



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”

Secretary Office :

STIKep PPNI Jawa Barat (Intitute of Nursing Science PPNI West Java)

Jalan Ahmad IV No. 32 Cicendo, Bandung 40173

West Java – Indonesia

Phone: +62 22 6121914

E-mail: info@icon-stikeppni.org

Website: www.icon-stikeppni.org

National Cheng Kung University Hospital

No.138, Sheng Li Road, Tainan, Taiwan 704, R.O.C.

Tel : 886-6-2353535

E-mail : hospital@mail.hosp.ncku.edu.tw



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Tel : 886-6-2353535

E-mail : hospital@mail.hosp.ncku.edu.tw

Chief Editor:

Linlin Lindayani, Ph.D

Member:

Irma Darmawati, M.Kep.,Ns.Sp.Kep.Kom

Henri Purnama, MNS



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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 IMPACT OF HYPNOTHERAPY AGAINST THE ANXIETY SCALE ON PATIENTS PRE-SURGERY OF SECTION CAESAREAN AT PUBLIC HOSPITAL IN SOREANG BANDUNG Regency

¹**Budiman**, ²**Mochamad Eka Putra**, ³**Galih Jatnika**
^{1,2,3}Stikes Jenderal A. Yani Cimahi, Cimahi, West Java, Indonesia
Corresponding Email: budiman_1974@yahoo.com

ABSTRACT

Background : *Section cesarean surgery* is a surgery to deliver fetal by incising the wall of the uterus. The prevalence of *section cesarean* operation at Soreang Public Hospital in January to December in 2016 was as many as 1028 patients. The intervention of surgery can cause the anxiety because of the scary feeling of something unknown. The anxious are impaired of natural sense marked the fear or deep worries. Nurses can give complementary therapies; one of its treatments is hypnotherapy. **Objective** : The research aims to know the impact of hypnotherapy against the anxiety scale on patients' pre-surgery of section cesarean. **Methods** : The research method used in this study was queasy experimental with respondents as many as 31 patients. Sample collecting technique used *purposive sampling*. **Results** : The research result of anxiety rate before implementing of hypnotherapy was 64.45 (Moderate anxiety), and anxiety rate after implementing of hypnotherapy was 50.26 (mild anxiety) there is the different anxiety rate before and after performing hypnotherapy. It is 14.194 with $p\text{-value } 0,001 < \alpha (\alpha = 0.05)$, so it can be concluded there is a significant correlation between anxiety level rate before and after implementing hypnotherapy. **Conclusion** : The suggestion based on the research result, it is hoped that hypnotherapy can be a nursing intervention to decrease the patients' anxiety pre-surgery section cesarean.

Keywords: Hypnotherapy, anxiety, Sectio cesarean

INTRODUCTION

Surgery is a unique experience for patients; even though professional medical workers think it as a minor but for patients and their families as significant and severe case. Surgery risk scale is divided become two scales; they are significant and minor surgery. Mayor surgery is surgery with high risk and surgery or incision takes a large area. Meanwhile, minor surgery is a simple surgery with low risk, but the patients never think of it as a simple intervention so that the patients can be anxious and frightening. Surgery or incision is divided into 3 phases as follow, *pre-operative, intra-operative, post-operative* ⁽¹⁾.

Pre-surgery is the first stage in preoperative nursing started since patients are accepted at the admission unit in the hospital and ending up as the clients are moved into the surgery room to be implemented during the surgery. Intra surgery is the second stage in pre-operative nursing started as clients are transferred to the surgery room and ending up as the clients are hospitalized in inpatient ward post anesthesia or recovery room. Meanwhile post-operative is the third stage in preoperative nursing started when clients come into the postanesthesia room and ending up as the wound has already been recovered. ⁽²⁾.

According to the World Health Organization (WHO) rate standard of *section cesarean* in a country was 5 – 15% /1000 give birth in the world. In 2000, section cesarean in England reached 21.3%, in 2001 in China, prediction section cesarean was 20,4%. In some developing countries such as Thailand, there was 17.4%, Philippine was 9.5%, and India was 8.5%. In 2013 stated that section cesarean cases were recorded 9.8% with high proportion at DKI Jakarta was 19,9%, and the lowest case was at Southeast Sulawesi 3.3% ⁽³⁾.

Section cesarean surgery is an incision to give birth the fetal by incising the wall of the uterus and creating of uterus labor to make infant give birth complete and health⁽⁴⁾.

The anxious is effectively signed by frightening feeling or deep anxious and continually⁽⁵⁾. Concerned is unclear scary feeling and unsupported by the condition and atmosphere. The worried can be seen in some scales as mild, moderate, panic; every scale causes physiology and emotional change of individual⁽⁶⁾.

Anxious can effect of someone in 3 things; 1) physic change shows that there is the change of cardiac, nausea, vomit, muscle cramp, and sweaty, and short breathing 2) mental change, worry, restless, confused, and less concentration. 3) The evolution of attitude as keeping out from some things, place or satisfied condition⁽⁷⁾.

Hypnotherapy is a therapy used hypnotic to achieve clients' unconscious mind⁽⁸⁾. Hypnotherapy process consists of 5 methods, it is *pre-induction, induction, deepening, suggestion, and termination Suggestion process*. The suggestion word takes the important role as clients are in hypnotherapy therapy process.⁽⁹⁾

Principally hypnotherapy is one of *Human mind control systems; it is the capabilities in controlling nature think of men with which to upon other than think unconscious so as being able to operate the controls of a groove brainwave*. How to break it to the alpha brain of a human being in *self-hypnosis* or applied to clients both patients for medical and non-medical practitioner. The key of hypnosis is an absence of force suggestion or creed against a positive act that appears based on a concept in mind, so it would have positive energy to an act done.⁽⁸⁾

The annual report in Public Hospital Soreang District, it was found the rate section cesarean in January until December 2016 with a total of section cesarean as many as 1028 patients.

METHOD

The research method used *Quasi-Experiment with One Group Pretest-Posttest approach*. In the first design of the research has been done first observation or pretest so that the researcher can test the change that occurs after implementing the intervention. Collecting sample technique used in this research was a *nonprobability* technique with *purposive sampling approach*. The Samples taken in the research were as many as 31 respondents who taken from section cesarean client pre-surgery with inclusion and exclusion at Soreang Public Hospital Bandung regency.

RESULT

The researcher provides research result about the impacts of hypnotherapy against the anxiety scale on section cesarean pre-surgery clients at Soreang Public Hospital in Bandung Regency.

The rates of pre-surgery section cesarean clients anxiety before implementing hypnotherapy therapy in Dahlia Ward at Soreang Public Hospital in 2017.

Variable	Mean / anxiety rate	Standard of Deviation	95% CI
The anxious before hypnotherapy intervention.	64.45 / heavy anxiety	3.325	63.23 – 65.67

Based on table analysis above it obtained the *mean score/value* before hypnotherapy intervention on section cesarean pre-surgery clients in Dahlia Ward at Soreang Public Hospital Bandung Regency was 64,45 value. The value included in the moderate anxiety scale, with deviation standard 3.325. The confidence interval was 63.23 – 65.67 with confidence scale 95%.

The rates of pre-surgery section cesarean clients anxiety after implementing hypnotherapy therapy in Dahlia Ward at Soreang Public Hospital in 2017.

Variable	Mean / anxiety rate	Standard of Deviation	95% CI
The anxious after	50.26 mild-heavy	4.516	48.60 – 51.91

hypnotherapy anxiety intervention.

Based on table analysis above it obtained the *mean score/value* after hypnotherapy intervention on section cesarean pre-surgery clients in Dahlia Ward at Soreang Public Hospital Bandung Regency was 50.26 value. The value included in mild anxiety scale, with deviation standard 4.516. The confidence interval was 48.60 – 51.91 with confidence scale 95%.

The impacts of oreang Public Hospital in 2017.

Variable	Mean	N	P value	SD	SE
anxiety before hypnotherapy.	64.45	31 ^a	0.001	3.554	0.638
anxiety after hypnotherapy.		0 ^b			
		0 ^c			
	50.26	31			

Based on the table above obtained that the anxiety rate of client’s pre-surgery section cesarean was 64.45 and after hypnotherapy was 50.26. So, it can be concluded that there are impacts with $p_{\text{value}} < 0.001$. A $p_{\text{value}} < \alpha$ ($\alpha=0.05$), with detail, that all respondents had post-test anxiety value less than pre-test anxiety value (31^a).

DISCUSSION

The rates of anxiety scale clients pre-surgery section cesarean before hypnotherapy done in Dahlia ward in Soreang Public Hospital.

On the outcome of an analyzer, there are in the table or the average scale of anxiety before it was given to the surgery of Caesarea in patients pre section 64.45 the value of the debt including the level of anxiety being, with standard deviations 3.325. Of the levels of confidence be concluded that 95 % in believe that the average level of anxiety between 63.23 until 65.67.

The anxiety is a feeling of discomfort and uneasy or fear that is not clearly accompanied response autonomous (the source often no specific or unknown individuals) feeling worried⁽²⁾. Signs and symptoms of anxiety, the tension of motoric / instrument of motion: weary and the tense, excessive fear(*apprehensive expectation*): anxiety, worries, and fear. Excessive vigilance: it is hard to concentrate⁽⁵⁾.

Based on analysis researchers knew that there were two respondents from 31 of respondents who experienced heavy anxiety scale that experienced heavy anxiety that was a surgery that the first time and almost all of respondents said worry, agitated, pulse the sooner, asthma and difficult to rest

Based on an analysis researchers as evidenced by the theory of human and Pedrick(2011), said that the anxious could affect a person for three things; 1) The changes in physical showed changes at the frequency of the heart, nausea, vomiting, the tension of the muscles, sweating, and the spirit of short; 2)Mental exhaustion, worry, agitated, confused, and the decrease in the level of concentration;3) Amendments to behavior like avoiding objects, place or situation certain(Hyman and Pedrick, 2011).

The rates of anxiety scale clients pre-surgery section cesarean after hypnotherapy done in Dahlia ward in Soreang Public Hospital.

On the outcome of an analyzer, there were in a table or the average scale of anxiety after implementing hypnotherapy intervention on to pre section operation of cesarean clients was 50.26 with the value of the deviation standard including the scale of mild anxiety, with standard deviations 45.16. Based on the confidence scale of clients be concluded that 95 % in confidence that the average scale of anxiety between 48.60 until 51.91.

If it was seen from some questions by implementing hypnotherapy made some clients fewer anxiety experiences, and fewer worries were as many as 31 respondents who had less and decrease of anxiety and worries, rapid pulse rate, and restless scale.

This is in accordance with the theory that it is going to basically to capitalize on the fact that the subconscious mind respondents in the present study, the smallest number of respondents can be to obtain any information in the form of suggestion that is given to them by researchers, then suggestion here on Wednesday and Thursday analyzed and it was accepted by the conscious mind the smallest number of respondents, or temporary resident and gives positive suggestion that is implanted into the subconscious mind the smallest number of respondents, so it should help cushion any rise the smallest number of respondents a matter of tuning up perception of the mind subconscious clients against anxiety that is experienced by most of ⁽¹⁰⁾. Added of financial service group director Gunawan theory when it was denied the waves to overcome it unconscious the smallest number of respondents il be having the condition of brave meditative fighters it is for. The condition of meditative will give silence the inner self. It can arrange the condition of brain wave among respondents to research which was done about the condition of hypnosis express it's strongest that there were some changes on the wave of the brain. From the change in the brain wave a great deal to do the minds of human beings. ⁽⁸⁾.

The outcome of the findings field that of respondents pre the surgery of section cesarean who implemented there has been significant intervention to the experience that was very convenient and very relaxed, so this had an impact to higher education expenses hormones that can be a spur the emergence of more defensive can trigger for anxious.

The result of this research also supported by research conducted by ⁽¹¹⁾ said hypnotherapy effective for decreasing the anxiety scale on the patients with kidney failure chronicle. And this study supported by research conducted by ⁽¹²⁾ said that hypnotherapy impacts to reduce the anxiety on clients who underwent chemotherapy. The excess research was done by researchers from respondents more than by previous studies, while the difference research conducted researchers the location research with many populations.

The impacts of hypnotherapy toward the anxiety scale on pre-surgery section cesarean clients in Dahlia ward at Soreang Hospital Bandung Regency.

Based on table above obtained that the average scale of anxiety patients pre-surgery before hipnoterapi was 64.45 and after hipnoterapi was 50.26, so it can be concluded is the with p-value 0.001, p-value $< \alpha$ ($\alpha=0.05$), with details that all respondents own value post-test anxiety smaller than on the value pre-test anxiety ^(31a).

Hypnotherapy can be lowered anxiety by the provision of treatment in patients in a state of relaxed, then focus the unconscious mind clients by implementing suggestion positive on the wave theta⁽¹⁰⁾. Hypnotherapy is one form of self-hypnosis which could result in effect relaxation high so that it will reduce tension, anxiety and stress mind. Hypnotherapy affected system limbic(of structures in the brain associated with emotion), so clients had an impact on their expenditure hormones that encourage the stress, anxious, and pain, can affect respiratory, heart rate, the pulse, blood pressure, reduce the tension of the muscles, strengthen the memory and increase productivity body temperature ⁽¹³⁾.

The unconscious mind storing material that deals with emotion, good emotion positive or negative emotions is in the unconscious mind. Emotions negative emotions not from the body, upon entering the unconscious mind, finally it becomes the burden of psychological impede the advance of one self. Any event that it comes our way, if it is accompanied by high intensity, whether it is a positive or negative emotion, it would be very lingering of mind of unconscious human being. Feelings of anxiety that stored in the unconscious mind of a human being, the unconscious mind in a wave of theta that it can be overcome by suggesting to positively in the process. By giving a positive suggestion that is implanted into the subconscious mind, clients and help change the perception of the unconscious mind of the client⁽⁸⁾.

Based on the findings in the research field that all patients which have received the hypnotherapy intervention and entering into wave sleep the deepest waves to overcome it to the *alpha and theta wave*.

So that, it can be concluded that hypnotherapy is one of intervention non pharmacology(Therapy nursing complementary) to reduce the scale of anxiety in clients pre-

section caesarean, where the suggestion positive in clients of pre-surgery who has entered subconscious so as to cause the state of being calm, so the perception of anxiety can be reduced.

CONCLUSION

The value of rates (*mean*) clients' anxiety scale were from pre-surgery section cesarean before implementing hypnotherapy therapy were 64.45.

The value of rates (*mean*) clients' anxiety scale were from pre-surgery section cesarean after implementing hypnotherapy therapy were 50.26.

There is the impact of hypnotherapy therapy in reducing the anxiety scale of clients pre-section Caesarea surgery in mark due to the decline in the average anxiety scale before and after implementing the intervention, it is 64.45 to be 50.26 and $p\text{-value} = 0.001$ or $p\text{-value} < 0.05$.

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