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Batu 12, 71700 Mantin, Negeri Sembilan, Malaysia

## **Keynote Speaker**



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Buthaina  
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### **Language Barrier in Geriatric Hospital**

**Buthaina**  
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#### **ABSTRACT**

Health care providers in elderly residential institutions find many impediments to health care provision such as culture, finance, ethics, and language issues. Among those, the role of language deserves special attention due to its pervasive effect on the health care delivery. People are usually familiar with the problem of finding it hard to communicate their needs in a language that is not their first language. Elderly, in specific, has a worsen situation in which they may suffer from communication dysfunctions such as aphasia and dysphonia that may hinder them from conveying messages. The ability of elder people to effectively communicate is essential to maintain their independence and relationships. Literature review revealed that the language barrier in hospitals may result in patients feeling of loneliness, anxiety, frustration, helplessness, or depression. In addition, misunderstanding can lead to serious consequences, such as misdiagnosis, patients' inability to comply with the treatment, and distrust caregiver. Therefore, the effectiveness of communication between clinicians and patients found to be correlate with patients' satisfaction and compliance. Irrespectively that the native language in the kingdom of Bahrain is the Arabic, non-Arab health care providers constitute around 70% of the total number of nurses working in geriatric hospital. This paper aims to study the problem of language barrier in geriatric hospital in Bahrain. It is assumed to help nurses highlight the factors contributing to the problem of language barrier, analyze them and set practical recommendations. A qualitative approach is used. A sample composed of eight participants; four nurses and four elderly residents are interviewed. Analysis by using fishbone and SWOT tools is used. Results show that the psychosocial and physical needs of elderly are partially neglected. The main reason is the language barrier evoked by a large number of multicultural nurses in geriatric hospital. The conclusion involves implications in order to overcome the language barrier in elderly health care settings. Dominancy for nurses is training to break the language barrier, which might be hard, but the professional rewards are great.



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### **Introducing Pressure Area Assessment Tool in Geriatric Hospital Wards; a practice developmental approach**

**Buthaina**  
**Ministry of Health Ministry of Health**

#### **ABSTRACT**

Historical evidences showed that pressure ulcers have been known to exist since ancient times and probably for as long as man has been on earth. Old aged, in specific, thought to be at a greater risk of developing pressure sores due to the reduction of functional capacity of body systems including the integumentary system. Pressure ulcer reduces the individual's quality of life, and considered as a

significant financial burden to the healthcare system. In geriatric hospital in the kingdom of Bahrain, the fast progression of pressure ulcer, after its onset, is found to be significant. This progression indicates lack of regular assessment of elderly patients' skin condition. This project aims to introduce pressure ulcer assessment tool (PAT) in geriatric hospital as a practice developmental approach. It is expected to promote and facilitate change through educating nurses about doing proper assessment in a sustainable manner. The strategy used to identify the training need is the observation. This idea comes from the perspective that health promotion and disease prevention are of great importance for elderly people, the fact that pressure ulcer is a preventable hospital-acquired condition, and the lack of such vital assessment tool in this area of nursing. Facilitators are trained to reinforce coping skills and help nurses by monitoring the process of change in the field. As the practice development is systematic in nature, McCormack and Manley (2005) practice model of training is adopted in order to implement the change through education. Objectives of the PAT educational program are designed based on Bloom's Taxonomy (1960) behavioural objectives. In order to maintain quality standards of health, a policy to use PAT is enrolled to ensure the nurses' professional conduct and accountability. The training program is evaluated carefully and regularly to help rolling the training cycle. The evaluation focus is on nurses acquired new skills, knowledge, and attitudes.



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GIC1592053

**The Correlation Between Type A Personality And The Risk For Coronary Heart Disease**

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Ministry of HealthMinistry of Health**

**ABSTRACT**

The diseases of cardiac system remain for the past ten years as the first cause of death in Bahrain. Cardiovascular disorder had been indicated as major subsequent for stressful life. It is assumed that a non-physical factor such as type of personality and life style, stand behind its susceptibility. Type A personality are those who response more quickly and strongly to stressors. According to literature reviewed, the type A pattern, particularly the anger/ hostility component, is associated with the development of coronary heart disease. This study aimed to investigate correlation between cardiovascular disorder and type A personality. It's assumed to help nurses focusing on patients' lifestyle and behavior that is negatively affecting health, and providing necessary health education and guidance. The study design is qualitative correlation. The sample was non-probable convenience 60 participants selected from cardiac care unit in a governmental hospital in Bahrain. Inclusion criteria were both gender Bahraini with history of cardiac disease that aged of 20 years and above. Informed consent was obtained from participants. Data was collected by using formulated demographic date sheet and Glazer Stress Control Life Style Questionnaire through face to face interview. The result showed strong positive relationship between type A behavior and the occurrence of cardiac diseases (88% shown to be type A

	<p>personality). Recommendations include development of behavioral testing tools, establishment of screening program, and development of type A behavior modification programs, and incorporation of medical and psychotherapy interventions.</p>
<p>Che Syahida Silmi GIC1592088</p>	<p><b>Socio-demographic Variation and Its Relation to Knowledge on Physical Exercise Among Academic Staffs in Faculty of Medicine, UiTM, Malaysia</b></p> <p><b>Che Syahida Silmi, Waqar Al-Kubaisy, Nadia Mohd Mustafahb, Siti Nur Shakirah Mohd Rozalic, Fadzlin Najwa Anuarc, Ahmad Aiman Mohd Adnanc, Nurul Amirah Hannah Rahazic</b> <b>Faculty of Medicine Universiti Teknologi Mara (UiTM) Sungai Buloh, Malaysia</b> <a href="mailto:chesyahidasilmi@gmail.com">chesyahidasilmi@gmail.com</a></p> <p><b>ABSTRACT</b></p> <p><b>Background</b> Regular physical exercise is very important to maintain the physical and mental health. Many studies were done showing importance of exercise as one of the treatment. It is important to differentiate between physical activity and physical exercise. It is crucial for academic staffs of medical faculty to have an adequate knowledge to be implemented to the students. Therefore, we have conducted this study to assess knowledge of physical exercise among academic staff of medical faculty and to determine the association between knowledge of physical exercise and socio-demographic profile. In addition, to determine whether the knowledge of physical exercise is differed between Medical Degree (MD) graduated and non-MD graduated.</p> <p><b>Methods:</b> A cross sectional study was conducted during a period of 9 months from January to September 2015 in Faculty of Medicine, UiTM. Total of 220 well-structured self-responded questionnaires were distributed to the academic staff's candidates. The questionnaires consist of two parts comprising socio-demographic profile and assessment of knowledge about physical exercise. The knowledge part consists of three domains that reflecting concept, type and recommended duration of physical exercise.</p> <p><b>Results:</b> Generally, only total of 22.6% respondents had good knowledge. Males showing significantly higher rate (47.7%) of good knowledge on concept of exercise than females (29.7%), while females were significantly had higher rate (55.9%) of good knowledge on types of physical exercise than males (36.4%). Similarly, married staffs also had a significantly higher rate (56.9%) of good knowledge on types of exercise compared to single/divorced staffs (34.8%). Clinical academic staffs had a significantly higher rate (13.1%) of good knowledge about recommended duration of physical exercise than preclinical academic staffs (2.1%). On the other hand, no significant differences between MD graduated or non-MD graduated staffs neither in overall knowledge, knowledge on concept, types or recommended duration of physical exercise.</p> <p><b>Conclusion:</b></p>

	<p>This study found that the knowledge on physical exercise among academic staffs of Faculty of Medicine, UiTM was poor. Males had a better knowledge on concept of physical exercise but females were having a better knowledge on types of physical exercise as well as married staffs were having a better knowledge on types of physical exercise. On the other hand, clinical academic staffs were having a better knowledge on recommended duration of physical exercise.</p> <p>Keywords: Knowledge on exercise; exercise concept; type of exercise; recommended duration of exercise</p>
<p>Siti Nur Shakirah Mohd Rozali GIC1592089</p>	<p style="text-align: center;"><b>Attitude and Ability to Overcome Barriers in Practicing of Physical Exercise Among Academy Staff in Faculty of Medicine, UiTM</b></p> <p style="text-align: center;"><b>Siti Nur Shakirah Mohd Rozali , Che Syahida Silmi, Waqar Al-Kubaisy, Nadia Mohd Mustafahb, Fadzlin Najwa Anuarc, Ahmad Aiman Mohd Adnanc, Nurul Amirah Hannah Rahazic</b> <b>Faculty of Medicine, Universiti Teknologi MARA (UiTM) Sungai Buloh, Malaysia</b> <a href="mailto:kierahrozali93@gmail.com">kierahrozali93@gmail.com</a></p> <p style="text-align: center;"><b>ABSTRACT</b></p> <p>Background: Several studies had highlighted the importance of exercise as a conservative treatment in medical world. The highly increased of the burden of disease especially the Non-communicable disease contributed to the increasing of the needs toward achieving optimum exercise benefits. It is evident that medical practitioners plays important role to implement and promote exercise among general population. Identifying the attitude of academic staff towards physical exercise was crucial in this aspect.</p> <p>Objectives: To determine the attitude and ability in overcoming exercise barrier in performing physical exercise in addition to identify the correlation between them among academic staff with and without medical graduated</p> <p>Methodology: A cross sectional study had been conducted, from January- September 2015, in two UiTM campuses (Sungai Buloh and Selayang). Sample of 155 academic staff consist of both medical and non-medical graduate was collected. Each participant was given well-structured questionnaire to be answered. Questionnaires contain two domains; the first one consists of six items reflecting either positive (2) or negative (4) attitude toward exercise. The second domain consists of seven items reflecting the ability in overcoming exercise barrier. Five-point-scoring: (1) very much overcome - (5) not at all, were given for each item. In addition, the questionnaire also contains information about the socio-demographic details of each participant.</p> <p>Result: The majority (95.5%) having good attitude towards physical exercise. No significant difference in the rate of good attitude between medical (95.7%) and non-medical (93.3%) graduate. There is no correlation between the general attitudes towards exercise with the ability to overcome exercise barriers. Significantly, male shows higher rate (77.4%) of ability of overcoming exercise barrier compare to woman (43.3%). No significant association between other socio-demographic characteristic (age, race, marital status) with neither</p>

	<p>general attitude towards exercise nor ability in overcoming exercise barrier.</p> <p>Conclusion: The majority of academic staff having good attitude. No significant difference between Medical and non-Medical graduate in terms of attitude and ability of overcoming exercise. No significant association between various socio-demographic profile and attitude towards exercise except for gender.</p> <p>Keywords: Attitude toward exercise; general impression; overcoming barrier; medical and non-medical staff</p>
<p>Fadzlin Najwa Anuar GIC1592090</p>	<p><b>Practising of Physical Exercise among Academic Staffs in Faculty of Medicine: Is it Varies with Socio-demographic Characteristics?</b></p> <p><b>Fadzlin Najwa Anuara, Waqar Al-Kubaisyb, Nadia Mohd Mustafahc, , Siti Nur Shakirah Mohd Rozalia , Che Syahida Silmi Che Abdul Rahmana, Ahmad Aiman Mohd Adnana, Nurul Amirah Hannah Rahazia</b> <b>Faculty of Medicine, Universiti Teknologi MARA (UiTM) Sungai Buloh, Malaysia</b> <a href="mailto:fadzlinnajwa03@gmail.com">fadzlinnajwa03@gmail.com</a></p> <p><b>ABSTRACT</b></p> <p>Background: Healthy lifestyle and regular physical exercise are well documented preventive factors of several chronic diseases. As the frontline of health care services, medical practitioners should be among the healthiest members of the community. Unfortunately most of the physicians have routinely neglected their own health in favour of their profession and personal obligations. Hence, the stress due to increased workloads and long working shifts may adversely affect the habit of engagement in physical exercise.</p> <p>Objectives: To evaluate the adequacy of physical exercise performance and to identify the barrier in performing physical exercise among medical staffs</p> <p>Materials &amp; Methods: A cross sectional study was conducted within 9 months period, from January-September 2015, among the academic staffs of Faculty of Medicine in two UiTM medical campuses (Sungai Buloh and Selayang). Out of the total 220 academic staff, only 155 were participated in this study. Each participant was given well-structured questionnaire to be answered. The questionnaire consists of two parts. The first one contained information about socio-demographic characteristics and medical status. The second part reflecting the exercise performance, which includes practising, sufficiency (<math>\geq 150</math> minutes/week), type of exercise, as well as barriers not practising exercise.</p> <p>Result: Less than two-third of respondents (63.2%) was performing physical exercise. Only 16.8% were performing exercise sufficiently. Malay individuals showed significantly lower rate in performing and sufficiency of exercises, (58.8%, 22%) than non Malay (84.2%, 50%) respectively. Jogging was practicing by 59.2%, while body stretching</p>

	<p>and cycling practising by 33.7%, 23.5% respectively. Health problem, tiredness, and time constrain (96.5%, 73.3% 66.7% respectively) were identified as important barrier in performing physical exercise. There is no significant association between all the socio-demographic (except race) and medical status with practice of exercise.</p> <p>Conclusion: Low rate of (63.2%) involvement in exercise, minority (16.8%) were practising adequate exercise. Health problem, tiredness and lack of time are the most three common barriers towards exercise.</p> <p>Keywords: practice of exercise; barriers; adequacy; type of exercise</p>
<p>Mariam Yousif Tarada GIC1592055</p>	<p><b>The Rate and Factors of Turnover of Bahraini Nurses and the Implications For the Health Services</b></p> <p><b>Mariam Yousif Tarada</b> <b>Ministry of Health</b></p> <p><b>ABSTRACT</b></p> <p>Nursing turnover presents real challenges to healthcare managers all over the world. The problem has been linked to many demographic and organizational factors. Job satisfaction and intent to leave are closely related to both categories of factors and could play a role, on their own, in the turnover issue. The aim of the study is to study the turnover among Bahraini nurses in five government hospitals. The study was done on a random sample of 113 nurses in five government hospitals in Bahrain. The study was done on two phases. During the first phase, statistical information and data were collected from official sources about the actual numbers of resigned nurses, those who transferred to other non-hospital settings in the Ministry of Health, and those who have submitted official requests to change their location of work. The second phase utilized a survey questionnaire to collect information about causes of the turnover. Twenty percent of the questionnaire questions utilized Likert scales and the rest were closed-end questions. The response rate is 52.2%. The findings of this study identified certain organizational factors like poor nursing management, the lack of proportionality of pay to effort, and injustice in the promotion systems as the main reasons for turnover. Other factors of importance were the weak participation in the decision making process and the feeling of unhappiness in the place of work. The demographic factors that were reported to be highly linked to turnover were young age, longer years of experience, lower levels of academic qualifications and kinship responsibilities. However, job satisfaction rated high as it was linked to the pride and commitment to the profession. The nurses who expressed their intent to change their location of work rated the highest among the turnover group whereas the lowest rate was among the resignation group.</p>
<p>Brest Doukaga-Keba GIC1592056</p>	<p><b>Treatment outcomes in a cohort of young children under highly active antiretroviral therapy in rural Bela - Bela , South Africa</b></p> <p><b>Brest Doukaga-Keba</b></p>

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**ABSTRACT**

**Background**

South Africa is one of the countries in sub-Saharan Africa with large antiretroviral therapy coverage. Long term treatment outcomes among children are beginning to emerge, but the situation in rural communities remains unclear. This study sought to evaluate treatment outcomes among children under 15 years old receiving highly active antiretroviral therapy (HAART) in a non-governmental treatment centre in Waterberg district, South Africa.

**Objective:** The objective of the study was to describe survival, immunologic and virologic outcomes in children receiving first-line HAART regimen over a maximum period of 54 months in the Wellness Clinic of the HIV/AIDS Prevention Group (HAPG) in Bela Bela, South Africa.

**Methods:** This was a longitudinal, observational, single-cohort, retrospective study. Treatment datasets containing information on gender, age, start date of treatment, type of treatment regimen, duration on treatment, date of switch in treatment, and date of deaths of 53 children under 15 years of age were collected, after ethical approval and permission from the health institution have been obtained.

**Results:** Of the 53 children 28 (52.8%) were females. The age range of the study population was 5-10 years. The median CD4+ cell count at treatment initiation was 338 cells/mm<sup>3</sup>, (interquartile range, 7–1441). The median viral load was 5 log copies/ml (interquartile range, 2.01 – 5.78). The average time of viral load suppression to below the limit of detection (50 RNA copies/mm<sup>3</sup>) and to an average CD4+ cell count recovery above 600 cells was 2 months. At 54 months, viral load remained below the limit of detection, while the average CD4+ cell count was 1000 cells/mm<sup>3</sup> compared to the average baseline of 338 cell/mm<sup>3</sup>). There was no significant difference between males and females in terms of average CD4+ cell counts (366 cells/mm<sup>3</sup> versus 337cells/mm<sup>3</sup> respectively;  $p > 0.05$ ). Females experienced better improvement in CD4+ cell count recovery than males, (1082 cell/mm<sup>3</sup>, IQR 336-1365 for females; 666 cell/mm<sup>3</sup>, IQR 337-936 for males). On the other hand, males experienced a significantly better viral suppression than females, (1.7 log copies/ml, IQR 1.7-5.01 for males; 1.7 log copies/ml, IQR 1.7–5.09 for females,  $P < 0.05$ ). Three of 25 males (12%) and 11/28 (39.2%) of females experienced virologic rebound after 6 months. At 12 months and above after treatment initiation, 2/25 of males (8%) and 2/28 (7.1%) of females experienced virologic failure. The number of deaths was 6 for each gender (22.6%). The deaths occurred at 35 months following treatment initiation.

**Discussion**

This study examined treatment outcomes in children under HAART at a rural treatment centre in Bela Bela, South Africa. An appreciable treatment outcome, in terms of significant virologic suppression and immunologic recovery, was on average observed in the cohort over a 54 month duration. However, a fairly number of children died (12/53) within the study period. Unfortunately, the cause of the deaths were

	<p>not accounted for in the retrospectively collected dataset, and further analysis could not be performed in this regard.</p> <p><b>Conclusion</b> Despite the relatively small population size, the current study has shown that young children can benefit significantly from HAART. However, it is important to for the causes of death in the young population to be documented, so that steps could be taken to enhance their management under HAART.</p> <p><b>Keywords:</b> Highly active antiretroviral therapy; Treatment outcome; Viral load; CD4+ cell count; Bela Bela; South Africa.</p>
 <p>Shaher H. Hamaideh GIC1592057</p>	<p align="center"><b>Nursing Students' Perceived Stress and Coping Behaviors in Clinical Training in Saudi Arabia</b></p> <p align="center"><b>Shaher H. Hamaideh,</b> <b>Director of Nursing Department</b> <b>Al Maarefa Colleges, Riyadh, Saudi Arabia</b> <b>shaher29@hu.edu.jo</b></p> <p align="center"><b>ABSTRACT</b></p> <p>The purposes of this study were to identify the level and types of stressors perceived by nursing students during their clinical training and the coping behaviors used to relieve stress. Descriptive cross-sectional design was employed, and the data collected from 100 nursing students using a self-reported questionnaire composed of Perceived Stress Scale and Coping Behavior Inventory. Results showed that the highest sources of stress were from assignments and workload and from teachers and nursing staff. The most common coping behaviors used by nursing students to relieve stress in clinical training were problem-solving and staying optimistic. There was significant difference in perceived stress only in regard to the way of choosing nursing. There were significant differences in coping behaviors in regard to the presence of relatives in nursing, living status, and mothers' educational level. Results provided valuable information for clinical educators to assess students' needs in clinical training and to develop effective interventional programs to alleviate the level of stress in clinical training areas.</p> <p><b>Key words:</b> stress, coping, nursing students</p>
 <p>Nasiriani GIC1592058</p>	<p align="center"><b>Nursing Documentation Requirements in Coronary Care Unit</b></p> <p align="center"><b>Khadijeh Nasiriani , Hamide Dehghani , Mahdi Akbari</b> <b>Roknabadi</b> <b>Institute</b> <b>Sadoughi University of Medical Sciences, Yazd, Iran</b></p> <p align="center"><b>ABSTRACT</b></p> <p><b>Aims:</b> Considering the importance of correct documentation in taking care of the patients especially in Coronary Care Unit (CCU), this study aimed at explaining nursing documentation requirements in CCU for improving the reporting system.</p> <p><b>Methods:</b> It's a qualitative content analysis study, 15 qualified nurses</p>

	<p>and 15 qualified instructors from Iran were selected through purposeful and snowball sampling method in 2013. They explained documentation requirements in the CCU by using open-ended questionnaire. One note software was used for data analysis.</p> <p>Results: After data analysis, 22 subcategories from 5 main categories were emerged as documentation requirements in CCU: 1. Health history, 2. Health evaluation, 3. Monitoring, 4. Nursing interventions, and 5. Nursing discharge notes.</p> <p>Conclusions: On admission information regarding health history, findings achieved from patient's health assessment in different situations such as; a. at the beginning of admission, b. at the beginning of every shift and c. Discharge time, also information achieved from patient's monitoring during shift; nursing interventions done for the patient and discharge time report are counted as nursing documentation requirements in (CCU).</p> <p>Keywords: Nursing documentation, Coronary Care Unit (CCU), Qualitative study, Content analysis</p>
 <p>Nasiriani GIC1592058</p>	<p><b>Factors influencing influenza vaccination among nurses in teaching hospitals of Yazd University of Medical Sciences in 2011</b></p> <p><b>Mahmood Nouri Shadkam, Khadijeh Nasiriani, Hamide Dehghani</b> Nursing department, School of Nursing and Midwifery, Shahid Sadoughi University of Medical Sciences, Yazd, Iran</p> <p><b>ABSTRACT</b></p> <p>Introduction: Influenza (flu) causes many hospitalization and death in the year. It is recommended health care workers (HCW) receive the annual flu vaccine. But studies have shown that a few of medical staffs are vaccinated against flu. This study was conducted to determine the incentives and disincentives of flu vaccination in nurses.</p> <p>Methods: This cross-sectional study was conducted among 200 nurses in teaching hospitals in Shahid Sadoughi University in 2011. The Samples were selected randomly. The data collection tool was a 35-point self-administered questionnaire about the incentive and disincentive for flu vaccination. Frequencies, percentages, mean, standard deviation, and chi-square were used for statistical analysis.</p> <p>Results: According to the findings, 32.5% of nurses were vaccinated, the main factors for encouraging vaccination were: personal protection (95%), family safety (25.5%), not being concerned about spreading the disease (18%), and following other health workers (26.5%). The main factors inhibiting for the vaccination were: not believing in the effectiveness of the vaccine (26%), lacking of information about vaccine (31%) and not being worried about flu (26%).</p> <p>Conclusion: Based on the results, the incentives for vaccination in nurses were protection against the disease and the persuasion of other HCWs. The most inhibitors were the high cost of vaccination and lack of knowledge about flu vaccination. It is, therefore, necessary to promote</p>

	<p>vaccination in nursing staffs by offering more facilities such as vaccination in the workplace, providing free immunizations and educational actions.                  Keywords: Incentive factors, Disincentive factors, Influenza vaccination, Nurses.</p>
 <p>Sarodh Pechmanee                  GIC1592059</p>	<p><b>Community Participation in Happiness Promotion for People living in Pak Phanang Basin Community A case study Pakphanang west coast.</b></p> <p><b>Sarodh Pechmanee, Phiman Thirarattanasunthon, Supreecha kaewsawad</b>  <b>School of Allied Health Sciences and Public Health Walailak University</b></p> <p><b>ABSTRACT</b></p> <p>This research aims To establish the involvement of the community. To search Prioritization of issues As well as to deal with the problems that affect the health of the community. Research conducted using a variety of formats. (Multi-methods Research design). Sample Group are people who live in the Pakpanang west Coast community Pakpanang District Nakhon Si Thammarat province. There is a sample of study participants to find health problems in the community And measurement of happiness of 374. The sample program solutions Health Problems about mosquitoes and dengue junction Pakpanang west Coast community 56 people. The sample of participants level of happiness. Using indicators of happiness After the closure of the 397. The sample of participating surveillance and dengue mosquito problem by application of Social Media (Program line), 18 participants. The instruments used in the study is 7 pieces(Includes map neighbors ,Community History, Community Organization ,Community Health Systems (Source dependency health), Community biography, kinship chart), interview, Indicators of happiness, Questionnaires before and after the workshop, The satisfaction rating. The data were analyzed using mean, standard deviation, percentage, The statistical relationship(Chi-square) ,and t test. The research found that there is a need to solve the mosquito and dengue 94.9 and 88.8 percent, respectively. After the training, the participants of the workshop with the knowledge, attitudes and behavior in solution and dengue mosquitoes than before training. Statistically significant at 0.001. The test results of the happiness of the people before the project. A sample of 374 people found that the majority of people are happy, followed by 58.29 per cent less happy than average 40.11 percent and 1.60 percent happier than people in general. After project completion A sample of 397 people found that the majority of people are happy, followed by 64.74 per cent less happy than average 17.88 percent and 17.38 percent happier than the general population, respectively. The survey satisfaction after training solutions mosquitoes and dengue fever. Found that the level of satisfaction of the participants were 100 percent. The survey satisfaction after participating surveillance issues mosquitoes and dengue fever. Found to be the most satisfying. On increasing the number of members in the group 100 percent satisfied with the benefits received after the social network and are aware of the importance of dengue</p>

	<p>and more busy of 22.22 percent as a booking. moderately satisfied with Benefits after social group. , The suitability of a group (community health), the appropriateness of the content, making an awareness of the importance of dengue and more complicated, the suitability of the information and content, as the communication channel to provide that information. up to date Can ask questions at any time, equal to 5.56 percent less satisfied about the benefits you receive after the social group 5.56 percent, respectively. Key Word: Community, Participation, Happiness</p>
 <p>H. Swarnamali GIC1592060</p>	<p><b>Identification of risk factors for Non communicable diseases among public sector office employees</b></p> <p><b>H. Swarnamali, T.N. Jayasinghe, P. Katulanda</b> <b>Diabetes Research Unit, Department of Clinical Medicine,</b> <b>Faculty of Medicine, University of Colombo</b></p> <p><b>ABSTRACT</b></p> <p>Background: The increasing prevalence of Non communicable diseases has been observed in many low income countries during the last decades. Occupational health plays a major role as it is the stem of a country. Documented scientific proven quantity and quality based descriptive evidence on the nutritional, physical activity and other risk factors among office employees are lacking in Sri Lanka.</p> <p>Method: A descriptive cross sectional study was conducted with public sector office employees in Sri Lanka. Socio demographic data, behavioural risk factor data (smoking, alcoholism)- using self administered questionnaire, anthropometry data (weight, height, waist and hip circumference), blood pressure, dietary data using semi quantitative FFQ, Physical activity data using International Physical Activity Questionnaire - long form and fasting blood glucose level were assessed. Data was analyzed SPSS version 16.</p> <p>Results: Mean age of the study population is 38 year (<math>\pm 9.22</math>). 38.7% are obese and 20.6% are overweight. Mean waist circumference is 86.75 (<math>\pm 9.83</math>) cm. 55.2% of them are centrally obese, average waist to hip ration is 0.92 (<math>\pm 0.07</math>) and 62.1% of them are having higher waist to hip ratio according to the WHO (Asian) cut off. 39.9% population are under the pre-hypertensive stage. 4.8% are diabetes and 7.7% are pre-diabetes. 17.2% of male are currently smoking and 52.6% of male are using alcohol. 31% are inactive while majority of them (61.7%) are moderately physically active. Median Total PA score is 963 MET-min/week. Highest PA score is at Domestic and garden domain (420 MET-min/week), and lowest PA score is at work domain (33 MET-min/week).</p> <p>Conclusion: Overweight, obesity, central obesity and pre-hypertension are identified as risk factors.</p>
<p>A.K.S.H. Swarnamali GIC1592060</p>	<p><b>Development of Nutritious, Low Cost and Attractive Food Items for School Canteens</b></p> <p><b>A.K.S.H. Swarnamali, T.N. Jayasinghe</b> <b>Diabetes Research Unit, Department of Clinical Medicine,</b></p>

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ABSTRACT

Background and aims: School age is the right time to cultivate good nutritional practices in childhood and adolescence. Improving the quality of student's dietary intake in the school setting is clearly challenging, and critically important. To address this issue, this study was carried out to develop nutritious, low cost and attractive foods to be made available for school children.

Methods: Food policy for schools in Sri Lanka ( ) was reviewed and existing food menus were analysed. Five new menus were developed by modifying available menus and incorporating nutritious, low cost, locally available food ingredients. Energy and macro nutrients contents were calculated for 100 g of developed foods using Foodbase 2000 software. Nutrient Quality Index (NQI) scores were also calculated for each developed food. Energy given by one serving of each developed food was equal to 200 kcal. Acceptance of developed foods was determined by using food quality measuring scale of 1-3.

Results: According to the figure, bread pizza is the mostly accepted food in terms of colour, odor, texture, taste and overall.

Conclusion: Since the developed menus for school children are nutritionally balanced and cheap they may appropriate for improving the quality of dietary intake and nutritional status of school children



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**Research on Utilization of National Employment Welfare Service  
by Persons with Intractable Diseases in Japan**

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**ASBTRACT**

With the revision of the Services and Supports for Persons with Disabilities Act in 2013 to provide welfare service to patients with Intractable Diseases (IDs) and the enactment of a new act for these patients in 2015, employment support (ES) service for them has become an important issue in Japan because of the chronicity of many of the diseases. The objective of this research is to examine utilization of the ES welfare services, and to identify care expected from ES service providers and their current efforts. A questionnaire was mailed to every registered provider in Japan (12,483 locations). Among 6,053 respondents, 16 percent reported patients with IDs using their services, and that among them, 74 percent had a certificate of person of disabilities, which is not required under the current Act. As for the reasons for reporting non-utilization, the percentage of “absence of inquiry” was 77 percent, while that of “needed medical care,” “insufficient staff/facilities” and “lack of appropriate work” were all less than 3 percent. The result shows that dissemination of the ES service is still insufficient, and patients with IDs, their families, support providers and medical professionals need to be familiarized with the service in details.

Index Terms— intractable diseases, employment support

**The Journey of Adolescents Living with Cancer**

**Bautista, Elizabeth H., Arib, Jucel Adrienne G., Julian, Raenald P., Labsan, Chaene O., Livara, Kristel Joy R., Ofiaza, Kate E., Ramirez, Christianne Jhoy A., Roque, Kai Mae C., Salunga, Dan Gerald A., Songcuan, Abigail Mae B.**  
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**ABSTRACT**

**BACKGROUND:** Adolescents are individuals aged 13-21 years of age. During this time, an individual exercises his/her autonomy to develop a sense of identity that they will carry with them for the rest of their lives. They begin to gradually break free from their parents in order to explore and experience new things by themselves or with their peers. For adolescents, having cancer at this stage can seriously impede their development. Cancer and its treatments can have negative effects on appearance; it can also cause debilitating symptoms that can limit their physical activities.

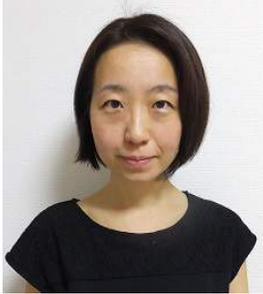
**AIMS:** This is a qualitative phenomenological study aimed to explore the lived experiences of adolescents who have/had cancer.

**METHODS:** Data was gathered through the unstructured interviewing of five individuals who were diagnosed and treated with any kind of cancer when they were between 13 and 21 years of age. The respondents were found through doctor’s referrals and subsequent networking. Social media shout-outs were used when the above procedures yielded no respondents. Data analysis was done using the Van Mannen method.

**FINDINGS:** The following major themes were identified: finding out, winging the storm and forging forward. Separate sub-themes were also identified for each major theme. Under Finding Out, three subthemes were identified namely Ill Feelings, Breaking the News



Jucel Adrienne G  
 GIC1592062

	<p>and Accepting Reality. Under Winging the Storm, two themes were identified namely, Internal Strength and The Lift Provided by Others. Under Forging Forward, two subthemes were identified namely Going On and Forging Forward.</p> <p>CONCLUSIONS: Adolescents who have cancer go through a journey. This journey had a great impact on the lives of the participants. Their experiences allowed them to mature earlier, realize and appreciate the different resources in their lives and the poignant contribution of healthy lifestyle to the realization of their dreams.</p> <p>RECOMMENDATIONS: Based on this study, we recommend agencies such as the Philippine Cancer Society, Department of Health and Department of Social Welfare Development develop a support group system for adolescents, which will enable them have more support aside from their family and friends.</p> <p>Keywords: Adolescents, Cancer, Lived experiences</p>
 <p>Kumiko Imahashi GIC1592063</p>	<p>Perceptions and Support Needs of Individuals with IDs Regarding a Range of Work-Related Issues</p> <p>Kumiko Imahashi Saint Louis University School of Nursing</p> <p>ABSTRACT</p> <p>A number of persons with intractable diseases (IDs) experience work-related problems that could lead to job loss. The objective of this study is to obtain perceptions and support needs of individuals with IDs regarding a range of work-related issues. People aged 15 to 64 years old with one of 130 designated chronic diseases were invited to participate in the study. Data were collected through a self-report questionnaire. 3,000 questionnaires were mailed with assistance of patient organizations. The questions included demographic variables, family concerns, employment/supported employment, work accommodations, and other aspects of their lives. Among 889 respondents, 47 percent reported being unemployed due to fatigue and/or long-term treatment. Nearly half of the unemployed respondents reported that they had been unable to work despite their willingness to do so. Their common accommodation requests included flexible work hours, working at home and job/workplace modification. Only 30 percent knew of job training programs and supported work available for persons with disabilities. The results of the study are relevant for employees, employers and occupational health/human resource professionals. In order to promote sustainable work for persons with IDs, the issue of reasonable accommodations for them needs to be addressed in future research.</p>
 <p>Yaghoob Madmoli GIC1592067</p>	<p><b>Problems and Concerns about beta thalassemia patients and their quality of life in dezful, south-west Iran in 2015</b></p> <p>Yaghoob Madmoli Nursing Student, Student Research Committee of Dezful University of Medical Sciences, Dezful, Iran. <a href="mailto:mashalchih@gmail.com">mashalchih@gmail.com</a></p> <p>Yousef Paridar</p>

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#### **ABSTRACT**

**Background:** Thalassemia is the most common inherited disease in the world and Iran, according to the World Health Organization 4% of our country population are thalassemia carriers. Many physical, mental, psychological, economic and social problems in these patients, affected their quality of life. Impairment of quality of life has negative impact on social life, family, work and recreational activities and increase the risk of hospitalization and death from disease. This study aimed to asses problems and concerns about beta thalassemia and their quality of life in dezful, south-west Iran in 2015.

**Methods:** In this descriptive-analytic study patients with beta thalassemia that had clinical records in thalassemia clinic of dezful large hospital was enrolled. Then 112 patients with beta thalassemia major that had satisfied to participate in this study, filled the questionnaire and 130 healthy people of the same age were selected for comparison. The SF-36 was used to measure the quality of life. Data were analyzed using SPSS software version 18 and T-test.

**Results:** From 195 patients with thalassemia, 58.4% were males and 41.5% were women. 81% was major and 18.9% was Intermediate. 6.6% patients had diabetes, 5.6% patients with hepatitis C, 2.5% patients with hepatitis B, 2.5% patients with heart disease and 2% patients had aplastic anemia. In patients with beta thalassemia major the lowest score maintained in the general health (63/59) and the highest scores outcome in the physical functioning (85/25). Physical health was higher than mental health scores. Average scores for physical function in patients group was 5.5 score higher than controls group. In all aspects of quality of life except for physical health was not observed significant difference between two groups of men and women ( $p=0.025$ ). Patient group had lower score comparison the control group in general health, emotional well-being, energy/fatigue, impaired because of physical health, impaired because emotional health, social functioning, physical health, mental health and total scores of quality of life, and the difference statistically significant ( $p<0/05$ ).

**Conclusion:** According to the results, these patients need specialized follow-up. To improve the quality of life of these patients and improve their accommodation with their illness, psychological and financial support and psychological counseling services are necessary.

	Keywords: Beta Thalassemia, Major, Quality of life, SF-36
<p>Dost Muhammad Halepoto GIC1592065</p>	<p><b>Role of Environmental Factors in Autism Spectrum disorder</b></p> <p><b>Dost Muhammad Halepoto and Laila AL-Ayadhi</b>  <b>Autism Research and Treatment center, Al-Amodi Autism research chair, Department of physiology, Faculty of Medicine, King Saud University, P O Box 2925, Riyadh 11461 and Saudi Arabia.</b>  <b><a href="mailto:dr_m_halepota@yahoo.com">dr_m_halepota@yahoo.com</a></b></p> <p><b>ABSTRACT</b></p> <p>Neurodevelopmental disorders such as autism can cause lifelong disability. Genetic and environmental factors are believed to contribute to the development of autism spectrum disorder (ASD), but relatively few studies have considered potential environmental risks. Several industrial chemicals and other environmental exposures are recognized causes of neurodevelopmental disorders and subclinical brain dysfunction. The toxic effects of such chemicals in the developing human brain are not known. This review highlights the role of environmental risk factors including drugs, toxic chemicals, heavy metals, pesticides, vaccines and other suspected neurotoxicants including persistent organic pollutants for ASD. It also provides information about the environmental toxins to yield new insights into factors that affect autism risk as well as an opportunity to investigate the relation between autism and environmental exposure.  Index terms—Autism Spectrum Disorder, Environmental Factors.</p>
 <p>Chia-Hsien Hsu GIC1592066</p>	<p><b>The Effectiveness of Aromatherapy on Improvement of Anxiety among Cancer Patients: A Systematic Review and Meta-Analysis of Randomized Controlled Trials</b></p> <p><b>Chia-Hsien Hsu, Pei-Shih Chen, Ching-Chi Chi, Tao-Hsin Tung</b>  <b>Department of Public Health, Kaohsiung Medical University, Kaohsiung, Taiwan</b>  <b><a href="mailto:ch2876@chgh.org.tw">ch2876@chgh.org.tw</a></b></p> <p><b>ABSTRACT</b></p> <p>Background: Aromatherapy is widely utilized to the cancer and palliate care to improve anxiety among cancer patients.  Objective: To investigate the effectiveness of aromatherapy to improve anxiety in cancer patients.  Methods: A literature search was carried out using PubMed and Cochrane Library Central database for all relevant studies published in English-language journals. A meta-analysis of randomized controlled trials is conducted to evaluate the effectiveness of score difference between aromatherapy and control group by fixed-effect model.  Results: There were 4 randomized controlled trials included in qualitative synthesis, and 3 of four studies were further conducted meta-analysis within 335 participants (164 in the intervention group and 171 in the control group).  Subjects who received aromatherapy did not had significant lower</p>

	<p>anxiety scores between pre- and post-test than the control group. (mean difference= -2.55, 95% CI: -5.92~0.83, p-value=0.14).  Conclusion: Aromatherapy does not provide the significant effectiveness on the improvement of anxiety in cancer patients.  Key Words: aromatherapy, essential oil, anxiety, anxiety disorder, emotional disorder, psychological disorder, cancer or tumor</p>
 <p>Jia-Ruei Chang GIC1592067</p>	<p><b>The Field Evaluation of Indoor Environment Quality in the Lobby: A Experience at Cheng-Hsin General hospital, Taipei, Taiwan</b></p> <p><b>Jia-Ruei Chang, Zi-Hao Zhao, Tao-Hsin Tung</b>  <b>Chung Shan Medical University, Taichung, Taiwan</b>  <a href="mailto:ch2876@chgh.org.tw">ch2876@chgh.org.tw</a></p> <p><b>ABSTRACT</b></p> <p>Background: Indoor environment in hospitals or healthcare facilities are crucial because many patients pass through every minute per day and bring lots of bacteria in it. Therefore no matter where the space, should be noticed and concerned.  Purpose. To explore the quality of indoor environment in the lobby  Methods. This study is conducted to detect the indoor conditions by lighting, temperature, humidity and ventilation at the lobby of Cheng-Hsin General hospital in Taipei, Taiwan. The duration of data collection was twice a day between July 21, 2015 and August 7, 2015. All the results were evaluated whether the circumstance meets the environmental standard.  Results. The outcomes show that the mean lighting value (186.23 lux) are lower than normal range (200-300 lux). This imply that some areas are a little bit dark and rely on sunshine. The mean value of temperature is 21.02 °C is also lower than the standard value (24.8-26.8 °C). In addition, the temperature humidity index is estimated 19.75 and almost reach in the comfort zone (20-26). Due to the building design and administrative problems, it is difficult to estimate ventilation accurately.  Conclusion. There is many parameters may influence the circumstance of hospital's lobby. Although lack of precise ventilation information, this study still indicate the useful information of hospital lobby's environment.</p>
 <p>Ting-Hao Chen GIC1592068</p>	<p><b>The Effect of Aromatherapy on Improvement of Quality of Sleep to the Cancer Patients: A Systematic Review of Randomized Controlled Trials</b></p> <p><b>Ting-Hao Chen, Pei-Shih Chen, Ching-Chi Chi, Tao-Hsin Tung</b>  <b>Department of Public Health, Kaohsiung Medical University, Kaohsiung, Taiwan</b>  <a href="mailto:ch2876@chgh.org.tw">ch2876@chgh.org.tw</a></p> <p><b>ABSTRACT</b></p> <p>Introduction: Aromatherapy is a common treatment to be used on reducing the insomnia of cancer patients. However, the effect of aromatherapy is still controversial.  Purpose: To investigate whether aromatherapy improves quality of</p>

	<p>sleep to the cancer patients.</p> <p>Methods: The PubMed and Cochrane Library electronic database were selected to search without the language limitations in July 2015 with a priori defined inclusion and exclusion. Randomized controlled trials were included the aromatherapy, essential oil, sleep, insomnia, cancer and tumor. There were 2162 publications identified, 6 studies met the criteria, 2 studies were included finally.</p> <p>Results: Two randomized controlled trials were included in this review (99 patients). One of trails was compared with massage and aromatherapy and no intervention by the Verran and Snyder-Halpern (VSH) sleep scale. Sleep scores improved significantly in both the massage and the combined massage (aromatherapy and massage) groups. And the other trail used acupressure with essential oils to compare the relationship between sleep quality and chemotherapy. The results showed that the acupressure with essential oils improved significantly the quality of sleep by Pittsburgh sleep quality index (PSQI).</p> <p>Conclusion: There is statistical significance to support the point which aromatherapy could improve the quality of sleep. However, it also has to combine with other interventions such as massage or acupressure. It could not be confirmed the independent effect to quality of sleep by aromatherapy among cancer patients.</p> <p>Key Word: aromatherapy, essential oil, sleep, insomnia, cancer, tumor</p>
 <p>BeLong Cho GIC1592069</p>	<p><b>The Effect of Asthma Clinical Guideline for Adults on Inhaled Corticosteroids Prescription Trend: a Quasi-Experimental Study</b></p> <p><b>BeLong Cho</b> <b>Department of Family Medicine, Seoul National University</b> <b>College of Medicine</b></p> <p><b>ABSTRACT</b></p> <p>In order to increase Inhaled corticosteroid (ICS) use and to reduce hospitalization, emergency department visits and ultimately the economic burden of asthma, “Korean Asthma Management Guideline for Adults 2007” was developed. To assess the guideline effects on physician’s ICS prescription for asthma, we conducted segmented regression and multilevel logistic regression using National Health Insurance claims database of outpatient visits from 2003 to 2010. We set each quarter of a year as a time unit and compared ICS prescription between before and after guideline dissemination. A total of 624,309 quarterly visits for asthma was observed. The ICS prescription rate before and after guideline dissemination was 13.3% and 16.4% respectively (<math>P &lt; 0.001</math>). In the segmented regression, there was no significant guideline effect on overall ICS prescription rate. In multilevel logistic regression analyses, the effect of guideline on overall ICS prescription was not significant (odds ratio, 1.03; 95% CI, 1.00-1.06). In subgroup analysis, ICS prescription increased in secondary care hospitals (odds ratio, 1.15; 95% CI, 1.02-1.30) and in general hospitals (odds ratio, 1.10; 95% CI, 1.04-1.16). However, in primary clinics, which covered 81.7% of asthma cases, there was no significant change (odds ratio, 0.98; 95% CI, 0.94-1.02). From the in-depth interview, we could identify that the reimbursement criteria of the Health Insurance Review and Assessment Service and patient’s</p>

	<p>preference for oral drug were barriers for the ICS prescription. The domestic asthma clinical guideline had no significant effect on ICS prescription, especially in primary clinics. Keywords: Asthma; Guideline; Corticosteroid</p>
<p>Mostafa Madmoli GIC1592069</p>	<p><b>Prevalence of Depression and Related Factor in Children of Masjed-Soleyman in 2015</b></p> <p><b>Mostafa Madmoli, Yousef Parida, Yaghoob Madmoli, Mohammad Maniey</b> <b>Dezful University of Medical Sciences, Dezful, Iran</b></p> <p><b>ABSTRACT</b></p>
 <p>Dr.M.Syed Ali GIC1592070</p>	<p><b>Regeneration of Heart and liver from zebra fish using gold synthesis particle from Padina gymnospora Marine Algae- In vivo</b></p> <p><b>Dr.Syed Ali, Dr.V.Anuradha, Dr.N.Yogananth, Ms.Sathya</b> <b>Department of Biotechnology, Mohamed Sathak College of Arts and Science, Chennai</b> <b>syedmicro555@gmail.com</b></p> <p><b>ABSTRACT</b></p> <p>The zebrafish, <i>Danio rerio</i>, is a small teleost fish originating from the rivers of northern and eastern India (Engeszer et al. 2007). It possesses a number of advantageous physical characteristics that have resulted in its common use today as a laboratory model. The present study was aimed to identify the heart and liver regeneration in zebra fish using biosynthesis gold nanoparticles from <i>Sargassum</i> sps. Of the selected seaweed extract showed the maximum synthesis of silver nanoparticles. This work focused on the activity of these compounds when incorporated into the zebrafish (<i>Danio rerio</i>) system. We began investigating the in vivo assay effect of these Hepatocyte Viability Staining After H<sub>2</sub>O<sub>2</sub> Treatment, Cardiomyocyte Response to Ca<sup>++</sup>, Cardio vascular heart rate activity by measuring hypertrophy, Cardio vascular pathology and cardio vascular regeneration, Liver regeneration and Liver pathology, Molecular pathway target identification and Hypothesis on Interacting Domain (Agno3) of the vertebrate model organism. The FTIR results of most potent leaf extract-synthesized silver nanoparticles showed the prominent peaks (range between 620.967 to 2,854.14) Further, the results of XRD analysis showed the 2θ intense values (38.11 and 70.57) within the ranges of Bragg's reflection. In addition, the SEM analysis showed the results of particle sizes (50–100 nm). It can be concluded from the present findings that, the biosynthesis of gold nanoparticles from the seaweed extract of <i>Padina gymnospora</i>. Can be used as potential exploring its cardioprotective and liver protective ability using zebra fish as model organism.</p> <p>Keywords: Biosynthesis, <i>Danio rerio</i>, Regeneration, Zebra fish</p>
<p>Angelica Pacat GIC1592072</p>	<p><b>Effect of an Educational Unit on the Knowledge of Nurses on Aging</b></p>

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Don Jason C. Capalungan, Abby Joyce G. de Guzman, Paulene  
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#### **ABSTRACT**

**Background:** People 60 years and older grow in number. This increase causes the number of people with multi - morbidity to rise too. While nurses care for these patients, knowledge impacts the delivery of quality gerontic care. Unfortunately, nurses don't always have the knowledge necessary to address this priority, affecting the totality of gerontic nursing care. Educational units are used to manipulate aging knowledge. However, it is not much used in the Philippine academe, resulting to less dissemination of information on aging and gerontic care.

**Purposes:** This study intended to examine the effect of an educational unit on the knowledge of nurses on aging, and compare the results between programs.

**Methods:** A quasi - experimental, pretest - post - test design was used using 80 nurses (40/program) from 2 hospitals in Baguio City, chosen through purposive sampling. The educational unit and Audio - Video Presentation (AVP) on aging were used to teach nurses, and knowledge scores were measured using the Modified Palmore Facts on Aging Quiz (PFAQ). Statistical tools used were the paired and independent t - tests.

**Results:** The post - intervention mean score of nurses in both programs were significantly higher than their baseline. The educational unit and AVP were effective in increasing knowledge on aging. Additionally, there was a significant difference in knowledge on aging between groups.

**Conclusion and Recommendations:** The teaching materials showed proof of effectiveness in increasing knowledge on aging. However, the use of an educational unit with AVP leads to greater increase in knowledge. The results provide insight on increasing aging knowledge through evidence - based educational units. The researchers recommend that educators incorporate the results in their practice in the academe; and for future researchers to consider an expanded study examining the possible relationship of aging knowledge to attitudes, interest and motivations toward gerontic nursing.

**Keywords:** educational unit, knowledge, nurses, aging



Betül Tosun  
GIC1592076

**Nursing Care of a Patient with Osteogenesis Imperfecta in Accordance with Kolcaba's Comfort Model: Case Study**

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**ABSTRACT**

**Aim:** The aim of this study was to determine the life quality of patients with knee osteoarthritis (OA) and affecting parameters on this condition.

**Method:** This cross-sectional study was conducted between December 2013 and June 2014 in 117 eligible OA patients who were admitted to orthopedics and traumatology outpatient clinic in a training and research hospital and accepted to participate in the study. The data were collected using a descriptive characteristics form and the Quality of Life Scale Short Form (SF-36). Data were analyzed using SPSS for Windows Version 15.00 program pack and  $p \leq 0.05$  was accepted as statistically significant.

**Findings:** Mean age of the participants was  $64.15 \pm 8.84$  years, 90.6% of them were female and the mean BMI was  $31.69 \pm 4.54$ . It is found that the patients older than 65 years, female, single, having lover education, having bilateral OA diagnosis, having  $BMI \geq 30.00 \text{ kg/m}^2$ , having higher grade OA are to have statistically significantly lower scores in some subscales of life quality ( $p \leq 0.05$ ). Presence of chronic disease and state of working were not found to make any significant difference in life quality ( $p > 0.05$ ).

**Conclusion:** In our study it is found that age, gender, marital status, education level, radiological grade, BMI and bilateralism of OA affect life quality of patients. We recommend making further research with larger sample, assessing more risk factors that will lead better treatment outcomes and quality of life in patients with OA.

**Key words:** Knee osteoarthritis, quality of life, risk factors.



Betül Tosun  
GIC1592076

**Determination of Parameters Affecting Life Quality of Patients with Knee Osteoarthritis**

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**ABSTRACT**

**Aim:** Comfort Theory, which defines comfort as state of absence of pain, anxiety, distress, uneasiness, was presented by Katharine Kolcaba in 1994. Kolcaba presented taxonomy for comfort comprised of three types (relief, ease and transcendence) and four dimensions (physical, psychospiritual, environmental and sociocultural). Osteogenesis Imperfecta (OI), known as fragile bone disease, is the most common genetic bone disease that deteriorates life comfort of patients from the early years of life. The aim of this case study was to

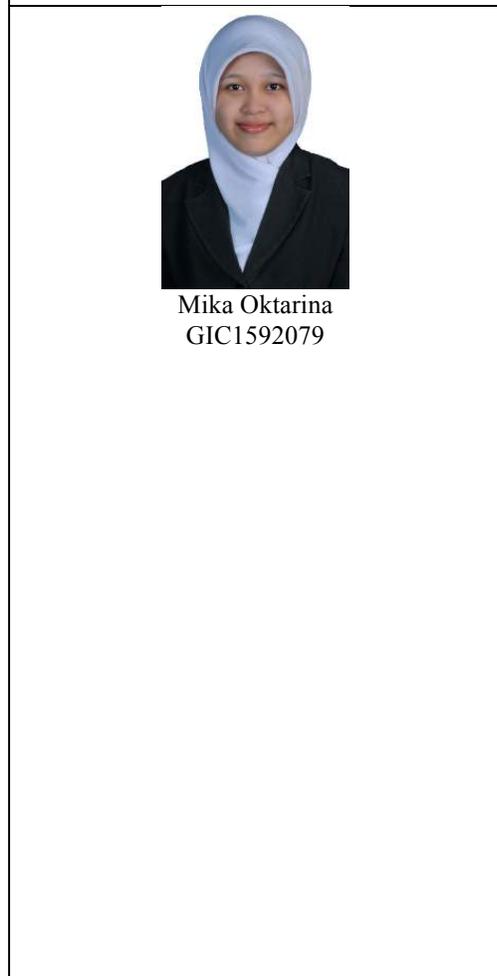
	<p>test the applicability of Kolcaba’s Comfort Model in nursing care of a patient with OI.</p> <p>Methods: Nursing care of a patient with OI was planned and executed in accordance with Kolcaba’s Comfort Model and the outcomes were assessed in this case study.</p> <p>Results: Female, 13 years old patient with OI, who had heart shaped face, short stature and scoliosis, was hospitalized for right femur fracture. OI was diagnosed one month after the birth and she was able to walk at 18th month. Mobility was limited by time as she often experienced multiple fractures. The patient had experienced 3-6 fractures per year and was not able to walk when she had femur fracture at age 11. The child who was well informed about her disease and had developed self-protection behaviors, was easy to communicate and displayed proper reaction and affect. She was educated at home by visiting teachers, she did not get out of the house when she was not hospitalized and she spent most of her time with her family and friends at home. She was fed with mashed food instead of solid food because she lost her teeth at early ages. Patient was living with her mother and sister, and had no psychological support. Within the context of physical comfort; pain, frequent fractures and bone deformity due to decreased bone strength, difficulty in feeding due to loss of teeth was observed. Within the context of physical comfort; it was assessed that the family was inadequately informed about environmental setting reorganization. It was observed that the patient was not using wheelchair, spending most of her time at home and was shown around in a stroller. It was determined that this condition deteriorated the sociocultural comfort of the patient and led to social isolation. It was determined that the patient had no support for psychospiritual support but her mother’s support for psychospiritual needs. The problems determined within the four dimensions of Comfort Model were solved with nursing activities planned according to three types of comfort. It was appreciated that physical, psychospiritual, environmental and sociocultural comfort of the patient and the family were promoted.</p> <p>Conclusion: We suggest that nursing care of patients with OI, planned in accordance with Comfort Model may reduce negative experiences of patients and their families. This study may give guidance to nurses who care for orthopedics and traumatology patients.</p> <p>Keywords: Osteogenesis Imperfecta, comfort, nursing care</p>
<p>Min Kyu Han GIC1592078</p>	<p><b>Mobile based Comprehensive Weight Reduction Program for the Workplace (Health-On): a Pilot Study</b></p> <p><b>Min Kyu Han, Be long Cho, Hyuktae Kwon, Ki-Young Son, Hyejin Lee, Jinho Park</b> <b>Department of Family Medicine, Seoul National University Hospital, Rep. of KOREA.</b></p> <p><b>ABSTRACT</b></p> <p>Background: There is growing interest in use of mobile technology for managing obesity. Although a weight loss program in workplace is known to be effective, there are few studies of smartphone based intervention. The aim of this study is to verify effectiveness of a new smartphone based weight loss program (Health-On) in workplace.</p>

Methods: Health-On is a combined program of Health-On app, workplace health check-up and off-line weight loss program in fitness center and cafeteria. A sample of 30 obese white-collar volunteers (body mass index  $\geq 25\text{kg/m}^2$ ) participated in 12-week Health-On program. We prospectively assessed them before and after intervention without a concurrent control group. The primary outcome was weight change and secondary outcomes were anthropometric measure, metabolic profiles, and fat CT measures.

Results: All of the 30 participants completed the study. The median body weight decreased from 81.3kg (Interquartile range(IQR) 77.1-87.8) before intervention to 76.6kg(IQR 70.8-79.5) after 12 weeks' intervention ( $p < 0.001$ ) The various metabolic profiles and fat measures were also significantly improved after intervention.(blood pressure, HbA1c, total cholesterol, triglyceride, HDL, LDL, ALT, visceral and subcutaneous adipose tissue areas ;  $p < 0.05$ )

Conclusions: These findings point that Health-On is an effective mobile based weight loss program that can be easily implemented in workplaces.

Keywords: body weight, weight reduction programs, workplace, physical fitness, occupational health, life style, cellular phone, text messaging, telemedicine, wireless technology, obesity, intra-Abdominal Fat



Mika Oktarina  
GIC1592079

**Client Outreach in the Prevention Mother to Child Transmission ( PMTCT ) in hospitals Dr. M. Yunus Bengkulu**

**Mika Oktarina, Dr. M. Yunus Bengkulu  
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**ABSTRACT**

Dr. M. Yunus Hospital is a referral hospital of 18 hospitals in Bengkulu province which has been carrying out PMTCT program since 2011. Target coverage of GF at least 5 people / semester can follow the PMTCT program but only 4 pregnant patients a year take the PMTCT program while each epidemic HIV prevalence rate is increasing. Of the 141 people living with HIV women, 97 of them are housewives who are at risk of getting pregnant. The purpose of this study is to explain the process of clients outreach for PMTCT program in Hospital Dr M Yunus Bengkulu.

This research applied explorative descriptive qualitative method. The data in this research were collected by using detailed interviews with key informants in PMTCT team. They were midwives, doctor, counselors and Case Manager, validity of the data was triangulated to the director of Dr. M. Yunus Bengkulu Hospital, PHO P2PL team , clients and the outreach field team.

The results showed that the training of PMTCT was incidentally conducted by Hospital Promotion Forum by coordinating with VCT team. The outreaching was held through anamnesis and learning the risk factors of HIV among pregnant women was held by the time the client giving birth. PITC treatment was performed when nurses or doctors found that patients had the symptoms of HIV / AIDS. However , not all medical workers understand much about HIV / AIDS so that outreach has not optimally worked. Outreach activities outside the hospital conducted by Kipas Community Service in

	<p>cooperation with the hospital that has been trained. From interviews, it was found that some of the obstacles encountered in the outreach was the limited number of trained PMTCT personnel and supporting infrastructure such as counseling and laboratory. Besides, hospitals do not have specific policies related to PMTCT clients outreach.</p> <p>It is suggested that Provincial Department of Health needs to allocate a budget for PMTCT training for midwives who have been trained, build essential facilities and infrastructure especially counseling and laboratory space, supervise and train the PMTCT's SOP and policies as well.</p> <p>Keywords : Outreach Activities , PMTCT, Hospital</p>
<p>Adeela Rehman GIC1592080</p>	<p><b>Perception and Practices of Folk Medicines Among Youth in Pakistan</b></p> <p><b>Samina Rani, Adeela Rehman NurAzzura Muhammad Diah</b> <b>Department of Sociology University of Malaysia / Lecturer,</b> <b>Fatima Jinnah Women University Pakistan</b></p> <p><b>ABSTRACT</b></p> <p>The study was aimed to explore the relationship between perception and practices regarding folk medicines. The purpose of the study was to explore the perception of youth about folk medicines and their practices. Quantitative research was adopted to achieve its objectives. Structured questionnaires were distributed among respondents to collect data. The respondents were youth of age range 18 to 25 residing in twin cities (Rawalpindi &amp; Islamabad) of Pakistan. The data was analyzed by the using Statistical analysis Package of Social Sciences (SPSS version 13). The result showed that youth have less knowledge about folk medicines and their perception is not positive about folk medicines. As the result shows that youth do not perceive folk medicines therefore their practices of folk medicines are less. Majority of them know the importance and usage of folk medicines but don't know how to prepare and from where to get it. Findings shows that lack of educational awareness about folk medicines have a strong impact on the folk medicine's practices. Youth mostly prefer MBBS doctors for their treatment rather applying home based treatment due to rapid cure and perceiving folk treatment as slow in curing the illness. It is recommended that folk wisdom about the usage of traditional healing practices must be transfer to the next generation by their elders as well as by education based awareness campaigns.</p>



Pik Seah, Elcy Goh  
GIC1592081

### Production of Tocols Nanoemulsion by Ultrasonication

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#### ABSTRACT

Nanoemulsion has proved to be one of the efficient approaches to improve tocopherols and tocotrienols solubility in aqueous solution. High energy emulsification method such as ultrasonication and microfluidization has been widely applied. The objective in this present study was to prepare palm-based tocopherols nanoemulsion using ultrasonication to produce small average droplet size (<100 nm) and narrow droplet size distribution with low PDI value. The optimal ultrasonication duration and amplitude of 80 min and 100% produced nanoemulsion of an average droplet size of  $104.1 \pm 2.9$  nm with polydispersity index (PDI) value of  $0.215 \pm 0.008$ . The mixing of Tween 80-Brij 35 (50:50 w/w) with concentration of 1.5% w/v produced an average droplet size of  $54.8 \pm 1.2$  nm and PDI of  $0.266 \pm 0.006$ . Although the increased of emulsifier concentrations to 3% w/v from 0.75% w/v produced an average droplet size of  $45.4 \pm 1.0$  nm, PDI obtained was high  $0.404 \pm 0.002$  indicating that the droplet size distribution becoming less monodisperse. The produced nanoemulsion will be extruded into gelling solution to form calcium alginate beads. Total tocopherols encapsulate within the bead and release of tocopherols from the bead will be evaluated and reported in future study.

Keywords: nanoemulsion, ultrasonication, droplet size distribution, palm oil, tocopherol-tocotrienol, non-ionic emulsifiers, polysaccharides

Lee, Jun Hong  
GIC1592086

### Clinical Factors Influencing the Rate of Progression of Dementia (A Retrospective Review From 50 Geriatric Hospitals In Korea)

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#### ABSTRACT

**Background:** The results of clinical studies about the severity of dementia patients are limited in Korea. We reviewed medical records to inspect the clinical factors related to the progression of dementia severity and to estimate the outcome of dementia patients

**Methods:** The patients who visited the hospital by first time between March 2011 and February 2014, among the patients with dementia admitted to 50 geriatric hospitals spread all over Korea, formed the analysis cohorts. Retrospective review of medical records was performed.

**Results:** A total of 2965 patients were included during that period. The average duration of illness is  $24.61 \pm 28.18$  months and the 66.44% of patients was diagnosed as Alzheimer's disease. By the severity of illness, mild cases were 1032 patients (34.81%), moderate cases 1278 (43.10%), severe cases 655 (22.09%), and mean score of

	<p>MMSE was <math>14.82 \pm 6.24</math>. Among the clinical factors related to the progression of dementia severity, female patients showed longer duration of illness by 2.89 times compared with average, by the results of univariate analysis of 120 severe dementia patients clinical data.</p> <p>Conclusions: Among the clinical factors related to severity of dementia in an inpatients of 50 geriatric hospital in Korea, the progression speed of dementia is suggested to be slow in female, regarding longer duration of illness in severe dementia patients than male.</p>
<p>Maria Fe Salvador-Navarrete GIC1592087</p>	<p><b>Color Vision Deficiency: Prevalence, Profile and Quality of Life among Employees of a Tertiary Hospital from August to October 2015</b></p> <p><b>Maria Fe Salvador-Navarrete, Rosario L. Garcia</b> <b>Resident Ophthalmology, Mariano Marcos Memorial Hospital and Medical Center, Batac City, Philippines</b></p> <p><b>ABSTRACT</b></p> <p>Color vision deficiency (CVD) is a common functional disorder with a diverse worldwide prevalence rate. About 20-30 percent adults with CVD are not aware of their condition. CVD persons can make career choices and adapt better when informed of their deficiencies.</p> <p>A descriptive cross-sectional study design by 3-stage screening with Ishihara short and long method, and Farnsworth D15 tests was utilized for CVD prevalence among employees in a tertiary hospital. Daylight fluorescent bulb was used as an illuminant C Equivalent. Quality of life was assessed using the standard NEI-VFQ-25 Plus Version 2000.</p> <p>From 537 subjects, 38 (32-males, 6-females) were screened positive for CVD. Six males were protan, 3 males deutan and 1 female protan. Generally, the mean quality of life among all CVD employees was rated very good although, there were poor in mental health, driving and color vision. Half were myopic and 60.5% are unaware they have CVD. One had high IOP while the rest were normal from slitlamp and funduscopy tests. With the high prevalence of CVD observed in this study, a proposed intervention program is recommended to effective assess and assist new employees.</p>
<p>Emiko Yamamoto GIC1592092</p>	<p><b>Examination of a social skills training program related to transmitting directions and taking directions in basic nursing education</b></p> <p><b>Emiko Yamamoto</b> <b>Graduate School of Humanities and Social Sciences Okayama University</b></p> <p><b>ABSTRACT</b></p> <p>Purpose: In order to provide safe medical care, accurate information transmission is essential. Incorrect information transmission could lead to a serious accident. We developed an education program for nursing students to enhance their skills. This study examined the</p>

	<p>effects of a social skills training (SST) intervention for nurses that focused on transmitting directions and taking directions.</p> <p>Methods: The participants were second-year nursing students enrolled in a three-year nursing program (N = 120, mean age = 20.3, SD = 2.2). SST was performed after a 90-minute lecture on transmitting directions and taking directions in January 2015. We administered a five part questionnaire evaluating nursing students' (1) skills for taking direction: verbal confirmation, compliance with instruction, uncertain execution, confirmation of diagnosis, and appointment of a suitable person (5 factors); (2) skills for transmitting directions: reporting confirmation, confirmation and evaluation of the implementation process, and level adjustment (3 factors); (3) social skills; (4) knowledge of factors leading to information transmission errors; and (5) evaluation of their educators' social skills training abilities.</p> <p>Results: Social skills were significantly higher immediately after SST and this effect was maintained 6 months after training. Additionally, three of the five skills for taking direction (verbal confirmation, <math>F(2, 176) = 18.63, p &lt; .001</math>; confirmation of diagnosis, <math>F(2, 176) = 34.24, p &lt; .001</math>; and uncertain execution, <math>F(1.61, 141.75) = 57.02, p &lt; .001</math>), and one of the three skills for transmitting directions (reporting confirmation, <math>F(2, 176) = 33.14, p &lt; .001</math>) increased over time. Others skills such as "appointment of a suitable person," "level adjustment", "evaluation and confirmation of the implementation process" did not change over time.</p> <p>Conclusions: The SST program on transmitting directions and taking directions had some effect on nursing students' skills, but this effect was limited to skills related to implementing instructions and ideas. Skills significantly increased immediately after learning, and four skills increases persisted for at least six months. Skills that require outreach to others are more difficult to implement. In the first half of the learning schedule, it is necessary to strengthen skills instructions on "uncertain execution," "checking verbal," and "confirmation of diagnosis validity." Careful teaching of the skills involved in the relationship with others requires considerable ingenuity. In addition to lobbying around the nurse, an established nursing student is likely to question the environment, and be asked create an environment to support skills implementation.</p>
<p>Pande Mirah Dwi Anggreni, Arya Krisna Manggala, Krisnhaliani Wetarini GIC1592093</p>	<p><b>The Prevalence of Scabies Infection among Children at Songan Village, Bangli City, Bali Province, Indonesia</b></p> <p><b>Pande Mirah Dwi Anggreni, Arya Krisna Manggala, Krisnhaliani Wetarini</b> <b>Faculty of Medicine, Udayana University, Denpasar, Bali.</b></p> <p><b>ABSTRACT</b></p> <p>Background: Scabies is skin disease caused by investment and sensitization of <i>Sarcoptes scabiei</i> var <i>hominis</i> which endemic in tropical and subtropical area. Complication of this secondary investment of Group A Streptococci (GAS) and <i>Staphylococcus aureus</i> commonly found among children in developing country, in particular of rural areas. This study was aimed at exploring the prevalence of scabies infection among school-aged children in Songan</p>

	<p>Village, a rural area of Bangli Dstrict of Bali Province.</p> <p>Method: A decriptive study with a total sample of 226 school-aged children was conducted in Songan Village. All children from both schools were listed and samples were randomly selected from the list. Data were collected by using questionnaire and interview. Data were then analyzed using univariate and bivariate analysis.</p> <p>Result: A total of 178 children were included in the study. The overall prevalence of scabies was 23.6% of all cases. The prevalence among boys was higher than girls (69.0% and 31.0% respectively). The majority of scabies cases was found among children with poor nutritional status (85.7%), low-level of knowledge on scabies (88.1%), having a good personal hygene (92.9%), having a poor house density (76.2%) and having parents working as a farmer with very low of knowledge on scabies infection. There was no difference of scabies infection between children with good and poor house sanitation conditions (54.8% and 45.2%). Children who use contaminated water was found to have higher scabies infection than those using clean water source (75% vs 25%).</p> <p>Conclusion: This epidemiological data provides basic key features of factors contributing to scabies infection among school-age children thus can be used as a basis for program development involving personal behavioral changes and structural intervention aiming at widening access to clean water, reliable information and health services.</p>
<p>Kaori Hatanaka GIC1592094</p>	<p><b>Dietary habits and acculturation of Chinese international students in Japan: An implication for intercultural dietary education</b></p> <p><b>Kaori Hatanaka, Tomoko Tanaka</b> <b>Doshisha Women's College of Liberal Arts</b></p> <p><b>ABSTRACT</b></p> <p>For cross-cultural students to remain healthy, proper nutrition is an important factor. However, Japanese universities do not show adequate interest in international students' health behavior. In this study, we examine a change in Chinese students' dietary habits as they acculturate to Japanese culture.</p> <p>We queried how international students' dietary behavior changed while in Japan by conducting a semi-structured interview of 21 Chinese students in Japan. The interviews, conducted in Japanese, were asked the students to speak freely about the formation, maintenance, and change of their dietary behaviors. We aimed to clarify the reality of their dietary behaviors and uncover issues from the perspective of health psychology.</p> <p>Results of the interviews were examined using the KJ Method with verbatim records. Four categories of dietary habits were extracted: food style, lifestyle, physical, and perspective on health. Results indicated the international students rarely considered healthy dietary habits. It is possible that they adopted negative eating habits in the process of acculturation. For international students to maintain or improve healthy dietary behaviors, it would be necessary to provide them with information on proper nutrition and healthy dietary habits.</p>

 <p>Siti Hajar Binti Adam GIC1592095</p>	<p><b>Antihyperglycemic, antihyperlipidemic and pancreatoprotective effects of Rhinacanthin-C in streptozotocin-induced adult male diabetic rats</b></p> <p><b>Siti Hajar Binti Adam</b> <b>Department Of Physiology, Faculty Of Medicine, University Of Malaya</b></p> <p><b>ABSTRACT</b></p> <p>In this study, the antihyperglycemic, antihyperlipidemic and pancreatoprotective effects of the purified compound from <i>Rhinacanthus nasutus</i>, Rhinacanthin-C are described. Methods: Rhinacanthin C were administered orally at a dose of 5mg/kg/day and 20mg/kg/day to streptozotocin-induced diabetic rats for 28 days. The level of blood glucose, glycated haemoglobin (HbA1c), insulin and lipid profiles were analysed by using biochemical methods. Histopathological changes in pancreas were identified and levels of oxidative stress were measured by enzymatic assay. Meanwhile, levels of expression of insulin, TNF<math>\alpha</math>, Ikk<math>\beta</math> and caspase in pancreas were determined by immunoperoxidase and immunofluorescence. Results: Biochemical parameters were restored towards normal in diabetic rats treated with Rhinacanthin-C. Histopathological changes indicate recovery of pancreatic islets with increased insulin levels while oxidative stress, inflammation and apoptosis in the pancreas of diabetic rats were decreased following Rhinacanthin-C treatment. Conclusions: Rhinacanthin-C could potentially be used as an agent to treat diabetes.</p>
<p>Bhupen Gehlot GIC1592099</p>	<p><b>Effect Of Chronic Obstructive Pulmonary Disease And Cardiovascular Disease On Voice</b></p> <p><b>Bhupen Gehlot, Surbhi Chowdhary, Himangi Tak</b> <b>Consultant Audiologist And Speech-Language Pathologist</b> <a href="mailto:bhupenaslp@gmail.com">bhupenaslp@gmail.com</a></p> <p><b>ABSTRACT</b></p>
 <p>Mika Oktarina YRA1592052</p>	<p><b>Client Outreach in the Prevention Mother to Child Transmission ( PMTCT ) in hospitals Dr. M. Yunus Bengkulu</b></p> <p><b>Mika Oktarina</b> <b>Stikes Tri Mandiri Sakti</b></p> <p><b>ABSTRACT</b></p> <p>Dr. M. Yunus Hospital is a referral hospital of 18 hospitals in Bengkulu province which has been carrying out PMTCT program since 2011. Target coverage of GF at least 5 people / semester can follow the PMTCT program but only 4 pregnant patients a year take the PMTCT program while each epidemic HIV prevalence rate is increasing. Of the 141 people living with HIV women, 97 of them are housewives who are at risk of getting pregnant. The purpose of this study is to explain the process of clients outreach for PMTCT</p>

	<p>program in Hospital Dr M Yunus Bengkulu.</p> <p>This research applied explorative descriptive qualitative method. The data in this research were collected by using detailed interviews with key informants in PMTCT team. They were midwives, doctor, counselors and Case Manager, validity of the data was triangulated to the director of Dr. M. Yunus Bengkulu Hospital, PHO P2PL team, clients and the outreach field team.</p> <p>The results showed that the training of PMTCT was incidentally conducted by Hospital Promotion Forum by coordinating with VCT team. The outreaching was held through anamnesis and learning the risk factors of HIV among pregnant women was held by the time the client giving birth. PTC treatment was performed when nurses or doctors found that patients had the symptoms of HIV / AIDS. However, not all medical workers understand much about HIV / AIDS so that outreach has not optimally worked. Outreach activities outside the hospital conducted by Kipas Community Service in cooperation with the hospital that has been trained. From interviews, it was found that some of the obstacles encountered in the outreach was the limited number of trained PMTCT personnel and supporting infrastructure such as counseling and laboratory. Besides, hospitals do not have specific policies related to PMTCT clients outreach.</p> <p>It is suggested that Provincial Department of Health needs to allocate a budget for PMTCT training for midwives who have been trained, build essential facilities and infrastructure especially counseling and laboratory space, supervise and train the PMTCT's SOP and policies as well.</p> <p>Keywords : Outreach Activities, PMTCT, Hospital</p>
<p>Zubaina Yarima Mahmud YRA1592053</p>	<p><b>Leisure Time Physical Activity (LTPA) Among Female Academicians in Universiti Putra Malaysia</b></p> <p><b>Mahmud Z.Y., Minhat H.S., Mahmud A</b> <b>Department of Community Health, Faculty of Medicine and Health Sciences, University</b> <b>Putra Malaysia, 43400 UPM Serdang, Selangor Darul Ehsan, Malaysia</b> <a href="mailto:halimatus@upm.edu.my">halimatus@upm.edu.my</a></p> <p><b>ABSTRACT</b></p> <p>Background: Leisure participation is an important domain in life regardless of gender, social class and age. The objective of this study was to determine the LTPA (Leisure Time Physical Activity) pattern of female academicians in Universiti Putra Malaysia (UPM).</p> <p>Materials and Methods: A cross-sectional study was conducted among female academicians in UPM, from December 2014 to March 2015. Respondents were randomly chosen by simple random sampling using IBM-SPSS version 22 software. A validated and reliable questionnaire was used for data collection. It consisted of five sections involving socio-demography factors, time constraints (home and work place), participation into physical activity, accessibility to leisure-related facilities (home and work place) and health status, measured using a 5-point Likert scale ranging from 0 to 4 and</p>

nominal scale (1=Yes and No=0). The data was analysed using statistical package for social science SPSS version 22.0 software.

Result: A total of 654 respondents participated in the study with a response rate 75%. The five physical activities with highest level of involvement were evening walk  $0.90 \pm 1.25$ ; jogging  $0.48 \pm 0.96$ , playing golf  $0.14 \pm 0.52$  and swimming  $0.31 \pm 0.71$ . The five (5) least common physical activities reported were yoga  $0.08 \pm 0.40$ , dancing zumba  $0.18 \pm 0.57$ , aerobics  $0.14 \pm 0.48$ , playing tennis  $0.15 \pm 0.48$  and cycling  $0.21 \pm 0.55$ . There was a significant association between leisure in physical activity with time constraints at home ( $t=5.023$ ,  $p \leq 0.001$ ), time constraints at work place ( $t=-3.199$ ,  $p \leq 0.001$ ), health status ( $t=-6.363$ ,  $p \leq 0.001$ ) and accessibility to leisure-related facilities at home ( $t=-4.348$ ,  $p \leq 0.001$ ). No association was found between leisure in physical activity and accessibility to leisure-related facilities at work place ( $t=0.947$ ,  $p=0.344$ ). Multiple Linear Regression analysis showed the predictors of physical activity were time constraints at home ( $B=1.703$ ,  $p \leq 0.001$ ), facility at home ( $B=-1.009$ ,  $p=0.003$ ) and health status ( $B=1.739$ ,  $p \leq 0.001$ ).

Conclusion: The findings from this study showed female academicians were physically inactive; however several factors influence this physical inactiveness such as time constraints, health status and accessibility to leisure-related facilities.

Keywords: Leisure, female academicians, physical activity, UPM.



Adeela Rehman  
YRA1592055

**Perception and Practices of Folk Medicines Among Youth in Pakistan**

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**ABSTRACT**

The study was aimed to explore the relationship between perception and practices regarding folk medicines. The purpose of the study was to explore the perception of youth about folk medicines and their practices. Quantitative research was adopted to achieve its objectives. Structured questionnaires were distributed among respondents to collect data. The respondents were youth of age range 18 to 25 residing in twin cities (Rawalpindi & Islamabad) of Pakistan. The data was analyzed by the using Statistical analysis Package of Social Sciences (SPSS version 13). The result showed that youth have less knowledge about folk medicines and their perception is not positive about folk medicines. As the result shows that youth do not perceive folk medicines therefore their practices of folk medicines are less. Majority of them know the importance and usage of folk medicines but don't know how to prepare and from where to get it. Findings shows that lack of educational awareness about folk medicines have a strong impact on the folk medicine's practices. Youth mostly prefer MBBS doctors for their treatment rather applying home based

	<p>treatment due to rapid cure and perceiving folk treatment as slow in curing the illness. It is recommended that folk wisdom about the usage of traditional healing practices must be transfer to the next generation by their elders as well as by education based awareness campaigns.</p>
<div data-bbox="305 380 537 716" data-label="Image"> </div> <div data-bbox="272 716 570 779" data-label="Caption"> <p>Nyi Mas Siti Purwaningsih YRA1592056</p> </div>	<p><b>Immunohistochemical Detection on p16 in Potentially Malignant Disorders and Oral Squamous Cell Carcinoma</b></p> <p><b>Nyi Mas Siti Purwaningsih</b> <b>Universiti Kebangsaan Malaysia</b></p> <p><b>ABSTRACT</b></p> <p><b>Introduction:</b> Ninety-five percentages of oral cancer are classified as Oral Squamous Cell cancer (OSCC). The p16 or p16Ink4A is one of protein in human cell cycle regulation that can play role as a tumor suppressor gene.</p> <p><b>Objectives:</b> To detect p16 expressions in oral squamous cell carcinoma using immunohistochemistry (IHC).</p> <p><b>Materials and Methods:</b> A total of 74 formalin-fixed paraffin embedded tissue were selected for test group, OSCC cases (n=46) and control group hyperplastic oral mucosa (n=28). The cases were retrieved from the archives of the Oral Pathology Laboratory, Faculty of Dentistry, UKM and Institute of Medical Research, Kuala Lumpur. The IHC staining was manually performed using p16 antibody (1:1000) (Abcam) following manufacturer's instruction and assessed qualitatively (positivity and staining intensity) between test and control groups. Positive and negative controls were used to validate the IHC run. All data were then analysed using SPSS version 22.0 and p values &lt; 0.05 were considered significant.</p> <p><b>Results:</b> The p16 were found positive in OSCC (96.7%) and in control group (85.7%). There is significantly higher p16 positivity in OSCC compared to hyperplastic lesions (p&lt;0.05). While for comparison between p16 staining intensity, we found there is no significant difference between OSCC and hyperplastic group (p&gt;0.05).</p> <p><b>Conclusion:</b> The p16 expression was detected in OSCC and hyperplastic lesions. The finding suggests that p16 can be used as a potential marker for oral malignancy detection.</p> <p><b>Keywords :</b> immunohistochemistry; OSCC; p16</p>

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