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The Association of Indonesian Nurse Education Center (AINEC)

Challenges for global nursing and health
workforce towards global health: Implication for
Nursing and Health Sciences Education



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ABSTRACT PROCEEDING

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Table of Contents

	page
Cover	
Table of contents	i
Greeting from AINEC	v
Greeting from PBRI Thailand	vii
Welcome from Steering Committee	viii
Curriculum vitae of Keynote Speakers	x
Table of Oral Presentations Title and Speakers/Presenters	xv
Table of Poster Presentations Title and Speakers/Presenters	xix
Table of Oral Presentations Schedule	xx
Abstract for oral presentations :	
1. Flipped Classroom: What is it and how can it be used in Indonesian Nursing Education?	2
2. The impact of soft skills caring training on quality of nurse-patient relationship and patient satisfaction	3
3. Student Identity Reinforcement Model Follows to the Family of Boromarajonani Nursing College Nakhon Si Thammarat	4
4. Trauma Disaster Nursing Skill among Nursing Students in East Java Province, Indonesia	5
5. Influenced Factors to Manage Successful Learning and Teaching for Indonesian Exchange Students: A case study of using BCNU Health Promotion Excellence Center	6
6. Training model of Health Promotion using Thai Massage and Herbal Compress for Exchange students : A case study Boromarajonani college of Nursing Utharadit ,Thailand and STIKES Bhakti Pertiwi Luvu Raya,Palopo, South Sulawesi Indonesia	7
7. Effectivity of Standardized Patient Experience (SPE) model compared to Case-Study in stimulating critical thinking of nursing students	8
8. Development of Nursing Student Identity in Boromarajonani College Of Nursing, Surathani	9
9. The Development of a Training Curriculum to Promote Disaster Nursing Competencies for Nursing Student	10
10. The Instructional Model Development For Enhancing Self-Directed Learning: Perspective Of Student Nurses	11
11. Improving Self-Care Independency of Type 2 DM Patients Based on Lasallian Education Model	13
12. Cognitive Therapy: Reality Orientation Model for Mental Disorder Patients who Experienced Auditory Hallucinations	14
13. The Effect of Culturally Sensitive Nursing Care Model on the Satisfaction of Diabetes Mellitus Patient	15

14. The effectiveness of giving back massage: cooper's model and mobilization structured in preventing decubitus ulcer among immobilized stroke patients in Mardi Waluyo Hospital, Blitar	16
15. Mixed method study: Quality of Life of Makassar-Buginese Woman Undergoing Adjuvant Chemotherapy in Ibnu Sina Hospital, Makassar.	17
16. Effectiveness of periurethral cleaning solution to bacteria colonization count at perineal area prior to urinary catheterization.	18
17. Effect of "INSUFFICIENT MILK SUPPLY" based Intervention on perception about Milk production on Mothers in Banyumas Regency	19
18. The Effectivity of Breastfeeding Technique Education related to Onset of Lactation of Caesarean Section-Delivered Mother in Mataram City General Hospital	20
19. Tele health for Self-Management In Chronic Diseases	21
20. The Influence of 30 Degrees Laterally Position on the Comfortable Level of Stroke Patient at Dr. Wahidin Sudirohusodo Hospital	22
21. A Comparison of the Use of Dressing Iodosorb with Honey to The Acceleration of Diabetic Foot Ulcers	23
22. Depression of Patients with Stroke Aphasia Treated in Hospital in Semarang City	24
23. Study of the Situations and Needs of Femoral Fracture Patients Receiving Open Reduction Internal Fixation After Hospital Discharge	25
24. Reasons for Non Adherence on ART Medication among People Living with HIV Infection: A Qualitative Study	26
25. Development of Disaster Nursing Competency Assessment Tool In Area Health Service 11	27
26. The Influence of HES And Ringer Lactate Infusion In Prevention of Spinal Anaesthesia Related Hypotension on Patients With Section Caesarea in Teluk Kuantan General Hospital	28
27. Breast Cancer Patients and The Suitability of the Expectations and Realities Related to Disclosure	29
28. The Effectiveness Benson Relaxation Therapy to Decrease the Level of Insomnia on Chronic Kidney Disease Patients Undergoing Hemodialysis	30
29. Lived Experience of Patient with Severe Burns Injury	31
30. Analysis of the Urgency Palliative Care Unit for Cancer Patients; Nurses' Perspective in Banda Aceh	32
31. Efforts to Decrease Blood Pressure And Improve Comfort In Elderly With Hypertension Through Keraccong Music Therapy	34
32. Family Empowerment in Supporting Rural Mother's Knowledge, Attitude, and Practices of Breastfeeding	35
33. Nursing Role in Supporting The Development of Community-Based Health Tourism In Bali	36
34. Participation of Community towards Health Care for Elderly Dependence	37
35. The Effectiveness of Peer Group Education through Teeth Brushing's Demonstration toward Teeth Brushing's Practice in The First and Second Grade Students in Elementary School Mojowiryo Sub-District Kemlagi District Mojokerto	38

36.	The Effect of Exercise Consultation Program on Exercise Behavioral Changes in patients of Type 2 DM with Overweight : Transtheoretical Model Approach	39
37.	Effect of malnutrition to the motoric development among children ages 0-36 months in Puskesmas Jati Kudus	40
38.	The Survey Study of Nutritional Intake Among Anemic Pregnant Women in East Lombok Regency	41
39.	The Behavioral Treatment of Tuberculosis Patients Viewed from Family Stigma in City Public Health Center North Region City of Kediri	42
40.	The Influence of Keroncong Music Therapy to reduce Elderly Depression at UPT PSLU Jombang Pare	43
41.	Drug Use Behaviors Among Chronic Patient in the Community of Nakean sub-district, Muang district, Nakhonsi Thammarat Province.	44
42.	The Effectiveness of Breathing Exercises to Value Increasing Capacity on Chronic Obstructive Lung Clients in Pulmonary Disease Treatment Center (Bp4) Lubuk Alung West Sumatera	45
43.	Assessing The Community Health Workers' Knowledge About Breastfeeding In Wahno District of Jayapura: Results From A Preliminary Study	46
44.	Life After Stroke: An Ethnomethodological Study of Emotion Work among Stroke Survivors and Carers in Rural Thailand	47
45.	Implementation of Community-Based DOTS Support Program to Control and Treat Tuberculosis Patients in Bandung, Indonesia	49
46.	Correlation Between Nurse Working Motivation and Nursing Documentation in Gambiran Hospital, Kediri	50
47.	Nurse Caring Behaviour: Systematic Review	51
48.	The Differences of Nurses' Performance In Intensive Care In Indonesia's Hospital Class A and B by Using 'Wida's Instrument	52
Abstract for poster presentations		
1.	Role of Civil Society in The Early Prevention of Dengue Haemorrhagic Fever in Mario Village Baebunta Sub District North Luwu Regency	54
2.	Impact of Alcohol Consume on Health of People in Suka Damai Village East Walenrang District Luwu Regency Year 2015	55
3.	Keputusan Memilih Perawat Praktek Mandiri Melalui Home Care Dalam Perawatan Ulcus Diabeticum Di Kota Semarang	56
4.	The Difference of Pursed Lips Breathing and Balloon Blowing Exercises in Increasing the Peak Expiratory Flow (PEF) of Asthma Patients at Arifin Achmad General Hospital Pekanbaru	57
5.	Efektifitas Metode Kartu Skor Ananto Terhadap Pencegahan Keputihan Pada Wanita Usia Subur Di Wilayah Gunung Anyar Surabaya	58
6.	Independency Models of Nursing Self-Care for Ischemic Stroke Patient	59
7.	Effleurage Massage Influence on The Reduction of Pain in Patients Post Cesarean Section	60
8.	The Integration of Family Centred Nursing and Tannahil's Model Toward Family's	61

	Abilities to Control Teenagers' Risky Sexual Behaviors in Bangkalan	
9.	Aloevera Juice Influence of Frequency Defecation In The Elderly Hargo Dedali Surabaya	62
10.	Motivasi, Peran Tutor dan Kejemhuan Pada Mahasiswa Dengan Penerapan Kurikulum Berbasis Kompetensi Di Sekolah Tinggi Ilmu Kesehatan Kuningan	63
11.	Efektifitas Campuran Juice Kacang Hijau dan Jambu Biji terhadap Peningkatan Kadar hemoglobin (Hb) pada Pasien Kanker yang Menjalani Kemoterapi	64
12.	The Relationships between Emotional Supports given by Family and Level of Anxiety among Toddlers Patients who Received Infusion Therapy in Emergency Room X Hospital	65
13.	Fatigue Experienced by Staff Nurses in Irina A and Irina C at Prof. R. D. Kandou Hospital Manado	66

**THE EFFECTIVENESS OF BENSON'S RELAXATION THERAPY
TO DECREASE THE LEVEL OF INSOMNIA ON CHRONIC KIDNEY DISEASE
PATIENTS UNDERGOING HEMODIALYSIS**

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Abstract

Almost 50 – 80 % patients with chronic kidney disease undergoing hemodialysis were reported to sleep disorder. Insomnia is the highest prevalence sleep disorder in the dialysis patients. This study aims to determine the effectiveness of Benson's relaxation of the level of patients' insomnia with chronic kidney disease in dialysis patients. The design of this study is quasi-experimental with pretest-posttest design with control group. Forty-two hemodialysis patients were recruited purposively from the hemodialysis Islamic Hospital, Sultan Agung , Semarang. The sample was divided into two groups (treatment and control). Patients in the treatment group received Benson's relaxation techniques during hemodialysis for 4 weeks and the control group received routine care. The insomnia severity index was used to measure insomnia level. The result showed that there was significantly different score of insomnia level before and after relaxation Benson in the treatment group ($p = 0.000$). This study found that relaxation Benson seemed to be effective in decreasing the level of insomnia on chronic kidney disease patients undergoing hemodialysis.

Key words: *Benson relaxation, insomnia, hemodialysis, chronic kidney disease*