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GIC1521061

Effect of Distress on Adherence to Anti diabetic Medications among Type 2 Diabetic Patients Attending Tertiary Care Hospitals in Mangalore

Abstract

Background: Diabetes distress, depression, and subclinical depression are all psychological disorders which are known to affect patients with diabetes and his adherence to therapy. Poor adherence is generally associated with bad outcomes of the disease.

Objectives: To assess the level of distress and its effect on adherence to treatment among diabetic patients.

Methodology: In this cross-sectional study, 124 diabetic patients admitted at tertiary hospitals were interviewed using a pre-designed semi-structured questionnaire. The Morisky 8-Item Medication Adherence Questionnaire was used to assess the level of adherence to the anti-diabetic medication. The Diabetic Distress Scale which measures distress among patients across 4 domains: Emotional burden, Physician distress, Regimen distress and Interpersonal distress was used to assess the level of distress among diabetic patients. Institution Ethics Committee approval was obtained prior to the conduct of the study. The collected data was entered in, and analysed using SPSS version 11.5. The results were expressed in proportions and Odd's ratio for factors influencing adherence was calculated and $p < 0.05$ was considered as statistically significant.

Results: The median age of study participants was 60 years (IQR 50-68). Majority (n=68, 54.8%) participants were males. The family history of diabetes was present in 34.7% of study participants. On using Morisky scale it was observed that 43.5% (n=54) had poor level of adherence. Overall low distress was seen among 58.1% (n=72) of the participants. Participants with low diabetic distress (n=67, 62.03%), low emotional burden (n=49, 66.21%), low regimen distress (n=69, 66.34%), low interpersonal distress (n=60, 59.4%) were found to have good adherence to anti-diabetic medications and these were statistically significant. ($p < 0.05$)

Conclusion: The level of adherence to treatment among the participants in this study need further improvement through better health promotion, especially counselling the patient in psychological aspects which affects most chronic diseases and through education strategies in order to prevent poor treatment outcomes.

Key words : Adherence, Anti-diabetic medications, Morisky scale, Diabetic Distress Scale, Mangalore



Dr. Ramesh Holla

Knowledge about fire safety measures among health care professionals of tertiary care hospital in coastal south India

Abstract

Introduction: Health care setups are particularly high risk zones for fires because of the chemicals, materials and other consumables used. The World Health Organization (WHO) and National Accreditation Board for Hospitals & Healthcare Providers (NABH) have set benchmarks for progress of health industry of which Fire Safety Standards has been given prime importance.

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However, hospitals may be well equipped with all the gear required to combat a fire emergency, but lack of knowledge among the staff regarding its usage will prove it futile.

Objectives: To assess the knowledge of health care professionals (HCP) about fire safety measures in tertiary care teaching hospitals and to determine the application of existing knowledge in case of fire emergency.

Materials and Methods: After obtaining approval from institutional ethics committee, a cross sectional study was carried out in tertiary care teaching hospitals of coastal south India. Data was collected by distributing the self-administered semi-structured questionnaire to the health care professionals (doctors, nurses, lab technicians and post-graduates with minimum one year experience in the hospital) after obtaining their written informed consent. Content validation was done by distributing questionnaire to the experts. The data was analyzed using statistical software SPSS version 16.0.

Results: Doctors constituted 64.8% of HCP and paramedical personnel constituted 35.2%. Majority of them (57.7%) were in the age group of 20-30 years. 69.4% of individuals are aware of the nearest fire escape route in case of fire emergency and 59.5% of individuals are aware of the correct number to be called in case of fire emergencies. 67.6% of individuals are aware of the location of the nearest fire extinguishers and 44.1% of the individuals are aware of the nearest fire alarm. Only 51% of the study participants knew how to operate a fire extinguisher but less than half of them were aware of the right fire extinguisher for the different types of fires. Majority of the people agreed that lack of electric safety lead to fires. 61% rightly contradicted the use of water in putting out an electric fire. Only 55% agreed that human negligence can lead to fires in the hospital.

Conclusion: This study finding provides the information and framework necessary to develop and implement comprehensive fire safety measure to be adopted at each hospital that could make the difference between life and death in a fire emergency.

Keywords: Fire safety, Health care professionals, hospital



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GIC1521074

Construction and Validation of “Diabetes Education Process Scale (DEP)”

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ABSTRACT

Nursing interventions in diabetes education are considered relevant in order to achieve proper outcomes, it is important to know what do nurses do in this field and for this purpose we need valid and reliable instruments. Objective: To develop and determine the psychometric characteristics of Diabetes

	<p>Education Process Scale (DEP). Methods: Based on the question "What intervention nurses develop in their practice in diabetes education area?" we developed two studies: (a) an initial and qualitative one in order to identify relevant variables to measure in diabetes education area; and (b) a second quantitative and methodological study of validation of DEP Scale. Results: We identify four guidelines in qualitative study through which emerged the relevant variables for the evaluation of therapeutic education. We applied DEP Scale in a sample of 104 nurses, with an average age of 41.3 years (SD = 8.1). DEP Scale has in its dimensions α values between 0.6720 and 0.834, revealing reasonable / good internal consistency. The scale revealed also validity characteristics. Conclusion: We concluded that it is important to know nurses practices in order to let emerge its contribution to patient care, in order to that we need valid and reliable instruments. DEP Scale showed to be valid and reliable, so it can be used to access nurses interventions in diabetes education.</p> <p>Key words:Diabetes Mellitus; Therapeutic Education; Validation studies</p>
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<p>Zhang Hui GIC1522051</p>	<p>Effects of a smartphone-based intervention in coronary heart disease (CHD) prevention among working population: a pilot controlled trial</p> <p>Hui Zhang BSN, RN Alice Lee Centre for Nursing studies, NUS Wenru Wang PhD, RN Alice Lee Centre for Nursing studies, NUS</p> <p>Abstract</p> <p>To examine the feasibility and possible effectiveness of a smartphone-based intervention, named "Care4Heart", in improving the awareness and knowledge of coronary heart disease (CHD), and enhancing healthy lifestyle behavioural changes for working population in Singapore. Coronary heart disease (CHD) is the most prevalence type of cardiac disease among adults. Most of its risk factors, such as tobacco smoking, obesity, physical inactivity and high blood pressure are preventable. Mobile technology has well developed during the last decade. The advent of mobile health intervention will bring a new era for disease prevention and health promotion. A non-randomized, pre-test and post-</p>
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	<p>test, controlled design is adopted to test the feasibility and possible effectiveness of a newly developed smartphone application (app), named Care4Heart, on CHD prevention. A convenient sample of 80 working people will be recruited from a tertiary university of Singapore, with 40 of them in the intervention and the other half in the control group. The participants in intervention group will receive a 4-week smartphone app (i.e.Care4Heart) intervention, whereas those in the control group will not be offered such intervention. Participants' awareness, knowledge and behavioural risk factors will be assessed at baseline and 4 weeks post-treatment using Heart Disease Fact Questionnaire-2, Behavioural Risk Factor Surveillance System and Perceived Stress Scale. Data will be analysed using IBM SPSS 22.0. If this project successes, a novel CHD prevention tool – “Care4Heart” app will be employed nationwide, which will not only benefit the working population, but also the country by providing efficiency and sustainability to the public healthcare system.</p> <p>Keywords: knowledge, heart-related lifestyle, coronary heart disease, mHealth, nursing, mobile application, prevention</p>
<p>Sameer Alghamdi GIC1522052</p>	<p align="center">Being Medical Student And Having Irritable Bowel Syndrome: How Common Is That?</p> <p align="center">Dr.Sameer AlGhamdi Assistant Pofessor Of Family Medicine, College Of Medine, Prince Sattam bin Abdulaziz University,Alkharj, Saudi Arabia Sam3443@gmail.com Sh.alghamdi@sau.edu.sa</p> <p align="center">Abstract</p> <p>Background: Irritable bowel syndrome (IBS) is one of the most prevalent gastrointestinal disorders characterized by non-specific symptoms with no known organic pathology. Its prevalence varies in different communities. Its etiology remains uncertain or obscure, perhaps multifactorial. Objectives: To determine the prevalence, associated factors and impact of IBS among medical student in Salman Bin Abdulaziz University. Methods: A cross-sectional study was conducted between November and December, 2013 among male medical students enrolled in the Salman bin Abdulaziz University during the academic year 1434-1435 H. All male medical students from the second to the sixth year of medical school were invited to participate in the study by filling in the study questionnaire. A validated, reliable, confidential, and self-administered questionnaire was used for data collection. Irritable bowed syndrome was diagnosed according to Rome III Criteria. Results: The prevalence of IBS was 21%. Overall, the symptom profiles were characterized by diarrhea (34.3%), constipation (20.0%) and alternating symptoms (45.7%). Students who having history of chronic health problems were about three times more likely to develop IBS compared to those who haven't such history (OR=2.93). Those reported having stress were 2.63 times more likely to have IBS compared to others. Those having Food hypersensitivity were more likely to develop IBS compared to the rest (OR=3.29). IBS was not significantly associated with</p>

academic performance. Conclusions: IBS prevailed among medical students. Thus, screening of them for IBS, psychological problems, and reducing stress by stress management are recommended.



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GIC5121053

Amentoflavone from *Biophytumsensitivum* inhibits iNOS, COX-2 expression and modulates cytokine profile, NF-κB signal transduction pathways in rats with Ulcerative colitis
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Abstract

Context: Ulcerative colitis is a chronic inflammatory disorder characterized by oxidative stress, leucocyte infiltration and up-regulation of pro-inflammatory cytokines. Objective: The present study examines the effect of aerial parts of *B. sensitivum* and amentoflavone on a murine model of ulcerative colitis (UC). Materials and methods: UC was induced by intracolonic injection of 3% acetic acid in Wistar rats. *B. sensitivum* (50 or 100 mg/kg.b.wt), amentoflavone (10 mg/kg.b.wt) or reference drug sulfasalazine (100 mg/kg.b.wt) was administered intra-peritoneally for 5 consecutive days before induction of colitis. Results: In the present study, we demonstrated for the first time that the administration of *B. sensitivum* (50 mg/kg.b.wt) and amentoflavone (10mg/kg.b.wt) was found to inhibit colitis by lowering macroscopic score (up to 3.66 ± 0.77) as well as significant reduction in lactate dehydrogenase (LDH) ($p < 0.01$) and myeloperoxidase (MPO) activity ($p < 0.01$). Furthermore, significant reduction ($p < 0.01$) in mucosal content of lipid peroxidation (LPO), glutathione (GSH), superoxide dismutase (SOD) and nitric oxide (NO) confirms that amentoflavone and *B. sensitivum* could significantly inhibit colitis. The study showed significant reduction ($p < 0.01$) in colonic tumor necrosis factor-alpha (TNF- α), Interleukin-1- β (IL-1 β) and IL-6 levels as well as the expression of inducible nitric oxide synthase (iNOS) and cyclooxygenase-2 (COX-2) after treatment compared to colitis control group. The histopathological study also confirms the foregoing findings. Treatment with Amentoflavone and *B. sensitivum* was also able to inhibit the activation and translocation of transcription factors, nuclear factor (NF)- κ B subunits (p65/p50). Conclusion: These results suggest that amentoflavone and *B. sensitivum* exhibits protective effect in acetic acid-induced ulcerative colitis which might be due to its modulation of oxidant/anti-oxidant balance, down-regulation of productions and expressions of pro-inflammatory cytokines, inflammatory mediators and inhibition of NF- κ B signal transduction pathways.

Keywords: *Biophytumsensitivum*, amentoflavone, acetic acid, pro-inflammatory cytokines, inflammatory mediators.



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Autologous Platelet Rich Plasma Injection as an Alternative Therapy for Improvements of Refractory Dermal Melasma: Report of Two Cases

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Abstract

Melasma is common among the Asian females population in which they are resistance to the conventional therapies. Recently Platelet Rich Plasma (PRP) has drawn the attention of medical practitioners as a potential therapeutic modality in aesthetics. In this retrospective study, PRP therapy was evaluated for clinical efficacies and safety in adjunct to conventional treatments for melasma. Patients in this study were two Asian females who were treated with intradermal PRP injection at monthly interval for at least two sessions in adjunct to the combination of monthly low fluence Q-switched NdYag laser and daily application of topical alpha arbutin. Modified melasma area and severity index (MASI) scores were evaluated by two blinded dermatologists by assessing digital photographs. Results showed that the modified MASI score reduced by a mean value of 33.5% for case 1 and 20.1% for case 2. There were no clinical complications after treatment and during the follow-up period for case 1. However recurrence of melasma was noted in case 2 by worsening of the MASI score mean 53.1% at three months follow-up periods. Minimal side effects were observed in the treatment of intradermal PRP injection including pain, erythema, oedema and bruises. In conclusion, intradermal PRP injection therapy in adjunct to the conventional combination therapy of low fluence Q-switched NdYag laser and topical alpha arbutin may provide a long term clinical improvements and benefits in treating mixed type melisma particularly in lower Fitzpatrick skin types. The recurrence melasma would be happen for higher Fitzpatrick skin type patients.

Keywords: Alpha Arbutin; Melasma; Platelet Rich Plasma; Q-switched NdYag laser

Belinda Teo
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Parenting adolescents and adults with disabilities in Singapore

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Abstract

Research has shown that parents of children with disabilities suffer financial, career, and health consequences (Reichman et al., 2008; Sen & Yurtsever, 2007) as these families devote disproportionate amount of resources (e.g. time, money, and energy) to attend to the needs of persons with disability. However, a bulk of this research is conducted with families of European descent in

Western countries. Parenting persons with disabilities within families of Asian descent is understudied in the literature. Focusing specifically on caregivers of adults with disabilities in Singapore, in this study, we examined parental sources of support and stressors, perceptions of disability, impact of disability on family, and impact on caregiver and offspring's future. A needs assessment was also conducted using adapted items from the CANDID (Camberwell Assessment of Needs for adults with developmental & intellectual disabilities, 2003). Using a semi-structured format, we interviewed families (n = 8) with at least one adolescent or an adult child with disability. Qualitative analyses of open-ended interview data are currently underway following guidelines provided by Hsieh and Shannon (2005). Findings will provide valuable information for future research addressing the needs of parenting persons with disability in Southeast Asia and have practical implications for policy makers and service providers confronting the challenges of caregivers for individuals with disabilities.



DuangpornPiyakong
GIC1521056

The Effect of the Engagement Interventions on Uncertainty and Coping of Thai Family Members of Patients in a Coma

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Abstract

The purpose of this study was to test the effect of the expressive writing and the expressive talking interventions on uncertainty and coping processes in Thai family members of patients in a coma, and to examine changes in positive emotion, negative emotion, and cognitive process word-use over three days. A quasi-experimental pretest-posttest, three group design was conducted with 45 Thai family members of patients in a coma who were in the intensive care units (ICU) at a hospital in Thailand. Three ICUs were randomly assigned into groups: the expressive writing, the expressive talking, and the control group. Participants of the expressive writing group (n = 15) were asked to write about their thoughts and feelings following standard guidance for expressive writing, those of the expressive talking group (n = 15) were interviewed with questions guided by the story path approach, whereas those of the control group (n = 15) did not receive any specific interventions. Participants completed the Thai version of the Mishel Uncertainty in Illness Scale-Family Member Form and the Thai version of the revised version of the Ways of Coping Scale before and after the interventions. The results revealed that there was not a significant difference in uncertainty scores among the expressive writing, the expressive talking, and the control group (p=.83). There were significant differences in coping processes between the expressive writing and the control group (p=.01) and between the expressive talking and the control group (.048). There were no differences in coping processes between the expressive writing and the expressive talking groups (p = .28). Moreover, there were significant differences in positive emotion word-use and negative emotion word-use over three days between the expressive writing and the expressive talking group (p =.02 and .007, respectively), but not significant

	<p>differences in cognitive process word-use across three days between the expressive writing and the expressive talking group ($p = .411$). Implications include the need for further research and applying expressive writing or expressive talking in nursing practice and nursing education.</p>
 <p>Ibrahim.M.S.Eldeen GIC1521057</p>	<p style="text-align: center;">Efficacy of three mangrove plants against 5-lipoxygenase, acetylcholinesterase enzymes and some pathogenic bacterial strains</p> <p style="text-align: center;">Ibrahim.M.S.Eldeen</p> <p style="text-align: center;">Institute of Marine Biotechnology, University Malaysia Terengganu, 21030 Kuala Terengganu, Terengganu, Malaysia. E-mail: eldeen24@umt.edu.my</p> <p style="text-align: center;">Abstract</p> <p>Mangroves are highly productive ecosystem with various important economic and environmental functions. Mangroves are the key elements in marine environment, they produce diverse metabolites to adapt with the requirement of their challenging ecosystem. This make them an interesting source for natural bioactive molecules.</p> <p>In this study, we investigated inhibitory effects of extracts from <i>Avicenna lanata</i>, <i>Ceriops tagal</i> and <i>Sonneratia alba</i> against 5-lipoxygenase, acetylcholinesterase enzymes and four pathogenic bacterial strains using <i>in vitro</i> models.</p> <p>Best inhibitory effects against the enzyme activity was recorded for the bark of <i>Sonneratia alba</i> (2.5 $\mu\text{g/ml}$) with inhibition percentage of 85 and 88 % against lipoxygenase and acetylcholinesterase respectively. Roots of <i>Ceriops tagal</i> showed high activity against lipoxygenase (93%), but was slightly weaker against AchE (83%) when tested at the concentration of 100 $\mu\text{g/ml}$. Antimicrobial properties of the extracts was determined using the microdilution assay. <i>A.lananta</i> showed the best antimicrobial effects with the lowest minimum inhibitory concentration (MIC) value of 98 $\mu\text{g/ml}$ against <i>Staphylococcus aureus</i> and <i>Klebsiella pneumoniae</i>. Phytochemical analysis indicated the presence of alkaloids, steroids and tannins in the investigated plant parts. These results support the ethnobotanical uses of these plants. Chemical profiling, isolation and determination of mechanism of actions of the observed bioactivities are currently in progress in our laboratory.</p>



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Electromagnetic Pollution: A Technology Based Cause of Male Infertility

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Abstract

A growing concern for possible adverse effects of mobile phones on human reproductive health evokes a flurry of scientific activity to evaluate this dilemma. An initial study suggested that the use of cell phones adversely affects semen quality which might contribute to infertility. Possible reasons might be that radiofrequency electromagnetic fields (RF-EMW) can trigger uncontrolled cell proliferation by its action on various plasma membrane enzymes and receptors. RF-EMW can lead to OS (Oxidative stress) which is related to abnormal sperm morphology such as presence of cytoplasmic droplet on the immature spermatozoa making them non-functional with reduced sperm motility. The elevation of frequency of sperm head abnormalities in exposed mice indicate that RF radiations may have caused damage to the spermatogenesis. Radiation can disrupt Leydig cells or abnormality of the seminiferous tubules leading hormonal imbalance, which might directly affect spermatogenesis. But there has no sufficient data been collected to compare the level of male reproductive hormone, with significant sample size, between mobile users and non-users. Radiation may harm sperm by damaging DNA but the direct experimental evidences of the extent of DNA damage is yet to be discovered. Besides this, the damage caused due to RF-EMW to the intracellular organelles has not been investigated extensively. So, more work is needed on the use of cell phone and fertility with better study designed. The objective of the present study is to reveal possible effects of Electromagnetic fields emitted from a CDMA mobile phone on the histological aspects of rat testes. Our studies revealed pycnotic nuclei in germ cells, vacuolization in spermatogenic and somatic cells, detachment of spermatogonia and Sertoli cells from basal lamina and loose Leydig cells.

Keywords: Mobile phones, RF-EMF, seminiferous tubules, spermatogenesis, Leydig cells.

<p>Monin Francois GIC1521059</p>	<p align="center">Reliable Automated Needle Insertion System for Medical Application</p> <p align="center">ABSTRACT</p> <p>Many disorders occur annually as a result of poorly performed stings. This project is an attempt to develop a system that automates blood tests, serum injections and catheter placements, and to identify its basic limitations. Determining parameters are first identified. They include the coordinates of stinging point on the skin, the depth of blood vessel, its radius and the age of patient. The developed module performs the sting process based on the knowledge of these parameters. Automation is based on a neural network which correlates the data to determine insertion angle and needle geometry. Though the insertion process is adapted to patient profile, difficulties still remain concerning correct skin viscoelastic properties as proper input parameters. However, finer analysis of skin-needle system indicates the possibility of a secure and much easier automated sting in a large range of usual parameters with constant speed.</p>
 <p>Priscilla Das GIC1521060</p>	<p align="center">ASSOCIATION BETWEEN ENDOTHELIAL PROGENITOR CELLS AND VON WILLEBRAND FACTOR IN ASTROCYTIC GLIOMA</p> <p align="center">Priscilla Das¹, Tan Suat Cheng¹, Rapeah Suppian¹ Abdul Rahman Izaini Ghani² & Yvonne-Tee Get Bee¹</p> <p align="center">¹School of Health Sciences Universiti Sains Malaysia 16150 Kubang Kerian Kelantan, Malaysia</p> <p align="center">²School of Medical Sciences Universiti Sains Malaysia 16150 Kubang Kerian Kelantan, Malaysia</p> <p align="center">Email: daspriscilla@yahoo.com</p> <p align="center">Abstract</p> <p>Introduction: Astrocytic gliomas are highly aggressive and lethal brain tumours that depend on angiogenesis for growth. The endothelial progenitor cell (EPCs) and von Willebrand factor (vWF) involved in the formation of new blood vessels in astrocytic glioma.</p> <p>Objectives: This study aimed to investigate the association between circulating and tissue resident EPCs with vWF in astrocytic glioma patients.</p> <p>Methods: Blood specimen and brain tissue biopsy were collected from a total of 22 astrocytic glioma patients admitted to Hospital Universiti Sains Malaysia. Circulating EPCs (blood) and tissue resident EPCs (tissue biopsy) were characterized using EPC-specific markers, CD133 and VEGFR2 and quantified using fluorescence-activated cell sorting analysis and immunofluorescence microscopy, respectively. The plasma vWF was measured by using commercialized Elisa kit (Cusabio Biotech Co., Ltd).</p> <p>Results: The mean percentage of circulating EPCs was (0.01 ± 0.01%), brain tumour tissue EPCs (0.48 ± 0.38%) and adjacent normal brain tissue EPCs (0.18 ± 0.23%). The mean plasma vWF was</p>

	<p>9.23 ± 7.57%. Positive correlation was found between brain tumour EPCs and plasma vWF (Spearman's rho r = 0.45, p = 0.035). However no correlation was found between adjacent normal brain EPCs and plasma vWF. About 14 patients had (mild vWF level of > 5%), 8 patients had (moderate vWF level of 1-5%) and no patients had (severe vWF level of < 1%). The mean percentage of patients with mild vWF level was 12.48 ± 7.77% and moderate vWF level was 3.53 ± 1.32%. There was a significant correlation between circulating EPCs and patients with mild vWF level (Spearman's rho r = 0.63, p = 0.015).</p> <p>Conclusion: This study demonstrated that EPCs have significant positive association with vWF suggesting the homing of plasma vWF at the tumour site.</p> <p>Keywords: Endothelial progenitor cell; von Willebrand Factor; Astrocytic Glioma</p>
<p>NarongsakNoosorn GIC1521063</p>	<p align="center">Health Problem Appraisal in Older People Living Alone in the Yom Riverside Communities of Thailand</p> <p align="center">NarongsakNoosorn <i>Faculty of Public Health, Naresuan University, Phitsanulok, Thailand</i> E-mail: nnoosorn@hotmail.com</p> <p align="center">Abstract</p> <p>Old age is the period of life when people suffer from a variety of degenerative conditions. This study investigates a population of over-60s in a rural Thai province to examine the relationships between living alone and health-risk behaviours. It investigates how far older people living alone or with carers practiced a range of healthy and health risk behaviours. The population investigated in this study included all patients over the age of 60 meeting the study criteria and registered with nine community "health promotion" hospitals in nine district, Sukhothai province, in the lower northern region of Thailand. Eight thousand and one hundred persons were included in the study. The data were collected between January 7 and August 6, 2013. The research employed a purpose-designed questionnaire, which included items on health risk. Possible associations between living alone and health-risk were examined using logistic regression analysis and odds ratios (OR) and confidence intervals (CI) results were calculated. After controlling for confounding variables, the study found that living alone was significantly associated with health risk. Older people living alone were more than twice as likely to use excessive alcohol as those living with a caregiver and almost twice as likely to report significant depress mood. We suggest that increased attention must be focused on health risk for older people living alone.</p> <p>Keywords: Health promoting behaviors, Older people, Live alone, Care givers.</p>



ShashidharKotian
GIC1521064

Health Promoting Lifestyle Among Undergraduate Medical Students

Abstract

The main contributing factor for the epidemiological transition to the increasing epidemic of non-communicable diseases is the shift in lifestyle towards the unhealthy continuum. Health promotion is the best strategy for prevention of NCDs. The best time to lay the foundation of healthy lifestyle is in adolescence.

Our aim is to assess the health promoting lifestyle amongst undergraduate students in Mangalore. Also to assess health promotion of students through their lifestyle which consists of six aspects - Physical activity, Nutrition, Health responsibility, Spiritual growth, Interpersonal relations & Stress management. We would like to compare health promoting behavior in these six aspects between males and females and to different cultural backgrounds. A Cross sectional study was done with 380 undergraduate medical students at a Medical college at Mangalore

Analysis was done by students unpaired t test and ANOVA.

Out of the 380 participants equal number of boys & girls were taken for the study (190). There were 107 NRIs & 273 Indians were included in the study. Mean Health promoting lifestyle score was 130.845. While comparing the Mean HPLP score between the boys and girls the mean score is more in Girls (131.64) than boys (130.84) but statistically insignificant ($p=0.378$)

While comparing mean score among the six aspects of HPLP physical activity, spiritual growth and Inter personal relationship we found statistically significant difference between boys and girls. Physical activity score is more in boys (20.105) compare to Girls (17.468) whereas Spritual growth and Inter personal relationship score is more in girls than boys

ShashikantPrabhakar Vaidya
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The study of differential expression of matrix metalloproteinase genes in macrophage infected with Mycobacterium tuberculosis

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Abstract

The tubercle bacillus is a small, rod-shaped bacterium that is extremely hardy; it can survive for months in a state of dryness and can also resist the action of mild disinfectants. Infection spreads primarily by the respiratory route directly from an infected person who discharges live bacilli into the air. The bacilli are then trapped in the tissues of the body, are surrounded by immune cells, and finally are sealed up in hard, nodular tubercles. This causes a condition

	<p>known as pulmonary tuberculosis, a highly infectious stage of the disease. The tubercle thus forms as a result of the body's defensive reaction to the bacilli. In some cases, the original tubercles break down, releasing viable bacilli into the bloodstream. Through bloodstream bacilli travel to almost any organ of the body, including the lymph nodes, bones and joints, skin, intestines, genital organs, kidneys, and bladder. Although the bacilli can spread to various organs of the body, it exhibits marked variations with respect to the pathological manifestation.</p> <p>Macrophages are the primary effector cells in the immune response to MTB and secrete multiple inflammatory mediators when infected, including matrix metalloproteases (MMPs). Lung is supported by fibrillar collagens which is cleaved by the matrix metalloproteinases (MMPs) a family of proteases that are collectively able to degrade all components of the extracellular matrix. MMPs are not stored in cells, except neutrophils, and their expression is tightly regulated at the level of gene transcription. Macrophages are large mononuclear cells of the innate immune system which function as professional phagocytes. The macrophage is the main replication niche of MTB, despite the bactericidal characteristics and functions that this cell type normally has. The bacillus has evolved several strategies for surviving in the otherwise hostile intracellular environment of the macrophage. MTB interacts with the macrophage through several different receptors. During infection, their role is to ingest and destroy pathogens, recruit other cells of the immune system, and present antigens from the microbe to cells of the adaptive immune system. Murine models and murine cell line are extensively used in studying tuberculosis. Though <i>M. tuberculosis</i> is a human pathogen, it is able to show similar effects in murine cell lines as that in human cell lines. Therefore it will be of great importance to assess the response of murine macrophages with respect to Matrix metalloproteinases when infected with different <i>Mycobacterium tuberculosis</i> isolates. The present study shall analyse this responses in murine macrophage when infected with MTB isolates <i>in-vitro</i>.</p>
<p>Assoh, Bernard Bem GIC1521068</p>	<p style="text-align: center;">Conflict Of Values In Chinua Achebe's :Dead Men's Path</p> <p style="text-align: center;">ASSOH, BERNARD BEM <i>Lecturer Department of English/French Nigeria Police Academy P.M.B 3474 Kano, Nigeria. Email ; benardbemdo@gmail.com</i></p> <p style="text-align: center;">Abstract</p> <p>The paper looks at the concepts of Tradition and civilization as basic elements that have come to characterize the development of Literature. The analysis is based on Chinua Achebe's "Dead Men's Path" which captures the dilemma of an overzealous school headmaster who ignores the values of tradition as a result of his new found western education. The aftermaths of his decision triggers the basis for this research and influenced by postcolonial theory of</p>

	<p>literary criticism which seeks to create a balance between Tradition and Civilization in taking decisions and actions that affect the traditional society where the decisions are to take effect. The paper concludes that literary artists should not shy away from promoting the cultural values of the indigenous people from where their source materials are drawn. The study advocates a balanced knowledge of the Traditional and western values as key in the development and growth of African societies.</p> <p>Key words: Tradition, Civilization, Literature and Cultural Values.</p>
<p>Shamsiah Othman GIC1521069</p>	<p>School – Based Student Obesity Prevention Program for Primary School Student in Kuching, Sarawak Malaysia</p> <p style="text-align: center;">SHAMSIAH OTHMAN UNIVERSITY TEKNOLOGI MARA <i>shalig78@gmail.com</i></p> <p style="text-align: center;">Abstract</p> <p>Obesity among the children becomes a global crisis and it is also a major public health problem in Malaysia. Every year, total of obesity seemly increase and become synonym to Malaysian people. It caused by imbalance between calorie intake and calorie utilized. There is factors caused these problem whereas genetic, behavioral and environment. These will affect children physical, psychological and social health. The main objective of this study is to evaluate the effectiveness of school – based prevention program among primary school student in Kuching, Sarawak. The program include “1 Student 1 Sport ”, eating healthy food campaign, aerobic session, health checking clinic, health awareness month and fitness centre. An experimental study was conducted on 30 children from a different race in area Kuching, Sarawak. The students have normal weight, overweight as well as obese. There is a questionnaire been given to the entire student to check their habit of nutrition system. They parents will be answered a different type of questionnaire on how they feed their children. The results shows, group of overweight and obese student facing disorder life style from the aspect of their nutrition system. The school – based student obesity prevention programs give impact on the obese student life style not only in school but also during they daily life time and promising good results.</p> <p>Keywords: calorie imbalance, student obesity, prevention program, disorder life style, nutrition system</p>



AyuKhoirotulUmaroh
GIC1521070

The Description about Clean and Healthy Living Behavior in PuskesmasBuluSukoharjo District on January-March 2015

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Abstract

Background: Clean and healthy living behavior (PHBS) pertaining of someone gives a big impact of individual, family, community, environment health. Based on Ministry of Health data in 2013, households that active to practice PHBS in Indonesia reached 55,6 % and 75,1% in Central Java. Data Sukoharjo District Health Profile 2013, households that was examined about 114.140 and households have applied PHBS about 96.922 (82,2 %). In BuluSubdistrict was 85,8% in 2013. But there are still several villages in the BuluSubdistrict which has health problems relating to PHBS.

Aim: this research is to describe about Clean and healthy living behavior in PuskesmasBulu (Gentan village, Kedungsono village, and Kamal village).

Method: the type of this reseach is descriptive-quantitative by using Total Sampling tehniqe, processing data by a statistic software and data analysing by univariate.

Results: PHBS' scope of Gentan village is 67,06%, Kedungsono village is 73,3% and Kamal village is 73,53%. There are four PHBS indicators that have low percentage, such as the availability of trash bin (37,58%), health assurance (49,43%), no smoking (52,81%) and eradicating mosquito nets (56,65%). The highest percentage of PHBS indicators are no drinking and drugs (96,28%) and the availability of clean water (94,88%).

Conclusion: the percentage of PHBS' scope is lower than national percentage target (80%) in 2014-2019

Suggestion: health staff should activate the health cadre in these villages, give health education comprehensive to society and evaluate their PHBS continously.

Keywords: PHBS, national target, the rate scope



TulayBasak
GIC1521072A

Effectiveness of The Training Material in Drug-Dose Calculation Skills

Tulay BASAK

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Abstract

Introduction: Drug dose calculation skills developed in basic nursing education are a necessary competency in nursing. The use of simulation in nursing education has been an effective educational strategy in development of nursing skills in a safe learning environment.

Aim: The aim of study was to evaluate the effectiveness of the training material based on low-level environmental fidelity simulation in drug-dose calculation skills in senior nursing students.

Methods: A quasi-experimental design with one group. The sample included senior nursing students attending a nursing school in Turkey in the period from December 2012-January 2013. Eighty-two senior nursing students were included in the sample. Data were obtained using a data collection form which was developed by the researchers. Paired-sample t test was used to compare the pre-test and post-test scores.

Results: The difference between the mean pre-test score and the mean post-test score was statistically significant ($p < 0.05$).

Conclusions: This study revealed that the training material based on low-level environmental fidelity simulation positively impacted accurate drug dose calculation skills in senior nursing students.

Key Words: Drug dose calculation, nursing students, training material



VesileUnver
GIC1521072B

The Reliability and Validity of the Questionnaires: Student Satisfaction and Self-Confidence in Learning, Simulation Design Scale and Educational Practices Questionnaire

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	<p style="text-align: center;">Medical Academy School of Nursing Nuran Tosun, Assoc. Prof. Faculty Member Gulhane Military Medical Academy School of Nursing</p> <p style="text-align: center;">Abstract</p> <p>Introduction: Simulation has been used in nursing education as a significant learning-teaching strategy to improve the clinical skills, to integrate theory and practice as well as to avoid negative student experiences. In order to assess the effects of the simulation-based activities reliable and valid scales are needed.</p> <p>Aim: The aim of this study is to determine the reliability and validity of the “Educational Practices Questionnaire, Student Satisfaction and Self-Confidence in Learning scale and Simulation Design Scale” which will be used for evaluating the nursing student views and practices concerning the simulation-based activities.</p> <p>Method: This is a methodological study. It was conducted in a nursing school in Ankara, Turkey, between September 2014- April 2015. The sample of this study was composed of 87 fourth-year nursing students. In analysis of the data, SPSS version 15.0 (Chicago, IL, USA) was used. Number, percentage, and mean (standard deviation) as descriptive statistics were used. The Cronbach’s alpha coefficient was used for reliability analysis of the scale. In test and re-test analysis, points of sub-scales was compared by paired sample test. In addition, the correlation between point averages of sub-scales of test and re-test was calculated by paired correlation coefficient. In evaluation of structural validity, factorial structure of the scale was investigated by exploratory factor analysis and varimax rotation. The value of $p < 0.05$ was accepted as an indicator of being statistically meaningful.</p> <p>Result: The Cronbach’s alpha values were found as 0.77 -0.85 for “Student Satisfaction and Self-Confidence in Learning” as 0.73-0.86 for Simulation Design Scale as 0.61-0.86 for Educational Practices Questionnaire. In correlation analysis for test and re-test reliability a meaningful and positive relationship was found between sub-scale points of the nursing students obtained from tests and re-tests ($p < 0.05$).</p> <p>Conclusion: The results of this study show that the Turkish version of all scales are validated and a reliable measurement tools. As of this, using these scales in evaluation of the clinical education in Turkey was suggested.</p> <p>Key Words: Simulation, scale reliability, validity</p>
<p>Ji-Young Hong GIC1521073</p>	<p style="text-align: center;">Anti-tumor Activity of Yuanhuacine by Regulating AMPK/MTOR Signaling Pathway and Actin Cytoskeleton Organization in Non-Small Cell Lung Cancer Cells</p> <p style="text-align: center;">Ji In Kang, Ji-Young Hong, Hye-Jung Lee, Song Yi Bae, Cholomi Jung,</p>

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Abstract

Yuanhuacine (YC), a daphnanediterpenoid from the flowers of *Daphne genkwa*, exhibited a potential growth inhibitory activity against human non-small cell lung cancer (NSCLC) cells. YC also suppressed the invasion and migration of lung cancer cells. However, the precise molecular mechanisms remain to be elucidated. In the present study, we report that YC significantly activated AMP-activated protein kinase (AMPK) signaling pathway, thereby leading to suppression of mTORC2-mediated downstream signaling pathway in H1993 human NSCLC cells. AMPK plays an important role in energy metabolism and cancer biology. Therefore, activators of AMPK signaling pathways might be applicable for the treatment of cancer. YC enhanced the expression of p-AMPK α and suppressed that of its negative downstream effector, acetyl-CoA carboxylase (ACC). The involvement of AMPK activation by YC was also confirmed by the co-treatment of Compound C (an AMPK inhibitor) or metformin (an AMPK activator). YC also suppressed the activation of the mammalian target of rapamycin (mTOR) expression, a downstream target of AMPK. Further study revealed that YC modulates mTORC2-associated downstream signaling pathways with the decreased expressions of p-Akt, p-protein kinase C alpha (PKC α), p-ras-related C3 botulinum toxin substrate 1 (Rac1) and filamentous actin (F-actin)) that are known to activate cell growth and organize actin cytoskeleton. In addition, YC inhibited the tumor growth in H1993 cell-implanted xenograft nude mouse model. These data suggest the YC could be a potential candidate for cancer chemotherapeutic agents derived from natural products by regulating AMPK/mTORC2 signaling pathway and actin cytoskeleton organization.

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The Influence of Nurse's Work Environment and Patient-



Eva Patrícia da Silva
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GIC1521074

Centered Care Practices on Glycated Hemoglobin

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Abstract

In this cross-sectional study of 292 type 2 diabetics and their 49 family nurses in Portugal, we examined the nature of relationships among nurses practice environment and the implementation of patient centred care practices and between this practices and the glycated haemoglobin (HbA1c). For this purpose, we used the structural equations model (SEM) in order to make the relations analysis. The clinical supervision and resource adequacy as assessed by “*The Practice Environment Scale of the Nursing Work Index (PES–NWI)*” had a direct and positive effect on the quality of patient centred care as measured by “*Diabetes Education Process (DEP)*”, which in turn had a negative and direct effect on the gold standard outcome of diabetes (HbA1c). It has been shown, for the sample under study, that the care environment affects the development of clinical care practices centred on the patient and that these practices affect the results in patients with diabetes.

Keywords: work environment; patient centred care; diabetes; outcomes

Praveen Dahiya
GIC1521075

Evaluation of *In vitro* antimicrobial potential and phytochemical analysis of Spruce, Cajiput and Jamrosa essential oil against clinical isolates

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Abstract

Objective: To investigate the phytochemical constituents and TLC bioautography of *Piceaabies* (Spruce), *Melaleucaspp.* (Cajiput) and *Cymbopogonkhasans* (Jamrosa) essential oils. The *in vitro* antimicrobial potential was also determined against against fungal isolates and Gram-positive and Gram-negative bacterial strains isolated from human infections.

Methods: Preliminary phytochemical analysis was performed. The antimicrobial potential of essential oil from Spruce, Cajiput and Jamrosawas evaluated by agar well diffusion method against clinical isolates. The antibacterial effect was investigated using the TLC-bioautographic method.

Results: Phytoconstituents analysis demonstrated the presence of few phytochemicals including steroids, reducing sugars and cardiac glycosides in all the three tested essential oil samples. The essential oils were further investigated for its antimicrobial activity against eleven different bacterial clinical isolates and four fungi respectively. The oils showed broad antimicrobial activity against Gram-positive and Gram-negative bacteria and fungal isolates such as *Staphylococcus aureus*, *Escherichia coli*, *Klebsiella pneumonia*, *Acinetobacterspp.*, and *Aspergillusniger*. The highest *in vitro* inhibitory activity was observed for *S. aureus* with maximum zone of inhibition (27 ± 0.05 mm in diameter) for Cajiput essential oil followed by 23 ± 0.07 mm for Jamrosa oil against *Acinetobacter* spp. Among fungal isolates tested, the growth of only *Aspergillusniger* and *Aspergillus* spp. was inhibited. Thin layer chromatography bioautography assay demonstrated two big spot and one small spot observed at *Rf* values 0.083 and 0.33 (active spots) and 0.47 (inactive spot) against *Staphylococcus aureus* 3 and *Staphylococcus aureus* 1.

Conclusions: It can be concluded that the essential oils from Cajiput and Jamrosa possessing antimicrobial potential against clinical isolates, can be used in the treatment of various microbial infections.

Keywords: *In vitro*antimicrobial activity; Phytochemical analysis; TLC bioautography; Spruce; Cajiput; Jamrosa essential oil



Putri Novita Sari
GIC1521076

HEALTH PSYCHOSOCIAL DIARY AS A MEDIA TO IMPROVE HEALTH FOR INTROVERTED MIDDLE AGE WOMEN

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ABSTRACT

Middle-aged women are the age group between 45-59 years (WHO). They are the ones generally begin to show signs of a decline in psychosocial function. Especially for women who have an introverted personality that tend to pull away from social contact and certainly make worse their psychosocial health. Women experience more psychosocial changes, one that affects it is, because women experience menopause are susceptible to various diseases. With the existence of this problem, prevention efforts can be done through media such as books needed to improve psychosocial health for middle-aged women who have an introverted personality. In general, in Indonesia's approach to middle-aged women are not conducted through media like this, they prefer to improve health psychosocial with treatment or prevention medical.



Ishra Hussain
GIC1521078

Impact of Social Media on Performance of Students of Higher Educational Institutes

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ABSTRACT

This paper demonstrates the impact of social media on the performance of students. Moreover it explores whether social media helps them in their group academic activities and instant solution finding of academic tasks. The social media has been claimed to have bridged the gap of communication and provide new ways of effective learning, potentially removing the uncertainties. Therefore, the respondents in this study were the students of higher educational institutions in Pakistan and the study carried out was qualitative in nature. This research investigates whether social media helps students to handle complex academic tasks and how do they manage time while on social networking sites. It was demonstrated that how social media can remove certain barriers associated with it and helps students in solo studies and giving them a confidential attitude which in turn improve their academic performance. The role of media in their lives was analyzed based on their statements

through interviews. As a conclusion different propositions were presented regarding time managing and removing hurdles created by social media which impact the performance of students.

Keywords: Performance of students, social media, learning and education.



Rena Ratri Anggoro
GIC1521079

Health Psychosocial Diary as a Media to Improve Health for Introverted Middle Age Women

TRACK: Innovations and ideas for improving the quality of health-care and the quality of life

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ABSTRACT

Introduction

Middle-aged women are the age group between 45-59 years (WHO). They are the ones generally begin to show signs of a decline in psychosocial function. Especially for women who have an introverted personality that tend to pull away from social contact and certainly make worse their psychosocial health. Women experience more psychosocial changes, one that affects it is, because women experience menopause are susceptible to various diseases. With the existence of this problem, prevention efforts can be done through media such as books needed to improve psychosocial health for middle-aged women who have an introverted personality. In general, in Indonesia's approach to middle-aged women are not conducted through media like this, they prefer to improve health psychosocial with treatment or prevention medical.

Method

This study uses a qualitative method which takes on secondary data, in the presence of a health diary is expected to improve health psychosocial in the age group of middle-aged women who have an introverted personality. So as to prevent the occurrence of health problems that may arise in the next phase.

Result

Health diary can help the middle-aged women who have introverted personality to improve health aspect psychosocial and prevent health problems that may arise in the advanced phase of the elderly, and be able to diagnose the symptoms as early as possible about health problems that may be will continue being more serious.

Conclusion

Media such as health diary is an effort in primary and secondary prevention are used in middle-aged women who have an introverted personality with health problems, especially psychosocial health problems. Social and health issues that are not capable of directly

expressed by middle-aged women, it can be expressed through writing in health psychosocial diary. So that people around middle-age women can understand and support to improve health psychosocial aspect and then can reduce introvert personality in middle-aged women.

Keyword: diary, introvert, middle- age women, psychosocial.



Qonitatul Khasanah
GIC1521080

EMSA Eritin Drives Expansion of Regulatory T cells and Promotes T-Cells Differentiation in Irradiated Mice

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ABSTRACT

Until now the world's health has not been able to avoid the use of irradiation or chemotherapy to treat diseases such cancer. Sublethal irradiation exposure in radiotherapy results in a range of DNA damage and activate p-53 protein which causes apoptosis in radiation sensitive tissues including lymphocytes. Consequently, this damage results incell death either by necrosis or apoptosis. Medicinal plants are the principal health care resources for the majority of people all over the world. Pharmaceutical importance of plants has led to the discovery and adoption of plant extracts which were commonly used in traditional medicine, as alternative source of remedy. Management of radiation-induced lymphocyte suppression using EMSA-Eritin has not been done yet. EMSA (Eryhtroid Modulatory and Stimulatory Agent)-Eritin is a combination of red rice, soybeans, and coconut water. EMSA Eritinhasa wide range of important contents such as genistein, cytokinin, nicotinic acid, pantothenic acid, biotin, riboflavin, folic acid, thiamine B1, vitamin C, pyridoxine, daidzein, glycitein, phenolic acids, and anthocyanins.Here, we provide evidence that radioprotective agent is very important in normalizing and modulating the immunological response. In the present study, we examined the significance of polyherbal medicine called “EMSA Eritin” on immunological responses when it was administered to sublethally irradiated mice focusing on the involvement of Treg, naïve T cell, and also the development and differentiation of T-cell in thymus. Normal BALB/c mice were sublethally irradiated by 600 rad. The irradiated mice were then orally administered by EMSA Eritin once a day at different doses: 1.04, 3.12, 9.37 mg/g body weight (BW). As positive control, mice were treated with Epoetin Alfa™ at a dose of 0.21 mg/g BW. The treatment was performed for 14 days. On day 15, immunological responses were observed by analyzing the status of Treg and differentiation of T-cells in thymus by flowcytometry. Data were tested statistically with normality test and homogeneity of variance test, then tested with one- way ANOVA with $\alpha = 0.05$ and if the results of the ANOVA showed significant results with SPSS 16.0

	<p>for Windows, then it was performed a post - hoc test with Tukey HSD test (Honestly Significant Difference). In this study we demonstrated an increase in T-cell maturation in line with the dose of EMSA Eritin. The administration of EMSA Eritin to irradiated mice resulted in a significant increase of Treg cells and naïve T cells which in general it could maintain and normalize healthy condition in mice.</p> <p>Key words : EMSA-Eritin, Irradiation, differentiation, Naïve T cells, Treg cells,</p>
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June 13, 2015

City Tour	Starting Point (10 AM)
<ul style="list-style-type: none"> • Assemble at the starting point at 10 AM • The tour will start precisely at 10:30 AM • Delegates may collect pending certificates/ receipts at 10 AM from the Starting Point • It is a paid tour. The participant would pay SGD 33 for the full day tour, which will cover all major tourist destinations of Singapore • Please come prepared for the tour with sun-glasses, camera and other necessary articles • The tour will have stoppages at several public places and malls. The delegates should arrange for their refreshments on their own 	<p><i>3 Temasek Boulevard #01-330 Suntec Shopping Mall Singapore 038983</i></p> <p><u>MRT services</u></p> <p>Suntec City Mall is easily accessible by MRT.</p> <p>The nearest MRT Stations are Esplanade Station and Promenade Station via the Circle Line which will bring you directly to Suntec City Mall.</p> <p>Alternatively, take the MRT to City Hall Station, followed by a five to ten minutes' walk via an underpass to Suntec City Mall.</p> <p><u>Walking from MRT station</u></p> <ul style="list-style-type: none"> • 1 min from Promenade and Esplanade MRT • 5 - 10 mins from City Hall MRT