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OVERVIEW OF ANAEMIA RISK AND QUALITY OF LIFE AMONG STUDENTS IN URBAN AREAS

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Anemia, Quality of life, Students, Urban	<i>Anemia is a condition where the haemoglobin level in the blood is below normal. The incidence of anaemia among adolescent girls remains high. According to the WHO (2025), the global prevalence of anaemia is estimated at around half a billion women aged 15-49 years. In 2019, 30% of non-pregnant women were affected. Anaemia in college students can impact quality of life and cause physical impacts such as decreased concentration, fatigue, and reduced productivity in both academic and daily activities. Students are a vulnerable group for anaemia because they are in their productive age, often lacking in nutritional intake. This study used a survey with a questionnaire involving 30 students in an urban area, selected through random sampling. Anaemia risk levels were categorized as low, moderate, and high. Quality of life was measured using the WHOQOL-BREF instrument, which covers physical, psychological, social, and environmental domains. The results showed that the majority of respondents (76.7%) were in the moderate anaemia risk category, 23.3% were in the low-risk category, and none were at high risk. Overall, the quality of life of the students was considered good across all domains measured. The research findings indicate a correlation between anaemia risk levels and students' quality of life. Respondents with a moderate risk of anaemia demonstrated adequate quality of life in both physical and psychological domains. Meanwhile, respondents with a low risk of anaemia tended to have a better balance in physical aspects, supported by a conducive living environment, thus positively contributing to quality of life.</i> <i>Keywords: Anemia; Quality of life; Students; Urban</i>

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ANALYSIS OF FACTORS INFLUENCING THE SUCCESS OF ENHANCED RECOVERY AFTER CAESAREAN SURGERY (ERACS) THROUGH EARLY MOBILIZATION AMONG POST-CAESAREAN PATIENTS AT HERMINA DEPOK HOSPITAL

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Cesarean Section, ERACS, Early Mobilization Nursing Care Maternal Health.	<i>Background: Cesarean section (CS) is an obstetric procedure with an increasing prevalence globally and nationally, including in Depok City. The Enhanced Recovery After Cesarean Surgery (ERACS) protocol was implemented to accelerate postoperative recovery, with early mobilization as a key indicator. However, its implementation remained suboptimal and was influenced by various factors. Objective: This study aimed to analyze factors influencing the success of early mobilization among post-cesarean patients undergoing the ERACS protocol at Hermina Depok Hospital. Methods: A quantitative cross-sectional study was conducted involving 155 respondents selected through purposive sampling. Independent variables included pain level, knowledge, family support, and patient motivation, while the dependent variable was early mobilization success. Data were analyzed using univariate and bivariate analyses with the Chi-square test. Results: The results showed that 59.4% of respondents successfully performed early mobilization. Pain level was not significantly associated with early mobilization ($p = 0.724$). In contrast, knowledge ($p = 0.001$; OR = 3.33), family support ($p = 0.001$; OR = 5.47), and patient motivation ($p = 0.001$; OR = 11.7) were significantly associated with early mobilization success. Conclusion: Psychosocial and educational factors played a significant role in early mobilization success. Strengthening nursing education and family involvement was essential to optimize ERACS implementation and improve maternal nursing care.</i> <i>Keywords: Cesarean Section; ERACS; Early Mobilization; Nursing Care; Maternal Health.</i>

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RELATIONSHIP OF BLOOD GLUCOSE LEVELS TO AMYLASE ENZYME LEVELS IN PEOPLE WITH DIABETES MELLITUS

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Diabetes mellitus Blood Glucose Amylase Exocrine Endocrine	<i>Diabetes mellitus is a metabolic disease characterized by an increase in blood sugar levels and abnormality of carbohydrate metabolism due to insulin use, insulin secretion or both. According to the International Diabetes Federation (IDF), by 2021, there are approximately 537 million (10.5%) adults aged 20-79 living with diabetes mellitus worldwide. In patients with diabetes mellitus, there is a decrease in insulin synthesis which causes plasma glucose to rise. As a result, insulin deficiency conditions will trigger progressive hematopoietic cell damage leading to decreased amylase syntheses. The aim of this study is to find out the relationship between blood glucose levels and amylase levels in patients with diabetes mellitus. This research method is quantitative descriptive. The population in this study was 60 people, 30 controlled respondents and 30 case respondents. The study showed low amylase levels in the case group of four and in the control group of eleven. The results statistically showed no difference between blood glucose levels at a time and serum amylase levels ($p=0.208$), and no significant correlation between serum glucosa levels and amylases ($p =0.211$). This is presumed to be due to poor lifestyle patterns of respondents in control groups such as rarely exercising, eating high-calorie foods and smoking. However, descriptively there are differences in the influence of increased blood glucose levels with decreased amylase between the control group and the case. A decrease in amylase in patients with diabetes mellitus was observed at glucose levels > 300 mg/dL.</i> Keywords: Diabetes Mellitus; Blood Glucose; Amylase; Exocrine; Endocrine.
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EVALUATION OF DYSPNEA, THORACIC EXPANSION, AND THE INTENSIVE CARE UNIT MOBILITY SCALE IN A PATIENT WITH PARAPNEUMONIC EFFUSION: A PHYSIOTHERAPY CASE REPORT AT HERMINA GRAND WISATA HOSPITAL

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Parapneumonic Effusion, Intensive Care Unit, Physiotherapy, Dyspnea, Breathing Exercises, Chest Mobility Exercises, Active Range Of Motion Exercises.	<i>Parapneumonic effusion is a serious pulmonary complication of pneumonia that can impair respiratory function and reduce functional capacity, particularly in patients admitted to the Intensive Care Unit (ICU). This case report aimed to evaluate dyspnea, thoracic expansion, and the Intensive Care Unit Mobility Scale (IMS) following physiotherapy interventions in a patient with parapneumonic effusion. A 56-year-old male patient was admitted to the ICU with complaints of dyspnea. Clinical findings included decreased thoracic expansion, and reduced functional ability. Initial assessment showed a Borg scale score of 3 (moderate dyspnea), thoracic expansion of 1 cm (upper), 2 cm (middle), 4 cm (lower), and IMS score of 1 indicating severe dependency. The physiotherapy program consisted of breathing exercises (control breathing and diaphragmatic breathing), chest mobility exercises and active range of motion exercises. Interventions were conducted over five treatment sessions in the ICU setting. Following intervention, improvements were observed in dyspnea (Borg scale reduced to 2), thoracic expansion (upper 3 cm, middle 4.5 cm, lower 4.5 cm), and functional mobility (IMS increased from 1 to 8). In conclusion, physiotherapy interventions play an important role in improving respiratory function, thoracic mobility, and functional capacity in ICU patients with parapneumonic effusion, thereby reducing the risk of further complications.</i> <i>Keywords: Parapneumonic Effusion; Intensive Care Unit, Physiotherapy; Dyspnea; Breathing Exercises; Chest Mobility Exercises, Active Range Of Motion Exercises</i>
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**PHYSIOTHERAPY MANAGEMENT IN A CASE OF BILATERAL KNEE
OSTEOARTHRITIS USING TRANSCUTANEOUS ELECTRICAL NERVE
STIMULATION (TENS) AND STRENGTHENING EXERCISES AT HERMINA
HOSPITAL DEPOK**

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Knee Osteoarthritis, Transcutaneous Electrical Nerve Stimulation, Strengthening	Background: Bilateral knee osteoarthritis (OA) is a degenerative joint disorder frequently affecting older adults, characterized by persistent pain, joint stiffness, quadriceps weakness, and reduced functional capacity. These impairments significantly limit daily activities and overall quality of life. Physiotherapy interventions, particularly Transcutaneous Electrical Nerve Stimulation (TENS) and targeted quadriceps strengthening exercises (quad sets), are commonly utilized to address pain and functional deficits in knee OA. Objective: To evaluate the effectiveness of combining TENS and quadriceps strengthening exercises (quad sets) in reducing pain and improving functional outcomes in patients with bilateral knee OA. Methods: This study employed a case study design conducted over five treatment sessions. Outcome measures included pain intensity assessed using the Numeric Rating Scale (NRS), muscle strength evaluated through Manual Muscle Testing (MMT), range of motion measured with a goniometer, and functional status assessed using the WOMAC index. Results: The intervention resulted in a marked reduction in movement-related pain (NRS decreased from 7 to 2) and an improvement in knee extensor muscle strength (MMT increased from grade 4 to grade 5). No changes were observed in knee flexion and extension range of motion. Functional ability showed substantial improvement, as indicated by a decrease in the WOMAC score from 38 to 8. Conclusion: The combined application of TENS and quadriceps strengthening exercises is effective in alleviating pain, enhancing muscle strength, and improving functional performance in patients with bilateral knee osteoarthritis, although it does not appear to influence joint range of motion within the observed treatment period. <i>Keywords: Knee Osteoarthritis; Transcutaneous Electrical; Nerve Stimulation; Strengthening.</i>
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THE RELATIONSHIP BETWEEN KNOWLEDGE AND COMPLIANCE WITH THE USE OF PERSONAL PROTECTIVE EQUIPMENT (PPE) IN THE OPERATING ROOM AND DELIVERY ROOM UNITS AT HERMINA HOSPITAL JATINEGARA IN 2024

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Knowledge, Compliance, Personal Protective Equipment	<i>Non-compliance in the use of Personal Protective Equipment (PPE) can increase the risk of transmitting and acquiring infections between healthcare workers and patients. One of the contributing factors to non-compliance is the lack of nurses' knowledge regarding proper PPE use. This study aimed to analyze whether there is a relationship between knowledge and nurses' compliance in the use of PPE in the Operating Room and Delivery Room units at Hermina Jatinegara Hospital. This study employed a cross-sectional research design with a sample of 30 respondents. The sampling technique used was total sampling. Data were collected using a questionnaire and processed through editing, coding, scoring, and tabulating. Data analysis was conducted using univariate analysis with frequency distribution and bivariate analysis using the chi-square statistical test, with a significance level of 5% (0.05). The results showed that out of 30 respondents, 25 (83.33%) had good knowledge and demonstrated compliance in using PPE. This is likely because respondents understood the benefits of PPE use as well as the risks associated with not using it, which encouraged compliance. The chi-square test result obtained a p-value of 0.002 ($p < 0.05$), indicating that the alternative hypothesis (H_a) is accepted. This means there is a significant relationship between nurses' knowledge and their compliance with PPE use in the Operating Room and Delivery Room units at Hermina Jatinegara Hospital. In conclusion, most respondents had good knowledge and were compliant in using PPE. There is a significant relationship between knowledge and nurses' compliance in the use of Personal Protective Equipment in the Operating Room and Delivery Room units at Hermina Jatinegara Hospital</i> Keywords: Knowledge; Compliance; Personal; Protective Equipment.

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COMPARATIVE STUDY ON TRAMPOLINE AND WOBBLE BOARD TO IMPROVE BALANCE IN CHILDREN WITH INTELLECTUAL DISABILITIES

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Trampoline Wobble Board Balance Intellectual Disability	<i>Background: Children with intellectual disabilities often experience motor and postural challenges, which hinder their ability to maintain balance. Objective: This study aimed to evaluate the effectiveness of trampoline and wobble board exercises in improving static and dynamic balance in children with mild intellectual disabilities. Method: Fourteen children aged 8–15 years were randomly assigned into two groups: trampoline exercise (n=7) and wobble board exercise (n=7). Interventions were conducted over six weeks, with a frequency of three sessions per week. Balance was assessed using Berg Balance Scale (BBS) before and after the intervention. Results: Both groups demonstrated significant improvements in balance performance. The trampoline group's mean BBS scores increased by 1.85 points, and the wobble board group's by 1.42 points. However, no significant difference was observed between the two interventions. Conclusion: These findings suggest that both methods effectively enhance balance through proprioceptive training, though with slightly different mechanisms. This study highlights the effectiveness of trampoline and wobble board exercises in improving balance in children with intellectual disabilities. These interventions can be integrated into rehabilitation programs to support motor skill development and social inclusion.</i> Keywords: Trampoline; Wobble Board; Balance; Intellectual Disability.

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THE EFFECT OF ACUPRESSURE THERAPY ON PAIN INTENSITY AMONG PATIENTS WITH LOW BACK PAIN AT GRIYA SEHAT PANTI ASTUTY

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Low Back Pain, Acupressure Therapy, Pain Intensity, Non-Pharmacological Intervention, Bourbanis Pain Scale	<i>Background: Low back pain (LBP) is a prevalent musculoskeletal disorder often associated with improper body mechanics and physical activity. Non-pharmacological interventions, such as acupressure therapy, have been increasingly utilized as complementary approaches for pain management. Acupressure involves the application of manual pressure to specific points on the body to stimulate physiological responses and alleviate pain.</i> <i>Objective: This study aimed to examine the effect of acupressure therapy on pain intensity among patients with low back pain at Griya Sehat Panti Astuty. Methods: A quasi-experimental study with a one-group pretest–posttest design was conducted. A total of 16 patients diagnosed with low back pain were recruited using a total sampling technique. Pain intensity was measured using the Bourbanis Pain Scale through structured interviews and observation sheets. The intervention consisted of standardized acupressure therapy applied to specific body points. Data were analyzed using the Wilcoxon signed-rank test to assess differences in pain intensity before and after the intervention. Results: The analysis demonstrated a statistically significant reduction in pain intensity following acupressure therapy ($p = 0.000$; $p < 0.05$). These findings indicate that acupressure therapy has a significant effect on reducing pain levels among patients with low back pain. Conclusion: Acupressure therapy is an effective non-pharmacological intervention for reducing pain intensity in patients with low back pain.</i> <i>Implications: Healthcare providers are encouraged to incorporate acupressure therapy as part of comprehensive pain management strategies for patients with low back pain.</i> Keywords: Low Back Pain; Acupressure Therapy; Pain Intensity; Non-Pharmacological Intervention, Bourbanis Pain Scale
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PHYSIOTHERAPY MANAGEMENT IN A PATIENT WITH BELL'S PALSY USING ELECTROTHERAPY AND EXERCISE THERAPY: A CASE STUDY

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Bell's palsy Electrical Stimulation Massage Mirror Therapy Exercise Physiotherapy	<i>Bell's palsy is a unilateral peripheral facial paralysis caused by facial nerve dysfunction, leading to muscle weakness, facial asymmetry, and impaired facial expression. A multimodal physiotherapy approach is considered essential to accelerate functional recovery. This study aimed to evaluate the combination of electrical stimulation, massage and mirror therapy exercise in improving facial function in a patient with right-sided Bell's palsy. A case study design was applied to one subject undergoing physiotherapy intervention over 4 weeks, consisting of 5 treatment sessions. Outcome measures included facial muscle strength, functional ability, facial symmetry, muscle stiffness, and sensory disturbances. The intervention demonstrated improvements in facial muscle strength, symmetry, and functional ability. Muscle stiffness was reduced, and sensory function improved progressively following the therapy sessions. The combination of electrical stimulation, massage, and mirror therapy exercise can be recommended as a comprehensive physiotherapy intervention in the management of patients with Bell's palsy.</i> Keywords: Bell's palsy; Electrical Stimulation; Massage; Mirror Therapy Exercise, Physiotherapy.
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THE EFFECT OF ACTIVITY-BASED THERAPY ON IMPROVING BALANCE IN CHILDREN WITH AUTISM SPECTRUM DISORDER: A LITERATURE REVIEW

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Autism Spectrum Disorder Balance Exercise Therapy Gross Motor	<i>Introduction: Children with Autism Spectrum Disorder (ASD) frequently exhibit motor impairments, particularly in static and dynamic balance, which restrict daily activities and social participation. Exercise therapy has emerged as a critical intervention to enhance postural stability. Objective: This systematic review aims to identify and evaluate the effects of various exercise therapy modalities on balance improvement in children with ASD. Methods: Following the PRISMA protocol, a systematic search was conducted in PubMed and Google Scholar for publications between 2014–2024. From an initial identification of 53,021 articles, 10 relevant studies met the inclusion criteria. Results: Analysis reveals that modalities including martial arts (Taekwondo, Aikido, Karate), aquatic training (Halliwick therapy), motor circuit programs (SPARK), specific balance training, and dance therapy yield significant positive outcomes. Key findings indicate enhanced static/dynamic balance, bilateral coordination, and postural control. Furthermore, these interventions correlate with reduced autism behavior scores (CARS/GARS) and improved social-adaptive functioning. Inconsistencies in some results were attributed to variations in exercise duration and subject characteristics. Conclusion: Structured exercise therapy is highly effective in improving balance and gross motor skills in children with ASD, fostering greater independence and social integration.</i> <i>Keywords: Autism Spectrum Disorder; Balance; Exercise Therapy; Gross Motor.</i>
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LOW CHOLESTEROL AND INCREASED RISK: A REVIEW OF BLOOD LIPIDS AS PREDICTORS OF HEMORRHAGIC STROKE

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Cholesterol Hemorrhagic stroke Low-density lipoprotein Triglyceride Vascular rupture	<i>Hemorrhagic stroke is a neurological emergency caused by rupture of cerebral blood vessels, leading to intracerebral or subarachnoid bleeding. The World Health Organization (WHO) reported 7.6 million stroke-related deaths in 2020, with Indonesia showing the highest incidence in Asia. Low cholesterol levels, particularly Low-Density Lipoprotein (LDL), may weaken arterial wall integrity and increase the risk of hemorrhagic stroke. This study aims to examine the association between blood lipid profiles and hemorrhagic stroke and to assess cholesterol testing as an early screening tool. A literature review was conducted using clinical studies, epidemiological reports, and laboratory guidelines related to lipid metabolism and stroke. The findings indicate that low LDL levels reduce endothelial membrane elasticity, making vessels more prone to rupture. Low HDL and triglyceride levels may further aggravate vascular instability. Comprehensive lipid profile testing, supported by a head CT scan, is recommended for diagnosis and risk assessment. In conclusion, hypocholesterolemia, especially low LDL, is a significant predictor of hemorrhagic stroke. Routine lipid screening combined with lifestyle modification is essential for primary prevention.</i> <i>Keywords: Cholesterol; Hemorrhagic stroke; Low-density lipoprotein; Triglyceride, Vascular rupture.</i>
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FRAILITY IN COMMUNITY-DWELLING OLDER ADULTS IS STRONGLY INFLUENCED BY AGE, SEX, MALNUTRITION, AND COMORBIDITIES

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Community Setting Early Detection Frailty Geriatric Syndrome	<i>Frailty is a multidimensional geriatric syndrome associated with increased morbidity, disability, hospitalization, and mortality. Early detection of frailty in community-dwelling older adults is essential for preventing further decline. Despite the rapid growth of the older population in Indonesia, evidence regarding frailty prevalence and its associated factors in community settings remains limited. This study aimed to determine correlation Frailty with age, sex, nutritional status, and comorbidities among community-dwelling older adults. A cross-sectional study was conducted among 305 older adults aged ≥ 60 years in the working area of the Wanasari Primary Health Center, Bekasi. Participants were selected using consecutive sampling. Frailty was measured using the FRAIL Scale, while demographic and health-related variables were collected through structured interviews and anthropometric assessments. Data were analyzed using descriptive statistics and Pearson correlation tests. The prevalence of pre-frailty was 55.1%, followed by fit (40.7%) and frailty (4.3%). Frailty exhibited a significant positive correlation with age ($r = 0.48, p = 0.001$) and significant negative correlations with nutritional status ($r = -0.34, p = 0.001$) and comorbidities ($r = -0.24, p = 0.001$). No significant correlation was found between sex and frailty ($r = 0.08, p = 0.162$). These findings indicate that increasing age, poorer nutritional status, and a higher number of comorbidities were associated with greater frailty levels. More than half of community-dwelling older adults in this setting were in a pre-frail condition, representing a critical window for early intervention. Age, nutritional status, and comorbidities were key factors associated with frailty, whereas sex was not.</i> Keywords: Community Setting; Early Detection; Frailty; Geriatric Syndrome, Older People.
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HAND PUPPET PLAY THERAPY EFFECTIVELY REDUCES ANXIETY IN CHILDREN WITH ANEMIA AT HERMINA HOSPITAL, BEKASI

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Anemia, Preschool Children, Anxiety, Play Therapy, Hand Puppet	<i>Background: Preschool children are children aged between 3 and 6 years old. Anemia is a condition in which the hemoglobin level in red blood cells is lower than normal, preventing oxygen from being transported throughout the body. Anemia can be caused by several factors, including genetic factors, blood loss due to infection, and chronic diseases. Children with anemia who are undergoing treatment in hospitals tend to experience higher levels of anxiety. One effective non-pharmacological approach to help reduce anxiety in children is hand puppet therapy. Hand puppet therapy is a game played using hand puppets or finger puppets. Objective: To determine the effect of hand puppet therapy in reducing anxiety in An. S with anemia at Hermina Hospital Bekasi. Research method: This case study involved a 5-year-old girl as the respondent. The assessment results showed that the patient appeared tense, had poor eye contact, and was afraid of the nurse. The third nursing diagnosis established was anxiety. To address this condition, the nursing intervention provided was play therapy using hand puppets. Results: After conducting hand puppet play therapy for 3x24 hours with a frequency of once a day for 30 minutes, the anxiety in An. S was resolved, characterized by no tension, improved eye contact, and reduced fear of the nurse. Conclusion: Hand puppet play therapy has proven effective in reducing anxiety in children with anemia during hospitalization. Recommendation: It is hoped that in pediatric nursing care, efforts will be made to enhance children's comfort and cooperation during hospitalization.</i> <i>Keywords: Anemia; Preschool Children; Anxiety; Play Therapy, Hand Puppet.</i>
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THE APPLICATION OF TANGRAM MEDIA TO IMPROVE CREATIVITY IN RECOGNIZING GEOMETRIC SHAPES IN PRESCHOOL CHILDREN AT FITRAH INSANI KINDERGARTEN, WEST JAKARTA

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026	<i>Creativity in preschool children is an essential aspect that needs to be stimulated early, as it plays a vital role in cognitive, social, and emotional development. However, many children still face creativity barriers due to limited use of engaging and educational learning media. This study aims to analyze the effect of tangram media intervention on improving creativity in recognizing geometric shapes among preschool children. The research employed a case study design with five respondents aged 5–6 years at Fitrah Insani Integrated Islamic Kindergarten (TKIT), West Jakarta, conducted from September 3–8, 2025. The research instrument was an observation sheet of creativity categorized as Not Developed (ND), Beginning to Develop (BD), Developing as Expected (DE), and Developing Very Well (DVW). The intervention was carried out in two cycles over six days, with each session lasting 30 minutes, using tangram to form various patterns of animals and vehicles. The results showed a significant improvement in creativity. Before the intervention, most children were in the ND and BD categories. After the intervention, the majority improved to DE and DVW categories, demonstrated by their ability to create more varied shapes, explain their work, and show greater confidence in expressing creativity. Conclusion: the use of tangram media is effective in enhancing preschool children's creativity in recognizing geometric shapes. It is recommended that teachers and parents utilize tangram as an educational play medium to stimulate children's creativity, and further studies should be conducted with a larger sample size and more diverse research designs.</i>
Keywords: Preschool Children; Geometry Tangram Media; Observation of the level of creativity	
Keywords: Preschool Children; Geometry Tangram Media; Observation of the level of creativity	
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ANALYSIS OF FACTORS AFFECTING DISASTER MITIGATION KNOWLEDGE LEVELS FOR FIRE AND EARTHQUAKE AT SCHOOL AMONG CHILDREN OF SDN 03 PAGI DKI JAKARTA IN 2025

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Disaster Mitigation, Earthquake, Fire, Knowledge Level, Elementary School Students, School Role.	<i>Background: Indonesia, particularly urban areas like Jakarta, faces high risks from earthquakes and fires due to its location and population density. Elementary school children are a vulnerable group requiring essential disaster knowledge and preparedness. This study analyzes factors influencing fire and earthquake disaster mitigation knowledge among students at SDN 03 Pagi DKI Jakarta in 2025 and evaluates school-based education effectiveness. Low student knowledge increases casualty risks, highlighting the need to understand factors like school's role, media, and parental involvement, especially given limited systematic disaster education in elementary schools. Methods: A quantitative descriptive survey with correlational analysis was conducted among 60 elementary school students (grades 4-5) at SDN 03 Pagi DKI Jakarta using closed questionnaires. Data was collected on knowledge and influencing factors (school's role, information access, experience, media, parental support). Statistical analyses included descriptive statistics, Pearson correlation, and multiple regression. Results: A majority of students exhibited poor disaster mitigation knowledge: 61.67% for earthquakes and 51.67% for fires. The school's role was the most dominant factor ($r = 0.415$; $p = 0.000$), showing a strong positive association. Other significant factors were information access, disaster experience, learning media, and parental support. These factors explained 51% of the knowledge variation ($R^2 = 0.51$). Conclusion: Findings underscore the critical need to enhance disaster mitigation education in elementary schools. Strengthening the school's role, improving learning media, and integrating parental support are key strategies to elevate student knowledge and preparedness, crucial for reducing casualties and building a more disaster-resilient generation.</i> <i>Keywords: Disaster Mitigation; Earthquake; Fire; Knowledge Level, Elementary School Students, School Role</i>
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**THE EFFECTIVENESS OF ROSELLE (HIBISCUS SABDARIFFA)
ADMINISTRATION IN REDUCING BLOOD PRESSURE AMONG ELDERLY
INDIVIDUALS WITH HYPERTENSION: A LITERATURE REVIEW**

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Article Info	ABSTRAK
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026	<i>Background: Hypertension is a major health issue among the elderly and a risk factor for complications such as stroke and heart disease. Non-pharmacological therapies, such as the use of roselle (Hibiscus sabdariffa), offer a promising alternative due to its wide availability and minimal side effects. Objective: To review the effectiveness of tea roselle in lowering blood pressure in elderly individuals with hypertension based on previous research findings. Methode: This literature review was conducted using articles from Google Scholar, PubMed, and ResearchGate. Inclusion criteria included articles in Indonesian or English, published between 2022 and 2025, using a quasi-experimental design, and involving elderly individuals with hypertension. A total of 6 articles were selected from 215 screened. Results: All studies showed that tea roselle, in the form of tea or infusion, significantly reduced systolic and diastolic blood pressure ($p < 0.05$). Conclusion: Roselle is proven effective as a complementary therapy to reduce blood pressure in elderly patients with hypertension and may serve as a safe, accessible non-pharmacological intervention.</i>
Keywords: Blood pressure, Hibiscus Sabdariffa, Hypertension	
	<i>Keywords: Blood pressure; Hibiscus Sabdariffa; Hypertension</i>
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BLASTOCYSTIS INFECTION IN INDONESIA: PATHOGENICITY AND PREDOMINANCE OF SUBTYPE ST3 IN SYMPTOMATIC PATIENTS**Nurul Ain^{1*}, Afifa Radhina², Mike Permata Sari³**¹ UIN Syarif Hidayatullah Jakarta² Universitas Pembangunan Nasional Veteran Jakarta³ Institut Kesehatan Hermina

Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026	<i>Blastocystis is a common intestinal protozoan with a worldwide distribution, particularly prevalent in developing countries. In Indonesia, its prevalence reaches approximately 60%. Transmission occurs via the fecal–oral route through ingestion of cysts in contaminated food or water. The pathogenic role of Blastocystis remains controversial, as infections may be symptomatic or asymptomatic, possibly due to diagnostic limitations and variability in subtype virulence. This study aimed to evaluate the association between Blastocystis pathogenicity and infection in Indonesia, with emphasis on the predominance of subtype ST3 in symptomatic patients. A literature review was conducted using parasitology journals, SSU rRNA-based molecular studies, and recent epidemiological reports focusing on subtype diversity, pathogenicity, geographic distribution, and host–parasite–environment interactions. Earlier studies identified approximately 17 subtypes; however, recent molecular advances have expanded this to ≥ 40 subtypes (ST1–ST44), with around 15–16 infecting humans. ST1–ST4 are the most common, with ST3 being globally dominant. In Indonesia, ST3 is frequently detected in both asymptomatic and symptomatic individuals, particularly in diarrheal cases. Clinical manifestations are influenced by environmental, parasitic, and host factors. Phenotypic variations, including differential expression of 30 kDa and 29 kDa proteins and structural differences in the surface coat, may contribute to immune evasion and pathogenicity, especially in ST3 isolates.</i>
Keywords: Blastocystis Pathogenicity ST3 Symptomatic	
	Keywords: Blastocystis; Pathogenicity; ST3; Symptomatic.
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DETERMINATION OF ABO BLOOD TYPE RESULTS AND ANTIBODY SCREENING IN BLOOD DONORS AT INDONESIA RED CROSS, DEPOK CITY, WEST JAVA

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Article Info	ABSTRAK
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026	<i>Background: ABO blood type confirmation and donor antibody screening are critical components of the safety of pre-transfusion screening. However, the evaluation of these examinations in immunohematology laboratories is still limited, especially in developing areas. The study aimed to look at the results of ABO confirmation and screening of donor irregular antibodies. Methods: A retrospective descriptive evaluation was conducted at the Indonesian Red Cross, Depok City from July to December 2025. Routine immunohematology testing data was analyzed, including total donors tested, ABO and Rh blood type results, ABO differences, and antibody screening results. ABO confirmation was carried out using cell typing and serum grouping, while antibody screening used indirect antiglobulin tests (IAT). Data were analyzed descriptively using cumulative and monthly tabulation. Results: A total of 22.578 validated donor records were included in the final ABO distribution analysis. The complete fit between cell typing and serum groupings resulted in a zero ABO difference rate (0.00%) throughout the study period. Blood type B is the most common type, and the majority of donors are Rh-positive. A total of 22.884 donors underwent antibody screening, with 92 reactive results (0.40%). The monthly positivity rate ranges from 0.11% to 0.48%. Conclusion: ABO confirmation testing showed conformity with a zero (0.00%). Antibody screening showed a low positivity rate of 0.40%. These findings demonstrate stable laboratory performance and support the importance of continuous monitoring in maintaining transfusion safety.</i>
Keywords: Antibody Screening Abo Blood Type Blood Donation Quality Evaluation Transfusion Safety	<i>Keywords: Antibody Screening; Abo Blood Type; Blood Donation; Quality Evaluation, Transfusion Safety.</i>
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HAND MASSAGE TO REDUCE PAIN IN ADULT PATIENTS FOLLOWING BREAST BIOPSY EXCISION SURGERY AT HERMINA HOSPITAL, DEPOK: CASE STUDY

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026	<i>Fibroadenoma is a benign or non-cancerous breast tumor that mostly occurs as a small, solid lump in the breast tissue measuring less than four centimeters. Fibroadenoma Mammarum (FAM) has a well-defined, smooth, elastic, and round shape that is easily moved under the skin. Fibroadenoma Mammarum or can also be called FAM is a unilateral, painless benign tumor that appears as a solid lump, usually occurring in women between the ages of 14 and 35 years. The purpose of this scientific paper is to reduce pain in patients after breast biopsy excision surgery with hand massage. This scientific paper uses a case study method. The research location was at HERMINA DEPOK Hospital in the general treatment room on the 4th floor on May 5-7, 2025. The results of the study were that the patient said that he had pain in the post-operative wound on the lower right breast, the patient said that the pain was 7, the patient said that the pain was like throbbing, he appeared to be grimacing, the problem that arose was acute pain so that the non-pharmacological action carried out was hand massage for 3 days for 10-15 minutes, there was a decrease in pain from a scale of 7 to a scale of 2. The recommendation is that one of the non-pharmacological therapies with hand massage is to reduce pain so that it can be applied to breast biopsy excision patients.</i>
Keywords: <i>Fibroadenoma mammarum, Acute pain, Hand massage</i>	<i>Keywords: Fibroadenoma mammarum; Acute pain; Hand massage.</i>
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ANALYSIS OF NURSING CARE AFTER A CESAREAN SECTION WITH GUM CHEWING INTERVENTION TO ACCELERATE THE RECOVERY OF INTESTINAL PERISTALSIS

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Cesarean Section, Intestinal Peristalsis, Chewing Gum, Nursing Care, Evidence-Based Practice.	<i>Background: Caesarean section is a surgical procedure that carries the risk of causing gastrointestinal dysfunction due to the effects of anesthesia and intra-abdominal manipulation. This condition can cause a delay in the recovery of intestinal peristalsis characterized by bloating, inaudible bowel sounds, and the absence of flatus. One of the non-pharmacological nursing interventions that can be done to accelerate the recovery of intestinal peristalsis is chewing gum. Subject: To determine the analysis of nursing care for Mrs. E post-Caesarean section surgery with the application of chewing gum intervention to accelerate the recovery of intestinal peristalsis. Method: Case study design (case report). The subject was one patient Post-Caesarean Section surgery who experienced gastrointestinal motility dysfunction. Data collection was carried out through interviews, observations, physical examinations, and nursing documentation reviews. The intervention given was chewing sugar-free gum for 15–30 minutes three times a day. Results: After nursing care for 2×24 hours, the results were an increase in bowel sounds, reduced abdominal distension, and the patient was able to pass flatus more quickly. The patient also stated that abdominal discomfort was reduced. Conclusion: Chewing gum intervention has been proven effective as an independent nursing intervention to accelerate the recovery of intestinal peristalsis in post-cesarean section patients. This intervention is safe, easy to perform, and can be implemented as part of evidence-based nursing practice.</i> <i>Keywords: Cesarean section; Intestinal Peristalsis; Chewing Gum; Nursing Care, Evidence-Based Practice..</i>
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**THE EFFECTIVENESS OF DRAWING THERAPY ON THE ABILITY TO
CONTROL HALLUCINATIONS IN PATIENTS WITH SENSORY PERCEPTION
DISORDERS: A CASE STUDY OF MR. A IN THE SADEWA PKJN ROOM, DR. H.
MARZOEKI MAHDI MENTAL HOSPITAL, BOGOR**

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026	<i>Hallucinations are one of the sensory perception disorders that are often experienced by patients with serious mental disorders. This condition can cause distress and interfere with the patient's daily functioning, so that appropriate therapeutic intervention is required. One form of occupational therapy that can be used is drawing therapy, which aims to help patients channel their emotions and attention to creative activities so as to reduce the intensity of hallucinations. The purpose of this writing is to provide an overview of the application of drawing therapy in patients with auditory hallucinations in the Sadewa Room of PKJN RSJ dr. H. Marzoeki Mahdi Bogor. The method used is a case study on a patient with auditory hallucination sensory perception disorders. The intervention was carried out through four days of drawing therapy meetings, with a focus on structured creative activities. The results showed that after following the therapy, the patient no longer showed signs and symptoms of auditory hallucinations. Patients are able to divert attention, channel themselves through images, and control the appearance of hallucinations. The conclusion of this case study is that drawing therapy is effectively used as one form of occupational therapy to reduce the signs and symptoms of auditory hallucinations and help patients control hallucinations</i>
Keywords: Auditory Hallucination, Drawing Therapy, Case Study	
	<i>Keywords: Auditory Hallucination, Drawing Therapy, Case Study</i>
<i>*Corresponding Author: srinyumirah@yahoo.co.id</i>	

THE EFFECT OF WARM STEAM THERAPY ON REDUCING RESPIRATORY RATE IN PATIENTS WITH SHORTNESS OF BREATH DUE TO RESPIRATORY TRACT INFECTION IN THE EMERGENCY DEPARTMENT OF HERMINA HOSPITAL BEKASI

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Warm Steam Therapy, Respiratory Rate Respiratory Tract Infection	<i>Respiratory tract infections are one of the most common health problems encountered in the Emergency Department and often present with the main complaint of shortness of breath accompanied by an increased respiratory rate. An increased respiratory rate in patients with respiratory tract infections occurs due to inflammation, accumulation of secretions, and impaired gas exchange, leading to respiratory discomfort. One non-pharmacological intervention that can be provided is warm steam therapy. To analyze the effect of warm steam therapy on reducing respiratory rate in patients experiencing shortness of breath due to respiratory tract infections in the Emergency Department of Hermina Hospital Bekasi. This study employed a quasi-experimental design with a pretest–posttest non-equivalent control group approach. The study subjects were patients with respiratory tract infections experiencing mild to moderate dyspnea. The patient's main complaint was shortness of breath accompanied by an increased respiratory rate. The evaluation results indicated that warm steam therapy had a positive effect on reducing respiratory rate, as evidenced by more regular breathing patterns and decreased shortness of breath. Warm steam therapy showed a significant effect in reducing respiratory rate in patients with shortness of breath due to respiratory tract infection and can be considered an effective non-pharmacological nursing intervention.</i> Keywords: Warm Steam Therapy; Respiratory Rate; Respiratory Tract Infection
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THE EFFECT OF STORYTELLING ON ANXIETY LEVELS OF PRESCHOOL CHILDREN IN THE PEDIATRIC WARD OF HERMINA DAAN MOGOT HOSPITAL

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Storytelling, Preschool, Anxiety, Hospitalization	<i>Preschool-aged children (3–6 years) are active individuals, yet their immune systems are not fully developed, making them more susceptible to illness and hospitalization. Hospitalization is often a frightening experience for children and can trigger anxiety. If not managed properly, anxiety may negatively affect their psychological condition and hinder the healing process. One effective method to reduce anxiety is storytelling. This study aims to determine the effect of storytelling on anxiety levels in hospitalized preschool-aged children. This quantitative study employed a quasi-experimental design with a one-group pre-test and post-test approach. The statistical test used was the Paired t test, with a purposive sampling technique involving 34 preschool children. The results of the correlation using the Paired t-Test showed a Sig. (2-tailed) value of .000, indicating a significant difference between the level of anxiety before and after the intervention in the pre-test and post-test data. There is a statistically significant difference in anxiety levels before and after the storytelling intervention among preschool-aged children.</i> <i>Keywords: Storytelling; Preschool; Anxiety; Hospitalization</i>
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"International Conference for Multidisciplinary Sciences: Innovating Healthcare Education and Practice: Building Resilient Systems for a Global Future" merupakan luaran kegiatan ilmiah yang diterbitkan dalam bentuk *Special Issue* Juli 2026 pada *Book of Abstract*.

Special Issue ini diterbitkan sebagai edisi khusus di luar jadwal terbit reguler, yaitu Maret dan September. Edisi ini memuat kumpulan abstrak hasil penelitian, kajian ilmiah, dan gagasan akademik multidisiplin yang berfokus pada inovasi pendidikan dan praktik kesehatan, penguatan sistem kesehatan yang resilien, serta kontribusi ilmiah untuk menghadapi tantangan global di masa depan.

Penerbitan *Special Issue* ini menjadi wadah diseminasi ilmiah bagi dosen, peneliti, mahasiswa, praktisi, dan akademisi untuk menyebarkan hasil pemikiran serta temuan ilmiah secara lebih luas. Edisi khusus ini tidak mengubah frekuensi terbit reguler *Book of Abstract*, melainkan menjadi edisi tambahan yang bersifat khusus sebagai luaran dari kegiatan *International Conference for Multidisciplinary Sciences*.

Seluruh abstrak yang dimuat dalam edisi ini telah melalui proses seleksi administrasi dan penyesuaian format sesuai ketentuan penerbitan. Melalui *Special Issue* ini, diharapkan dapat terhimpun berbagai kontribusi ilmiah yang relevan dalam mendukung pengembangan ilmu pengetahuan, pendidikan kesehatan, praktik kesehatan, dan sistem kesehatan yang berkelanjutan.

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