



STIKep PPNI Jawa Barat, Bandung - INDONESIA
National Cheng Kung University Hospital - TAIWAN
Bandung, 16th – 17th July, 2018

Conference Book
International Conference on Health Care
and Management

“Evidence to inform action on supporting and implementation of
SDGs”

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This book published by:

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Welcome Message



Assalamualaikum Warahmatullahi Wabarakatuh

Dear honorable guests,
Sustainable Development Goals (SDGs) as an agreement of sustainable development objectives agreed by all countries at the 2015 UN sessions. Each country including Indonesia has an obligation to implement this joint development plan by applying universal, integration and inclusive principles by ensuring that no one missed or “No-one Left Behind” Indonesia has Nawa Cita or 9 priority agenda which should synergize with SDGs and can be used as health program application in Indonesia to also achieve SDGs.

On behalf of the organizing committee and the Nursing Society of Indonesia, I am glad to invite you to join ICHM 2018 (International Conference on Health Care and Management) in Bandung, Indonesia on July 16-17, 2018.

The conference is expected to reveal some solutions for evidence-based health care and scientific facts to be discussed by various viewpoints from diverse speakers from around the world with the title “Evidence to inform action on supporting and implementation of SDGs. Through the International Conference is expected to improve health services, especially in the field of nursing in Indonesia to improve the human development index.

We hope all participant could benefit from the exciting program and will surpass your expectation and that will be an inspiring event.

Warm regards,



Dhika Dharmansyah
Conference chair



Assalamu'alaykum Wr.Wrb
Good morning and best wishes for all of us.

Ladies and gentlemen, in such a great and happy day, let's praise and thank to Allah Swt who has given us grace and mercy to all of us to gather in this International Conference on Health Care Management event today.

First of all, we would like to gratitude and appreciate highly to national Cheng Kung University Hospital has given the opportunity and confidence to our institution STIKep PPNI Jabar for the second time in collaboration to organize International Conference on Health Care Management with theme: "Evidence to inform action on supporting and implementation of SDGs". This event is one of follow up The memorandum of Understanding between NCKUH with STIKep PPNI Jabar.

STIKep PPNI Jabar is as a nursing education institution carry out the mandate to create professional nurse, we must implement all TRIDHARMA University activities in academic atmosphere that aims to broaden and improve nursing and existence of nurse profession capacity in nation developing continually.

As we know the university academic quality is determined by its researches and graduates result quality. The research work results may be either a right against managing intellectual wealth equity as well as scientific work which is able to be publicized through scientific journals and scientific gathering forums of the same scientist background both in national and international level.

Nevertheless, the publishing of journal researches is published by its university. Nowadays, it is irregular because there are both financial and scientific manuscript availability drawbacks. Scientific regular manuscripts are very limited because manuscript contributor is only from its university as well.

The high education Research and technology ministry data in 2017, it stated that there were an increase of research work publishing done by practitioners, academicians and researchers of Indonesian. The amount of Indonesian research publishing on international journal certifiable indexed Scopus tended to increase. The high education Research and technology ministry data on December 1st 2017 noted that Indonesia scientific research publishing reached 14.100 journals. Meanwhile, on October 1st 2017 there were as many as 12.098 journals.

However, internally nurse profession scientific research journals are still less of publishing. It is alleged to the low of quantity and quality publishing about nursing. One of the drawbacks is rarely the interaction between nursing scientists and experts in scientific conferences. Some efforts are carried out by STIKep PPNI to encourage and to accelerate sharing knowledge amongst the nursing experts. Accordance to the goals, National Cheng Kung University Hospital Taiwan and STIKep PPNI have made MoU and held as this International conferences organizer. Hopefully, it is able to bridge all stakeholders, practitioners, and academicians in supporting the quality of the human resources especially, nurses and health workers as well.

The honourable ladies and gentlemen,
Nowadays, in the global era, the transformation runs rapidly and consequently it makes the knowledge based society. Information and communication technology development are very important in on its role in manifesting society development based on the knowledge. The higher education of society will be higher of health service quality demands specially nurse.

Accordance to the effort, this International conference aims to,

1. Facilitate the knowledge sharing between health experts and nurses to encourage the goal of health human resource quality.
2. Produce health scientific and nursing articles deserve to be published on international scopus indexed journal.
3. Make communication networking amongst Universities, research institution, nurse practitioners, and other stakeholders.

I truly believe that all participants through the 2 days in international conference, our goals above are able to be manifested well.

Finally, I would like to thank to all of participants diligently and with spirit of attending this international conference on health care management.

Wish the conference is able to be knowledge sharing event and delightful and successful as well, the conference will be enlightened and interchange will do great help for us after attending this conference, especially STIKep PPNI Jabar and generally for all profession nurses to provide health services to communities, aamiin ya robbal alamin.

Wassalamu'alaykum Wr.wb.

Kindest regards,



The Dean of STIKep PPNI Jabar



Excellencies, Distinguished Delegates, Ladies and Gentlemen,
Selamat Siang,

I'm ChyunYu Yang, the superintendent of National Cheng Kung University Hospital in Tainan, Taiwan.

On behalf of our hospital, it is my pleasure and privilege to welcome all of you to participate in the international conference on health care and management 2018.

To our eminent speakers and delegates who have come from UK, Netherland, Korea, Japan, Thailand, Singapore, Taiwan, and Indonesia, I bid you a very warm welcome to Bandung. We are indeed honoured to have you here with us. We have about 1.000 participants from different place in Indonesia and countries gathered here today, making our conference a truly meaningful one.

This is our second time collaborate with STIKEP PPNI Jawa Barat to hold an international conference. Last year, we have very successful conference with the theme focus on infection control and disaster management. And this year, our conference theme is "evidence to inform action on supporting and implementation of SDGs".

The Sustainable Development Goals (SDGs) known as the global goals, are a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity. Goal 3 addresses all major health priorities and calls for improving reproductive, maternal and child health; ending communicable diseases; reducing non-communicable diseases and other health hazards; and ensuring universal access to safe, effective, quality and affordable medicines and vaccines as well as health coverage.

However, the world seems still far from ending maternal mortality, with more than 303,000 deaths in pregnancy or childbirth occurring annually. NCDs are also a growing problem, causing 40 million deaths in 2015.

But, All in all, we can take comfort in the fact that SGDs indicators are moving in the right direction .Yet we still have plenty of work to do.

I wish in the next two day and a half, we have the opportunity - and indeed the responsibility - to prepare and add knowledge related the current situation and progress reflection of SDGs.

In closing, I encourage delegates to participate actively in the interesting discussions over the next two days. I wish everyone a successful and fruitful conference.

Thank you.

Conference Committee

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THE EFFECT OF BACK MASSAGE ON THE SEVERITY OF BACK JOINT PAIN AT ASISI NURSING HOME OF SUKABUMI CITY

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ABSTRACT

Background: Being old is a state that happens in human life. The ageing process is the process of weakening in the immune system in the face of internal and external stimuli, which ends in death. The most common disease suffered by the elderly is joint disease, which is the cause of disability in the elderly. One of the methods currently in use to overcome this is back massage therapy. **Objectives:** The purpose of this research is to determine the effect of back massage on the severity of back joint pain in the elderly. Joints are connections between two or more bones that work with the muscles and nerves to produce smooth and purposeful movements. Massage is defined as a mechanical hand movement against the human body using various forms or techniques of grip. An elderly is a person who is in the final stage of the human life cycle. **Methods:** This research is experimental in nature. The experiment uses quasi experimental or pre-experimental design with samples of 19 respondents. The research adopts a purposive sampling method. Hypotheses are analysed using Wilcoxon test. **Results:** The findings indicates that bivariate test using Wilcoxon test results in a P-value of 0.000, p-value < 0.05, which means that H₀ is rejected. Thus, it suggests that back massage has an effect on the severity of back joint pain. **Conclusions:** The research conclusion shows that back massage has an effect on the severity of back joint pain. Based on this research, back massage therapy can be used as an alternative to alleviate complaints of back joint pain in the elderly.

Keywords: back massage, joint pain, elderly

INTRODUCTION

Aging or growing old is a condition which occurs in human life. Aging is a natural process which means that someone has gone through three stages of life namely childhood, adulthood, and elderhood. The latter stage is indicated by a setback in a physical condition such as sagging skin, grey hair, tooth loss, hearing loss, bad eyesight, declined motor coordination, and disproportionate body figure. (World Health Organization, 2008).

The 21st century for Indonesia is an aging century because according to Central Bureau of Statistics the increase of elderly population in Indonesia is estimated to be faster among other countries. "It is predicted that the older population in Indonesia will reach 11.34% or 28.8 million of its population." The rise in the proportion of aged population requires attention because this group is susceptible to various health problems including arthritis, hypertension, hearing loss, heart defects, chronic sinusitis, decreased visual acuity, and bone disorders.

National Commission states that the most common medical problem which affects the elderly is joint diseases (52,3%), which cause physical disability in older adults and one of the current treatments is massage therapy (Depkes RI, 2007).

Back Massage has a lot benefits for human body such as reducing muscle pain, improving circulation and stimulating blood flow on the cardiovascular system, as well as stimulating skin cell regeneration, and the effect on the nervous system (Sutresna, N et al. 2013).

Massage is needed for maintaining physical fitness despite the use of simple manipulation as a natural reaction of the body. During the massage, paramedics are not only alleviating patient's joint pain but also doing a general examination of patient's physiological and psychological condition (anamnesis) (Medical Shocker et al., 2008).

Sukabumi City as an elder-friendly city is a program which aims to improve the welfare of the elderly, provide space and place particularly designed for elderly people such as elder-friendly facilities and community health center. Selabatu community health center (*puskesmas*) for example, has been running the program by managing the Asisi Nursing Home.

METHODS

The type of research used in this study is quasi-experiment or research experiment, by conducting experimental activities which aim to find out the symptoms or effects arising as a result of certain treatment or such experiment (Notoatmodjo, 2012). Meanwhile, the pre-experimental designs for this research are pre-test and post-test groups.

The targeted population for this research includes all of the elderly people at Asisi Nursing Home of Sukabumi as many as 50 people. The research sampling must meet the inclusion and exclusion criteria, whereby 19 elderlies are obtained.

RESULTS AND DISCUSSION

Analysis results of respondent characteristics based on educational background.

No	Education	Frequency	Percentage
1	Elementary School	10	52,6
2	Junior High School	2	10,5
3	Senior High School	5	26,4
4	Not attending school	2	10,5
Total		19	100

The above table shows that most of the elderly's educational background at Asisi Nursing Home of Sukabumi is an elementary school, i.e., ten people (52.6%), and the least are not attending school, i.e., two people (10.5%).

Analysis results of respondent characteristics based on occupation.

No	Occupation	Frequency	Percentage
1	Employed	3	15,8
2	Unemployed	16	84,2
Total		19	100

It shows that most of the elderly people at Asisi Nursing Home of Sukabumi are unemployed, viz. 16 people (84.2%) and the least are employed, viz. Three people (15.8%).

Analysis results of respondent characteristics based on age.

No	Age	Frequency	Percentage
1	60- 69	4	21,1
2	> 69	15	78,9
Total		19	100

It shows that most of the elderly people at Asisi Nursing Home have the age of > 69 years, i.e., 15 people (78.9%) while the rest are in the age range of 60 – 69 years (21.1%).

Statistical Analysis of Univariate Variables of Pain severity

Research findings regarding the respondents' pain severity before massage administration are as shown below.

No	Pain Severity	Frequency	Percentage
1	Mild	8	42,1
2	Moderate	11	57,9
Total		19	100

The findings show that as many as 11 elderly people at Asisi Nursing Home have moderate pain before massage administration (57.9%) and eight others have mild pain (42.1%).

The research findings on respondents' pain severity after massage administration research are as shown below.

No	Pain Severity	Frequency	Percentage
1	Mild	15	78,9
2	Moderate	4	21,1
Total		19	100

The findings show that most elderly people at Asisi Nursing Home have mild pain after massage administration, i.e., 15 people (78.9%) and the rest have moderate pain, i.e., four people (21.1%).

The results of descriptive analysis of pain severity before and after the administration of back massage are as follows.

Pain	N	Mean	Median	Sd	Max	Min
Pre	19	3,84	4,00	0,958	5	2
Post	19	2,58	2,00	0,961	4	1

It shows that of 19 elderly people, the average pain severity before back massage administration is 3.84 with the standard deviation of 0.958, while the highest pain severity is 5 and the lowest is 2. However, after the administration of a back massage, it shows that of 19 elderly people, the average pain severity is 2.58 with a standard deviation of 0.9611, while the highest pain severity is 4 and the lowest is 1.

Bivariate analysis was conducted to find out if back massage affects the severity of elderly's back joint pain before and after the administration of a massage. In this case, the researcher used paired t-test. To do this test, however, the data need to follow the normal distribution. Therefore, normality test was conducted in advance using Shapiro Wilk's method.

The results of Shapiro Wilk's normality test on pain severity before and after the administration of back massage are as shown below.

Pain Severity	P Value	A	Test Criteria
Pre	0.007	0.05	Not Normal
Post	0.017		Not Normal

The findings show that the Shapiro Wilk's normality test on the pre-intervention pain severity is 0.007, while the post-intervention pain severity is 0.017. Based on those normality test results, all of the data are not normally distributed because P value is < 0.05 or, in other words, H0 is

accepted, which means that the paired t-test cannot be conducted. To anticipate it, Wilcoxon test is used as an alternative.

The results of Wilcoxon test using SPSS 16 are as shown below:

<i>P-Value</i>	Test Result
0.000	H ₀ is rejected

Wilcoxon test indicates the P-value of 0.000, where P-value is < 0.05 . As a result, H₀ is rejected, which means that back massage has an effect on the severity of back joint pain in elderly people at Asisi Nursing Home of Sukabumi City.

The findings reveal that before massage administration, most elderly people suffered from moderate pain, viz. 11 people (57,9%) and the least suffered from mild pain, viz. 8 people (42,1%). The average pain severity is 3.84 with a standard deviation of 0.958, while the highest pain severity is 5 and the lowest is 2.

The findings also reveal that after massage administration, 15 elderlies have mild pain severity (78.9%). The average pain severity is 2.58 with a standard deviation of 0.9611, whereas the highest pain severity is 4 and the lowest is 1.

The above descriptions show that there is a significant decrease in pain scale after the administration of a back massage.

Administering back massage two times, each for 10 minutes, in a week proves that the majority of the respondents experienced a decrease in pain scale, from moderate to the mild category, while only a few of them did not feel any change.

Before the administration of a message, most of the respondents had moderate pain. As this pain is recurrent, the previous experience of joint pain helps each to cure the pain. Therefore, the pain suffered tends to be moderate. After the administration of a back massage, endorphin is released because of the relaxation effect. This chemical has a function to inhibit painful stimulus to the cerebral cortex. Thus the pain cannot be perceived.

Bivariate analysis using SPSS with Wilcoxon test indicates $p = 0.000$ where probability is below 0.05 ($0.000 < 0.05$). Thus, H₀ rejected, or back massage affects back joint pain in elderly people.

RECOMMENDATIONS

Considering that back massage therapy helps reduce back joint pain in elderly people at Asisi Nursing Home of Sukabumi City, it is expected that the back massage therapy can be administered as one of the best services for older adults.

For the next researcher, it is recommended that this study can be used as a reference for further research on the severity of elderly's joint pain. Also, it is also recommended that further research is conducted in different places, or in the same place with different treatment for the same variable, i.e. elderly's joint pain. The treatments may include music therapy, cupping therapy, and so on.

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