



# CERTIFICATE OF APPRECIATION

is awarded to

*Ns.Puji Astuti Wiratmo.SKep.MN*

as ORAL PRESENTER

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"Driving Health Care Innovations to Strengthen Resilience of  
Nursing Education and Practice in A Changing World"

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Dean, Faculty of Medicine  
Udayana University

Komang Jambicha Putra Binatih

Coordinator of Nursing Study Program  
Udayana University

NI Ketut Guru Prapti

Chairperson

Ni Komang Ari Sawitri



## THE 4<sup>th</sup> UDAYANA INTERNATIONAL NURSING CONFERENCE

Nursing Study Program, Faculty of Medicine, Udayana University,

Phone: +62361222510 Ext 345

Email: [inc.udayana@unud.ac.id](mailto:inc.udayana@unud.ac.id)

Date, April 16, 2022

### **ABSTRACT ACCEPTANCE LETTER**

This is a confirmation that the abstract entitled below has been accepted for oral presentation at the 4<sup>th</sup> Udayana International Nursing Conference 2022.

Title : Translation and Evaluation of Content Validity of Jefferson Empathy Scale- Healthcare Professional Student in Indonesia

Author(S) : Puji Astuti Wiratmo, Vimala Ramoo, Elly Nurachmah

This abstract will be published in the conference proceeding. If you choose to make a submission for a journal, please send your complete manuscripts to: [inc.udayana@unud.ac.id](mailto:inc.udayana@unud.ac.id).

Kindly note that the presenting author should complete a registration form (<https://forms.gle/bjTAoc45zrjPtd99>) to eligible present at the conference.

We are very much looking forward to your participation in the 4<sup>th</sup> Udayana International Nursing Conference. If we can be any further assistance, please do not hesitate to contact us at [inc.udayana@unud.ac.id](mailto:inc.udayana@unud.ac.id).

With Regards,



Ns. Ni Komang Ari Sawitri, MSc.,Ph.D

Committee chair

"Driving Healthcare Innovations to Strengthen Resilience of Nursing Education and Practice in A Changing World"



# 2022 ABSTRACT BOOK

The 4th Udayana International  
Nursing Conference

BALI, 24 - 25 JUNE 2022





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## CONFERENCE PROGRAM

### Day 1: June 24, 2022 (GMT+8/Singapore Time/WITA)

No	Time	Duration	Topic
1.	08.00-09.30	1.5 hr	Registration
2.	09.30 – 10.00	30 mins	Opening ceremony - Opening by MC - Indonesia Raya - Traditional Balinese Dance: Amerta Sanjiwani FK Unud - Reporting speech from the chairwoman of committee - Welcoming speech from Rector of Udayana University - Opening ceremony and taking picture virtually
3.	10.00 – 10.30	30 mins	Speaker 1 Professor Patricia Mary Davidson (University of Wollongong, Australia)
4.	10.30 – 11.00	30 mins	Speaker 2 Professor Nawi Ng (The University of Gothenberg, Sweden)
5.	11.00 – 11.30	30 mins	Speaker 3 Professor Kuei Ru Chou (Taipei Medical University Hospital, Taipei)
6.	11.30 – 12.00	30 mins	Panel Discussion Moderator: Ns. Indah Mei Rahajeng, S.Kep., MSc
7.	12.00 – 13.00	1 hr	BREAK (ISHOMA)
8.	13.00 – 13.30	30 mins	Speaker 4 Professor Michael Joseph Dino (Our Lady of Fatima University, Philippines)
9.	13.30 – 14.00	30 mins	Speaker 5 Professor Tetsuya Tanioka (Tokushima University, Japan)
10.	14.00 – 14.30	30 mins	Speaker 6 Dr. Ni Ketut Guru Prapti, S.Kep., MNS (Udayana University, Indonesia)
11.	14.30 – 15.00	30 mins	Panel Discussion Moderator: Ns. Made Dian Sulistiowati,





			S.Kep.,M.Kep.,Sp.Kep.J
12.	15.00 – 15.15	15 mins	Announcement, information, and closing for the 1 <sup>st</sup> day of conference

**Day 2: June 25, 2022 (GMT+8/Singapore Time/WITA)**

No	Time	Duration	Topic
1.	08.00 – 08.45	45 mins	Registration
2.	08.45 – 08.50	5 mins	Opening the conference for the 2 <sup>nd</sup> day
3.	08.50 – 09.00	10 mins	Information breakout room and the rule of oral & poster presentation
4.	09.00 – 12.00	3 hrs	Oral & poster presentation Oral: 8 breakout room Poster: main room
5	12.00 – 12.30	30 mins	Closing ceremony: - Opening MC - Closing statement from the chairwoman - Video ‘thank you’ from the committee - Announcement, information, taking picture, and closing the conference



## DEAN'S REMARKS

We would like to praise and thank the presence of the Almighty God for the abundance of grace so that we were able to conduct the 4th Udayana International Nursing Conference this year. The pandemic that has hit almost the entire world has changed various aspects of our lives. The situation in most parts of the world has not completely returned to the way it was before the pandemic. Health services and the public must remain vigilant to prevent another explosion of COVID-19 cases.

Nursing is part of health services that are at the forefront of maintaining public health and providing continuous nursing care to the individuals, families, and communities. Nurses are one of the health workers who have played a very large role since the start of the pandemic and until now when the world situation began to improve. Various innovations in the health sector, including from the nursing field, are expected to be utilized as a reference in providing nursing care to maintain public health in this changing world situation.

Therefore, through this event, we hope that nurses, academics, and experts in the field of nursing can share experiences and knowledge about various innovations in health nursing. It is expected that participants will be inspired and motivated in developing better nursing practices, education and conducting research in dealing with the current situation.

Dean

Faculty of Medicine of Udayana University





## WELCOME MESSAGE FROM THE CHAIR

Welcome to the 4<sup>th</sup> Udayana International Nursing Conference. This conference is an event organized by the Nursing Study Program, Faculty of Medicine, Udayana University. This event has been conducted since 2015, and this is the first time it has been held online due to the pandemic situation. The theme of the conference "Global Health: Driving healthcare innovations to strengthen resilience of nursing education and practice in a changing world" is an invitation to discuss global health related to various innovations in the health sector, especially nursing to strengthen nursing education, practice, and research to overcome a world situation that is constantly changing. We invited keynote speakers who have experience in practice, education, and research in the fields of global health, epidemiology, mental health nursing, robotic nursing, and nursing education. These highly qualified speakers will share their knowledge and experiences in their respective fields of expertise.

The current global situation has not fully recovered from the COVID 19 pandemic. So, the world situation will always change according to the dynamics of the pandemic. Nursing as an important figure in health care must continue to be motivated and inspired to develop practices, education, research, and policies that can facilitate the improvement of public health status. I would like to take this opportunity to express my heartfelt thanks to the entire committee and all parties who have worked hard and were involved in the process of conducting this event. I also thank all the keynote speakers and conference participants for their contribution to the 4<sup>th</sup> Udayana International Nursing Conference. I am grateful for this and wish you have a great time during the conference.

Ni Komang Ari Sawitri, PhD  
Chair of The Organising Committee





## KEYNOTE SPEAKER BIOGRAPHIES

### KEYNOTE SPEAKER 1

**Prof. Patricia M. Davidson, PhD, MEd, RN, FAAN**



Professor Patricia M. Davidson is a member of Education and Innovation Advisory Board Meeting Children's National Washington DC since 2019 till present; Johns Hopkins Medicine Board since 2019 till present, and Health Care Sciences, National Academies of Sciences, Engineering, and Medicine since 2017 till present. She received her Doctor of Philosophy Applied Behavioral Sciences from the University of Newcastle, Callaghan, NSW, Australia. She is the Co-Secretary General of World Health Organization Collaborating Centers for Nursing and Midwifery Secretariat, Baltimore MD in 2018 till present, Vice-Chancellor of University of Wollongong in 2021, Director of University of Technology Centre for Cardiovascular and Chronic Care, Faculty of Health, Australia. She also active in some professional activities and honor societies including Sigma Theta Tau Foundation and National Heart Foundation. Her work focuses on person-centered care delivery and the improvement of cardiovascular health outcomes for women and vulnerable populations. She has extensively studied chronic conditions, transitional care, palliative care, and the translation of innovative, acceptable, and sustainable health initiatives across the world. She was awarded by Advance Award for Education and Research in 2021, Maryland's Top 100 Women in 2019 and many more.



## KEYNOTE SPEAKER 2

**Prof. Michael Joseph Dino, PhD, MAN, RN, LPT**



Professor Michael Joseph S. Dino is an International Advisory Board Member for Health and Medicine of the Apple Distinguished Educator group. He graduated Summa Cum Laude both in his master and doctoral degree from Our Lady of Fatima University and the Royal and Pontifical University of Santo Tomas, respectively. Currently he is pursuing his second doctoral degree in nursing at Johns Hopkins University. He was awarded the Most Outstanding Researcher given by Instabright Publications Philippines. He is also the first Asian to win the Nurse in the Limelight Innovator Award given by International Council of Nurses, Connecting-Nurses and Sanofi International. Recently, he earned an award GNSA Digital Innovators from the American Association of DC, USA Colleges of Nursing in 2021. He teaches various courses at the Our Lady of Fatima University, in addition he is an academic consultant for Nursing Informatics and Research in various disciplines. His passion for research is evident on his active participation and presentation to various research conferences locally and abroad. He has also published numerous research papers in both local and international journals, and holds several positions in local and international organizations, including Sigma Theta Tau Honor Society, Phi Delta Kappa, Health Information Management Systems Society, Philippine Association of Medical Journal Editors, among others.





### KEYNOTE SPEAKER 3

**Prof. Tetsuya Tanioka, RN; MA, MSN, PhD, FAAN**



Professor Tetsuya Tanioka earned his Ph.D. in Engineering from Kochi University of Technology, Japan in 2002, and his second Ph.D. in Nursing from Graduate School, St. Paul University Philippines (2021). He is a member of the Editorial Boards: the open journal Health, the International Journal of Nursing & Clinical Nursing Practice, Journal of Medical Investigation, the Journal of Art and Aesthetics in Nursing and Health Sciences, the International Journal for Human Caring, and the Journal of Health and Caring Sciences, and the Healthcare. He has contributed immensely towards the clarification of technological competency, as caring in nursing, and creating high-quality care within various technological environments. Professor Tanioka has developed human technologies, integrating science and technology within the perspective of nursing caring science in the Department of Nursing Outcome Management at Tokushima University. He is a Fellow of the American Academy of Nursing (FAAN), also an Advisory Board member of the Anne Boykin Institute for the Advancement of Caring in Nursing (ABI), Florida Atlantic University.



#### KEYNOTE SPEAKER 4

**Prof. Nawi Ng, MD, MPH, PhD**



Nawi Ng is a Professor of Global Health at University of Gothenburg, Sweden. He is also a Guest Professor of Epidemiology and Global Health at Umeå University, Sweden. He earned his MD from Gadjah Mada University, his MPH and PhD from Umeå University. His research focuses on epidemiology of non-communicable diseases and ageing, disability, and quality of life among older people in Sweden and in low- and middle-income countries in collaboration with the WHO and the INDEPTH Network. He leads Global and Public Health research group at the Department of Public Health and Community Medicine at the University of Gothenburg. During 2019-2022, he leads five research projects funded by different Swedish Research Councils on: (i) COVID-19's vulnerability in Sweden; (ii) poverty and ageing in Myanmar; (iii) implementation research on the integration of TB, DM and tobacco control program in India and Indonesia; (iv) digital coaching for sustainable behavior change and health promotion in Sweden; and (v) developing risk prediction score for cardiovascular diseases using big data. He is also a Co-PI on a project on social capital for planning and design of a sustainable neighborhood in Sweden. He served as the Managing Editor of the journal *Global Health Action* during 2007-2014, and as the Chief Editor during 2015-2018.



## KEYNOTE SPEAKER 5

**Prof. Kuei-Ru Chou, PhD., RN**



Professor Kuei-Ru Chou currently works at Taipei Medical University, Taiwan. She earned her MS. (Nursing) from Department of Nursing, National Defense Medical Center, Taiwan, R.O.C and her PhD. (Nursing) from Graduate School of Nursing, Vanderbilt University, US. She is a member of TMU Neuroscience Research Center; Leadership Succession Committee; Leadership training Instructor of International Council of Nurses; Chair of Research Committee of Asian Oncology Nursing Society; Executive Director of Taiwan Nurses Association; Executive Director of Taiwan Society for Development of Long-Term Care and Senior Health Management; Supervisor of Taiwan Long Term Care Nurses Association. In addition, Professor Chou serves as convener and examiners committee in Ministry of Examination, and she also belongs to evaluation and accreditation committee of Ministry of Education; Health and Welfare Quality Policy Consultation in Ministry of Health and Welfare; moderation, evaluation and review committee of Department of Life Sciences in Ministry of Science and Technology. Her research interests focus on Mental Health Nursing, Long-term Care, Geriatric Nursing, Instrument Development, Cognitive Behavioral Therapy, and Meta-analysis. Her international recognition is a Fellow of the American Academy of Nursing (FAAN). She was awarded the Lulu Wolf Hassenplug Alumni Award, from Vanderbilt University School of Nursing in 2020.



**KEYNOTE SPEAKER 6**

**Dr. Ns. Ni Ketut Guru Prapti, S.Kep. MNS**



Ni Ketut Guru Prapti is a lecturer in the medical surgical/adult nursing division at Nursing Department, Faculty of Medicine Udayana University. She received her Bachelor degree from Airlangga University and Master degree of Adult Nursing in Prince of Songkla University, Thailand. She received her PhD from Udayana University, Bali-Indonesia. She is a member of Indonesian National Nurses Association and Indonesian Ergonomics Association. Currently she serves as the coordinator of the nursing department, Faculty of Medicine Udayana University, and chairman of the Association of Indonesian Educational Institutions (AIPNI) for the 10<sup>th</sup> region. Doctor Guru Prapti also a clinical instructor, conducting research, publishing research, and involving in community services. Her research interests focus on cancer, occupational health nursing practice and ergonomics in nursing. She received research grant from the Research and Development Board Udayana University.



## **PISANG GEN ALFA: Smartphone Application for Mental Health Families of Alpha Generation in Indonesia**

**Ahmad Guntur Alfianto<sup>\*1</sup>, Feri Eka Prasetya<sup>2</sup>**

<sup>1</sup>Nursing Professional Study Program, STIKES Widyagama Husada

<sup>2</sup>Faculty of Health Sciences, Nursing Science Study Program, Universitas dr. Soebandi

\*E-mail of the corresponding author: ahmadguntur@widyagamahusada.ac.id

### **Abstract**

Families with alpha generation in the industrial era 4.0 have problems in mental health care, however, effort are made to prevent the occurrence through health education. The prevention model in the industrial revolution era 4.0 used a mobile application on a smart phone. PISANG GEN ALFA is a smartphone application that contains the method of parenting, assertive care, and stress management. The aim of this study is to develop PISANG GEN ALFA as an application for reducing mental health problems in families with alpha generation. The application was developed through two stages, the first was carried out by creating application content and sophisticated systems by technology experts. Furthermore, in the second stage, a perception test was performed in the fields of mental, pediatric, and maternity nursing. Then, 100 families with alpha generation children were assessed in Malang Regency, East Java, Indonesia using a learning media questionnaire, and Intraclass Correlation Coefficients (ICC) test. The application consists of Education menu about PISANG GEN ALFA, parenting in industrial revolution era 4.0, stress prevention and management, assertive care, and parenting tension. The statistical analysis showed the value of 0.875, while the average of 3 assessors was  $0.964 > 0.5$  (high stability). Furthermore, from the diligence results, 86.78% of the families stated that the application was very suitable for use, while 13.22% commented that it was feasible. PISANG GEN ALFA was a health education application used for families with alpha generation children in reducing mental health problems during parenting.

**Keywords:** PISANG GEN ALFA, Application, Smartphone, Mental health, Alpha generation





## Effect of Intradialytic Exercise on Hemodialysis Adequacy, Depression and Quality of Life in Hemodialysis Patients

Gusti Ayu Ary Antari\*<sup>1</sup>, Desak Made Widyanthari<sup>2</sup>

<sup>1,2</sup>Department of Nursing, Faculty of Medicine, Universitas Udayana

\*E-mail of the corresponding author: [aryantari@unud.ac.id](mailto:aryantari@unud.ac.id)

### Abstract

Although hemodialysis therapy continues to advance, the mortality rates is still a major issue in the treatment of hemodialysis patients. There are two independent predictors associated with this mortality, namely hemodialysis adequacy and depression. Intradialytic exercise has potential effect in term of dialysis outcome and quality of life. This study aims to determine the effect of intradialytic exercise on hemodialysis adequacy, depression and quality of life in hemodialysis patients. A quasi-experimental study was utilized in this study. A total of 60 hemodialysis patients were enrolled and assigned randomly into exercise (n = 30) and control groups (n = 30). During four weeks, patients in the exercises group participated in 30 min/day, two times a week intradialytic exercise. All patients underwent measurement of adequacy using Kt/V, depression using Beck Depression Inventory II and quality of life using Kidney Disease Quality of Life at the baseline and four weeks thereafter. After four weeks of intradialytic exercise, the intervention group showed a significant reduction in depression (p = 0.001) and a significant improvement in Kt/V (p = 0.003). This study also found an increase mean score in MHC after four weeks intervention. Intradialytic exercises can improve hemodialysis adequacy and reduce depression in hemodialysis patients. This intervention also safe and there are no reports of side effect of this exercises.

**Keywords:** Depression, Hemodialysis adequacy, Intradialytic exercises, Quality of life



## Translation and Evaluation of Content Validity of Jefferson Empathy Scale- Healthcare Professional Student in Indonesia

Puji Astuti Wiratmo<sup>\*1</sup>, Vimala Ramoo<sup>2</sup>, Elly Nurachmah<sup>3</sup>

<sup>1,2</sup>University Malaya,

<sup>1,2</sup>University of Indonesia

\*E-mail of the corresponding author: vimala@um.edu.my

### Abstract

The increase of multinational and multicultural studies' required researchers adapting the original instrument to be used in other language mostly in non-speaking English population. Content validity is needed to ensure the content of each item of translated instrument represents the variable of interest. Content validity as a part of instrument adaptation process should be conducted before conducting other type of validity. The Jefferson Scale of Empathy – Health Profession Students (JSE-HPS) has been widely used to examine health profession students' self-reported empathy levels who involved in patient care in a clinical setting. However the JSE-HPS of Bahasa Indonesia version is not existed yet to be used in a study in Indonesia. This study aimed to evaluate the content validity of the translated JSE-HPS to assess empathy level on nursing students. Instrument translation was conducted initially through forward translation and backward translation. Ten experts of senior nursing faculty members from several nursing institutions reviewed the instrument of its relevance and clarity. The content validity was scored by content validity index including item content validity index (I-CVI) and scale content validity index (S-CVI). The content validity was also assessed by universal agreement (S-CVI/UA) and average agreement (S-CVI/Ave). In addition, Kappa was conducted to provide information about the degree of agreement beyond change. The result of S-CVI/UA and S-CVI/Ave were 0.950 and 0.995, respectively. I-CVI and Kappa reached similar score that was 0.975. Based on the CVI and Kappa calculations, The Jefferson Scale of Empathy – Health Profession Students (JSE-HPS) in Bahasa Indonesia version reached acceptable value to be valid to assess empathy level for the Indonesian nursing students.

**Keywords:** Empathy, Nursing student, Translation, Content validity.



## The Effect of Coping Strategy Education on Student's Academic Stress at SMP Negeri 1 Singaraja

Qori Anastasya<sup>\*1</sup>, Luh Mira Puspita<sup>2</sup>, Ni Luh Putu Eva Yanti<sup>3</sup>

<sup>1,2,3</sup>Nursing Study Program, Faculty of Medicine, Udayana University Email

\*E-mail of the corresponding author: qoriannastasya@gmail.com

### Abstract

Changes in the learning process during the COVID-19 pandemic caused students to experience academic stress. Academic stress is a condition in which students suffer from physiological, psychological, cognitive, and social disorders as a result of academic demands. Appropriate coping strategies would help students in dealing with academic stress. Coping strategies could help in the process of adjustment and problem solving to conditions that cause academic stress. One way that could be done in improving coping strategies is by providing education on coping strategies for academic stress experienced by students. This study aimed to determine the effect of coping strategy education on students' academic stress during the COVID-19 pandemic at SMP Negeri 1 Singaraja. This type of research is pre-experimental with a one-group pretest-posttest design. The sample was selected using a simple random sampling technique from 7th-grade students at SMP Negeri 1 Singaraja based on inclusion and exclusion criteria totaling 40 people. Based on the results of the Wilcoxon test, the value of  $p = 0.000$  ( $p < 0.05$ ) indicated that there was a significant effect of coping strategy education on students' academic stress during the COVID-19 pandemic at SMP Negeri 1 Singaraja. Providing education on coping strategies through lecture discussion, mentoring, and distributing booklets could be used as a means to assist students in dealing with academic stress so that students would be able to have good coping with the academic stress.

**Keywords:** Academic stress, Coping strategy education, COVID-19, Student.



## Promoting Children's Perception and Attitude Toward Sexuality and Sexual Abuse Prevention Through "Dylan Snake Ladder" Game-Based Education in Bantul, Yogyakarta

Retno Sumiyarini<sup>\*1</sup>, Dwiwati<sup>2</sup>

<sup>1,2</sup>Universitas Jenderal Achmad Yani Yogyakarta

\*E-mail of the corresponding author: retno.sumiyarini@gmail.com

### Abstract

Child Sexual Abuse was a global problem widespread in many cities in Indonesia. Komisi Perlindungan Anak Indonesia or Indonesian Children Protection Commission (KPAI) recorded as many as 1.880 children become victims of sexual abuse such as rape, fornication, sodomy, and pedophilia. Around 67% of these child sexual abuses occurred in school-age during elementary school. This problem can be prevented by promoting awareness and attitude regarding sexuality and by increasing skills in preventing sexual abuse among children in elementary school. To prevent sexual abuse and improve sexual consciousness, sexual education which less formality and considering children's preferences in playing is needed. The purpose of this study was to investigate the effects of Game-based education ("Dylan" snake ladder) on promoting children's perception and attitude toward sexuality and preventing sexual violence against children. This is a quantitative study with a quasi-experimental pretest-posttest design with the control group. This study was conducted between June-October 2021 in one elementary school in Bantul, Yogyakarta. The participant of this study was 90 elementary school children aged 6-12 years. The experimental group (45 participants) received one session of education using "Dylan" snake and ladder education media, while the control group didn't receive any sexual education. The outcome was measured using a questionnaire and was analyzed. The experimental group showed significantly better sexual perception and attitude than the control group. The mean score between experimental groups statistically increased after the intervention (mean 88,3 to 91,4) with a *p-value* of 0,03. They experience a better attitude particularly on maintaining reproductive organs and preventing sexual violence by protecting their intimate body, refusing stranger invitations, and fighting against the sexual perpetrator. The "Dylan Snake Ladder" game-based education has a significant impact on sexual perception and attitude and sexual abuse prevention activities.

**Keywords:** Snake-ladder, Sexual education, Children