



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 SGD 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 INFLUENCE OF DEEP BREATHING TOWARD THE QUALITY OF SLEEP AND BLOOD PRESSURE IN PEOPLE WITH HYPERTENSION AT KARANG PULE PUBLIC HEALTH CENTER 2018

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ABSTRACT

Introduction : World Health Organization in 2012 estimated that 982 million people suspected of hypertension and killed 9.4 million people each year around the world. Blood pressure also can affect sleeping quality. When our sleep disturb, it will increase the risk of hypertension. Deep breathing technique is a non-pharmacological therapy that had not been applied widely to patients suspected with hypertension. **Methods** : This research aims to determine the effect of deep breathing toward sleeping quality and blood pressure in patient with hypertension in karang pule public health center. The design of this research is pre experiment one group pretest posttest design. Samples in this research were 17 respondents. Technique used to collecting the samples is purposive sampling. Instrument in this research is PSQI questionnaire and sphygmomanometer. Data analyzed using paired t test analysis. **Results** : The results of the research showed that significance value of 0.000 ($p < 0.05$), there is a change of sleeping quality and blood pressure after being given deep breathing in hypertensive patients. Recommendation The results of this research is expected that patients with hypertension should be apply deep breathing in health service or at home routinely to improve the quality of sleeping and blood pressure on hypertension suspected.

Keywords: Deep Breathing, Sleep Quality, Blood Pressure, Hypertension

INTRODUCTION

Hypertension is frequently asymptomatic disorders occur with an increase in persistent of blood pressure. Hypertension is a disease resulting from impaired blood circulation and one of the non communicable disease. The higher of blood pressure the greater the risk of experiencing hypertension. Someone have blood pressure in hypertension more than 140/90 mmHg. Hypertension diseases travel very slowly and perhaps hypertension sufferers do not show symptoms for many years until the organ damage that is meaningful. National Hypertension Prevalence in each region in Indonesia obtained data 25.8% of the people who suffered hypertension only 1/3 are diagnosed, the remaining 2/3 not diagnosed. As for the prevalence hypertension in the West Nusa Tenggara amounting to 32.4% and higher than the 26.7% while the national figure is based on diagnosis and or history medications prevalence hypertension is 6.78% and vulnerable exposed to hypertension in aged 55-74 years.

According to Infectious Disease Surveillance data do not Seek health services-based Mataram City 2016 amount obtained as much hypertension sufferers 3660 people (36.6%), made up of men as much as women and as much as 13.17% 23.43%. According to the data in each area of Mataram city Clinic hypertension sufferers in health centers include Karang Pule ranks high with 203 clinics data on men and women with a total of 475,678. The damage organs body due to complications of hypertension will depend on the magnitude of the increase in blood pressure and a blood pressure

condition duration not diagnosed and untreated. Therefore, hypertension can be a serious threat to the quality of life in people with hypertension in less or not getting the right treatment and adequate.

Besides the factors of blood pressure can also affect the quality of sleep in patients with hypertension. Normal blood pressure decreases when sleeping normally. When sleeping disrupted, then the blood pressure drop does not occur during sleeping so that will increase the risk of the occurrence of hypertension which leads to cardiovascular disease. Also, one of the bad quality of sleep factors, i.e., shorter sleep duration of Customs also associated with increased blood pressure (Calhoun and Harding, 2012)

Research did Javaheri (2008), to find out the relationship between bad sleep quality with prehypertension or hypertension. The study found that there is a relationship of blood pressure with the sleep quality of patients of hypertension. According to Abraham Maslow's "hierarchy of Maslow," sleep is one of the basic human needs that are included in the physiological needs. Sleep quality is the ability of each person to maintain the State of sleep and to get appropriate sleep stages. 6 Beds that are not adequate of the bad quality of sleep and can lead to impaired balance and physiological psychology. In Physiology including a decrease in the activity of the day today, a sense of tired, weak, the healing process is slow body durability decreases and the vital sign instability. While the psychological impact includes depression, anxiety, and no concentration.

Deep Breathing is a technique with breathing exercises breathing slowly and deeply, using diaphragm muscles, thus allowing the abdomen lifted slowly and chest expands a full. The state with respiratory inspiration and expiration respiratory frequency be 6-10 times/minutes so that an increase in pulmonary stretch. Stimulation of stretch in the carotid sinus and aortic arcus received and forwarded by the vagus nerve to the medulla oblongata (the center of cardiovascular Regulation), then respond to increased reflex baroreceptor. Afferent impulses from reaching the heart of baroreceptor which will stimulate the parasympathetic nerve activity and inhibit sympathetic dystrophy Center (cardioakselerator). So that the Deep Breathing or relaxation breath in engineering can be done with relative ease; It's doesn't take long for the therapy, and can reduce the impact of pharmacological therapy and improve the State of relaxed in people with hypertension.

An overview on the work-area Clinics Karang Pule obtained 9 out of 10 sufferers say if the quality of sleep is disturbed than the blood pressure will increase coupled with symptoms of neck back feels stiff. Of 10 sufferers eight says it's hard to sleep because the conditions were not of themselves like many minds, tired so will also make easy or difficult start waking up to sleep.

METHODS

The design of this research is pre experiments one group pretest-posttest design. The number of samples in this research as much as 17 respondents using purposive sampling technique. This research instrument is the questionnaire and PSQI sphygmomanometer. Analysis of the data used is the paired t-test analysis test. The sample in this research is that meet the characteristics such as having no soul disorder, blood pressure $\geq 140/90$ mmHg, can read and write and sufferers of hypertension with age 30-60 years.

RESULTS & DISCUSSION

1. Characteristics of respondents

- a. Frequency Distribution Characteristics of Respondents Based on Age

Table 1. Frequency Distribution Characteristics of Respondents Based on Age in People With Hypertension at Karang Pule Public Health Center 2018

Age	Frequency	
	N	%
26-35 Years Old	5	29.4
36-45 Years Old	9	53
46-55 Years Old	3	17.6
Total	17	100

Based on table 1, it can be known that the age distribution of respondents in the age group that most are 36-45 and 41-45 years of age, i.e., as many as nine people (53%).

b. Frequency Distribution Characteristics of Respondents Based on Genders

Table 2. Frequency Distribution Characteristics of Respondents Based on Genders in People With Hypertension at Karang Pule Public Health Center 2018

Genders	Frequency	
	N	%
Female	14	82.4
Male	3	17.6
Total	17	100

Based on table 2, it can be known the gender distribution of respondents the most numerous is the female gender, i.e., as many as fourteen people (82.4%).

2. The Univariate Analysis

a. Identification of The Average Quality of Sleep Before Given Deep Breathing

Table 3. Identification of The Average Quality of Sleep Before Given Deep Breathing in People With Hypertension at Karang Pule Public Health Center 2018

<i>Pre Test</i>				
Category		F	(%)	Mean
Quality of Sleep	Good	2	11.8	7.8
	Bad	15	88.2	
	Total	17	100	

Based on table 3, it can be known that sleep quality good category two respondents (11.8%) while for bad category quality of sleep as many as 15 respondents (88.2%) with a mean that is 7,8.

b. Identification of The Average of Blood Pressure Before Given Deep Breathing

Table 4. Identification of The Average of Blood Pressure Before Given Deep Breathing in People With Hypertension at Karang Pule Public Health Center 2018

Blood Pressure	Pretest		
	Min	Max	Mean
Systolic	137.6	157.3	148.0
Dyastolic	85.8	96.0	91.4

Based on table 4, it can be noted that the results of the systolic blood pressure before the given deep breathing obtained the minimum score of 137.6 mmHg and a maximum score 157.3 mmHg with a Mean score of minimum 85.8 mmHg and scored a maximum of 96 mmHg.

c. Identification of The Average Quality of Sleep After Given Deep Breathing

Table 5. Identification of The Average Quality of Sleep After Given Deep Breathing in People With Hypertension at Karang Pule Public Health Center 2018

<i>Post Test</i>				
	Category	Frequency	Percent (%)	Mean
Quality Of Sleep	Good	12	70.6	4.2
	Bad	5	29.4	
	Total	17	100	

Based on tables 5, it can be noted that that the quality of sleep as many as 12 good category respondents (70.6%) while to sleep poor quality categories by as much as five respondents (29.4%) with a mean that is 4.2.

d. Identification of The Average of Blood Pressure After Given Deep Breathing

Table 6. Identification of The Average of Blood Pressure After Given Deep Breathing in People With Hypertension at Karang Pule Public Health Center 2018

Blood Pressure	<i>Posttest</i>		
	Min	Max	Mean
Systolic	133.33	156.5	144.5
Dyastolic	83.00	94.8	89.1

Based on table 6, it can be noted that the results of the calculation of systolic blood pressure after given deep breathing obtained score minimum of 133.3 mmHg and a maximum score of 156.5 mmHg incur a Mean score minimum of 83.00 mmHg and a maximum score of 94.8 mmHg.

3. The Bivariate Analysis

Table 7 Analysis Influence Blood Pressure and the Quality of Sleep before and after Given Deep Breathing in people with Hypertension at Karang Pule Public Health Center 2018

Variable			Mean	St.dev	P value
Blood Pressure	Systolic	Pretest	3.56	3.24	0.000
		Posttest			
	Dyastolic	Pretest	2.29	1.66	0.000
		Posttest			
Quality of Sleep	Pretest	6.08	2.05	0.000	
	Posttest				

Based on table 7, it can be known that the quality of sleep before a big deep breathing is done dengansebagian well as many category 2 respondents (11.8%) as for the quality of sleep in the category bad as much as 15 respondents (88.2%) so that the results of the calculation of the quality of

sleep prior to deep breathing retrieved values mean that is 7.8. While having given deep breathing sleep quality in both categories by as much as 12 respondents (70.6%), and bad categories by as much as five respondents (29.4%) with a mean of 4.2. It shows a decrease in the value of the average (Mean) after the given relaxation breath in (deep breathing).

Based on the research results, it is in accordance with the theory of quality sleep in addition to providing physical response also provides psychological response, therefore, exercise deep breathing is an indirect action that can lower acid lactate by way of increasing the supply of oxygen and lowers the brain's oxygen needs, so the expected balance of oxygen in the brain. Deep breathing is an action that is realized to regulate breathing in deeply and slowly. Deep breaths can stimulate the autonomic nervous response via the expenditures the endorphin neurotransmitter effect conferring on a decrease in sympathetic dystrophy and nerve response increased parasympathetic response. Sympathetic dystrophy nerve stimulation increases the activity of the body, while the parasympathetic response lower body activities or relaxation so that it can decrease metabolic activity. Parasympathetic nerve stimulation and inhibition of nerve stimulation sympathetic dystrophy on deep breathing also have an impact on brain blood vessels vasodilatory allow the supply of oxygen the brain more brain tissue perfusion so expected more adequate, so sleep quality improved and was able to reduce the symptoms that arise from poor sleep quality.

The existence of a drop in blood pressure after exercise gave the deep breathing can make breath slowly and the use of diaphragms, allowing the abdomen lifted slowly and the chest expand fully and exhale in slowly. Relaxation techniques (Deep Breathing) aims to achieve a more controlled ventilation and efficient as well as to increase maximum alveolar inflation, increase muscle relaxation, relieving anxiety, get rid of the muscle activity pattern- respiratory muscles are not useful, not coordinated as well as reducing the work to breathe so from that deep breathing can lower blood pressure.

Based on the results of this research by the research of (Wardani, 2015) with a grant of relaxation techniques influence a deep breath as an additional therapy against a decrease in blood pressure in hypertensive patients in level 1 installation outpatient polyclinic disease specialists in Tugurejo Hospitals Semarang. The research results obtained a value p systolic blood pressure difference (pretest-posttest) in experimental and control groups with the Wilcoxon signed-rank test is 0.00 ($p < 0.05$). While the value of p from the diastolic blood pressure in the Group wants and control with paired t-test is 0.00 ($p < 0.05$).

Based on the explanation, particularly physical exercise relaxation breath in (deep breathing) important for reducing hypertension, since in treating hypertension with drugs treatment not only of course. Lifestyle changes are also needed a better one of them runs deep relaxation breathing exercises. In addition to lowering blood pressure, deep breathing is also important to decrease the symptoms of bad quality of sleep because in it the main thing is with relaxation including breathing deep relaxation. Lifestyle changes are also needed for better and better sleep patterns as well.

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