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PROCEEDINGS

3rd INTERNATIONAL CONFERENCE

**ON HANDLING NON-COMMUNICABLE DISEASES
(3ndICHNCDs)**

-A Web International Conference-

**“The Role of Health Care Providers on Handling Non-Communicable
Disease Through Innovative Technology in the Research.”**

Tuesday and Wednesday, 23rd - 24th November 2021



**Pusat Unggulan IPTEKS (PUI-P2PTM)
Poltekkes Kemenkes Semarang
2021**

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POLITEKNIK KESEHATAN KEMENKES SEMARANG TAHUN 2021

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3rd International Conference Poltekkes Kemenkes Semarang
“The Role of Health Care Providers on Handling Non-Communicable
Disease Through Innovative Technology in the Research
Semarang, 23rd - 24th November 2021

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**3rd INTERNATIONAL CONFERENCE ON
 HANDLING NON-COMMUNICABLE DISEASES (ICHNCDs)
 POLITEKNIK KESEHATAN KEMENKES SEMARANG
 Semarang, 23rd – 24th November 2021**

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PREFACE

World Health Organization (WHO) officially declared the coronavirus (COVID-19) a pandemic in March 2020, significance that COVID-19 has spread widely in the world. Governments in many countries have issued many strategies and policies in dealing with COVID-19 cases. The Indonesian government has issued several policies, namely, releasing health protocols/guidelines, campaigning handwashing-using masks-keeping physical distance, establishing large-scale social restrictions, prohibiting Eid homecoming, preparing laboratories for COVID-19 tests, running COVID-19 tests in various places, establishing a new-normal order, and now implementing COVID-19 Vaccination Program.

However, amid the spike in COVID-19 cases even increasing in Indonesia, many people still ignore health protocols. Governments should engage through participatory efforts in a proactive, regular, transparent, and unambiguous manner with all affected and at-risk populations. Health Polytechnic of Semarang has capacity to build understanding knowledge, behaviors, perceptions, and identify the proper interventions, collaboration and community-based networks and influencers to empower the role of healthcare providers.

In a public health emergency such as the ongoing COVID-19 pandemic, one essential lifesaving action is Society Empowerment. Participatory society engagement interventions should include accurate information on risks, what is still unknown, what is having finished finding answers, what activities are being taken by health authorities, and what actions people can take to protect themselves. The participation of every member of at-risk and affected communities is needed to prevent infection and transmission especially when people have diseases.

Health care providers become the main pioneers in overcoming pandemic era. In this case, Semarang Health Polytechnic also contribute to provide the new generation of professional health care provider in the future. Health Polytechnic of Semarang will be a central determinant of the response effectiveness in managing society to prevent and promote for handling non communicable diseases. Building the capacity of national, regional, and local stakeholders is essential to empower the health providers to contribute well to achieve health status in the community.

Health Polytechnic of Semarang as one of healthcare provider always has a commitment to educate students with medical background. According to this point, Health Polytechnic of Semarang commit to create output of health care professional that will be able to compete to both globalization and digital era by conducting local wisdom of Indonesia.

Semarang, November 2021

Committee Chief,

Dr. Rr. Sri Endang Pujiastuti, SKM.,MNS

SPEAKERS

A. Keynote & Speaker

No	Speaker	Title
1.	PPSDMK	Transforming and Developing Health Professional Education
2.	Assoc. Prof. Kittikorn Nilmanat (Prince of Songkla University (PSU) Thailand)	Empowerment Community on Handling Non-Communicable Diseases
3.	Dr. Anshad Anshari (Nanyang University)	The role of health care provider on the program of promotion and prevention health status on handling non communicable diseases
4.	Prof. Nawi Ng University of Gothenburg	Empowering Public Health Services in Pandemic Era
5.	Kesehatan Lingkungan	Transforming the Workplace Environment to Prevent Non-Communicable Disease in Pandemic Era
6.	Teknik Radiodiagnostik dan Radioterapi	The role of health care provider on the program of promotion and prevention health status on handling non communicable diseases (Innovational Technology in Medical Imaging and Clinical Radiotherapy)
7.	Nutrition	The Role of Health Care provider for preventing and controlling of Non-Communicable Disease through Diet and Nutrition
8.	Diponegoro University	Challenging Innovative Research on Handling Non
9.	Internal Speaker	<ul style="list-style-type: none"> a. Postgraduate Program of Semarang Health Polytechnic b. Diploma III Program of Nursing Semarang c. Diploma III Program in Dental Nursing d. Diploma III Program in Nutrition e. Diploma III Program in Medical Technology Laboratory f. Diploma III Program of Midwifery Semarang g. Diploma III Program of Midwifery Magelang h. Diploma III Program in Medical Record and Health Information

MANUAL
3rd INTERNATIONAL CONFERENCE ON
HANDLING NON-COMMUNICABLE DISEASES (ICHNCDs)
POLITEKNIK KESEHATAN KEMENKES SEMARANG
Semarang, 23rd – 24th November 2021

Conference day 1, Tuesday, 23rd November 2021		PIC
08.00 - 09.00 WIB	Registration	IT
09.00-09.30 WIB	Opening Ceremony	MC: Tecky Afifah SA, S.Si.T., M.Tr.Keb.
	Indonesian Anthem and Mars of Poltekkes Kemenkes Semarang	IT
	Pray	Mardiyono, MNS., Ph.D.
	Committee Report from The Chief Committee (Dr. Rr. Sri Endang Pujiastuti, MNS.)	MC: Tecky Afifah SA, S.Si.T., M.Tr.Keb.
	Welcoming Speech (Director Poltekkes Semarang)	
Conference		
09.30-10.00 WIB	Speaker 1 PPSDMK Transforming and Developing Health Professional Education	Moderator: Wadir II Jeffri Ardiyanto, M.App.Sc. 30 menit (20 menit presentasi, 10 menit diskusi)
10.00-10.40 WIB	Speaker 2 Dr. Anuraj Shankar. Nuffield Department of Medicine, The Centre for Tropical Medicine and Global Health, University of Oxford, Oxford, United Kingdom. (CP Bu Kun Aristiati Gizi)	Moderator: Dr. Heni Hendriyani, SKM., MPH. (Jurusan Gizi) @40 menit (30 menit presentasi, 10 menit diskusi)
10.40-11.20 WIB	Speaker 3. Dr. Muhammad Ikram Bin A Wahab University Kebangsaan Malaysia, Malaysia Challenging inovative research on handling non communicable disease in global era (CP Sari Kesling)	Moderator: Hari Rudijanto Indro Wardono, ST, M.Kes. (Jurusan Kesling) @40 menit (30 menit presentasi, 10 menit diskusi)
11.20 - 12.05 WIB	Invited Speakers (Head of Study Program)	Moderator: Dr. Suharsono, MN. (Keperawatan Magelang) @15 menit (10 menit presentasi, 5 menit diskusi)
11.20 – 11.35 WIB	Dr. drg. Lanny Sunarjo, MDSc. “Mangosteen Rind as Natural Herbs for Handling Non-communicable Diseases”	
11.35 – 12.50 WIB	Umaroh, SKM., S.Tr.Keb., M.Kes. “The Role of Health Care Providers on Handling Non-Communicable	

12.50 – 12.05 WIB	Disease Through Innovative Technology in the Research” Sri Widatiningsih, M.Mid. “The Role of Health Care Providers on Handling Non-Communicable Disease Through Innovative Technology in the Research”	
12.05 - 13.00 WIB	Break for Lunch and Praying	
13.00 - 15.00 WIB	Oral presentation	MC: Tecky Afifah SA, S.Si.T., M.Tr.Keb.
Room 1	Reviewer: Dr. Sudiyono, SE., M.Kes. (JTRR)	Estimasi ada 10 Presenter/room, dg waktu presentasi masing2 15 menit (10 menit presentasi, 5 mnit diskusi) Moderator: Fatimah, S.ST., M.Kes. IT: Intanwati Notulen: Nur Azizah Lubis
Room 2	Reviewer: Susi Tursilowati, SKM., M.Sc.PH. (Jurusan Gizi)	Estimasi ada 10 Presenter/room, dg waktu presentasi masing2 15 menit (10 menit presentasi, 5 mnit diskusi) Moderator: Mardiyono, MNS., Ph.D. IT: Ramli Herikzah Notulen: Ainun Mutmainah
Conference day 2, Wednesday, 24th November 2021		
07.30 – 08.00	Registration	
08.00 – 08.30	Opening Day II	MC: Hermien Nugraheni, SKM., M.Kes.
08.30-09.00 WIB	Speaker 1 Prof. Dr. Joan E. Edward, Ph.D., RNC., CNS., FAAN. Texas Woman University, USA “Evidance Based Practice Regarding the Role of Health Care Providers during Pandemic in Clinical Practice” (CP Dr. Rr. Sri Endang Puji Astuti, SKM., MNS)	Moderator: Dr. Sudirman, MN. @speaker 30 menit presentasi+diskusi
09.00 – 09.30 WIB	Speaker 2 Dr. Anshad Anshari Nanyang University “Empowering Public Health Services in Pandemic Era” (CP Dr. drg. Lanny))	
09.30 – 10.00 WIB	Speaker 3 Robert Shen , TWSRT (Taiwan Society Radiological Technologist)	Moderator: Dr. Sudiyono, SE., M.Kes. @speaker 30 menit presentasi+diskusi

	(Technique of Radio diagnostic and Radio therapy Department) “The role of health care provider on the program of promotion and prevention health status on handling non-communicable diseases (Innovational Technology in Medical Imaging and Clinical Radiotherapy)” (CP Bu Fatimah, S.ST., M.Kes.)	
10.00 – 10.30 WIB	Speaker 4 Assoc. Prof. Piyanut Xuto Chiang Mai University (Midwifery Department) “Comprehensive Maternal Health Services in Addressing non-Communicable Disease among Reproductive Women.” (CP Bu Sri Rahayu, S.Kp., Ns., S.Tr.Keb., M.Kes.)	Moderator: Rizky Amelia, S.Si.T., M.Kes. @speaker 30 menit presentasi+diskusi
10.30-11.00 WIB	Speaker 5 Prof. Dr. dr. Anies, M.Kes., PKK. “Challenging innovative research on Handling Non-Communicable Disease in Global Era”	
11.00 – 11.30 WIB	Speaker 6 Dr. Rr. Sri Endang Pujiastuti, SKM, MNS Poltekkes Kemenkes Semarang “Evidence Based Practice on Handling Non-Communicable Diseases in Community”	Moderator: Dr. Arwani, SKM., MN. @speaker 30 menit presentasi+diskusi
11.30 – 12.00 WIB	Certificate appreciation and photos session	
12.00 – 13.00 WIB	Break for Lunch and Praying	
13.00 – 15.00 WIB	Oral Presentation	MC: Hermien Nugraheni, SKM., M.Kes.
Room 1	Reviewer: Dr. Kun Aristiati Susiloretni, SKM., M.Kes. (Jurusan Gizi)	Estimasi ada 10 Presenter/room, dg waktu presentasi masing2 15 menit (10 menit presentasi, 5 mnit diskusi) Moderator: Irmawati, S.Kp, Ners, M.Kes. IT: Intanwati Notulen: Nur Azizah Lubis
Room 2	Reviewer: Siti Masrochah, S.Si, M.Kes. (JTRR)	Estimasi ada 10 Presenter/room, dg waktu presentasi masing2 15 menit (10 menit presentasi, 5 mnit diskusi) Moderator: Jessica Juan Pramudita, M.Si.Med., S.Ked. IT: Ramli Herikzah Notulen: Ainun Mutmainah
15.00 – 15.30 WIB	Closing Ceremony	MC: Hermien Nugraheni, SKM., M.Kes.

**SPEECH BY CHIEF ORGANIZING COMMITTEE OF 3rd
INTERNATIONAL CONFERENCE ON
HANDLING NON-COMMUNICABLE DISEASES (ICHNCDs)
POLITEKNIK KESEHATAN KEMENKES SEMARANG
Semarang, 23rd – 24th November 2021**

Assalamu'alaikum wr wb



Greeting

First of all, I express my deepest gratitude to God almighty for His blessings as the International conference conducted cooperatively by health polytechnic of Semarang can be done successfully. On this very special occasion, I wish particularly to give my best thanks to Mr. Marsum, BE, S.Pd, MHP and her colleagues as representation of POLTEKKES Semarang, for giving me a huge opportunity as a chief committee. I am most grateful for efforts put forth by all of the International conference committee, who diligently worked throughout the process of inviting both participants and speakers so that the event goes on the right track. Finally, I do hope that the event will contribute positively to health professionalism itself as well as to establish a wonderful networking between health organization and significant others. May God bless our good relationship and good will so that He will only bring goodness for all.

Wassalamu'alaikum wr wb

Semarang, November 2021

Chief Committee

Rr. Sri Endang Pujiastuti, SKM, MNS

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THE EFFECT OF GIVING BOILED EGGS ON THE DURATION OF HEALING FOR POSTPARTUM WOMEN'S PERINEAL WOUNDS

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Abstract

The postpartum period is an important period because less than optimal implementation can lead to increased morbidity and mortality rates. Perineal wound is a wound that results from a tear in the birth canal. Nutritional factor of protein will greatly affect the perineal wound healing process. Egg whites contain very high protein, protein quality, digestibility value, and the best digestibility of eggs among other food ingredients. The purpose of this study was to determine the effectiveness of giving boiled eggs with perineal wound healing. This study uses a quasi-experimental research design, with the research design using a two group post test only design. The intervention group who received treatment with 2 boiled chicken eggs and group II as the control group who only received perineal wound care. The samples was 20 respondents in each group. The sampling technique in this study used purposive sampling. The results used T test showed that there was an effectiveness of giving 2 boiled eggs every day for 7 days on perineal wound healing in postpartum women. Consuming 2 hard-boiled eggs per day for postpartum women with perineal wounds has been shown to accelerate the healing process of perineal wounds in postpartum women.

Keywords: Boiled Eggs; Healing; Postpartum; Perineal Wounds

1. Introduction

The postpartum period is an important period for health workers to always carry out health monitoring because less than optimal implementation can lead to increased morbidity and mortality rates. In postpartum mothers, one of the causes of morbidity is the incidence of perineal injuries. In Asia, the incidence of perineal injuries in maternity women is 50%, this figure is high compared to other countries (Lidya, 2019).

Perineal wound is a wound that results from a tear in the birth canal either due to an injury or due to an episiotomy at the time of delivery of the fetus (Walyani & Purwoastuti, 2015). In Indonesia, 75% of perineal wounds are experienced by women who gave birth vaginally, in 2013 as many as 1,951 vaginal births 57% received perineal sutures (28% due to episiotomy and 29% spontaneous). The prevalence of maternity women who experience perineal injuries in Indonesia in the 25-30 year age group is 24%, and in the 32-39 year old mother it is 62%. This is closely related to pain in childbirth due to high perineal injuries (Pemiliana, Sarumpaet, & Ziliwu, 2019).

Pain and discomfort that arise in postpartum mothers can be caused by several factors, one of which is due to the presence of postpartum perineal injuries in the mother (Rohmin, Octariani, & Jania, 2017). Improper perineal care can result in perineal conditions that are affected by lochia and humidity which will greatly support the development of bacteria that can cause infection in the perineum. The emergence of infection in the perineum can propagate to the urinary bladder or in the birth canal which can result in the emergence of complications of the bladder and birth canal, so with the many impacts that will occur, it is very important for an effective and quick drying process of perineal wound healing (Dyan, Pramono, & Syukur, 2019).

Nutritional improvement in postpartum mothers is one of the keys to wound healing. Postpartum mothers are advised to eat a balanced diet, sufficient carbohydrates, protein, fat, vitamins and minerals. The main nutritional factor of protein will greatly affect the perineal wound healing process because tissue turnover really needs protein that functions as a building material for cells that support the healing process has been damaged. Increased protein requirements are needed for inflammation, immunity and granulation tissue development (Aisya, Usman, & Dali, 2018).

Perineal wound healing can be handled in various ways, starting from personal hygiene, taking medicines, and food, in nutrition that plays a role in wound healing is protein, which consists of animal and vegetable proteins. It is known that consuming animal protein is better than vegetable protein, so mothers are expected to consume animal protein, one of which is in eggs (Warsito, Rindiani, & Nurdyansyah, 2015). The results of the research conducted by Purnani (2019) found that giving egg whites was more effective than giving snakehead fish for perineal wound healing (Purnani, 2019).

Eggs are a type of animal protein side dish that is cheap and easy to find, economical and one of the most nutrient-dense foods. The nutritional content of whole eggs contains more than 90% calcium and iron, one egg contains 6 grams of quality protein and 9 essential amino acids (Aisya et al., 2018). Egg whites contain very high protein, protein quality, digestibility value, and the best digestibility of eggs among other food ingredients. The digestibility value is 100% compared to meat which is only 81%. Egg white contains 95% albumin which functions for wound healing (Purnani, 2019).

The purpose of this study was to determine the effectiveness of giving boiled eggs with perineal wound healing in postpartum mothers in PMB in the working area of the Curup Health Center, Rejang Lebong Regency in 2020.

2. Method

This study uses a quasi-experimental research design, with the research design using a two group post test only design. This design was used to compare the measurement results after treatment in the two groups. This study used 2 groups, namely group I as the intervention group who received treatment with 2 boiled chicken eggs and group II as the control group who only received perineal wound care.

The population in this study were all maternity mothers who experienced perineal injuries at PMB in the Curup Health Center area. The sample in this study were mothers who experienced perineal injuries in the PMB working area of the Curup Health Center, Rejang Lebong Regency. The sample size in this study was calculated using the Frederer formula with an estimated drop out of 10% so that the number of samples was 20 respondents in each group. The sampling technique in this study used purposive sampling. Data analysis using T Test.

3. Result and Discussion

The frequency distribution of respondents including age, parity, education, and duration of perineal wound healing in postpartum mothers is shown in table 1.

Variabel	Kelompok			
	Treatment n=20		Control n=20	
	N	%	N	%
Age				
20-35 Years	18	45	19	47,5
<20 Years & >35 Years	2	5	1	2,5
Parity				
Multi&Grande	13	32,5	11	27,5
Primi	7	17,5	9	22,5
Education				
University	2	5	5	12,5
Senior High Schol	13	32,5	8	20
Elementary & Junior High Schol	5	12,5	7	17,5

Based on table 1, it is found that the age of respondents in the intervention group is in the no-risk category, which is 18 respondents (45%) and in the control group there are 19 respondents (47.5%), the parity of respondents in the intervention group is in the multipara and grandepara categories, which are total 13 respondents (32.5%) and in the control group were 11 respondents (27.5%), the education of respondents in the intervention group was in the high school category, namely 13 respondents (32.5%) and in the control group there were 8 respondents (20 %), and respondents who consumed boiled eggs experienced perineal wound healing 7 days as many as 16 respondents (80.0%) and in the control group there were 5 respondents (25%).

Table 2. Average Perineal Wound Healing Time in Postpartum Mothers

Variabel	Mean	Mean Difference	SE	SD	p-value
Treatment	6,75	2,250	0,44	1,58	0,00
Control	9,00		1	9	0*
				1,16	
				4	

Based on the results of data processing using the independent t-test statistical test in the control group and the treatment group, there was an influence in both groups on the length of time for perineal wound healing with a p-value <0.05, which is 0.000. The difference in healing time can be seen from the mean value, namely the treatment group has a faster healing time than the control group with a difference of 2.25 days for healing time. So it can be concluded that in the intervention group given 2 boiled eggs for 7 days can accelerate the healing time. The results showed that there was an effectiveness of giving 2 boiled eggs every day for 7 days on perineal wound healing in postpartum women with a p-value of 0.000 based on the results of data processing using the Independent T-test statistical test. The difference in healing time can be seen from the mean value, namely the treatment group has a faster healing time than the control group with a difference of 2.25 days for healing time. The results of this study are in line with Aisya (2018) which states that there is a significant difference in the duration of perineal wound healing between the group given boiled eggs and the group not given boiled eggs with a p-value of 0.0001. This is due to the role of proteins that influence and are needed in the inflammatory process, immunity, and the development of granulation tissue. The protein synthesized during the wound healing phase is collagen. The strength of collagen determines the strength of the wound skin according to the age of healing. Egg protein is rich in nutrients including niacin protein, riboflavin, chlorine, magnesium, potassium, and albumin, because of the animal protein content given as much as 139 grams per day so that it can form capillaries, fibroblast proliferation, proteoglycan synthesis, collagen synthesis and remodeling. wounds quickly, and due to the content contained in eggs, namely essential amino acids and B vitamins that are beneficial for muscle recovery. Accelerated healing of perineal sutures during the puerperium is expected to prevent postpartum mothers from the danger of infection or physiological complaints, namely by increasing intake or high protein consumption (Aisya et al., 2018).

Infection can occur during the puerperium, one of which is caused by infection in the perineal wound. Postpartum infections that can occur as a result of complications of perineal wounds include metritis, endometritis, and even pelvic abscess. Slow handling of complications can cause death in postpartum mothers considering the physical condition of postpartum mothers is still weak (Sidabutar, 2013).

According to the theory Warsito (2015) the act of accelerating the healing of perineal wounds is able to prevent the mother from the danger of infection, namely by way of nutritional intake of foods that contain high protein. High protein foods can be obtained from eggs. Protein is found in the yolk and white of the egg. The nutritional content of whole boiled eggs contains more than 90% calcium and iron, one egg contains 6 grams of quality protein and essential amino acids. In this study boiled eggs and proven to heal perineal sutures in postpartum mothers or post partem mothers because the acceleration of perineal wound healing during the puerperium is highly expected to avoid postpartum mothers from the dangers of infection (Dewi, 2019).

This is in accordance with Walyani's (2015) theory, namely that protein fulfillment aims to help heal wounds in the birth canal that have stitches. The protein synthesized during the wound healing phase is collagen, lack of protein intake during the wound healing process can delay wound healing. One of the high protein foods that can be given is eggs. Protein from eggs is needed as a builder substance that forms the body's muscle tissue and accelerates the recovery of stitches on the perineum, it also contains choline which functions to repair damaged body cells so that new and healthy tissue will be more easily formed to replace damaged tissue (Walyani & Purwoastuti, 2015).

Protein deficiency can lead to failure of capillary formation, fibroblast proliferation, proteoglycan synthesis, collagen synthesis, and wound remodeling. Protein deficiency also has an effect on the immune system, with decreased leukocyte phagocytosis, and increased susceptibility to infection. Protein helps regenerate and build damaged cells. One source of protein-rich food is eggs. Eggs contain very high protein, the best digestibility value among other food ingredients with a digestibility value of 100% (Warsito et al., 2015).

The results of Purnani's research (2020) show that consuming egg whites is more effective and dries faster in healing perineal wounds than consumption of snakehead fish (Purnani, 2019). The results of Trianingsih's research (2018) showed that the length of time needed for perineal wound healing in postpartum women who consumed boiled eggs recovered the most within 7 days, while postpartum women who did not consume boiled eggs recovered more than 7 days. The difference in time required for postpartum women to heal perineal sutures who consumed boiled eggs was 1.35 days faster than mothers who did not consume boiled eggs, and experienced a significant difference in p value 0.000 (<0.05) (Trianingsih, Yenie, & S.P, 2018).

The consumption pattern of boiled egg white chicken is related to the healing rate of perineal sutures. Egg white protein is rich in nutrients such as niacin protein, riboflavin, chlorine, magnesium, potassium, sodium, ovalbumin. Protein can also increase the body's ability to fight infection and disease which can speed up healing during the puerperium (Nurhayati, Maulid, Maulidya, & Cikmah, 2020).

4. Conclusion and Suggestion

Giving boiled eggs is effective on the healing time of postpartum perineal wounds. Consuming 2 hard-boiled eggs per day for postpartum women with perineal wounds has been shown to accelerate the healing process of perineal wounds in postpartum women. Consuming 2 boiled eggs per day is recommended to postpartum mothers to speed up the healing process of perineal wounds

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