures, behavior, technology, and environment in health services are consistently and continuously applied, which aims to reduce risks reduce preventable dangers. Avoid the possibility of errors and reduce the impact when incidents occur in patients. **Objectives:** This study aims to determine the factors that influence the implementation of patient safety by nurses at Hospital P in Bengkulu. **Methods:** The type of research used is quantitative research with a cross-sectional approach. The population in this study was nurses who were hospitalized at Hospital P in Bengkulu. Totaling 80 people. The number of samples in the study was 66 respondents according to the criteria, using a total sampling technique. The statistical test used was the chi-square test. **Results:** The results of the study showed that there was a relationship between nurses' knowledge(p -value=0.004). Hospital Management organizations (p -value=0.030) with the implementation of patient safety by nurses at Hospital P in Bengkulu. **Conclusion:** Improve nurses' clinical knowledge and skill by holding regular and continuous training and increasing nurses' competence, analyzing effective communication and implementing TubAK. Make the organization feasible by implementing a reward and punishment system for nurses according to their performance.

Keywords: Patient safety, Hospital management, Nurses, Clinical knowledge, Clinical skill

Preceptorship in the Digital Health Transformation Era: Exploring Nurse Preceptors' Experiences in Mentoring New Nurses at an Islamic Hospital, Surabaya

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Abstract

Background: Hospitals in Indonesia are currently undergoing digital transformation, including Hospital Management Information Systems and Electronic Medical Records (EMR). This digital transformation impacted the role of preceptors in mentoring new nurses' adaptation to the digital work system. However, there were no adequately structured guidelines for mentoring in this digital context. **Objectives:** This study explored how preceptors assist new nurses during the transformation to digital healthcare in private Islamic hospitals in Surabaya, East Java, Indonesia. The results of this study were intended to create a guide for preceptors that enhanced their readiness to mentor new nurses in this digital context. **Methods:** This study used a qualitative descriptive approach. Six preceptors were selected using purposive sampling from six different units undergoing the transition to a digital documentation system. The data collection technique used was in-depth interviews and was analyzed using a thematic content analysis approach. **Results:** Generated three main themes: (1) managing dual adaptation, (2) balancing nursing professionalism with Islamic values, and (3) strategies for bridging the digital divide. The preceptors emphasized the importance of developing a preceptorship guide that includes components of continuous digital literacy to maintain the effectiveness of the mentoring process. **Conclusion:** Preceptors played a vital role in mentoring new nurses' adaptation to digital transformation, and the urgency of developing a comprehensive guide that enhances preceptor readiness by integrating three main themes that emerged to optimize the effectiveness of mentoring within the context of digital health transformation.

Keywords: Nurse preceptors, preceptorship, digital health systems, new nurses, preceptor readiness

Factors That Influence Elderly Health Service Satisfaction in the Ipuh Public Health Center Area, Mukomuko Regency

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Abstract

Background: Health centers would want to provide communication training and improve service management to enhance elderly patient satisfaction. **Objectives:** This study investigated the factors influencing elderly satisfaction with healthcare services at Ipuh Public Health Center, Mukomuko Regency. **Methods:** Using a cross-sectional design, 120 elderly individuals were selected through purposive sampling. The variables studied included communication by health workers, staff attitude, waiting time, facilities, medication availability, and administrative procedures. Data were analyzed using descriptive statistics, chi-square tests, and logistic regression. **Results:** The results showed that communication, staff attitude, waiting time, and medication availability significantly affected satisfaction ($p < 0.05$). Communication by health workers was found to be the most dominant factor with an odds ratio (OR) = 5.12 (95% CI: 2.45–10.71). **Conclusion:** Health centers provided communication training and improved service management to enhance elderly patient satisfaction.

Keywords: Elderly satisfaction, Healthcare services, Ipuh Health Center, Communication, Waiting time

Factors Associated with Parental Behavior in Providing Reproductive Health Education to Early Childhood

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Abstract

Background: Access to accurate reproductive health information remained limited, causing many children to receive misleading or incomplete knowledge about their own bodies. Early childhood was a critical period for developing self-awareness, privacy, and personal safety. Parents played a key role in providing reproductive health education at home, which helped prevent sexual abuse. However, cultural taboos and the lack of accessible, credible information often prevented parents from discussing these topics appropriately with their children. **Objectives:** This study aimed to identify the factors associated with parents' behavior in providing reproductive health education to their young children, focusing on the roles of knowledge, attitudes, and exposure to information media. **Methods:** A quantitative study with a cross-sectional design was conducted among 64 parents of early childhood children, selected using purposive sampling. Data were collected through structured questionnaires and analyzed using univariate and bivariate analysis with the Chi-square test at a 95% confidence level. **Results:** The findings showed that 56.3% of parents had provided reproductive health education to their children. Most participants demonstrated high levels of knowledge (62.5%), positive attitudes (65.6%), and good exposure to media information (59.4%). Statistical analysis revealed significant associations between parental knowledge ($p = 0.002$), attitudes ($p = 0.010$), and media exposure ($p = 0.015$) with parental behavior. Parents with better knowledge, more positive attitudes, and higher exposure to information were more likely to engage in reproductive health education with their children. **Conclusion:** Knowledge, attitude, and information exposure were key determinants of parents' involvement in reproductive health education for early childhood. Strengthening these factors through training programs, community outreach, and accessible educational media enhanced parents' capacity to guide their children effectively. Collaboration among health institutions, schools, and local communities was essential to promote accurate reproductive health education and to protect children from the risk of sexual violence.

Keywords: Parental Behavior, Reproductive Health Education, Early Childhood, Knowledge, Attitude, Media Exposure

The Relationship Between Level of Nutritional Knowledge and Age with the Incidence of Chronic Energy Deficiency (CED) in Pregnant Women at the Health Center in Padang City

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Abstract

Background: Chronic Energy Deficiency (CED) in pregnant women is an issue that still exists today and affects the health of the mother during pregnancy. The prevalence of CED cases in West Sumatra Province reached 10.39% in 2023, representing an increase of 1.09%, making Padang City Health Center the highest, with 99 cases of pregnant women experiencing CED. **Objectives:** This study aimed to determine the relationship between nutritional knowledge level and age with the incidence of chronic energy deficiency (ced) in pregnant women at the Health Center in Padang City in 2025. **Methods:** The research method used was a quantitative research method with a cross-sectional research design conducted from March to August 2025. The population in this study consisted of all pregnant women visiting the Health Center in Padang City, totaling 358 pregnant women, with an accidental sampling technique resulting in 78 pregnant women. Data were collected through questionnaires. Data analysis was performed using univariate and bivariate analysis with Chi-Square statistical testing. **Results:** The results of this study showed that out of 78 respondents, 24.4% of mothers experienced chronic energy deficiency (CED) and 75.6% did not experience CED. The bivariate analysis indicated a relationship between nutritional knowledge and the incidence of CED at 53.3% among pregnant mothers with a p-value of 0.000, as well as a relationship between age and the incidence of CED at 76.9% among pregnant mothers with a p-value of 0.000. **Conclusion:** There was a relationship between the level of nutritional knowledge and age with the incidence of Chronic Energy Deficiency (CED) in pregnant women at the Health Center in Padang City in 2025. Based on the research results, it was hoped that the staff at the Health Center in Padang City would enhance counselling for pregnant women about their knowledge regarding CED and pay more attention to health and nutritious food consumption during their pregnancy.

Keywords: Nutritional Knowledge, Age, Chronic Deficiency

The Determinants of Service Innovation: A Systematic Review

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Abstract

Background: Service innovation has emerged as a critical driver of organizational competitiveness, customer satisfaction, and long-term sustainability in an increasingly digital and knowledge-based economy. Despite its growing relevance, the determinants that enable or constrain service innovation remained fragmented across behavioral, organizational, technological, and institutional domains. Understanding how these multidimensional factors interact was essential to guide both theoretical development and managerial practice. **Objective:** This study aimed to systematically review and synthesize contemporary evidence on the determinants of service innovation across industries and regions. The objective was to identify, categorize, and analyze the behavioral, organizational, technological, and contextual factors that influence the development and performance outcomes of service innovation. **Methods:** Following the PRISMA 2020 framework, a systematic review was conducted using Scopus, Web of Science, and Science Direct databases. A total of 612 records were initially identified, and after screening and eligibility assessment, 30 studies published between 2020 and 2025 were included for analysis. Data were extracted and thematically coded into major determinant categories: organizational, leadership, behavioral, technological, knowledge-based, and institutional factors. The selected studies were summarized in a literature review matrix to enable cross-comparative synthesis. **Results:** Service innovation was driven by a complex interplay of internal and external determinants. Behavioral factors such as leadership, motivation, and employee creativity interact with organizational enablers, including dynamic capabilities, structure, and digital readiness. Technological drivers such as artificial intelligence, big data analytics, and ICT infrastructure enhanced innovation efficiency and customer value creation. Meanwhile, institutional and market environments shaped firms' ability to adopt and sustain innovative practices. Collectively, these determinants contributed to improved firm performance, adaptability, and strategic competitiveness. **Conclusions:** Service innovation represented a multidimensional phenomenon that integrated human creativity, technological advancement, and organizational learning. The review underscored that success in service innovation depended on aligning behavioral and technological capabilities with supportive institutional contexts.

Keywords: Service innovation; determinants; systematic review.

Factors Influencing Home Birth Decisions Among Women in Al-Madinah, Saudi Arabia: A Phenomenological Study

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Abstract

Background: Home birth, as an element of maternity care, has been the subject of considerable debate regarding its safety and efficacy. Recent evidence suggested that for low-risk, multiparous women, planned home birth was as safe as hospital birth, with reduced intervention rates and enhanced overall birth experiences. Additionally, economic assessments indicated that home birth represents a cost-effective alternative in specific contexts. However, in many high-income countries, including Saudi Arabia, home births remained rare due to prevailing socio-cultural attitudes, health system policies, and perceptions regarding the safety of home deliveries. **Objective:** This qualitative phenomenological study aimed to explore the factors influencing the decision to choose home birth among reproductive-age women in Al-Madinah, Saudi Arabia. **Methods:** A Phenomenological study was used. Semi-structured interviews were conducted with 25-30 participants to gather in-depth insights into their attitudes, beliefs, and experiences regarding home birth. An audio recording was used. The final transcription in English was shown back to the participants before interpretation of the thematic analysis. **Results:** The interplay of cultural beliefs, socio-economic status, and prior childbirth experiences in shaping the preference for home delivery was influenced by the decision to choose home birth among reproductive-age women. **Conclusions:** The study shed light on potential enablers, including improved midwifery services and health education, which facilitated greater acceptance of home birth in Saudi Arabia

Keywords:

Home birth; Saudi Arabia; qualitative study; phenomenology; maternal health; reproductive age.

Women's Attitudes in Preparing for Menopause: A Review

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Abstract

Background: Menopause is the natural cessation of menstrual cycles in women as they age. The average age of menopause in Indonesia was between 45 and 55, and the proportion of menopausal women in the country was rising by about 3% annually. By 2025, there will be 60 million menopausal women in Indonesia. **Objective:** This study aimed to review women's attitudes in preparing for menopause. **Methods:** The search terms "attitude," "readiness," and "menopausal women" were employed in the literature review search approach. Relevant resources, especially Google Scholar and PubMed, offered the information needed to look for studies both domestically and abroad. Articles were in English or Indonesian, (1) original, (2) published in the last five years (2022–2025), and (3) fully accessible. Thirty domestic and international items were located, and articles published during the last five years but not fully accessible within that time frame satisfied the exclusion criteria. Following the preliminary review of abstracts, titles, and inclusion criteria, 30 journals were found. Following the discovery of twelve articles in the final step of screening based on processes and results, fifteen national articles were discovered in the second stage of screening, utilizing inclusion and exclusion criteria. **Results:** Having a positive outlook might help women going through menopause turn negative emotions into positive ones or participate in worthwhile activities. To cope with menopause, women were prepared on a physical, psychological, emotional, and spiritual level. Menopausal women became more self-assured, thought more positively, and embraced the reality of menopause by making these three preparations, boosting their readiness and helping them avoid the symptoms that occurred throughout menopause. **Conclusions:** The degree to which women were prepared for menopause depended on their socioeconomic status, environment, and society.

Keywords: Attitude, Readiness, Menopausal Women

Development and Validation of Hemodialysis Patient-Safety Checklist Module Using the Modal Analysis System of Errors for Sustainability of Health Among Dialysis Patients

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Background: Hemodialysis patients faced significant safety challenges due to the complexity of treatment and technological requirements. **Objectives:** This study aimed to develop and validate a structured safety checklist for hemodialysis based on the Modal Analysis System of Errors and examine its effectiveness in improving patient safety outcomes. **Method:** A quasi-experimental design was employed with 194 healthcare providers from three government hospitals in Jeddah, Saudi Arabia, randomly assigned to intervention and control groups. The intervention group received training and implemented the checklist, while the control group continued standard practice. **Results:** Significant improvements were observed in compliance with key safety practices in the intervention group (e.g., patient identification increased from 85% to 97%, equipment preparation from 80% to 95%). Adverse events decreased substantially (medication errors reduced from 12% to 3%; failure to document pre-dialysis blood pressure decreased from 18% to 5%; $p < .001$). Work experience correlated positively with checklist adherence ($r = .25$, $p = .03$). **Conclusion:** Effectiveness in enhancing patient safety in hemodialysis units was the integration of structured checklists as a standard of care.

Key words: Hemodialysis, Patient Safety, Safety Checklist, MASE Framework, Nursing Practice, Quasi-experimental.

Health Education Regarding Traffic Accident Injuries: Its Influence on High School Students' Safe Riding Attitudes

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Abstract

Background: Traffic accidents remain a major cause of injury and death among adolescents, particularly motorcycle riders in developing countries. In Indonesia, most traffic accidents involve young riders who demonstrate unsafe riding attitudes, such as low compliance with traffic rules and a lack of safety awareness. **Objectives:** This study aimed to analyze the effect of health education about traffic accident injuries on safety riding attitudes among senior high school students. **Methods:** A randomized controlled trial (RCT) with a pretest-posttest control group design was conducted in February 2025 at a public senior high school in Kampar Regency, which is identified as the area with the highest traffic accident rate in Riau Province. A total of 78 students (39 experimental and 39 control) from grades X and XI were selected using stratified random sampling. The study employed a pretest–posttest control group design. The intervention group participated in a 50-minute structured health education session on traffic accident injuries and safe riding principles, delivered through lectures and PowerPoint-assisted interactive discussions, followed by a 20-minute question-and-answer session. Students' attitudes were measured before and after the intervention using the Safety Riding Attitude Questionnaire (SRAQ). Data were analyzed using the Wilcoxon Signed Rank Test to assess differences in attitude scores before and after the intervention in the experimental group, the Paired Samples t-Test to assess differences in attitude scores before and after the intervention in the control group, and the Mann–Whitney U Test to compare post-test attitude scores between the experimental and control groups. **Results:** The median safety riding attitude score in the experimental group increased from 73 (range 63–99) before intervention to 95 (range 70–100) after education ($p < 0.001$), while the control group showed no significant change, with mean scores of 70.85 (range 58–85) before and 71.05 (range 59–86) after intervention ($p = 0.243$). Post-test comparison revealed a significant difference between groups ($U = 50$, $Z = -7.11$, $p < 0.001$), indicating that health education had a substantial positive effect on students' safety riding attitudes. **Conclusion:** Health education on traffic accident injuries significantly improved students' safety riding attitudes. Strengthening collaboration between schools, Community Health Centers and the Traffic Police Department was recommended to implement continuous safety riding education programs that enhanced adolescents' awareness and promote safer driving behavior.

Keywords: Health Education, Safety Riding Attitude, Traffic Accident Injury

Nurses' and Midwives' Pressure Ulcer Prevention Knowledge, Prevention Measures and Structural Quality Indicators

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Abstract

Background: The first step in optimizing pressure ulcer care in a hospital was a measurement or assessment that provided integrated information about the quality of PU care. The suboptimal quality of care was a result of the lack of knowledge of health care workers related to prevention. Therefore, this study focused on healthcare givers' knowledge who care for patients for 24 hours. **Objectives:** This study assessed the knowledge of nurses and midwives related to pressure ulcer prevention for hospitalized patients. The prevention measures and structural quality indicators related to pressure ulcer care were also described. **Methods:** A mixed-methods research design was used, primarily quantitative with a qualitative component. A cross-sectional study was conducted in an Indonesian hospital with a 668-bed capacity. The English version of the knowledge assessment instrument questionnaire and the structural quality indicator of the International Prevalence Measurement of Care Problems were used. All nurses, midwives in the medical, surgical, intensive and maternity units were invited. The qualitative method was applied by interviewing 18 heads of wards to get insight into prevention measures and the available pressure ulcer prevention devices. **Results:** Of 375 nurses and midwives, 353 nurses and midwives participated (response rate 94.10%). Most nurses and midwives (94.3%) had low-level knowledge on pressure ulcer prevention (score <60). The prevention measures that were applied in the wards were repositioning every two hours, using a pressure ulcer mattress, assessing risk factors, assessing skin condition, education, massage, skin tapping, using water-filled gloves, reducing the heat of patient skin, and bathing. Eight wards did a refresher course about ulcers in the last year. **Conclusion:** Regular refresher courses about the most recent evidence-based pressure ulcer prevention were necessary to prevent the application of outdated interventions in daily practice.

Keywords: 'Knowledge', 'Midwives', 'Nurses', 'Nursing', 'Pressure Ulcers', 'Prevention',

Relationship between Working Shift and Workload with Job Fatigue among Nurses at Hospital in Solok City

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Abstract

Background: Job fatigue is a condition in which a worker's ability to carry out an activity decreases, which often results in occupational health and safety problems that can be a contributing factor to the possibility of work accidents. The Indonesian National Nurses Association found that 50.9% of nurses experience job fatigue. **Objectives:** This research aims to determine the relationship between working shifts and workload with job fatigue among nurses. **Methods:** Cross cross-sectional study design was used to carry out this quantitative research, which was conducted from March – August 2025. Data were collected by using validated questionnaires, and data were analyzed univariately and a chi-square test was used to examine the relationship between variables. **Result:** Research findings showed that 26.9% of nurses experienced high levels of job fatigue, 32.8% of nurses perceived night shift as risky working shifts, and 58.2% of nurses had a heavy workload. Bivariate analysis found that there was a significant relationship between working shift and workload (p -value = 0.0001) and job fatigue among nurses (p -value = 0.005). **Conclusion:** Job fatigue was associated with both working shift and workload among nurses. Therefore, recommended that M. Natsir Regional General Hospital, Solok City to implement more balanced shift rotation management in providing adequate rest time and reducing the level of job fatigue among nurses.

Keywords: Job Fatigue, Workload, Working Shift, Occupation Health

Relationship between Working Time and Lighting Intensity with Eye Fatigue among Tailors at the Solok City Market

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Abstract

Background: Eye fatigue was identified as a significant health issue for individuals who perform intention of visual activities for long periods. Evidence shows that around 70% of workers who work with close visual displays for long periods are potentially suffering from mild to moderate eye fatigue with symptoms such as sore eyes, dry eyes, blurred vision, and headache. **Objectives:** This study aims to determine the relationship between working time and lighting intensity with eye fatigue among tailors in the Solok city market. **Methods:** This study used a quantitative research method with a cross-sectional design, which was carried out in March-August 2025. Data analysis was performed by using chi-square and Fisher's exact tests. **Result:** Univariate analysis has found that 32 respondents (64.0%) experienced eye fatigue and 18 respondents (36.0%) did not experience eye fatigue. The incidence of eye fatigue was found in 39 respondents whose working hours were at risk (78.0%) and lighting intensity in 39 respondents with a risk of working place (78.0%). Meanwhile, those who did not experience eye fatigue were 11 respondents with working hours that were not at risk and 11 respondents with lighting intensity that was not at risk. Bivariate analysis showed that there is a significant relationship between eye fatigue and working time, with p value $0.010 < 0.05$ and there is a relationship between eye fatigue and lighting intensity among tailors with p value $0.001 < 0.05$. **Conclusion:** There is a relationship between working time and lighting intensity with eye fatigue among tailors at the Solok City market and recommended that health workers provide related education to the public, especially workers who carry out visual activities for a long time, to ameliorate eye fatigue.

Keywords: Eye Fatigue, Working Time, Lighting Intensity, Tailor

Relationship between School Community Perception and Personal Hygiene Behavior Among Elementary School Pupils in Padang City

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Abstract

Background: Personal hygiene among school-age children is crucial as directly relates to health and prevention of infectious diseases. Elementary schools are the primary environment where children learn clean and healthy living habits. The role of the school community, including teachers, staff, parents, and the school environment, significantly influences the development of students' personal hygiene habits.

Objectives: This study aims to explore the perceptions of teachers, parents, and students regarding efforts to improve personal hygiene in elementary school students. **Methods:** This research is qualitative with a phenomenological approach. Data collection techniques used included in-depth interviews, observation, and documentation that involve eight key informants including teachers, principals, students, and parents. Thematic analysis was used to analyze the data, while source triangulation and member checking were used to validate the data. **Results:** The results of this study obtained four key supporting themes included the level of understanding about personal hygiene, inconsistent personal hygiene practices, unstructured school programs, and suboptimal synergy between parents and schools. Therefore, school hygiene programs must be designed as integrated activities with support from community health centers, parents, and teachers, as well as routine counseling, provision of basic sanitation facilities, and family involvement in UKS activities. **Conclusion:** A structured and sustainable personal hygiene program is needed in schools, for example, integration into the curriculum, routine habits (such as washing hands before eating), and regular supervision. Collaboration and synergy between schools and parents must be strengthened, for example through outreach, regular meetings, or the development of pupil hygiene check books. The habit of practicing personal hygiene must be instilled from an early age, not only through knowledge but also through concrete examples, supervision, and a reward system. With a good understanding already established among teachers and parents, the main challenge is translating knowledge into consistent student behavior.

Keywords: Personal Hygiene; School Community Perception; Elementary School; Elementary School Children

Effect of Ginger Essential Oil, Lemongrass Essential Oil and Combination of Ginger and Lemongrass Essential Oils on Menopausal Symptoms

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Abstract

Background: Managing menopausal symptoms effectively remains a public health concern, prompting the exploration of non-pharmacological interventions such as aromatherapy. **Objectives:** This study aimed to evaluate the effectiveness of ginger essential oil, lemongrass essential oil, and their combination in reducing menopausal symptoms among menopausal women. **Methods:** Participants were randomly assigned to three intervention groups: ginger essential oil (n = 89), lemongrass essential oil (n = 89), and a combination of both essential oils (n = 89). Each participant received daily aromatherapy sessions lasting 20 minutes over four weeks. Menopausal symptoms were assessed using the standardized Menopause Assessment Scale before and after the intervention. **Results:** Findings of this study demonstrated that all three aromatherapy interventions - ginger essential oil, lemongrass essential oil, and their combination produced statistically significant reductions in the severity of menopausal symptoms compared to baseline measurements ($p < 0.05$). **Conclusion:** The combination therapy showed slightly greater improvement in emotional and vasomotor domains. These findings suggest that aromatherapy using ginger and lemongrass essential oils can serve as an effective complementary therapy for alleviating menopausal symptoms. Future research is recommended to integrate educational frameworks, such as the Health Belief Model, to strengthen women's self-efficacy and awareness in managing menopausal symptoms holistically.

Keywords: Ginger Essential Oil, Lemongrass Essential Oil, Menopause, Aromatherapy.

The Effect of Tandem Walking Exercise in Reducing the Risk of Falls in the Elderly in the Working Area of the Padang City Health Center

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Abstract

Background: The elderly have a high risk of falling due to decreased balance function and postural muscle strength. At the Padang City Health Center, around 60% of the elderly are classified as at moderate to high risk of falling based on the Berg Balance Scale (BBS) score. Tandem Walking Exercise (TWE) is a method that can improve balance and stability of the body. This study aims to determine the effect of TWE in reducing the risk of falls in the elderly in the working area of the Padang City Health Center in 2025. **Objectives:** This study aims to determine the effect of TWE in reducing the risk of falls in the elderly in the working area of the Padang City Health Center in 2025. **Methods:** This research is quantitative with a pre-experimental design using an approach One group pre-test-post-test design. This research was conducted in the Padang City Health Center Working Area from March-August 2025, with data collection between May 26th -June 21st, 2025. Intervention of TWE was carried out for 4 weeks (3 sessions/week, 10 minutes/session), with the risk of falling measured using the Mountain Balance Scale (BBS). Before and after the intervention. The data were analyzed univariate and bivariately with the Wilcoxon Signed Rank Test. **Results:** Findings of this research show that the average risk of falling among the elderly before intervention of TWE is 24.88 and the mean score the risk of falling after intervention of TWE is 50.41 with mean difference 23.59 and p value of $0.000 < 0.05$, which indicates there is a significant difference in the risk of falls among the elderly before and after intervention of TWE. **Conclusion:** Tandem Walking Exercise reduces the risk of falling among the elderly and recommends that health care workers at the Padang City Health Center implement TWE in improving balance and preventing falls among the elderly.

Keywords: Elderly, Risk of Falling, Tandem Walking Exercise, Balance, Berg Balance Scale.

Factors Associated with Incidents of Wounds on Diabetes Mellitus Patients in the Working Area of the Community Health Center

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Abstract

Background: Diabetes Mellitus (DM) is a chronic metabolic disorder characterized by elevated blood glucose levels resulting from impaired insulin secretion or and insulin action. It represents a major global health concern, with its prevalence increasing steadily each year. DM can lead to various complications that affect multiple organs, including the eyes, skin, brain, kidneys, nerves, heart, and blood vessels. One of the most common and complications is diabetic ulcers. **Objectives:** To determine factors associated with the incidence of wounds in diabetic patients in the community health center work area. **Method:** A cross-sectional study design was used to carry out this study from March to August 2025. Data was collected from 45 respondents who were selected using an accidental sampling technique. The data were analyzed univariately and the Chi-square test was employed to determine associations between variables. **Result:** The results of the statistical analysis revealed significant associations between knowledge ($p = 0.025$), attitude ($p = 0.001$), and physical activity ($p = 0.001$) and the incidence of wounds among patients with Diabetes Mellitus in the Community Health Center working area. **Conclusion:** The Higher the level of patients' knowledge and the more positive their attitudes toward self-care, coupled with greater engagement in physical activity, the lower their risk of developing diabetic wounds. These factors play a pivotal role in preventing diabetic wound complications, thereby underscoring the need to strengthen health education initiatives, foster positive health behaviors, and promote regular physical activity among patients with diabetes within the Community Health Center service area.

Keywords: Diabetes mellitus, wounds, knowledge, attitudes, physical activity

Medication Compliance as a Catalyst for Quality of Life in Hypertension Patients: A Literature Review

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Abstract

Background: Hypertension is a chronic disease that causes morbidity and mortality globally. One way to manage hypertension is pharmacological therapy, the success of which is determined by compliance with taking medication to control blood pressure and improve the quality of life of patients. **Objectives:** This study aimed to analyze the relationship between medication compliance and the quality of life of hypertension patients. **Methods:** This research method is a Systematic Literature Review by collecting and analyzing various relevant studies that discuss the relationship between medication compliance and the quality of life of hypertension patients from journal platforms such as: PubMed, Science Direct, BMC Public Health, Garuda portal and Google Scholar, a comprehensive search strategy was applied across all specified databases with a total of 23,326 articles published between 2021-2025 and 5 relevant articles were obtained for review. **Result:** The results of the study showed that there was a relationship between medication compliance and quality of life among hypertensive patients. **Conclusion:** This study concludes that medication compliance is a crucial catalyst in improving the quality of life of hypertension patients. Therefore, medication compliance of hypertensive patients needs to be improved through education, monitoring, and ongoing support.

Keywords: Medication Compliance; Quality of Life; Hypertension

Pengaruh Penyuluhan Terhadap Pengetahuan Dan Sikap Tentang Perilaku Hidup Bersih Dan Sehat (Phbs) Pada Tatanan Rumah Tangga Di Desa Mandah Wilayah Kerja Puskesmas Ipuh Desa Tanjung Harapan

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Abstract

Perilaku hidup bersih dan sehat hakikatnya adalah dasar pencegahan manusia dari berbagai penyakit. Kesehatan merupakan dambaan dan kebutuhan setiap orang. Prinsip perilaku hidup bersih dan sehat (PHBS) ini menjadi salah satu landasan dan program pembangunan kesehatan di Indonesia. Tujuan penelitian adalah diketahuinya pengaruh penyuluhan terhadap pengetahuan dan sikap tentang Perilaku Hidup Bersih dan Sehat (PHBS) pada tatanan rumah tangga di Wilayah Kerja Puskesmas Ipuh Desa Tanjung Harapan Provinsi Bengkulu tahun 2024–2025. Jenis penelitian ini adalah kuantitatif dengan pendekatan survei analitik dengan desain experiment dengan pendekatan random pre test and post test design. Populasi adalah seluruh batita di Wilayah Kerja Puskesmas Ipuh Desa Tanjung Harapan Provinsi Bengkulu sebanyak 223 orang dan sampel 69 orang, analisa menggunakan uji T dependen. Hasil uji statistik didapatkan ada pengaruh penyuluhan terhadap pengetahuan tentang Perilaku Hidup Bersih dan Sehat (PHBS) pada tatanan rumah tangga dengan p -value = 0,000. Ada pengaruh penyuluhan terhadap sikap tentang Perilaku Hidup Bersih dan Sehat (PHBS) pada tatanan rumah tangga dengan p -value = 0,000. Saran, diharapkan petugas promosi kesehatan di Puskesmas Ipuh Desa Tanjung Harapan untuk lebih meningkatkan atau mengintensifkan penyuluhan di wilayah kerjanya khususnya mengenai Perilaku Hidup Bersih dan Sehat (PHBS) pada tatanan rumah tangga dengan rentang waktu 1 bulan sekali.

Keywords: *Penyuluhan, Pengetahuan, Sikap, PHBS*

Strategi Komunikasi Inovatif dalam Mengeliminasi Tuberkulosis di Kabupaten Kaur: Studi Kasus Mentari Sehat Indonesia

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Abstract

This study examines communication strategies used in tuberculosis control and increasing treatment compliance in Kabupaten Kaur Regency, by highlighting the implementation of community-based health services such as free sputum examination, TB treatment, integrated health post services, patient assistance, and cultural approaches. The communication strategies implemented include door-to-door visits, group communication in integrated health post forums, and local culture-based counseling involving community leaders as trusted communicators. Communication techniques are used to build trust and increase patient involvement in the treatment process. Verzosa's Strategic Communication for Development theory which emphasizes the importance of systematic communication planning based on community needs. Using a qualitative case study method, data were obtained through interviews with purposive sampling and participatory observation, then analyzed using data condensation techniques, data presentation, and drawing/verifying conclusions. Researchers used source triangulation by comparing information from various informants. The results of the study showed that the successful elimination program was highly dependent on the active involvement of health cadres, interpersonal communication, and cultural sensitivity in delivering health messages. The implications of this study emphasize the importance of continued cross-level communication and periodic evaluation. Although this program was successful in Kabupaten Kaur, its implementation in other areas needs to be adjusted to local demographic and socio-cultural conditions, so further research is needed that covers a wider area.

Keywords: Communication Strategy; Tuberculosis; Development Communication; Mentari Sehat Indonesia.

The Relationship Between Hemodialysis Adherence and Duration with the Quality of Life of Chronic Kidney Disease Patients

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Abstract

Introduction: Chronic Kidney Disease (CKD) is a progressive disorder that requires long-term hemodialysis therapy. Routine and prolonged hemodialysis can affect patients' quality of life physically, psychologically, socially, and environmentally. Adherence to therapy and the duration of hemodialysis are thought to play significant roles in determining the quality of life of patients. **Methods:** This study employed a quantitative design with a descriptive analytic approach and a cross-sectional design. The study was conducted in the hemodialysis unit of Arifin Achmad General Hospital with a sample size of 60 respondents selected using purposive sampling. The instruments used were a patient adherence questionnaire and the Kidney Disease Quality of Life Short Form (KDQOL-SF). Data analysis was performed using the Chi-Square test. **Results:** Univariate analysis showed that most respondents were male (55%), aged 41–60 years (46.7%), had a senior high school education (33.3%), and were unemployed (61.7%). The majority of patients had undergone hemodialysis for more than 24 months (45%) and had good adherence levels (41.7%). The most dominant quality of life category was "good" (36.7%). Based on the Chi-Square test, there was a significant relationship between adherence and quality of life (p value = 0.000, $< \alpha$ 0.05), as well as between the duration of hemodialysis and quality of life (p value = 0.012, $< \alpha$ 0.05). **Conclusion:** There is a significant relationship between adherence and duration of hemodialysis and the quality of life of CKD patients. Patients with high adherence and longer duration of hemodialysis tend to have a better quality of life. Therefore, healthcare providers need to increase education and ongoing support to maintain and improve patients' quality of life.

Keywords: Chronic Kidney Disease, Compliance, Hemodialysis Duration, Quality of Life

Determination of the Effect of the Self-Management Module on Health-Related Quality of Life (HRQOL) among Pre-Dialysis CKD Patients

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Abstract

Background: Worldwide, the prevalence of Chronic Kidney Disease (CKD) is estimated to be nearly 843.6 million as of 2017, and is rapidly increasing. Owing to the complexity of the disease and limited healthcare in low-income countries such as India, CKD appears to be a major health concern of the 21st century. Self-management practices may delay the disease progression and yield a better health outcome in CKD patients. The present study aimed to determine the effect of the self-management module on health-related quality of life (HRQoL) among pre-dialysis CKD patients. **Objectives:** To explore the self-care deficits among CKD patients and to determine the effectiveness of the self-management module in terms of HRQoL among CKD patients between the control and experimental groups. **Methods:** Adult (> 18 years) CKD patients at pre-dialysis were randomly allocated to receive either a self-management module (experimental group, n=65) or an existing information leaflet (control group, n=65) for this quasi-experimental study. The module was applied through a face-to-face educational session followed by telephonic support. Both groups were re-evaluated after eight weeks of intervention. **Results:** In the experimental group, mental score improved from 13.88 to 17.09 ($t = -13.09$, $p=0.000$) and total HRQoL score improved from 106.05 to 116.17 ($t = -15.524$, $p=0.000$) compared with the baseline. Post-intervention comparisons showed significant differences in mental scores (mean, 14.65 vs. 17.09, respectively; $t=4.40$, $p=0.000$) and total HRQoL scores (mean, 109.32 vs. 116.17, respectively; $t = 2.70$, $p=0.008$) between the control and experimental groups. However, the physical scores were comparable (mean, 21.12 vs. 22.52, respectively, $t=1.603$, $p=0.111$) between the two groups. **Conclusion:** The present study finds that intervention using a self-management module can improve physical, mental, and overall health-related quality of life among pre-dialysis CKD patients.

Keywords: chronic kidney disease; disease progression; health-related quality of life; self-management

Management of the Maintenance of Facilities and Infrastructure in the Inpatient Unit of Tentara Hospital, Pekanbaru, in 2025

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Abstract

Background: The management of hospital facilities and infrastructure is a crucial aspect in ensuring service quality and patient safety. At the Inpatient Unit of the Tentara Hospital in Pekanbaru City, the maintenance system is considered suboptimal, as indicated by inadequately functioning facilities (such as air conditioners, toilets, and damaged ceilings) and a shortage of personnel in the Hospital Facilities and Infrastructure Installation (IPSRS) unit. These conditions affect the effectiveness of service delivery and the safety of medical equipment use. **Objectives:** This study aims to analyze the Management of Facilities and Infrastructure in the Inpatient Unit of the Tentara Hospital Pekanbaru in 2025, focusing on the aspects of Man, Money, Material, Machine, and Method. **Methods:** This study employs a qualitative design with a case study approach. Data were collected through in-depth interviews, direct observations, and document reviews involving three key informants. **Results:** The IPSRS personnel are insufficient. Although a maintenance budget is available, the fund disbursement process faces delays. The inpatient facilities are poorly maintained, spare parts for medical equipment are incomplete, and there are no maintenance SOPs, resulting in non-standardized work methods. **Conclusion:** The management of facilities and infrastructure at the Tentara Hospital in Pekanbaru has not yet met optimal standards, particularly in the aspects of human resources, materials, and methods. **Recommendations:** The hospital should establish a well-structured IPSRS organization, provide training for technical staff, allocate a travel budget, and develop a dedicated workshop to support effective maintenance. The practical implication of these efforts is the improvement of service quality and patient safety.

Keywords: Facilities and Infrastructure Management, Military Hospital, Inpatient Unit, Standard Operating Procedures, Hospital Facilities and Infrastructure Installation, Facility Maintenance.

Development of the “Nutriteens” Application as an Internet-Based Program for Control of Nutrition Intake in Obese Adolescents

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Abstract

Background: One of the current nutritional problems in adolescents is obesity. The prevalence of obesity in adolescents has reached 8.7% and will continue to increase due to lifestyle changes, high-calorie diets, and decreased physical activity caused by technological advances and digitalization. **Objectives:** This research aims to develop a health mobile application called "Nutriteens" useful for monitoring and education in improving literacy and controlling calorie intake in obese adolescents. This Android-based application was developed in 2024. The Nutriteens application content covers four topics: checking nutritional status (BMI), checking daily calories, summarizing daily food calories, and educational menus.

Methods: This application's development followed a systematic approach that combines software engineering, user needs, and digital health standards. The application was developed using MIT App Inventor, a web-based platform with a block-based visual programming interface. The application has been used by 31 adolescents (aged 12-19), and feedback has been collected through a Google form.

Results: The results of user trials show that the Nutriteens application can be used without any significant system problems. Based on the results of feedback from users, the majority received a good response, namely the application is interesting to use (74.2%), the application is useful (80.6%), the application performance (speed and responsiveness) is high (87.1%), and the application helps to increase knowledge (83.9%). **Conclusion:** For the sustainability of the impact of this application, further research is needed to investigate the effectiveness of this application in terms of increasing knowledge related to balanced nutrition, obesity and controlling daily calorie intake among the target adolescent population.

Keywords: Adolescent Health, Mobile Health Apps, Nutrition, Obesity.

Nursing Team Effectiveness: A Concept Analysis

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Abstract

Background: Nursing team effectiveness is a vital construct in contemporary healthcare systems, influencing care quality, patient safety, and organizational performance. However, its definition remains ambiguous in the literature. **Objectives:** This study aims to refine the definition of nursing team effectiveness using Walker and Avant's concept analysis methodology, addressing conceptual inconsistencies and identifying measurable attributes. **Methods:** A systematic review of empirical and theoretical literature published between 2020 and 2025 was conducted. The analysis followed Walker and Avant's eight-step method to identify the defining attributes, antecedents, consequences, empirical referents, and conceptual boundaries of nursing team effectiveness. **Results:** Nursing team effectiveness is defined as the sustained capacity of a nursing team to deliver safe, high-quality, patient-centered care through coordinated practice, effective communication, shared decision-making, and adaptive problem-solving. Key attributes include interprofessional coordination, role clarity, mutual trust, and adaptability. Antecedents include adequate staffing, targeted training, transformational leadership, and a supportive work environment. Consequences involve improved patient outcomes, enhanced nurse well-being, and strengthened organizational performance. Empirical referents such as the Nursing Teamwork Survey and TeamSTEPPS Teamwork Perceptions Questionnaire are identified for measurement and benchmarking. The concept is distinguished from related terms like collaboration and team efficiency. **Conclusion:** The refined conceptualization of nursing team effectiveness clarifies a previously ambiguous construct in nursing management literature. By defining its core attributes and identifying measurable indicators, this study supports evidence-based interventions, workforce planning, and policy development to enhance team performance and patient care outcomes.

Keywords: Nursing Team Effectiveness, Interprofessional Collaboration, Patient Safety, Walker and Avant, Healthcare Teams

The Effects of Supportive Educational Intervention on Caregiver Burden and Stress Among Families of Hemodialysis Patients: A Randomized Controlled Trial

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Abstract

Background: Caregivers of hemodialysis patients often experience high levels of burden and stress, which negatively affect their physical, emotional, and social well-being. Supportive educational interventions may provide caregivers with knowledge and coping strategies to manage these challenges.

Objectives: This study aimed to evaluate the effect of a supportive educational intervention on caregiver burden and stress among families of hemodialysis patients. **Methods:** A randomized controlled trial was conducted with 52 caregivers of hemodialysis patients, allocated into intervention ($n = 26$) and control ($n = 26$) groups. The intervention was a two-week supportive educational program. Caregiver burden was measured with the Zarit Burden Interview (ZBI), and stress with the Perceived Stress Scale (PSS), assessed at baseline and post-intervention. Statistical tests included paired t-tests, chi-square tests, and effect size analyses. **Results:** At baseline, there were no significant differences between groups in burden ($p = 0.687$) or stress ($p = 0.909$). After two weeks, both groups showed significant within-group reductions in burden (Intervention: $p = 0.020$; Control: $p = 0.029$) and stress (Intervention: $p = 0.041$; Control: $p = 0.003$). However, no significant between-group differences were observed post-intervention (burden, $p = 0.687$; stress, $p = 0.909$). Effect sizes were small (ZBI, $r = -0.056$; PSS, Cohen's $d = 0.032$). **Conclusion:** The supportive educational intervention significantly reduced caregiver burden and stress within groups, though between-group differences were not significant. These findings suggest potential benefits in enhancing caregiver coping and reducing psychological strain. Larger, multicenter studies with longer follow-up are recommended to confirm and extend these results.

Keywords: Caregiver, Caregiver Burden, Stress, Supportive Education, Hemodialysis.

A Narrative Review of Instruments for Measuring Maternal Anxiety During Labor: Current Practices, Limitations, and Future Directions

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Abstract

Background: Maternal anxiety during labor is a clinically significant concern linked to adverse obstetric and neonatal outcomes. While antenatal anxiety has been extensively studied, intrapartum anxiety—characterized by acute, situational distress during labor—remains under-assessed due to limitations in existing measurement tools. **Objectives:** To review instruments used to measure maternal anxiety during labor, evaluate their psychometric properties and clinical feasibility, and identify gaps to inform future development of culturally adapted and digitally implementable tools. **Methods:** A narrative review was conducted using literature from six databases (PubMed, Scopus, CINAHL, PsycINFO, Web of Science, Google Scholar), covering studies published between January 2020 and October 2025. Inclusion criteria focused on empirical studies reporting anxiety measurement during labor using validated instruments. Psychometric indicators and clinical applicability were thematically synthesized. **Results:** Six major instruments were identified: STAI, VAS-A, W-DEQ, BAI, and AASPWL. General tools like STAI and BAI showed strong reliability but limited sensitivity to labor-specific anxiety. VAS-A offered rapid usability but lacked dimensional depth. The AASPWL emerged as a promising labor-specific tool with strong psychometric properties and contextual relevance, though global validation remains limited. Cross-cultural adaptation and digital integration were noted as underdeveloped areas. **Conclusion:** Current practices rely heavily on general anxiety tools that may not capture the unique emotional landscape of labor. Labor-specific instruments like AASPWL show promise but require broader validation and digital adaptation. Future research should prioritize culturally sensitive, context-specific tools to enhance clinical screening and timely intervention.

Keywords: Maternal Anxiety, Labor, Intrapartum Anxiety, Psychometric Tools, STAI, VAS-A, AASPWL, Childbirth Fear, Midwifery Care, Digital Health

Attitudes of Pregnant Women in Preventing Stunting

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Abstract

Background: Stunting cases in Riau Islands Province are still around 15% in 2024. Stunting is a serious health problem due to long-term chronic nutritional problems, one of the factors is the condition of the First 1000 Days of Life (HPK) or the golden period that begins from pregnancy until the child is 2 years old. The health and nutritional conditions of the mother during pregnancy greatly affect the growth and health of the fetus and can increase the risk of stunting. This condition is influenced by the knowledge and attitudes of pregnant women in preventing stunting. Based on data from the 2024 Indonesian Nutritional Status Survey/SSGI, only 0.2% of people in the Riau Islands have the right knowledge and attitudes about the meaning, causes, prevention methods, and impacts of stunting. This is a major challenge in long-term prevention efforts, because low public understanding can hinder necessary behavioral changes. **Objective:** This percentage aims to determine the attitudes of pregnant women in preventing stunting. **Method:** This research design is descriptive research. The sampling technique used was purposive sampling of 54 pregnant women with a questionnaire research instrument. **Results:** The results obtained from the characteristics of the age of pregnant women who have a positive attitude are at the age of 20 - <35 years as much as 66.6%, while the fewest respondents are in the age group 16 - <20 years, namely 7.4% and the remaining pregnant women aged 35 years and above 25.9% who have a positive attitude. In the characteristics of the education of pregnant women who have a positive attitude are pregnant women with high school education as much as 46.3%, while the fewest respondents are pregnant women with elementary - junior high school education as much as 9.25% and the rest are pregnant women with undergraduate education as much as 44.4% who have a positive attitude. Among the characteristics of work that have a positive attitude are pregnant women with housewife jobs, as much as 55.5%, while the smallest respondents are pregnant women who are working mothers, namely 44.4% who have a positive attitude. Among the characteristics of the economic status of pregnant women who have a positive attitude are pregnant women with moderate economic status, as many as 44.4%, while the fewest respondents are pregnant women who have a high economic status and those with low economic status, as many as 27.7% who have a positive attitude. **Conclusion:** There are still pregnant women who have negative attitudes towards stunting prevention based on the characteristics of age, education, occupation and economic status of pregnant women.

Keywords: Pregnant Women, Attitudes, Stunting Prevention

Women's Experiences & Preferences in Midwifery Care Literature Review

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Abstract

Background: Midwifery care plays a central role in ensuring safe, respectful, and evidence-based maternal services. In Saudi Arabia, there is an increasing recognition of the importance of midwifery within the framework of Vision 2030, particularly in addressing maternal preferences and improving women's experiences during pregnancy, childbirth, and postpartum care. However, literature indicates gaps in local studies compared with global evidence, especially regarding women's voices in shaping maternity care policies and practices. **Objectives:** This literature review aimed to explore women's experiences and preferences in midwifery care across different cultural and healthcare contexts. It also sought to identify evidence supporting midwifery-led care models and highlight their relevance to maternal healthcare transformation in Saudi Arabia. **Methods:** A systematic literature search was conducted using electronic databases such as PubMed, CINAHL, Scopus, and Google Scholar. Keywords included "midwifery care," "women's experiences," "maternal preferences," and "Saudi Arabia." Studies published between 2015 and 2025 were considered, prioritizing peer-reviewed articles in English. Both international and regional evidence were analyzed thematically to compare common trends, challenges, and cultural considerations. **Results:** The findings reveal that women consistently value respectful, continuous, and personalized care provided by midwives. Evidence from high-income countries demonstrates improved maternal satisfaction, reduced unnecessary interventions, and better neonatal outcomes under midwifery-led models. Regional studies from Saudi Arabia and the Gulf show increasing maternal demand for midwife-centered care, yet challenges remain, including workforce shortages, limited training programs, and a lack of formal recognition of midwifery as a distinct professional track. **Conclusion:** Midwifery-led care aligns with global best practices and holds potential for advancing maternal health services in Saudi Arabia. Addressing workforce shortages, strengthening educational programs, and integrating women's preferences into policy are crucial steps for improving maternal and newborn outcomes in line with Vision 2030.

Keywords: Midwifery Care, Women's Experiences, Maternal Preferences, Saudi Arabia, Vision 2030, Nursing Education.

Assessing Variations in ICU Nurses' Knowledge of the ABCDEF Bundle Protocol Among Three Public Hospitals in Riau, Indonesia

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Abstract

Introduction: The Intensive Care Unit (ICU) is a highly complex environment with a high risk of incidents affecting patient safety. The ABCDEF Bundle Protocol is a structured approach to improving care quality and minimizing adverse events. **Methods:** A descriptive analysis was conducted involving 84 ICU nurses from three government hospitals. The study was conducted over three weeks in September 2025. The data was collected using the questionnaire ABCDEF Bundle Protocol ICU.

This Questionnaire consists of 6 domains, including assessment, prevention, and management of pain, spontaneous awakening and breathing trials, choice of analgesia and sedation, Delirium, Early mobility, and family entanglement and empowerment. Data were analyzed using one-way ANOVA.

Results: ICU nurses' knowledge scores ranged from 66.67 to 100. Arifin Achmad Hospital had the highest mean scores across most domains, particularly in Engagement and Empowerment (99.05 ± 4.31), reflecting strong management support. The Early Mobilization domain showed the lowest scores in all hospitals. Significant differences were found only in the Spontaneous Awakening Trials (SAT) and Spontaneous Breathing Trials (SBT) domain ($F = 4.87$; $p = 0.010$), with Siak Hospital scoring highest (98.15 ± 4.26). **Conclusion:** The Bundle Protocol is relatively similar in the three hospitals, but the implementation of the SAT and SBT protocols is better at Siak Hospital and Arifin Achmad Hospital than at Dumai Hospital. These findings underscore the importance of improved training and ongoing supervision to strengthen nurses' understanding of all components of the bundle in an effort to improve the quality of care and patient safety in the ICU.

Keywords: Bundle Protocol ABCDEF, ICU, Knowledge, Nurses.

Concept Analysis of Quality of Life in Stroke Survivors: A Nursing Perspective

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Abstract

Background: Stroke is a major cause of long-term disability, affecting millions of survivors globally. While quality of life (QoL) is a key outcome in stroke care, the concept remains variably defined and inconsistently applied, particularly in nursing practice. A clear understanding of QoL is essential to guide holistic, person-centered care. **Objective:** This concept analysis aims to clarify the meaning of QoL in stroke survivors from a nursing perspective, identify its defining attributes, antecedents, consequences, and empirical referents. **Methods:** The Walker and Avant method of concept analysis was used. A systematic literature review was conducted across databases (PubMed, Scopus, and CINAHL) from 2019–2024, focusing on studies addressing QoL in post-stroke care within a nursing context. **Results:** Four defining attributes of QoL in stroke survivors were identified: physical functioning, psychological well-being, social participation, and spiritual well-being. Antecedents included stroke occurrence, level of disability, family support, and access to care. Consequences involved improved adaptation, life satisfaction, and better health outcomes. Empirical referents include validated tools such as the Stroke-Specific QoL Scale (SS-QoL) and WHOQOL-BREF. **Conclusion:** QoL in stroke survivors is a complex, multidimensional concept that extends beyond physical recovery. Nurses play a critical role in enhancing QoL through integrated, culturally sensitive interventions. This analysis contributes to conceptual clarity and supports nursing research, education, and practice in alignment with Sustainable Development Goal 3: Good Health and Well-being.

Keywords: Quality of Life, Stroke Survivors, Concept Analysis, Nursing Care, Holistic Approach, SDGs

Effectiveness of Progressive Muscle Relaxation Therapy on Reducing Anxiety Levels in Asthma Patients in the Emergency Department of Prembun Hospital

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Abstract

Introduction: Asthma is an airway obstruction disease characterized by narrowing of the airways. Narrowing of the airways can cause patients to experience dyspnea, a wheezing cough. Asthma sufferers are more likely to experience anxiety due to poor management and a lack of control. **Objectives:** This study aims to determine the effectiveness of Progressive Muscle Relaxation Therapy on reducing anxiety in Asthma patients in the Emergency Room of Prembun Hospital. **Methods:** The design in this study used a pre-experiment with a one-group pre-post test design approach. The number of samples of 28 people was taken using the purposive sampling technique. The data analysis used was a paired sample t-test processed using the SPSS program. **Results:** Anxiety in Asthma patients before being given Progressive Muscle Relaxation therapy experienced moderate anxiety disorders (moderate anxiety) as many as 7 respondents (25.0%). Other patients were at mild anxiety levels (mild anxiety), as many as 9 respondents (32.1%) and severe anxiety (severe anxiety), as many as 12 patients (42.9%). Patient anxiety after being given Progressive Muscle Relaxation therapy, most of the anxiety levels decreased. Not anxious as many as 13 respondents (46.4%), Mild Anxiety 6 respondents (21.4%), Moderate Anxiety 7 respondents (25.0%), Severe Anxiety 2 respondents (7%). **Conclusion:** The findings indicate a reduction in anxiety levels among patients following progressive muscle relaxation therapy. However, some patients did not experience an anxiety reduction. Overall, progressive muscle relaxation therapy had a positive effect on lowering anxiety levels in asthma patients in the emergency department at RSUD Prembun.

Keywords: Progressive Muscle Relaxation Therapy, Anxiety, Asthma

Relationship Between Nurses' Knowledge Level with The Ability to Use Restraints on Patients with Violent Behaviour at Prof. Dr. Soerojo Psychiatry Hospital, Magelang

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Abstract

Introduction: Restraints applied to patients in mental hospitals also have negative impacts. The impact of restraints can occur on the patient themselves and the nurses who carry out this action. Therefore, in addition to knowledge, the ability of nurses to manage crises is also very important. **Objectives:** To determine the relationship between nurses' knowledge level and the use of restraints on patients with violent behavior at Prof. Dr. Soerojo Mental Hospital, Magelang. **Methods:** This study used an observational analytical approach using a cross-sectional approach. Sampling was conducted using a total sampling technique with a purposive sampling approach, involving 40 nurses. **Results:** The majority of respondents were aged 27-30 years (15 respondents) (37.5%), male (30 respondents) (75.0%), and 23 respondents (57.5%) had worked for 2-3 years. Most respondents had good knowledge (27 respondents) (67.5%). Most respondents used restraints moderately (26 respondents) (65.0%). Most respondents used restraints well (11 respondents), aged 17-25 years (27.5%). Most respondents used restraints well (13 respondents) (32.5%). **Conclusion:** There is a relationship between the level of nurses' knowledge and the use of restraint in patients with violent behavior at Prof. Dr. Soerojo Mental Hospital, Magelang.

Keywords: Nurses' Knowledge, Restraint, Patient, Violent Behavior

Transformational Leadership and The Retention of Young Healthcare Professionals: A Global Synthesis and Implications for Indonesian Hospitals

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Abstract

Introduction: Retention of young healthcare professionals has become a growing concern in many countries due to increasing turnover rates, limited career development, and high emotional burden in clinical workplaces. Transformational leadership has been identified as a leadership model with the potential to strengthen employee engagement, organizational commitment, and long-term retention, especially among early-career health workers. However, a synthesis of global findings and their relevance to the Indonesian hospital context remains limited. **Objectives:** This study aims to analyze global evidence on the role of transformational leadership in retaining young healthcare professionals and to formulate recommendations for implementing leadership strategies in Indonesian hospitals.

Methods: A Systematic Literature Review (SLR) was conducted using PRISMA guidelines. Articles published between 2015–2024 were retrieved from Scopus, PubMed, and ScienceDirect. Inclusion criteria consisted of peer-reviewed studies examining the relationship between transformational leadership and workforce retention in healthcare settings. A thematic synthesis approach was used to categorize findings. **Results:** The review identified three major themes: (1) transformational leadership increases retention by strengthening psychological safety, recognition, and trust in leaders; (2) young professionals report higher job satisfaction when leaders provide mentorship, autonomy, and professional development support; and (3) organizational culture and leadership training are critical factors in successful implementation. Evidence shows consistent retention improvement in hospitals applying transformational leadership, yet studies in Southeast Asia remain limited. **Conclusion:** Transformational leadership plays a significant role in retaining young healthcare professionals globally. The findings suggest that Indonesian hospitals may benefit from adopting leadership training and talent-support policies aligned with transformational values. Further empirical research is recommended to test its effectiveness within the Indonesian context.

Keywords: Transformational Leadership, Retention, Young Healthcare Professionals, Hospital Management, Systematic Literature Review.

The Influence of Swanson's Caring Approach in Pregnant Women's Classes on Preventing Pregnancy Dangers in Bayan District

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Abstract

Introduction: Maternal Mortality Rate (MMR) in Indonesia remains high and is one of the main indicators of maternal health. According to WHO (2019), the global MMR reached 303,000 deaths. The high MMR in Indonesia is largely caused by the lack of knowledge among pregnant women and their families about danger signs during pregnancy and their prevention. Educational efforts through pregnant mother classes using the Caring Swanson approach are believed to improve the knowledge and preparedness of pregnant women in facing pregnancy risks. **Objectives:** This study aims to obtain information and real insights about the effect of the Caring Swanson approach in pregnant mother classes on the knowledge of pregnancy risk prevention. **Methods:** This quantitative study employed a one-group pre-post test design. The sample consisted of 25 pregnant women in their second and third trimesters, selected by purposive sampling. Data were analyzed using the Wilcoxon Signed Rank Test to determine differences in knowledge before and after the intervention. **Results:** The results showed a significant increase in the knowledge of pregnant women after receiving the Caring Swanson approach intervention. The average knowledge score before the intervention was 5.36 and increased to 9.30 after the intervention. **Conclusion:** There is a significant effect and difference of the Caring Swanson approach on the improvement of knowledge regarding pregnancy risk prevention.

Keywords: Maternal Mortality Rate (MMR), Pregnant Mother Classes, Caring Swanson Methods

A Systematic Review of the Relationship Between Parental Migrant Communication Intensity and Children's Depression Level: The Moderating Role of Family Support

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Abstract

Background: Parental migration for work, both domestically and abroad, has become a common phenomenon that significantly affects children's psychological well-being. Communication between migrant parents and their children often becomes the only emotional bridge in maintaining closeness and security. Limited communication intensity may contribute to emotional detachment and increased depression among left-behind children. Therefore, understanding the relationship between communication intensity and depression, as well as the moderating role of family support, is crucial.

Objectives: This study aims to systematic review aimed at examining the relationship between communication intensity, depression levels, and family support. Using guidelines from the Joanna Briggs (JBI). The review results indicate that intense communication and strong family support play an important role in reducing depressive symptoms. **Methods:** This research is a systematic review aimed at identifying and synthesizing evidence related to the relationship between communication intensity, depression levels, and family support. The systematic review process was conducted in accordance with the guidelines of the Joanna Briggs Institute (JBI). Encompassing the stage of determining the research question, conducting a comprehensive literature search, selecting studies based on inclusion and exclusion criteria, and assessing methodological quality using the JBI Critical appraisal tools. **Results:** The expected findings suggest that higher intensity and quality of communication between migrant parents and their children are associated with depression levels. Additionally, family support is anticipated to strengthen this relationship by providing emotional stability, a sense of belonging, and positive reinforcement within the family environment. **Conclusion:** This systematic review shows that the intensity of communication and family support has an important role in reducing the risk of depression. Family support not only has a direct impact on psychological well-being but also enhances the positive effect of interpersonal communication.

Keywords: Migrant Parents, Communication Intensity, Children's Depression, Family Support, Mental Health

The Relationship between Triage, Anamnesis, and Diagnostic Examination Waiting Times and Patient Satisfaction in the Emergency Department of RSUD R.A.A Tjokronegoro

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Abstract

Background: Patient satisfaction reflects healthcare quality, particularly in emergency departments where waiting time indicates service efficiency. Studies in Indonesia show that prolonged triage, anamnesis, and diagnostic waiting times significantly reduce satisfaction, while shorter waiting periods improve patients' perceptions of care quality and responsiveness. **Objective:** This study examined the relationship between triage, anamnesis, and diagnostic examination waiting times and patient satisfaction in the Emergency Department of RSUD R.A.A Tjokronegoro. **Methods:** A quantitative cross-sectional design was conducted at RSUD R.A.A Tjokronegoro, Central Java, from May 12–June 7, 2025. Fifty patients meeting the inclusion criteria were selected using total sampling. Data were collected through a validated and reliable questionnaire ($r > 0.30$; Cronbach's $\alpha = 0.82$) and hospital records. Analysis used Pearson Chi-Square with a significance level of $p < 0.05$. **Results:** Among 50 respondents, 64% were female and 36% male; most were aged 15–25 years (30%). The majority reported fast waiting times in triage (74%), anamnesis (78%), and diagnostic examinations (72%). Statistical results showed a significant association between all waiting time variables and patient satisfaction ($p = 0.000$). Shorter waiting times were strongly correlated with higher satisfaction levels. **Conclusion:** Triage, anamnesis, and diagnostic examination waiting times significantly affect patient satisfaction in the ED. Improving response speed and service flow can enhance patient-centered emergency care quality.

Keywords: Triage Waiting Time, Anamnesis, Diagnostic Examination, Patient Satisfaction, Emergency Department

The Effectiveness of Using Educational Sex Teaching Aids in Improving Kindergarten Teachers' Understanding of Sex Education for Preschool Children

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Abstract

Introduction: Child sexual abuse represents a significant concern in Indonesia, where young children in preschool are especially at risk because of their lack of awareness regarding personal safety. It is essential to provide early sexual education to empower children with the information and abilities they need to safeguard themselves. **Objectives:** This study aimed to examine the effectiveness of Sexual Education Teaching Aids (SESI Doll) in enhancing kindergarten teachers' understanding of sexual education for preschool children. **Methods:** A pre-experimental design utilizing a one-group pretest-posttest framework, which was participated in by 30 kindergarten educators from Bayan District in Purworejo Regency. Data were gathered using questionnaires administered before and after the intervention. The Wilcoxon Signed Rank Test was employed for analysis because of the data's non-normal distribution. **Results:** The findings indicated a considerable improvement in the educators' knowledge, with the percentage of high-level understanding increasing from 40% before the intervention to 83.3% ($p < 0.05$). Kindergarten educators reported positive perceptions of the teaching aids, improved attentiveness to children's behaviors, and they were more confident in delivering sexual education. Despite challenges such as cultural taboos and initial discomfort in addressing sensitive topics, the SESI teaching aids proved to be an effective tool for enhancing both teacher competence and child protection. **Conclusion:** This study highlights the potential of visual and concrete educational media in promoting safe and supportive early childhood learning environments.

Keywords: Child Sexual Abuse, Early Sexual Education, Teaching Aids, Preschool Teachers

Systematic Review: Socio-Technical Determinants of EMR Sustainability during the Transition of Specialty Hospitals into Centers of Excellence in Indonesia

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Abstract

Background: Indonesia's healthcare landscape is undergoing a significant transformation under the new Health Law No. 17 year 2023 and Government Regulation No. 28 year 2024, which will enhance the connection between health services that operate within all sectors. The Ministry of Health launched this national reform through a hospital classification realignment, which converts specialty hospitals into Centers of Excellence (CoE) that deliver specialized clinical care with full-service capabilities. For small-scale hospitals, particularly type C and D private facilities, this transformation presents both opportunity and challenge. The transition to digital healthcare depends on Electronic Medical Record (EMR) system adoption and sustainability, but numerous hospitals face challenges because of insufficient infrastructure and low digital skills, and rely on traditional paper-based systems. **Objective:** The review integrates international and local studies about social elements and technical aspects that influence Electronic Medical Record (EMR) sustainability in small Indonesian hospitals during digital health transformation. **Methods:** The research study followed the PRISMA 2020 guideline for systematic review methodology. The research team retrieved literature from 2018 to 2025 through database searches on PubMed, Scopus, ScienceDirect, DOAJ, and Google Scholar. The research examined how small and specialty hospitals prepare for and maintain Electronic Medical Record systems. The study used thematic synthesis to analyze data across four domains, which included human and cultural factors, organizational and policy environment, and technological readiness and resilience. **Results:** The researchers included forty-one studies in their analysis. The research demonstrates that small hospitals achieve successful EMR system sustainability through staff participation, collective decision-making, and flexible technology implementation. The hospitals that built staff digital confidence through hybrid documentation systems maintained superior operational continuity and organizational resilience. **Conclusion:** Small hospitals need to implement digital transformation to develop human-centered operations because they need to see it as more than just an administrative requirement. The sustainability of EMR systems requires proper alignment between technological systems, human values, organizational culture, and environmental conditions. The socio-technical base of Indonesia's digital health reform needs strengthening to achieve both improved healthcare delivery efficiency and fair access, as well as public trust in medical services.

Keywords: Electronic Medical Record, Socio-Technical Systems, Hospital Readiness, Digital Transformation, Health Policy, Indonesia

Silent Care: The Impact of Nurses' Nonverbal Cues on Patient Anxiety in Emergency Settings

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Abstract

Background: Anxiety frequently arises among patients seeking emergency care, often intensified by the fast-paced and uncertain environment of the Emergency Department (ED). **Objectives:** This study explores how nurses' nonverbal communication, such as eye contact, gestures, posture, and facial expressions, affects patient anxiety levels in the ED of RSUD Prembun. **Methods:** Using a true experimental post-test only control group design, 70 patients were randomly assigned to an intervention group (receiving structured nonverbal communication from nurses) and a control group (receiving standard care). Anxiety levels were assessed using a validated anxiety questionnaire and analysed through the Mann-Whitney U test. **Results:** Results revealed a significant reduction in anxiety among patients exposed to enhanced nonverbal communication ($p < 0.05$), indicating that nurses' silent behaviours contribute meaningfully to patients' emotional stability. These findings emphasize that nonverbal empathy can serve as a low-cost yet powerful strategy in reducing patient distress in emergency settings. **Conclusion:** Training programs focusing on nonverbal sensitivity and emotional presence are recommended to improve patient-centered care in high-stress clinical environments.

Keywords: Nonverbal Communication, Patient Anxiety, Nurse Empathy, Emergency Department, Emotional Care

The Effect of Peer Group Support on The Level of Anxiety and Adherence to Patient Foot Care Diabetes According to Pender's Health Behavioral Model in District Banyuurip Health Center

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Abstract

Background: Diabetes mellitus is a chronic condition that requires long-term management and psychosocial support. Anxiety and noncompliance with foot care remain major barriers to optimal outcomes. Peer group support, as a behavioral intervention, may enhance patient adherence and reduce anxiety. **Objectives:** This study aimed to examine the effect of peer group support on anxiety levels and foot care compliance among diabetic patients based on Pender's Health Promotion Model. **Methods:** A pre-experimental design with a one-group pretest–posttest approach was conducted among 33 participants selected through cluster random sampling at Banyuurip Community Health Center. Data were collected using the F-DPSG, HARS, and NAFF questionnaires. Statistical analysis employed the Chi-square test. **Results:** The findings revealed that peer group support significantly reduced anxiety levels and improved adherence to diabetic foot care practices. The intervention strengthened self-care motivation, promoted coping abilities, and enhanced patients' commitment to preventive foot management. **Conclusion:** Peer group support effectively decreases anxiety and improves foot care compliance in diabetic patients. It is recommended as a non-pharmacological nursing strategy for comprehensive diabetes management.

Keywords: Diabetes Mellitus, Peer Group Support, Anxiety, Compliance, Foot Care

The Nurse Turnover Intentions: A Systematic Review

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Abstract

Background: Nurse turnover intention (TI) has become a critical concern for healthcare systems worldwide due to its impact on workforce shortages, financial costs, and patient safety. High TI is a strong predictor of actual turnover, threatening the stability of healthcare delivery and exacerbating global nursing shortages. **Objectives:** This systematic review aimed to synthesize empirical evidence on the prevalence and determinants of nurse turnover intention, evaluate the role of organizational and psychosocial factors, and identify research and policy gaps to inform workforce retention strategies.

Methods: The review followed PRISMA 2020 guidelines. Electronic searches were conducted across PubMed, Scopus, Web of Science, and Google Scholar, covering literature from January 2000 to March 2025. Eligible studies included peer-reviewed empirical research and systematic reviews that examined turnover intention among nurses. Exclusion criteria included non-English language studies, theoretical papers, and studies without measurable outcomes on turnover intention. Screening and data extraction were performed independently by two reviewers, with quality appraisal guided by the JBI and MMAT tools. **Results:** A total of 25 studies met the inclusion criteria. The prevalence of turnover intention among nurses ranged from 30% to over 50%, with the highest rates observed in intensive care and emergency settings. Key determinants included job dissatisfaction, burnout, stress, poor work environments, and lack of organizational support. Protective factors were supportive leadership, recognition, professional commitment, and vocational calling. The COVID-19 pandemic significantly increased turnover intention, with studies reporting heightened emotional exhaustion and new dynamics such as quiet quitting.

Conclusion: Nurse turnover intention is a multifactorial issue shaped by individual, organizational, and systemic factors. Effective retention strategies must go beyond individual resilience-building to include structural reforms, such as improving staffing adequacy, strengthening leadership and recognition systems, and expanding mental health support. Addressing turnover intention proactively is vital for workforce sustainability, healthcare quality, and patient safety.

Keywords: Nurse turnover intention, Job satisfaction, Burnout, Organizational support, Workforce retention, Systematic review

Virtual Discharge Nursing in Pediatric Care: A Concept Analysis Using Walker and Avant's Method

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Abstract

Background: Virtual discharge nursing is an emerging innovation in pediatric healthcare that addresses the risks of complications, caregiver uncertainty, and preventable hospital readmissions following discharge. Despite its increasing adoption, the concept remains insufficiently defined and is often confused with general telehealth follow-up. **Objectives:** This study aims to clarify the concept of virtual discharge nursing in pediatric care by identifying its defining attributes, antecedents, consequences, and empirical referents. **Methods:** Walker and Avant's eight-step concept analysis method was applied. Guided by Donabedian's structure–process–outcome model, a systematic review of twenty-four empirical studies published between 2020 and 2025 was conducted, focusing on nurse-led digital interventions, structured follow-up, and caregiver support. **Results:** The analysis identified five defining attributes: nurse-led protocol-driven care, technology-enabled communication, structured discharge education, early symptom monitoring, and caregiver-centered engagement. Antecedents included the presence of skilled pediatric nurses, reliable digital infrastructure, and integration into discharge protocols. Consequences included reduced thirty-day readmissions, improved caregiver satisfaction, and earlier detection of complications. **Conclusion:** By distinguishing virtual discharge nursing from broader telehealth practices, this study establishes conceptual clarity and offers a structured framework for researchers, clinicians, and policymakers to strengthen pediatric transitional care.

Keywords: Virtual Discharge Nursing, Pediatric Care, Telehealth

Autogenic Training (AT) to Control Blood Pressure among the Elderly: A Literature Review

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Abstract

Background: Hypertension is a major health problem in the elderly that increases the risk of cardiovascular disease and mortality. Non-pharmacological interventions, such as Autogenic Training (AT), an autosuggestion-based relaxation technique to achieve physiological balance, are increasingly being used as complementary therapies. AT is believed to lower blood pressure by regulating the autonomic nervous system and reducing the stress response. **Objectives:** This literature review aimed to systematically analyse the latest scientific evidence on the effectiveness of Autogenic Training (AT) in lowering blood pressure in the elderly. This article aims to identify consistency in findings, reveal methodological limitations, and formulate research gaps that underlie the urgency and novelty of AT intervention research in the elderly population in Indonesia, following the PRISMA guidelines. **Methods:** A literature review was conducted by searching for articles on Science Direct, PubMed, and Google Scholar in the last five years (2019-2024) using the keywords autogenic training, blood pressure, and elderly. Studies were screened following the PRISMA flow diagram. The selected articles included experimental studies, quasi-experimental studies, and literature reviews that evaluated the effects of AT on blood pressure in older adults with hypertension. **Results:** After screening 312 publications, only six eligible studies were included. The findings consistently showed significant reductions in systolic and diastolic blood pressure after AT interventions. **Conclusion:** AT demonstrates promising effects in lowering blood pressure among elderly hypertensive patients.

Keywords: Autogenic Training, Blood Pressure, Elderly

The Impact of Nurse-Patient Ratios on the Quality of Care

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Abstract

Background/Introduction: Nurse-to-patient ratio is an important component of healthcare quality. There is a substantial body of evidence that shows that the best nurse staffing is associated with better patient outcomes. Nevertheless, studies are primarily conducted in Western health systems, lacking various cultural and health system boundaries, including Saudi Arabia. **Objectives:** The objective of this review is to consolidate the current literature on the immediate effects of nurse-to-patient ratios on quality of care. This includes highlighting areas that require further study, particularly in relation to the generalizability of research in non-Western healthcare settings. **Methods:** This review systematically synthesized the findings of several important studies. The studies utilized a wide range of methods, including cross-sectional analyses, systematic reviews, and meta-analyses, and, taken as a whole, provide an extensive literature regarding nurse staffing and patient outcomes. **Results:** The aggregate evidence emerging from the reviewed studies consistently indicates that lower nurse-to-patient ratios are strongly related to better patient outcomes, including lower mortality rates, fewer complications (e.g., nosocomial infections, medication errors), and higher levels of patient satisfaction. In contrast, higher ratios are associated with poor quality of care, increased nurse burnout and job dissatisfaction, which in turn result in missed nursing care activities and impaired patient safety. **Conclusion:** This review highlights the significant effect of nurse-to-patient ratios on the quality of care. This emphasizes the need for future studies to address these mechanisms in varying cultural and healthcare contexts and, thereby, contribute to a richer international understanding of the best nurse staffing and its effects on patient care.

Keywords: Nurse-patient ratios, Quality of care, Literature review, Patient outcomes, Healthcare, Nurse staffing

The Technological and Workload Drivers of Nursing Care Efficiency: A Systematic Literature Review

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Abstract

Background: Nursing services face mounting pressures from rising patient acuity, administrative burden, and fragmented workflows, which collectively compromise the efficiency and reliability of frontline care delivery. While significant investments have been made in electronic records, artificial intelligence, mobile health, telehealth, and virtual nursing, these tools do not consistently yield efficiency gains when implemented without deliberate workflow redesign and structured workload governance. **Objectives:** This systematic literature review examines how technological integration and workload management contribute to nursing care efficiency through the mediating role of workflow optimization. **Methods:** Following internationally recognized standards for systematic reviews, fifty-one studies were synthesized across diverse care environments, including intensive care units, emergency departments, general hospital wards, and community health settings. **Results:** The evidence highlights that efficiency gains are not inherent to technology or staffing models alone but emerge when interoperable systems, acuity-based staffing, predictive scheduling, and digital dashboards are embedded into workflows that reduce duplication, standardize processes, and balance workloads. **Conclusion:** These findings carry particular significance for healthcare systems such as the Madinah Health Cluster, where digital transformation is a cornerstone of national reform. The review concludes that co-designed, interoperable, and acuity-aware systems that foreground workflow optimization can strengthen workforce resilience, improve patient safety, and advance the goals of healthcare transformation.

Keywords: Nursing Care Efficiency; Workflow Optimization; Technological Integration; Workload Management

Nursing Team Cohesion: A Concept Analysis Using Walker and Avant's Method

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Abstract

Background: Nursing team cohesion plays a critical role in ensuring effective communication, collaborative decision-making, staff well-being, and safe patient care. However, the concept is often conflated with related terms such as teamwork, collaboration, and psychological safety, leading to inconsistent definitions, unclear measurement, and fragmented interventions. As healthcare systems face rising complexity and emotional demands, clarifying this concept becomes essential for both research and practice. **Objectives:** This concept analysis aims to define and clarify nursing team cohesion as a distinct construct within nursing science. Specifically, the study identifies its defining attributes, antecedents, consequences, and empirical referents, while establishing conceptual boundaries to guide theory development, leadership strategies, and team-based interventions. **Methods:** Walker and Avant's eight-step concept analysis method was employed. A systematic search was conducted across Google Scholar, OpenAlex, and PubMed Central for peer-reviewed, English-language studies published between 2020 and 2025. Using PRISMA 2020 guidelines, 28 eligible studies were selected for analysis. Key themes were extracted and categorized into conceptual domains, supported by theoretical and empirical literature. **Results:** Five defining attributes of nursing team cohesion were identified: mutual trust and respect, effective communication, shared goals, interpersonal harmony, and emotional intelligence. Antecedents included transformational leadership, conflict resolution training, emotional intelligence, and structured team-building programs. Consequences spanned individual (job satisfaction, reduced burnout), team (collaboration, psychological safety), and organizational levels (improved patient outcomes, reduced turnover). Empirical referents included instruments such as the Team Climate Inventory, Team STEPPS tools, and qualitative assessments. Conceptual boundaries were clarified through model, borderline, and contrary case construction to distinguish cohesion from teamwork and collaboration. **Conclusion:** Nursing team cohesion is a multidimensional, measurable construct with direct relevance to workforce stability, team performance, and patient safety. Clarifying its defining features and boundaries supports consistent measurement, targeted leadership development, and evidence-based team interventions. Future research should focus on developing cohesion-specific assessment tools and integrating cohesion metrics into quality improvement frameworks.

Keywords: Nursing team cohesion, Concept analysis, Team dynamics, Conflict resolution, Emotional intelligence.

Person-Centered Care Demonstrated by Critical Care Nurses and Its Impact on Patient Satisfaction: A Narrative Review

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Abstract

Background: Person-Centered Care (PCC) focuses on understanding and addressing patients' unique needs, preferences, and values. In critical care, where patients face life-threatening conditions, PCC is vital. **Method:** This narrative review analyzed how critical care nurses implement PCC and its effect on patient satisfaction, based on existing literature. Qualitative and quantitative literature were used to narrate the PCC demonstrated by critical care nurses. **Results:** Studies show that PCC improves patient satisfaction by fostering trust, reducing anxiety, and enhancing communication. Nurses use strategies like active listening, shared decision-making, and family involvement to deliver PCC effectively. **Conclusion:** PCC positively impacts patient satisfaction in critical care. Nurses' efforts to personalize care led to better outcomes. Healthcare systems should support PCC practices to improve patient experiences. Nurses play a key role in delivering PCC, impacting patient satisfaction.

Keywords: Person-Centered Care, Critical Care Nurses, Patient Satisfaction

AI Implementation in the Healthcare Industry: A Systematic Review

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Abstract

Background: Healthcare systems face mounting pressures from aging populations, chronic diseases, workforce shortages, and rising costs. Artificial intelligence offers transformative potential by enhancing diagnostic accuracy, supporting decision-making, optimizing operations, and improving patient engagement. Yet, adoption is shaped by individual, organizational, and systemic factors that influence both opportunities and risks. **Objectives:** This systematic review aimed to synthesize evidence on the applications, determinants, barriers, and outcomes of artificial intelligence implementation in healthcare across clinical, administrative, and patient-care domains. **Methods:** Following PRISMA 2020 guidelines, a comprehensive search was conducted across PubMed, Scopus, Web of Science, IEEE Xplore, Embase, CINAHL, PsycINFO, and grey literature sources between 2020 and 2025. Eligible studies included systematic reviews, quantitative, qualitative, and mixed-method designs focusing on AI adoption in healthcare. Data extraction used a standardized matrix, and study quality was assessed using JBI and MMAT tools. Narrative and thematic synthesis were applied due to heterogeneity across study designs and outcomes. **Results:** Twenty-four studies met the inclusion criteria, covering diverse geographical and institutional contexts. Findings highlighted AI's contributions to clinical decision support, imaging, predictive analytics, robotics, and hospital administration. Reported benefits included improved diagnostic accuracy, patient safety, efficiency, and engagement. Barriers included low digital literacy, high costs, lack of infrastructure, algorithmic bias, ethical concerns, and fragmented policy support. Outcomes were mixed: while short-term benefits were evident, evidence on long-term impacts and large-scale sustainability remained limited. **Conclusion:** Artificial intelligence may significantly reshape healthcare, but successful adoption depends on more than technical performance. Integrated strategies addressing human, organizational, and policy dimensions are essential to ensure ethical, equitable, and sustainable implementation that strengthens health systems rather than exacerbates disparities.

Keywords: Artificial Intelligence, Healthcare Implementation, Clinical Decision Support, Adoption Barriers, Health Systems

The Impact of Nurse Managerial Leadership on Nursing Retention, Work-Life Integration and Emotional Intelligence

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Abstract

Introduction: The retention of nurses continues to be a concern internationally as it has been associated with patient safety, quality of care, and labour force stability. Leadership has been found to significantly predict retention, work-life integration (WLI), and emotional intelligence (EI). However, current evidence is frequently limited regarding the relationship between retention, WLI, and EI. **Objectives:** This review aimed to synthesize evidence on the impact of nurse managerial leadership on nursing retention, with particular attention to WLI and EI, while highlighting research gaps relevant to healthcare and the Saudi context. **Methods:** A narrative literature review of relevant literature from 2016-2025 was performed utilizing PubMed, Scopus, Web of Science, and Google Scholar. Key words used were nurse managerial leadership, nursing retention, work-life balance, work-life integration, and emotional intelligence. Studies were eligible if they focused on leadership in the context of retention, WLI, or EI in nurses or similar professions. The review considered studies outside and within healthcare to include all relevant transferable findings. Thematic synthesis of data was used to identify patterns, connections, and to fill the gap. **Results:** Of the three leadership styles, transformational leadership demonstrated the greatest positive effect on retention, whereas the effects of transactional and laissez-faire leadership were relatively weaker. The transformational and servant leadership also increased job satisfaction and decreased turnover intention. WLI supports leadership-enhanced engagement and performance, but the majority of the evidence was provided by non-healthcare settings. Similarly, EI was associated with enhanced trust, collaboration, and decreased burnout; however, the role of EI within nursing leadership was scarcely studied. **Conclusion:** Managerial leadership has a significant impact on WLI and EI, which further affect retention. However, health-specific, longitudinal, and context-sensitive research is still required, specifically in Saudi Arabia. Enhancing leadership practices that promote WLI and EI could offer practical approaches to increasing staff retention and enhancing patient care.

Keywords: Nurse Managerial Leadership, Nursing Retention, Work-Life Integration, Emotional Intelligence, Saudi Arabia.

The Digital Umbilical Cord: A Nursing Informatics Framework for Integrated Maternal-Infant Care

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Abstract

Introduction: Continuity of maternal and infant care during the postpartum period is often disrupted by fragmented health services. Postpartum depression, maternal morbidity, and neonatal care gaps highlight the urgent need for integrated solutions. Nursing informatics offers opportunities to address these challenges through digital innovation and equitable care models. **Objectives:** This study proposes a "Digital Umbilical Cord" framework that connects mothers, infants, and healthcare providers through an integrated informatics platform. The goal is to improve maternal–infant health outcomes by leveraging digital health, telehealth, and artificial intelligence. **Methods:** A narrative review of recent literature was conducted, synthesizing evidence on nursing informatics applications, including electronic health records, telehealth interventions, mobile health, smart monitoring systems, and AI-driven decision support. The proposed framework was conceptualized based on identified challenges and innovations in maternal–infant health. **Results:** Findings indicate that telehealth programs can improve postpartum depression outcomes and attendance at follow-up visits, while AI tools enable early risk detection for maternal and neonatal complications. Integrated electronic health records and IoT-based monitoring systems strengthen continuity of care. However, disparities in digital access and literacy remain significant barriers. **Conclusion:** The "Digital Umbilical Cord" framework emphasizes the mother–infant dyad as an inseparable unit of care. By connecting them through a unified digital platform, this model supports postpartum depression screening, neonatal follow-up, parental support, and early complication detection. The framework has practical implications for nursing practice and contributes to equitable, informatics-enabled perinatal care.

Keywords: Postpartum Depression, Neonatal Care, Nursing Informatics, Telehealth, Artificial Intelligence, Digital Health Equity

Systematic Literature Review: Analysis of the Workload of Health Workers in Hospitals

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Abstract

Introduction: The workload of health workers in hospitals is a major concern in the context of patient service quality, patient safety, job satisfaction of health workers, and potential burnout. **Objectives:** This study aims to analyze the impact of the workload of health workers through a systematic review of the relevant literature. The main focus of the study is to identify the relationship between workload and various aspects that affect healthcare workers as well as patients in hospitals. **Methods:** The methodology used included the selection of articles published in English from the Scopus database less than 2024, with the keywords "workload" and "burnout". Articles were selected based on titles and abstracts, with inclusion criteria that included research on healthcare workers' workloads and their impact on service quality, patient safety, job satisfaction, and burnout. Data analysis was carried out using the PRISMA method. **Results:** The results of the study show that high workloads negatively impact the quality of patient services, increase patient safety incidents, and decrease the job satisfaction of healthcare workers. In addition, excessive workload contributes to high levels of burnout among healthcare workers. **Conclusion:** In conclusion, hospital management needs to evaluate and adjust the workload of healthcare workers to improve the quality of services and well-being of healthcare workers, and more research is needed to explore effective workload management strategies.

Keywords: Workload, Burnout, Hospital, Health Worker, and Quality Service

Nurses' Burnout: A Concept Analysis Using Walker and Avant's Method

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Abstract

Background: Nurse burnout is a pervasive threat to workforce well-being, patient safety, and healthcare system performance. Defined by exhaustion, depersonalization, and reduced professional efficacy, burnout has been linked to increased errors, lower satisfaction, absenteeism, and turnover, with pandemic-era evidence amplifying its prevalence and impact. Persistent conceptual ambiguity, overlapping constructs (e.g., depression, compassion fatigue, moral distress), and heterogeneous measurement have limited coherent research, policy, and intervention design. **Objectives:** This concept analysis clarifies nurse burnout as a multidimensional, practice-oriented construct; delineates its defining attributes, antecedents, consequences, and empirical referents; and proposes an operational definition suitable for measurement, workforce management, and patient-safety evaluation. **Methods:** Following PRISMA 2020 guidelines, a systematic search was conducted across Google Scholar, OpenAlex, and PubMed Central for peer-reviewed, English-language, open-access studies published between 2020 and 2025. Inclusion criteria emphasized relevance, methodological rigor, and direct focus on nurse burnout. Twenty-one studies met the criteria and were analyzed using Walker and Avant's eight-step method to identify defining attributes, antecedents, consequences, and empirical referents of the concept. **Results:** Three interrelated defining attributes were identified: emotional exhaustion, depersonalization (cynicism/detachment), and reduced professional efficacy. Antecedents clustered around excessive job demands (high nurse-to-patient ratios, long/rotating shifts, sustained emotional labor) and constrained resources (understaffing, limited autonomy, weak leadership, inadequate material support). Consequences spanned individual (anxiety, depression, presenteeism), patient (safety incidents, lower satisfaction, missed care), and system levels (turnover, cost escalation, operational instability). Model, borderline, and contrary cases delineated boundaries of the construct. Empirical referents included the MBI (HSS/MP), CBI, and OLBI, paired with organizational metrics (staffing, overtime, absenteeism/turnover) and patient-quality indicators (errors, falls, pressure injuries, satisfaction). The analysis clarified distinctions from adjacent constructs and emphasized burnout's chronic, workplace-specific nature. **Conclusion:** Nurse burnout is a measurable, multidimensional syndrome with identifiable antecedents and predictable consequences. Standardized attributes and empirical referents enable benchmarking, surveillance, and evaluation of interventions.

Keywords: Nurse burnout; Emotional exhaustion; Depersonalization; Professional efficacy.

The Impact of Diversity, Equity, and Inclusion on Organizational Effectiveness

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Abstract

Background: Diversity, Equity, and Inclusion (DEI) efforts are ever more recognized as a cornerstone for Organizational Effectiveness (OE) and the ability to innovate, the satisfaction of employees, and the competitive advantage over time. Nevertheless, most studies were among companies and public sectors, with less representation of the healthcare setting, especially in non-Western regions like Saudi Arabia.

Objectives: This review synthesizes empirical studies on the impact of DEI practices on OE, with an emphasis on Saudi Arabia's hospital context. **Methods:** A structured literature review was carried out, based on peer-reviewed research from 2016 to 2025 through databases including PubMed, Scopus, and Web of Science. Research was chosen according to its contribution with regard to DEI, engagement, and organizational effectiveness. **Results:** Research continuously shows that DEI practices lead to higher job satisfaction, innovation, and effectiveness of the organization. However, there remains a shortfall in healthcare research, particularly in non-Western contexts, where cultural and political contexts vary.

Conclusion: The review highlights that DEI practices can be powerful enablers of organizational effectiveness. Nevertheless, more data must be collected in Saudi Arabian and Middle Eastern health care to put these relationships in context. Filling this void can drive hospital leaders and policymakers to develop an integrative approach that supports the achievement of Vision 2030 objectives and advances quality and access to healthcare.

Keywords: Diversity, Equity, Inclusion, Organizational Effectiveness, Healthcare, Saudi Arabia.

The Impact of Green Transformational Leadership on Nurses' Creativity

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Abstract

Background: Green Transformational Leadership (GTL) is an important leadership style in the age of the browser to enable sustainable and creative organizations. Although previous research has shown reactive green practice to be a success across different sectors, including IT, hospitality, and manufacturing, the healthcare sector, and specifically nursing, is somewhat under-researched. It is necessary to fill this gap as the world is moving toward sustainable healthcare programs adopting quality and preventive measures, such as Saudi Vision 2030. **Objectives:** This review aims to evaluate the impact of GTL on employee creativity and highlight gaps relevant to healthcare, with a focus on nurses' reactivity. **Methods:** A narrative literature review was conducted, synthesizing empirical studies published between 2021–2025. Studies were selected from diverse industries, including IT, hospitality, SMEs, and manufacturing, employing quantitative designs such as cross-sectional surveys, structural equation modeling, and longitudinal approaches. **Results:** Overall, results reveal that GTL enhances green creativity by mechanisms of green human resources management, organizational citizenship behavior, and mindfulness. Yet, most of the studies are cross-sectional, some focus on a specific context, and few support causal inference and generalization. The importance of nursing and healthcare in general has been unrepresented in this review. **Conclusion:** This review highlights the necessity for profession-specific studies exploring the impact of GTL on nurses' creativity. Future studies should also review GTL in conjunction with office innovation and green behavior to develop more comprehensive models integrating leadership, sustainability, and creativity in the health sector. There could also be implications for leadership that is consistent with sustainability and increases the performance of organizations.

Keywords: Green Transformational Leadership, Nurses' Creativity, Sustainability, Workplace Innovation, Green Behavior.

Enhancing Self-Care in Gestational Diabetes through Culturally Sensitive Health Education: A Public Health Intervention in Peshawar, Pakistan.

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Abstract

Background: Gestational diabetes mellitus (GDM) is an increasing public health challenge in Pakistan, particularly in low-resource communities where health education is often lacking. Women with GDM face significant risks during and after pregnancy. Empowering them through culturally relevant health education can play a critical role in improving outcomes for both mother and child. **Objectives:** This study aimed to assess the effectiveness of a culturally tailored health education module in improving self-care practices and clinical outcomes among pregnant women diagnosed with GDM in Peshawar. **Methods:** A quasi-experimental pre-test/post-test study was conducted involving 220 women with GDM, divided equally into intervention and control groups. The intervention group received a 12-week culturally adapted educational module covering diet, physical activity, glucose monitoring, and stress management in Urdu and Pashto. Pre- and post-intervention data were analyzed using SPSS version 25. **Results:** Participants in the intervention group showed significant improvements in clinical parameters and health behaviors. Fasting blood sugar decreased from 114.12 ± 14.34 to 107.88 ± 16.07 mg/dL ($p < 0.001$), HbA1c from 6.59% to 6.16% ($p < 0.001$), and BMI from 32.65 to 32.07 ($p < 0.001$). Knowledge about GDM increased from 52.7% to 88.2%, while blood glucose monitoring practices rose from 38.2% to 97.3%. Similar improvements were observed in medication adherence and dietary compliance. **Conclusion:** The study highlights the effectiveness of localized, culturally sensitive health education in enhancing self-care and improving glycemic control among women with GDM. These results support the integration of such interventions into antenatal care programs and align with Sustainable Development Goal 3 by promoting maternal health and health equity in low-resource settings.

Keywords: Gestational Diabetes, Health Education, Self-Care, Maternal Health, Public Health, Sustainable Development

Pressure Injury Prevention for Staff Nurses and Its Impact on Patient Satisfaction: A Scoping Review

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Abstract

Background: Pressure injuries remain a significant challenge in healthcare settings, affecting patient satisfaction. **Objective:** This scoping review explores the effectiveness of PI prevention strategies for staff nurses and their impact on patient satisfaction. **Methods:** A search of peer-reviewed literature was conducted across major databases, including PubMed, CINAHL, and Scopus. Studies published within the last ten years were included, focusing on nurse-led pressure injury prevention interventions, education programs, and their outcomes. Data were synthesized thematically to assess the impact on patient outcomes, nurse knowledge, adherence to guidelines, and overall patient satisfaction. **Results:** The review identified 5 literature reviews addressing 5 pieces of evidence of patient satisfaction. Nurse-led interventions, such as early risk assessment using standardized tools, frequent repositioning protocols, and skin integrity monitoring, were associated with improved patient outcomes. Additionally, facilities implementing comprehensive prevention strategies reported higher nursing service quality, including better patient satisfaction, reduced hospital-acquired pressure injury rates, and increased nursing confidence in managing at-risk patients. **Conclusion:** Pressure injury prevention programs tailored for staff nurses play a pivotal role in enhancing patient satisfaction. Patients who received effective pressure injury prevention measures reported higher comfort, reduced pain, enhanced trust in nurses, positive perceptions of care quality, reduced anxiety, and increased confidence in recovery, all contributing to greater overall satisfaction with their hospital stay.

Keywords: Pressure Injury, Patient Satisfaction, Prevention Of Pressure Injuries

The Mediating Role of Moral Courage in the Relationship Between Ethical Leadership And Error Reporting Behavior Among Nurses In Saudi Arabia: A Structural Equation Modeling Approach

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Abstract

Background: Ethical leadership in nursing is pivotal for fostering a transparent workplace culture and encouraging error reporting, a critical behavior for enhancing patient safety. In Saudi Arabia, cultural and organizational factors may influence nurses' willingness to report errors, making this an essential area of study. This study investigates the correlation between ethical leadership and error reporting behavior, emphasizing the mediating influence of moral courage among nurses in Saudi Arabia. **Objectives:** to investigate the correlation between ethical leadership and error reporting behavior, emphasizing the mediating influence of moral courage among nurses in Saudi Arabia. **Methods:** This cross-sectional research used a simple random sampling technique to recruit 269 clinical nurses from four specialized medical centers affiliated with King Abdullah Medical City in Makkah, Saudi Arabia. Data was collected between October and December 2024 using online self-reported questionnaires that included validated scales for ethical leadership, moral courage, error reporting, and demographic information form. This study was conducted in accordance with the STROBE guidelines. Structural equation modeling was used to investigate hypothesized relationships. **Results:** Ethical leadership significantly impacted error reporting behavior ($\beta = 0.58$, $p < 0.001$) and ethical courage ($\beta = 0.35$, $p < 0.001$). Moral courage was a significant predictor of error reporting behavior ($\beta = 0.30$, $p = 0.01$) and partially mediates the link between ethical leadership and error reporting ($\beta = 0.11$, $p = 0.01$). The total effect of ethical leadership on error reporting behavior was substantial ($\beta = 0.69$), with a BC 95% CI of (0.51, 0.89). **Conclusion:** The findings highlight the critical role of ethical leadership in fostering moral courage and promoting error reporting behavior among nurses. The mediation effect of moral courage underscores the importance of cultivating an ethical work environment that empowers nurses to act with integrity and report errors without fear of retaliation. These insights emphasize the need for nursing managers to prioritize ethical leadership practices and create transparent workplace cultures that enhance patient safety. By addressing cultural and organizational barriers, healthcare institutions in Saudi Arabia can further encourage error reporting, ultimately improving the quality of care and patient outcomes.

Keywords: Courage, Leadership, Organizational culture, Patient safety, Saudi Arabia

The Implementation of Al-Qur'an Surah Al-Mulk Recitation on Vital Signs, Anxiety, and Baby Blues in Postpartum Patients with Preeclampsia and Gestational Diabetes Mellitus

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Abstract

Background: Post-partum women with pre-eclampsia and gestational diabetes mellitus (GDM) often experience physiological instability and psychological distress, such as anxiety and baby blues syndrome. Spiritually-based interventions like Murottal Al-Qur'an are believed to promote relaxation, yet scientific evidence remains limited. **Objective:** To examine the effects of Murottal Al-Qur'an Surah Al-Mulk on vital signs, anxiety, and baby blues among post-partum women with pre-eclampsia and GDM. **Methods:** A quasi-experimental pre-post test was conducted on 115 post-partum patients at RSUD Ir. Soekarno Sukoharjo and RSUD Siti Fatimah Palembang (June–October 2025). Participants listened to Surah Al-Mulk for 15–20 minutes, twice daily, for three days. Data were analyzed using a paired sample t-test and MANOVA. **Results:** Murottal significantly improved physiological and psychological parameters (Wilks' Lambda = 0.372, F = 15.82, p < 0.001), lowering blood pressure, pulse, respiration, anxiety, and baby blues scores. **Conclusion:** Murottal Al-Qur'an Surah Al-Mulk is effective as a spiritual, non-pharmacological therapy to enhance physiological stability and emotional well-being in post-partum women.

Keywords: Surah Al-Mulk, Post-Partum, Pre-Eclampsia, GDM, Anxiety, Baby Blues.

The Relationship Between Gadget Use and Sleep Quality Among High School Students in Padang City

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Abstract

Background: Gadgets are widely used technological devices, especially among adolescents. Excessive gadget use may negatively affect health, one of which is a decline in sleep quality. Poor sleep quality can lead to decreased concentration, daytime sleepiness, and reduced academic performance. The habit of using gadgets at night may interfere with adolescents' ideal sleep patterns and rest. **Objectives:** This study aims to determine the relationship between gadget use and sleep quality among high school students in Padang City. **Methods:** This study employed a descriptive correlational design with a cross-sectional approach. The research was conducted in high schools in Padang City from March to August 2025. The population consisted of 346 students, and a total of 77 respondents were selected using a simple random sampling technique. The research instruments used were the Smartphone Addiction Scale-Short Version (SAS-SV) and the Pittsburgh Sleep Quality Index (PSQI). Data were analyzed using univariate and bivariate analyses with the Chi-Square test. **Results:** Among the 77 respondents, 61 students (79.2%) had a high level of gadget use, and 62 students (80.5%) had poor sleep quality. The Chi-Square test showed a p-value of 0.000 ($p < 0.05$), indicating a significant relationship between gadget use and sleep quality among high school students in Padang City. **Conclusion:** There is a significant relationship between gadget use and sleep quality in adolescents. Schools are encouraged to provide education on the negative health impacts of excessive gadget use and to monitor gadget usage during learning activities.

Keywords: Sleep quality, Gadget use, Adolescents

Evaluasi Efektivitas Pelatihan Kader Posyandu Dalam Meningkatkan Pengetahuan dan Keterampilan Kesehatanstudi Kasus di Puskesmas Curup

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Abstract

Posyandu cadres are the frontline of community health services at the village and sub-district levels. This study aims to evaluate the effectiveness of Posyandu cadre training in improving health knowledge and skills at Puskesmas Curup. The research employed a quasi-experimental method with a cross-sectional design, using secondary data obtained from the 2024 Puskesmas Curup Profile. The results show that all Posyandu are active (100%), with child weighing participation reaching 92%, good nutritional status among children at 98.7%, and complete immunization coverage at 95%. Routine cadre training has improved skills in health education, community empowerment, and health record management. However, exclusive breastfeeding coverage remains low (50%) and four cases of stunting were identified. In conclusion, cadre training has proven effective, but stronger strategies are still needed to enhance exclusive breastfeeding promotion and stunting prevention.

Keywords: Posyandu Cadre, Training Effectiveness, Public Health, Puskesmas Curup

Physical Exercise Capabilities of Older Adults with Osteoarthritis at Community Health Centers

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Abstract

Background: It is highly recommended for older adults to continue doing physical exercise to maintain muscle and bone strength. However, older adults with osteoarthritis are unable to do physical exercise due to pain. The pain experienced by older adults due to osteoarthritis in the knees causes them to limit the movement of the affected joints, resulting in a limited range of motion. Passive movement dominates over active movement, which can cause stiffness and joint muscle disorders. As a result, elderly people with osteoarthritis are reluctant to exercise, which leads to permanent loss of joint function, limiting their physical activity and reducing their quality of life. **Objectives:** The objective of this research is to determine the physical exercise capabilities of older adults with osteoarthritis by measuring walking and balance exercise capabilities. **Methods:** This research is quantitative with descriptive survey analysis. The sample size is 40 older adults using consecutive sampling. Data collection in this study uses the WOMAC (Western Ontario and McMaster Universities Arthritis Index) questionnaire and observation sheets for assessing walking and balance exercises. **Results:** The results of the research describe the number of respondents, namely 40 older adults aged 60-74 years. 60% were female. Most had a basic level of education, and half of the older adults worked as housewives. More than half of the older adults (55%) had severe osteoarthritis. The majority of older adults (approximately 95%) were able to walk in tandem for less than 3 meters, whereas the normal range is 3-6 meters. Most older adults (62.5%) had a balance exercise time of less than 20 seconds, whereas the normal range is less than 10 seconds. **Conclusion:** These results indicate that older adults with osteoarthritis are still able to perform physical exercises with limitations and can be given targets to improve their physical abilities. Recommendations to family members and community health centers to continue assisting older adults with osteoarthritis to exercise regularly and have measurable goals.

Keywords: Physical exercise, Older Adults, Osteoarthritis

Factors Associated with the Incidence of Chronic Energy Deficiency (CED) among Pregnant Women at Rosita Midwifery Practice, Pekanbaru

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Abstract

Introduction: Nutritional problems that remain a major challenge in maternal health are Chronic Energy Deficiency (CED). CED is defined as a condition in which a pregnant woman experiences a long-term deficiency of energy and protein, indicated by an Upper Arm Circumference (MUAC) measurement of less than 23.5 cm. In Pekanbaru City, the incidence of Chronic Energy Deficiency (CED) was recorded in 630 cases (2.9%), including 24 cases (1.7%) in the Sidomulyo Public Health Center area. **Objectives:** This study aimed to determine the factors associated with the incidence of Chronic Energy Deficiency among pregnant women. **Methods:** This research employed a quantitative approach using an analytic survey with a cross-sectional design. **Results:** The results showed that the variables of birth spacing (p-value = 0.001 < 0.05), nutritional intake (p-value = 0.000 < 0.05), family support (p-value = 0.000 < 0.05), and health worker support (p-value = 0.001 < 0.05) were significantly associated with the incidence of Chronic Energy Deficiency among pregnant women. **Conclusion:** It was concluded that all examined variables had a significant relationship with the occurrence of CED in pregnant women. It is recommended that pregnant women undergo antenatal care visits regularly, at least six times during pregnancy, in order to monitor the health of both the mother and the baby.

Keywords: Factors, Chronic Energy Deficiency (CED), Pregnant Women

The Association of Coping Mechanisms with Burnout Syndrome Levels In Nurses Working In Hospitals

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Abstract

Background/Introduction: Psychiatric nurses are at high risk of experiencing burnout syndrome due to the demanding nature of their physical and emotional workload. Burnout consists of three dimensions: emotional exhaustion, depersonalization, and reduced personal accomplishment. Adaptive coping mechanisms are essential for maintaining nurses' mental health and sustaining the quality of care.

Objectives: To identify nurses' coping mechanisms with burnout syndrome based on age, gender, length of service, and educational background at Tampan Mental Hospital, Riau Province. **Methods:** This research employed a descriptive quantitative design involving 94 inpatient nurses. Data were collected using the Maslach Burnout Inventory-Human Services Survey-Medical Personnel (MBI-HSS-MP) to measure burnout levels and the Brief Cope questionnaire to assess coping mechanisms. Data analysis was performed univariate using frequency distribution and measures of central tendency and bivariate using rank. **Results:** This study found a significant relationship between burnout and coping mechanisms among nurses. Emotional exhaustion was negatively correlated with adaptive coping ($p = 0.001$, $r = -0.348$), depersonalization was positively correlated with maladaptive coping ($p = 0.000$, $r = 0.418$), and personal accomplishment showed the strongest negative correlation with maladaptive coping ($p = 0.000$, $r = -0.794$). These results indicate that adaptive coping strategies protect nurses from burnout and enhance professional fulfillment. **Conclusion:** Adaptive coping mechanisms play a significant role in reducing the impact of burnout syndrome. This research identified a significant relationship between coping mechanisms and burnout syndrome levels in hospital nurses. The study recommends providing and training programs on coping strategies to support nurses' mental health and improve the quality of nursing care.

Keywords: Burnout syndrome, Coping mechanisms, Demographics, Nurses



Effectiveness of Breastfeeding Counseling on Exclusive Breastfeeding: Literature Review

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Abstract

Introduction: The World Health Organization (WHO) recommends exclusive breastfeeding for the first 6 months of life and continued breastfeeding until 2 years of age. Although exclusive breastfeeding provides many benefits, globally, the rate of exclusive breastfeeding is still low. Various factors contribute to the low rates of breastfeeding, including factors related to the mother, the baby, and the environment. Therefore, it is important to understand various strategies to increase exclusive breastfeeding rates, such as providing breastfeeding counseling. **Objectives:** This literature review aims to assess the effectiveness of breastfeeding counseling on exclusive breastfeeding. **Methods:** This study is a literature review. The search was limited to scientific papers published between 2021 and 2025 that focused on breastfeeding counseling related to exclusive breastfeeding. Three databases were searched, namely Science Direct, PubMed, and Springer Link. Of the 295 studies obtained, 8 studies were included in the review. The data were analyzed using deductive thematic analysis. **Results:** Of the 8 publications included, 7 articles showed that breastfeeding counseling was effective in increasing exclusive breastfeeding rates. Breastfeeding counseling began during pregnancy, continued after childbirth, and could be conducted immediately after the mother gave birth and within a certain period of time. Counseling could be conducted face-to-face or hybrid. **Conclusion:** Breastfeeding counseling is an effective intervention that must be implemented systematically in communities, hospitals, and primary care settings and provided continuously during pregnancy and the postpartum period to support exclusive breastfeeding practices.

Keywords: exclusive breastfeeding, breastfeeding counseling, mother

The Challenges Faced by Nurses in Conducting the Electronic Nursing Documentation Toward Quality of Care: A Qualitative Study Using Focus Groups

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Abstract

Background/Introduction: Electronic documentation systems offer significant advantages, including enhanced data accuracy, reduced errors, improved communication among healthcare providers, and better continuity of care. Meanwhile, its implementation in Indonesian hospitals remains constrained by digital literacy gaps, inadequate supervision, and system usability limitations, factors that warrant empirical investigation into nurses' experiences and their impact on care quality. **Objectives:** To explore the challenges faced by nursing personnel related to implementing electronic nursing documentation (END) toward quality of care. **Methods:** A qualitative design was used. Three focus group discussions were conducted with a total of thirty participants in each group, which included nurses, head nurses, IT support, and medical record officers in Pekanbaru, Riau Province, Indonesia. The tools used were the sociodemographic and job profile of participants, and a focus group discussion (FGD) guide. FGD were held in three sessions lasting for 1 ½ - 2 hours. The group interviews were transcribed verbatim. All transcripts were read multiple times to ensure the correctness of the transcription by the authors, and to get an overall impression of the material before the initial coding. Authenticity, credibility, critical appraisal and integrity were demonstrated throughout the study. This study enlightens the experiences of nurses in using the END and explores its barriers, challenges and facilitators for the delivery of good quality of care. Colaizzi's procedural steps were used to analyze the data. Themes and subthemes were generated. **Results:** Four major themes emerged from analysis of the challenges faced by nursing personnel related to implementing electronic nursing documentation toward quality of care were user resistance, digital system issues, insufficiency of training, and data integration. **Conclusion:** The findings affirm the critical need for strategically formulated interventions that comprehensively address both technological and human dimensions. Enhancing digital literacy, improving system usability, and strengthening interprofessional collaboration are essential strategies for optimizing electronic nursing documentation and achieving sustained improvements in the quality, safety, and continuity of patient care.

Keywords: Challenges, Electronic Nursing Documentation, Nurses, Quality of Care

Program Schedule (Tentative)

19 th November 2025 (Wednesday)	
07:30-09:00	Registration
9:00-10:30	Inauguration Function Venue: Ballroom (Level 1)
9.00- 9.10	<p>National Anthem Malaysia +Indonesia and Lincoln Song</p> <p>Welcome Performance dance 01 (LUC Nursing Students) 5min</p> <p>Reciteation of Doa: Prof. Dr. Idris Adewale Ahmed</p>
9.10-9.15	<p><i>Welcome Address by: (5min)</i></p> <p>Associate Professor Dr. Fatimah Yahya</p> <p>Convener, ICNEP-2025</p> <p>Dean, School of Nursing and Applied Science</p>
	<p><i>Inauguration talk by:</i></p>
9.15- 9.25	<p>Datuk Dr. Hjh. Bibi Florina Abdullah (10 Min)</p> <p>Pro-Chancellor, Lincoln University College</p>
	<p><i>Welcome note from Collaborators: (5-min each)</i></p>
9.25-9.30	<p>1. Dr Wahidin, S.Kep.,Ns.,M.Kep.,PhD</p> <p>Chairman, Sekolah Tinggi Ilmu Kesehatan Pemkab Purworejo,</p>
9.30-9.35	<p>2. Dr. Fanny Ayudia, M. Biomed</p> <p>Rector of Universitas Alifah Padang, Indonesia</p>
9.35-9.40	<p>3. Prof. Dr. Syafrani, M.Si</p> <p>Rector of Universitas Hang Tuah Pekanbaru, Padang Indonesia</p>
9.40-9.45	<p>4. Drs. H.S. Effendi, MS</p> <p>Ketua STIKES TRI MANDIRI SAKTI BENGKULU</p>
9.45-9.50	<p>5. Iwan Permana, SKM, S.Kep., M.Kep., Ph.D</p> <p>Head Of Stikes Sukabumi, Indonesia</p>
	<p><i>Presidential Address by:</i></p>
9.50-10.00	<p>Prof. Dr. Amiya Bhaumik (20 Min)</p> <p>President, Lincoln University College</p>
10.00-10.20	<p>Keynote speaker :</p>

	<p>Keynote Address</p> <p>Prof. Dr. Muhammad Firdaus, SP, MSi, PhD (20min) Education and Culture Attaché Indonesian Embassy in Kuala Lumpur, The Ethics of Data Ownership: Transforming AI in Clinical Decision-Making (10min)</p>
10.20-10:30	<ul style="list-style-type: none"> • Appreciation & Certificates for the 6 Collaborators: by Mr President and Pro-Chancellor LUC • Presentation of Certificates+Token of Appreciation to VIP's (President+Ceo+Pro Chancellor+DVC) by Prof Faridah +Dr Smitha+ Dr Fatimah • Performance Dance 02 (Indonesia collaborator) • Photo Session with VIPs and Guests and ICNEP2025 participants • VIP: Visit to the Exhibition/Poster (During the break)
10.30-11.00	Tea Break
	Pelanary Session 1 : Venue: Ball Room
11:00-11:30	<p>Prof Sarala KC (30Min) President, Nursing Council Nepal</p>
11:30-12:00	<p>Prof Dr. Nik Nailah Binti Abdullah (30 min) Founder, CEO, and Director of GreenSheart Sdn Bhd,/School of Information Technology, Monash University Malaysia Integrating Artificial Intelligence into Nursing Education and Clinical Practice: Balancing Technology and Compassionate Care in Modern Healthcare" (10min)</p> <p>Chairpersons: Assoc. Prof. Dr. Fatimah Yahya Dean, School of Nursing and Applied Science Associate Prof. Dr. Jayasree A/P S.Kanathasan Pro Dean School of Applied Science</p>
12:00-12:30	Presentation of Certificates + Token of Appreciation to Keynote Speakers and Chairperson: by the President
12:30-12:45	PHOTO SESSION BEFORE LUNCH
13:00-14:30	Lunch Break
	Open paper Session 14:30- 17.00

	20th November 2025 (Thursday)
7.30-9.00	Registration
	Day 2 Plenary session II
	<p>Venue: Ballroom</p> <p>9.00-9.10 Welcome Speech by Collaborator Prof. Dr. Husaini, SE.,M.Si, Ak Rektor Universitas Dehasen Bengkulu, Indonesia</p> <p>9.10-9.20 Keynote Address 2 Inovasi, Transformasi Dan Kelestarian Penjagaan Kesihatan Berkualiti (10min) Puan Hj Katrina Deputy Director of Nursing Board Malaysia</p> <p>Invited Guest Speaker</p> <p>9.20-9.35 1-Assoc. Prof. Dr. Suchitra Luangamornlert Thailand Nursing and Midwifery Council (TNMC), Ministry of Public Health, Thailand</p> <p>9.35-10.00 2- Dr. Sujayalakshmi Devarayasamudram Associate Professor, Department of Nursing, North Carolina Central University, USA (Online)</p> <p>10.00-10:10 3-Dr. R. Vijayalakshmi MSc, Ph. D Principal of Saveetha College of Nursing, SIMATS, Chennai, India (Online)</p> <p>10:10-10:30 4-Associate Professor Dr Fatmah Jabr A Alsolami Dean, Faculty of Nursing Umm Al-Qura University (Online)</p>
	Presentation of Certificates + Token of Appreciation to Plenary Speakers: by the Deputy Vice Chancellor (DVC)/President LUC
10.30-11.00	Tea Break
11.00-13.00	Open Paper
13.00-14.30	LUNCH BREAK
	Closing Remarks and Awards Ceremony: Ballroom
15.00-16.00	Valedictory Session <ul style="list-style-type: none"> • Closing Dance (Indonesia) • Presentation of Certificates to Participants

- Presentation of Certificates to Best Presenters: Pro Chancellor
- Closing Speech by DVC
- Presentation of Certificates of Appreciation to the Organizing Committee: by Prof. Fatimah Yahya, Dean, School of Nursing and Applied Science
- Certificate of Appreciation to the Dean, School of Nursing and Applied Science: presented by Prof. Faridah Mohd Said.

D1- (19th November 2025)- Open paper Session III A:

14:30-16:30

Session III A:

Venue: Ballroom

MC: MS Chaimae/AP Dr Tan Chun Hoe

Chairpersons:

Assoc. Prof. Dr. Smitha Madhavan

Pro Dean School of Nursing and Applied Science

TS Assoc. Prof. Dr. Asita Elengoe

Coordinator and Lecturer, School of Nursing and Applied Science

Session III B: Open Paper Session

14:30-17:00

Venue: Breakout room 1

MC: Ms Selma

Chairpersons:

Senior Lecturer, School of Nursing and Applied Science
AP Dr. Tukimin
Senior Lecturer, School of Nursing and Applied Science

ONLINE- Presentation

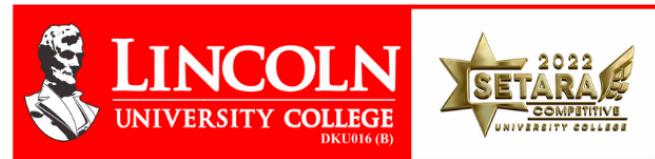
14:30-17:00	Session III C: Open paper Session Venue: Breakout Room 2 (Online presenters) MC/Coordinator: Madam Wan Eziana..... Chairpersons:
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Dr Aruna Gundluru
Lecturer, School of Nursing and Applied Science
Dr Viji Alex
Lecturer, School of Nursing and Applied Science
Prof.Santhna Letchmi
Senior Lecturer, School of Nursing and Applied Science

14:00-15:00	<p>Session IV C: Open paper Session</p> <p>Venue: Break-up room 3 (Online Presenters)</p> <p>Mc : Ms Eziana</p> <p>Chairpersons:</p> <p>Prof Dr Santhna Letchmi</p> <p>Senior Lecturer, School of Nursing and Applied Science</p> <p>Dr Aruna G</p> <p>Coordinator, PhD School of Nursing and Applied Science</p>
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Dr Viji Alex
Lecturer, School of Nursing and Applied Science

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