

# Medico-Legal Update

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## **Medico-Legal Update**

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## **Medico-Legal Update**

CONTENTS

Volu	January-March 2020
1.	An Autopsy Study of Cranio-Cerebral Injuries Due to Road Traffic Accidents
2.	Age Estimation from Radiological Evaluation of Epiphyseal Union of Related Bones Around Elbow Joint: A Cross Sectional Study from Central India (Chhattisgarh)
3.	Manufacturers' and Endorsers' Liability: 'Shifting the Onus' Approach
4.	Crossword Puzzle: An Innovative Assessment Tool to Improve Learning of Students in Forensic Medicine 18 Harish Kumar Agarwal, Aparna Singhal, Arvind Kumar Yadav
5.	A Study to Assess the Patients Compliance to Medications among Hypertension Patients at Selected  Areas in Kanchipuram District Tamilnadu
6.	Restrictions Imposed by Human Biology in Achievement of Gender Justice as Human Rights
7.	Knowledge & Perception Of Medical Students Towards The LGBT (Lesbian, Gay, Bisexual & Transgender) Patients & Their Rights: A Cross Sectional Study
8.	Causes and Factors in Road Traffic Accidents at a Tertiary Care Center of Western Uttar Pradesh
9.	Toxicological Trends of Poisoning in a Tertiary Care Center of Western Uttar Pradesh
10.	A Study on the Cause of Death Due to Burn Cases and Histopathological Changes in North Indian Setting-A Cross Sectional Study
11.	Client Satisfaction and Preferences Towards Nonverbal Communication(NVC) of Health Care Providers in a Therapeutic Setting, Mangaluru

Radhika Pathi, Suresh Verma Penumatsha, Lakshmi Kalyani Neerukonda, P.Rama Krishna

12.

13.	Constitutionality of Attempt to Commit Suicide- Unlocking The Controversy	63
14.	Perspective on the Immorality of Honor Killings – A Review Article	67
15.	International Humanitarian Approach on 'Identity Crisis' of LGBTQ: A Global Perspective	72
16.	Direction of Environmental Virtue an Epilogue: A Critical Analysis of 19th Century Case Laws	77
17.	A Study on Pattern of Intracranial Injuries in Cases of Fatal Head Injury	82
18.	A Post-mortem Observational Study of Suspicious Deaths in Married Females Aged 30 Years or Less J. P. Kachhadia, J. A. Tanna, V. R. Patil	86
19.	Study of Various Osteometric Parameters of Human Mandible in Adult and Elderly Age Groups	91
20.	Estimation of Stature from Footprint Length	96
21.	Assessment of Knowledge and Attitude of Adolescents Regarding Blood and Organ Donation in Selected Rural Areas of Shimla, Himachal Pradesh, India	. 101
22.	Non-Invasive Method of Measuring Blood Sugar in the Early Stage and Diagnose the Result Using Discrete Wavelet Transform	. 106
23.	Knowledge about Legal Aspects of Medical Negligence in India among Dentists— A Questionnaire Survey  P.K.Uma, Pratibha Ramani, Herald. J. Sherlin, Gheena.S, Gifrina Jayaraj, K.R. Don, Archana Santhan	
24.	Nasal Height as a Parameter for Stature Estimation & Sex Differentiation in Dehradun Region	. 116
25.	Study oof Suspicious Deaths in Middle Aged Married Females	. 122
26.	Quality of Life among Patients with Hypertension at Selected Tertiary Hospital In Kelambakkam, Kanchipuram District, Tamil Nadu, India	. 127
27.	Effectiveness of Information Booklet on Knowledge, Practices and Willingness Regarding Recycling of Solid Household Waste Management among Residents	. 130
28.	A Study "To Assess the Level of Knowledge on Swine Flu Among Adults in Selected Area at Poonchery, Kanchipuram District, Tamilnadu	. 135

29.	The Effectiveness of Video Assisted Teaching on Fire Safety among School Children at Selected School, Kanchipuram District, Tamilnadu	138
30.	Lilliputian Neglected Happenings Call For Snafu: "Theory of Broken Windows"	141
31.	Self Determination and Indigenous People: The Fight For 'Commons'	144
32.	A Descriptive Study to Assess the Knowledge on Fast Food Eating among Adults in Selected Urban Community Kanchipuram District Tamil Nadu	149
33.	A Three Year Study of Skull Fracture Patterns in Fatal Road Traffic Accidents in a Tertiary Care Hospital Mortuary in Imphal From 2015-2018  Th. Meera Devi, Memchoubi Ph., Haobijam Rita Devi	152
34.	Intracranial Meningioma Aggressivity Image and Level of Malignancy in Head Magnetic Resonance Imaging (MRI)  Vony Tjandra, Sri Andreani Utomo, Ulinta Purwanti, Dyah Fauziah, Hari Basuki	158
35.	Practice and Perceived Barriers among Health Care Workers to Control Infection in Dialysis Unit  Jackline Prathibha, Daisy Josphine Lobo, Shalini G Nayak, Vandana KE	165
36.	Profile of Medicolegal Autopsy Cases at Tertiary Care Centre in Belagavi, Karnataka. A One Year Retrospective Study	170
37.	Accuracy of Demerjian Age Estimation Method in South India Kadapa [A.P] Population-A Cross Sectional Study  Prem Kumar Moode, L Ananda Kumar, Ramesh Mittapelly	175
38.	Iatrogenic Factors and Oral Health	180
39.	Medical Malpractice in India: A Critical Analysis of Liability and Defense Framework	187
40.	Preclinical Diagnosis of Diabetes with Tongue Infrared Thermography and PSO Algorithm	191
41.	Medico-Legal Profiling of Sher-i-Kashmir Institute of Medical Sciences Srinagar under Consumer Protection Laws of Union Territories of Jammu and Kashmir	198
42.	The Prospect of Environmental Law to Achieve Healthy Environmental Development in Indonesia  Absori Absori, Sigit Sapto Nugroho, Anik Tri Haryani, Sarjiyati Sarjiyati, Arief Budiono, Heru Santoso Wahito Nugroho Rangga Jayanuarto	204

43.	Measurement of Lipid Profile in Fasting Persons	209
44.	Legal Protection of Medical Records for Hospital Patients	214
45.	Prevalence of Coronary Artery disease in Patients undergoing Non Coronary Cardiac Surgery: A Single Center Study	218
46.	Incidence of Early Complications in Laparoscopic Total Thyroidectomy Vs Open Thyroidectomy Using Breast Approach in Simple Multinodular Goiter	223
47.	Molecular Detection of Mutations in mtCOX1 Gene in Iraqi Patients with Aortic and Mitral Valve Diseases  Ali Jumaa Al-Hussona, Faizah A.W. Ahmed	228
48.	Rubik Play Therapy Influence on the Level of Anxiety in Children Preoperative	234
49.	The Surgical Outcome of Distal Pancreatectomy for Distal Pancreatic Tumors	239
50.	Condition of Houses with Smoking Habits in Patients with Pulmonary Tuberculosis	245
51.	Diode Laser & Conventional Surgery Treatment, A Comparative Study in Anal Diseases	250
52.	Hypertension Control in Diabetic Patients  Bilal Jamal Kamal, Shan Nadhmi Nadhim, Muhammed Ali Khalaf	256
53.	The importance of Post-Mortem Computed Tomography (PMCT) as a Complementary Diagnostic Technique to Traditional Autopsy in a Case of Asphyxia Related-Death	262
54.	The Effect of Soot Particulate towards MAPK Expression in the Mechanism of Cardiovascular System Disruption	267
55.	Synergy of Government and Regional Government Authority in Providing Health Guarantee for Communities in Indonesia	273
56.	Evaluation the Relation between School Bag Weight and Backache among Primary School Pupils in Tikrit City	278
57.	Helicobacter Pylori Can Cause Vitamin B12 Deficiency	284

58.	Detection of Parvovirus B19 Infection in Thalasemic Patients in Tikrit City, Serological Study	287
	Hala Mohamed Majeed	
59.	Evaluation of Titanium di oxide Nano-fillers Incorporation on Mechanical Properties of Heat Cured Acrylic Resin	292
60.	The Effectiveness of Garcinia Mangostana L. Rind extract in Reducing Total Cholesterol Levels in Hypercholesterolemic Male White Mice	298
61.	Role of MnSOD Val16Ala Gene Polymorphism in Changing the Level of Serum Metals in Workers Exposed to Heavy Metals in Al-Nasiriyah City	304
62.	Seroprevalence of Hepatitis A Virus (HAV) in Mosul City	310
63.	Prostate Health Index in a sample of Iraqi patients with Prostate Cancer and Benign Prostatic Hyperplasia	315
64.	The Effect of Buzz Group Modification Method on Exclusive Breastfeeding Against Self Efficacy in Pregnant Women: A Quasi Experiment	322
65.	The Discovery of Comorbidity Deviation in the Cervical Cancer Patients Treated by the Intravenous Pyelography Examination and Clinical Examination (Based on Federation International de Gyneclogie et d'Obstetrique)	328
66.	Analysis of Breastfeeding Factors: The Sunrise Model Approach	334
67.	Comparative Study to Evaluate the Antimicrobial Effect of MTAD, 17% EDTA, and 3% NaOCl-Against Enterococcus faecalis in Primary Teeth for Root Canals Therapy (in Vitro Study)	340
68.	Iron Oxide Nanoparticles Reduced Biofilm Formation and Detection of lmb Genes in Streptococcus agalactiae Isolated From Patients with Diabetes Mellitus	346
69.	Correlation of Nitric Oxide (NO) Sputum Level and Lung Physiology of Indoor Parking Attendant  Tati Sudiarti, Winariani	352
70.	Indications and Adverse Outcomes of Emergency Lower Segment Cesarean Section at $1^{St}$ and $2^{Nd}$ Stages of Labor at Al-Elwiya Maternity Teaching Hospital	358
71.	The Determinants of the Occupational Diseases in Al-Nasiriyah Province at 2018	364

72.	Model of Women Participation in Supporting Government Policies Reducing Neonatal Mortality in Kupang District	371
	Maria Margaretha Ulemadja Wedho, Mintje Ratoe Oedjoe, David B.W. Pandie	
73.	Precision of 3D MSCT Scan Diagnostes on Maxillofacial Trauma Compared to Stabilization and Instrumentation Operation Results	376
74.	Breast Cancer Risk Trends of Iraqi Women  Minen Al-Kafajy	383
75.	Colorectal Cancer in Nineveh: Five Years Survival Rate	387
76.	Significance of Fingerprints in A Brutal Travel Bag Murder- A Case Report	393
77.	Detect the Infection with Rubella Virus and Toxoplasmosis in Pregnancy Causes Suffering from Early Abortion by Using Real Time PCR	397
78.	Flexible Ureterorenoscopy Versus Extracorporeal Shock Wave Lithotripsy for Treatment of Lower Pole Renal Stones	403
79.	The Effect of Glutathione versus Co-Enzyme Q10 on Male Infertility Original Study	
80.	Incidence and Variations of Aberrant Renal Arteries in Kidney Donors Cases	415
81.	Evaluation of the Level of CXCL10 in Patients with Parainfluenza Virus Type III (HPIV3)	422
82.	Association between the Characteristics of Pre-Surgery Vascular Ultrasonography and the Successful Arterio-Venous Fistula Shunt Surgery as Hemodialysis Access to Patients with Kidney Disease Stage Vurwanto, Prijambodo, Tri Wulan handarini, Windhu Purnomo	V. 429
83.	Prevalence of Childhood Disability in Basrah City Using the Ten Questions Too	435
84.	Expression of e-NOS in Human Placentas of Idiopathic Intra Uterine Growth Restriction at Term	440
85.	Characteristics of Multidrug Resistant Tuberculosis in Minia, Egypt	446
86.	Prevalence of Uncorrected Refractive Errors Among the Internally Displaced Schoolchildren in Iraq Rafea Allawi Fayyadh, Noor Hussain Abady	453
87.	The Influence of Additional Food Hotong Porridge with Moringa Leaves Mixture on Improvement Nutritional Status of Children Nutritional Children  Rahma Tunny, Merryana Adriani, Bambang Wiriatmadi	459

88.	The Stiffness Comparison of Four-Screw versus Six-Screw Short Segment Pedicle Posterior Stabilization Instrumentation in Cyclic Axial Compression	465
89.	Correlation of Aggressivity Papilloma Recurrent Respiratory Tract With Human Papillomavirus  Types 6 And 11	471
90.	Investigation of IL-17F (rs763780) gene Polymorphisms in cases with Iraqi renal failure patients	477
91.	A Descriptive Study to Assess the Problem Faced by the Adolecents of Alcoholic Parent	483
92.	Demographic, Clinical and Hormonal Characteristics as Predicting Factors Affecting the Outcome of Laparoscopic Ovarian Drilling in Women with Poly Cystic Ovary Syndrome	486
93.	Stress Perception and Stress Response against Internet Psychological Addiction (IPA) on Adolescents (Psychoneuroimmunology Approach)	494
94.	The Prevalence of Sperm Parameters for Infertile Males in Thi-Qar City	500
95.	Awareness of Medico-Legal Issues among Medical College Health Professionals	505
96.	Effect of Antenatal Exercise Teaching Program on Neonatal Outcomes During Delivery in Erbil, Iraq Warda Hassan Abdullah, Badia Mohammed Najib	510
97.	Study of Dyslipidemia in Iraqi Hypertension Patients in Tikrit City	516
98.	Isolating Some Pathogenic Bacteria from Packed Milk and Detecting of Formalin in its Components Zainab Alag Hassan, Ali Aboud Shareef, Majid Ahmed Kadhim, Abdulameer Abdullah Al-Mussawi	522
99.	Screening Study for Some Strains of E. Coli Collected from Five regions in Kurdistan-Iraq for its Sensitivity, Resistance and MDR against Thirteen Antibiotics	526
100.	The Role of Silver (Ag) Nanoparticles synthesis by Penicillium spp against the Toxicity of Echinococcus Granulosus in Adult Albino Male Rats	532
101.	Characteristics of Lower Back Pain in Pregnant Ladies in Thiqar-Iraq	538
102.	Thyroid Dysfunction in Iraqi Patients with Acromegaly	541

## VIII

103.	Simulation of Poly (ADP-ribose) polymerase (PARP) Enzyme with BAI Compound in the for Thyroid Cells	549
	Hasan Tuhmaz Hamd	
104.	Advantage of Application of Topical Hyaluronic Acid in Reducing Post Tonsillectomy Pain; Cross Sectional Comparative Study  Ahmed Kareem Shiaan Al-Baidhani, Muthanna Saleem Abdulameer	555
105.	Atherogenic Index of Plasma among Type2 Diabetic Patients Cross-Sectional Study In Iraq  Dalal Abd Al-Sattar Asaad, Ali Shalash Sultan, Zaid Naji Hassan	560
106.	The relation between Serum Vitamin C and D, Calcium Intake With Obese Type 2 Diabetic Patients  Yasamin Abdul - amer Kadhum; Shaimaa D. Salman, Sabah Abdel- Hameid Abdel- Rahman, Najat Sabah A. Hameid	565
107.	Assessment of Anti-Mullerian Hormone and Anti Ovarian Antibody in the Sera of Patients with Polycystic Ovarian Syndrome in AL-Najaf Al-Ashraf Province	570
108.	Cervical Spinal Stenosis and Risk of Pulmonary Dysfunction: Case Control Study	579
109.	Molecular Study of spy1258 gene in Streptococcus Pyogenes Isolated from Pharyngitis Patients in Fallujah City	585
110.	Design in line LMA-10 Photonic Crystal Fiber MZI for Detection and investigation of Beta Thalassemi Layla M. Alameri, Tahreer S. Mansour, Fareed F. Rashid, Sara J. Belal	a 591
111.	The Effect of Oral Magnesium Supplements on Lipid Profile and Oxidative Stress in Adult Albino Female Rats  Khder Najem Abdulla Muneef S. Ahmed, Saleh Mohammed R	596
112.	Evaluation of Amateur and Professional Tattoo Removal by the Q Switched Nd:YAG Laser	600
113.	Serum Levels of Novel Biochemical Marker (Irisin) in Relation to the Duration of Type 2 Diabetes & in Cases of Type 2 diabetes with Coronary Artery Disease in Iraqi Patients Aged (40- 60 year)	
114.	Study the Effect of Temperature Variable on the Patient with Jaundice Stay Period inside the Incubator Husam Yahya Naser, Auns Q. Al-Neami, Yasser Ibrahim	. 613
115.	The Role of Global Longitudinal Strain in Early Detection of Doxorubicin Induced Cardiotoxicity in Breast Cancer Patients  Wisam Abbas Hasan, Shokry faaz Al-saad, Hassan Salim Aljumaily	618
116.	Personal Hygiene and Safety among governmental Hospitals Nurses Staff in Mosul City	624
117.	Molecular Detection for Nosocomial Pseudomonas aeruginosa and its Relationship with multidrug Resistance, Isolated from Hospitals Environment	631

118.	Knowledge Assessment of Working Women Regarding Breast Cancer / Control and Prevention in Kirkuk Technical Institute	637
119.	The Effect of Esomeprazole on Cell Line Human Cervical Cancer	644
120.	Evaluation of Salusin β in Patients with Prediabetes and Type 2 Diabetes Mellitus	651
121.	Vitamin D and its Association with the Severity and / or the Control of Asthma among Adult Iraqi Asthmatics	655
122.	Determination Enterococcus faecalis in Asymptomatic Urinary Tract Infection Associated with Diabetes Type 2 Patients in Suwayrah General Hospital-Iraq	661
123.	Oral Desmopressin as an Add-on Therapy for Men with Benign Prostate Hyperplasia they Suffering from Persistent Nocturia	667
124.	The Practicing and Attitude of Some Medical Students at Al-Nahrain College of Medicine Towards Cosmetic Rhinoplasty	672
125.	The Level of Serum Progesterone on the day of HCG Administration in Assisted Reproduction Cycles Adnan A.H. Albdairi, Hanan Khudheir Hussein	677
126.	Protective Role of Quercetin plus Vitamin C on Infection of Rats with Klebsiella pneumoniae and Pseudomonas aeruginosa	683
127.	Study The Role of Selenium in The P-Selectin and E-Cadherin Serum Levels in Women with Preeclampsia	688
128.	Histological Sections of Pancreas and Serum Biochemical Changes in Rats after Dexamethasone and Zinc Oxide Nanoparticles Injection	694
129.	Study the Role of Trichomoniasis in In Vitro Fertilization (IVF) Failure	700
130.	Unexpected Adverse Medical & Surgical Health Conditions in Neonates after Elective Cesarean Sections within the Context of the Influence of Local Socidemographic Factors in Babylon	706
131.	Isolation of MRSA from Drinking water Supplies in Al-Anbar Province, Iraq	713
132.	The Predictive Value of Red Cell Distribution (RDW) in Patients with Type 1 and Type 2 Diabetes  Mellitus	717

133.	Histopathological Changes Associated with Cutaneous Leishmaniasis in Patients with Baghdad Boil/ South of Iraq	722
134.	Serum Anti-Mullerian Hormone Concentration and Function of The Pituitary-Gonadal Axis in Iraqi Patients with Chronic Kidney Disease	727
135.	Infection Control Measures for Nurses Staff Concerning with Hepatitis B and C at Hemodialysis Unit in Hilla Hospitals	733
136.	Gingival and Salivary Changes in Correlation with Multiple Sclerosis	739
137.	Impact of Caring Child with Diabetes Mellitus Type1 upon Mothers at Specialized Center for Endocrinology and Diabetes in Baghdad City	746
138.	Measures Self-Esteem among Undergraduate Nursing Students  Safi Alzeyadi, Saja H. Mohammed	754
139.	Patterns of Haemoglobinopathies Diagnosed by High Performance Liquid Chromatography in Karbala Population and Correlations between Different Hematological Parameters	759
140.	Risk Factors of Acute Otitis Media among Infants Children in Kerbala Pediatric Teaching Hospital:  A Case-Control Study  Hassan Abdullah Athbi , Haider Nawaf Abed-Ali	766
141.	The impact of L-carnitine Supplement on Semen Variables and the Levels of Sexual Hormones (Serum LH, FSH, Testosterone, and Inhibin) in Males with Infertility	772
142.	Assessment of the Understanding of Medical Ethics Subject among Anbar Medical Group Students  Waleed AT Al-Ani, Ahmed K. Al-Delaimy	777
143.	Isolation and Identification of Facultative Anaerobic Bacteria from Feces of Pet Dogs	783
144.	Molecular characterization of Eae and $Stx_s$ genes for E. coli O157:H7 isolates from Calves	788
145.	Estimation of Serum Cystatin-C as early marker of Kidney Dysfunction in correlation with Serum Ferritin among β- Thalassemia Major Patients	792

146.	Comparative Assessment of Patients' Satisfaction in Secondary and Tertiary Outpatients of Marjan Medical City in Babil Across Sectional Study	798
	Qais Ismaeel Kadhem, Ameer Kadhim Al-Humairi, Ashraf MA Hussain,	
147.	High Levels of Tumor Necrosis Factor-Alpha and Interferon-Gamma in Patients with Gingival Recession	804
	Sura Dakhil Jassim , Luma Jassim Witwit, Fatima Malik Abood	
148.	Efficiency of Aspergillus Species to Produce the Lipase Enzyme from Various Types of Oil Seeds  Thakra Ahmed Hamada <sup>0</sup> , Raghad Saad Abdulkreem <sup>0</sup> , Hadeel Mizher Younus <sup>0</sup>	809
149.	Baghdad City	814
	Dunya N. Ahmed, Salwa. S. Mushin, Mamdooh AR.Mohsin	
150.	Therapeutic Evaluation of the Partial Movement of the Center of the Nerve Bundle	820
151.	Investigating the Level of Vitamin E, C and Superoxide Dismutase in Patients with Allergic Asthma and Allergic Asthma with Helminths Infection	824
	Narjis Abdul Rahman Oudah, Ahmed A. Mohammed, Kareem S. Chead Al-Teea	
152.	The Role of Cytomegalovirus (CMV) and Vitamin D in Multiple Sclerosis (MS)	831
153.	Potential Factors Associated with Epilepsy among Epileptic Patients Attending Middle Euphrates Neurosciences Center - Al-Najaf City	837
	Sahar Adham Ali , Hayder Ibrahim Ali , Hasan Alwan Baiee	
154.	Acute Infective Bloody Diarrhea in Children Below Five Years Admitted to Children Welfare Hospital in Medical City - Baghdad During 2015	841
155	Comparison between Hypertensive and Non-Hypertensive Individuals in the Value of Response to	
100.	Salt Administration	847
	K.A Al-hilali, Layth Ibrahim AL-Shibbani, Ali Ayad Jabbar	
156.	Effect of Lactic Threshold Exercises using us Ginseng in the Development of Some Functional Variables of the Lungs and Lactic Tolerance and the Performance of Complex Offensive Skills in Basketball Youth	851
	Rasha Abdul Ameer Jawad, Rana Fadhil , Hussein Menati Saget , Jaafer Ahmed Mahdi	051
157.	Preoperative Anxiety and Fears among Adult Surgical Patients in Baghdad Teaching Hospital, Iraq  Kawther Salman Dawood	858
158.	The Prevalence of Parasitic Infection in Domestic Chicken: A Review	864
159.	Hygienic Practices of Street Food Vendors and Schools in Some Iraqi Governorates	870

160.	Estimation of Serum Lipid Profile among Pre and Post-Menopausal Women in Baghdad City	877
161.	Effect of Zinc Oxid Nanoparticles on the Oxidative Stress (Malonaldehyde MDA, Lipid Peroxidation Level LPO) and Antioxidants (GSH glutation)	882
162.	Molecular Identification of Sarcocystis Species Infection in Sheep in Karbala Governorate – Iraq	889
163.	International Crimes and the Legal Basis of the International Committee of the Red Cross in Armed Conflict	896
164.	Physical Preventive Strategies Related to Children with Leukemia from Mothers' Perspective in Al.Basrah Province	901
165.	Incidence of Entamoeba Gingivalis and Trichomonas Tenax in Periodontitis and Gingivitis Patients Who Attended to Private Clincs in Babylon Province  Fadhil Hassan Alwan Al-Dulaimi, Ausama Abed Alkadhum Alajeely, Yasir Mahmood Ail	906
166.	Iron Oxide Nanoparticles Induced Histological Alteration and Fetal Skeletal Abnormalities in the Embryo of Albino Rats	911
167.	Clinical Characteristics of Headache among a Sample of Iraqi Medical and Dental Students	916
168.	Antioxidants Activity of Date Seed Extraction of Some Date Varieties	922
169.	Unemployment and Its Role in Increasing Crime Rates within the Iraqi Society	929
170.	Treatment of Congenital Capillary Hemangioma: Review of 30 Cases in Nasiriyah (2013-2018)	934
171.	Is Glycosylated Hemoglobin A Marker of Infertility? Prospective Analytic Study	938
172.	Serum Salusin-α and Salusin -b levels with some Biochemical Parameters in Patients with Major Thalassemia	943
173.	Isolating Liver abnormalities in CT Scan Images Using Enhancement Based Technique	949
174.	Factors Affecting Self-Care Behaviors of Patients with Heart Failure	955
175.	The Prevalence of Sperm Parameters for Infertile Males in Thi-Qar City	961

176.	Histological Study of Pregnant albino Rat Treated with Nickel Oxide Nanoparticles	966
177.	Potential Risk Factors of Breast Cancer among Women Attending Teaching Hospitals in Babylon Province	971
	Hasan Alwan Baiee, Zainab Fadhil Kizar, Huda salman Jasim Suha Sheehan Jasim, Liala Qies Raheen	ı
178.	Epidemiological Aspects of Attention Deficit Hyperactivity Disorder among pupils in Al-Hilla City  – Babylon Province – Iraq  Adnan H. ALjothery, Hasan Alwan Baiee	978
179.	An Accurate Breast Cancer Detection System Based on Deep Learning CNN	984
180.	The Efficacy and Safety of Cinnarizine in the Treatment of Vertigo in a Sample of Iraqi Patients in Al-Diwaniyah Province	991
181.	Catalase Gene Polymorphism in Patient with Diabetes Disease Type 1 in Karbala City	996
182.	Depression among Patients with Renal Failure Undergoing Haemodialysis Treatment in Holy Kerbala City in Iraq	1002
183.	Ali Kareem Khudhair Al-Juboori , Intisar Abdul Ghani Khudhur, Selman Hussain Faris  The Use of Complementary and Alternative Medicine among Diabetic Patients in Nasiriya City  Nahla Saleh Hasan, Murtadha Kadhim Yasir, Qasim Ali Khasal, Mishaal Zoori Jabbar, Abdulrahman Abbas Jasim, Ied Al_Sadoon	1008
184.	Testosterone and Progesterone Levels, Gene Expression of Androgen and Progesterone Receptors in Albino Male Rats Treated with Phenolic Flower Extract of Hibiscus Rosa - Sinensis L	1016
185.	Nutritional Status of Primary School Children in Babylon Governorate	1023
186.	Prevalence Rate of Depression among Ischemic Heart Diseases Patients in Al-Diwaneya Province / Iraq Abdul Zahra Mohammed Alkafaji, Assel Hamid Risun	1030
187.	Deposition of Ta2O5 Film on Commercial Pure Titanium Disk by Modified Reactive Plasma Sputtering Technique  Hassan Jawad Farhan, Raghdaa Kareem Jassim, L.Thair	1036
188.	Evaluation of the Effect of Endoscopic Sinus Surgery with Medialization of Middle Turbinate	1042
189.	Determination Knowledge of Nurses' Concerning Measurement of Blood Pressure in Emergency Department at Al –Hussein Teaching Hospital in Al-Nasiriya City	1048

## XIV

190.	Thermal Effects of Laser Assisted Endodontic Treatment on The External Root Surface of Deciduous Teeth (in <i>vitro</i> study)	1053
	Saleh Alalawi	
191.	Effect of Some Alcoholic Extracts in Reducing the Fat Content of the Liver Tissue in Rat	1058
192.	Knowledge, Attitude and Practice of Mothers to Neonatal Jaundice	1065
193.	Measurements of Horizontal condylar inclination by using Cadiax compactII in patients with TMJ clicking before and after different treatments modalities	1071
194.	DCGAN for Handling Imbalanced Malaria Dataset based on Over-Sampling Technique and using CNN Liqua M.Shoohi, Jamila H.Saud	11079
195.	2014-2017	1086
	Radha. M. Lefta, Enaas K. AL-Khalide, Murtadha Kanim A.AL-Jebory	
196.	Fasting Versus Non-Fasting in Assessing Lipid Profile and Complete Blood Picture	1091
197.	Zinc Deficiency is Associated with Meprin a in Iraqi Patients with Crohn's Disease	1097
198.	Knowledge Attitudes and Barriers of Undergraduate Medical Students Towards Research in University of Babylon	1103
	Nadia Hussein Sahib, Hasan Alwan Baiee, Hadi Mohammad Ali Al mosawi, Zaid Amjed Al-husseini	
199.	Macrophage Migration Inhibitory Factor (MIF) Gene Polymorphism of Urothelial Carcinoma Patients in Iraq	1110
200.		1114
201.	Quality of Life of Parents Having Cancer and Non-cancer Children: A Comparative Study	1119
202.	Sleep habits and Physiological Penal Gland Calcification (A Magnified Topographical Evolution Study)	1124
	Sattar R. AL-Esawi, Ashwan Abdulzahra Hashim, Zhraa Ayad Jabber, Riyadh W. AL-Esawi	
203.	Investigation of Microbial and Mineral Contamination of Imported Meat	1131
204.	The Distribution of Hepatitis C Virus Genotypes, Viral Load and Antibody Titer among Iraqi Chronic Hepatitis Patients	1136
	Abdel Wahab A. R. Alshaikhly, Zaidoon A. Musa, Ban J. Oasim, Haider F. Ghazi, Wisam J. Mohamme	d

205.	In Vitro Cytotoxicity of Total Alkaloid Extract from Peganum Harmala L. Seeds	1143
206.	Psychological Factor Affecting on Performance Thinking among the Pupils: Mentally or Spiritually Concerned with the Aspects in Students' Acquisition	1148
207.	Determination of the Critical Care Nurses Knowledge Toward Enteral Tube Feeding in AL-Hilla Teaching Hospitals (Interventional study)	1153
208.	Molecular Detection of Pathogenic Entamoeba histolytica based on Amoebapore C Gene in Fecal Samples of Camels from Babylon Province, Iraq	1158
209.	The Role of Hyperglycemia and Coexisting Hypertension in The Development of Diabetic Nephropathy in Type II Diabetes Mellitus	1161
210.	Risk Factors for Congenital Anomalies in Neonatal Intensive Care Unit in Baghdad City	1168
211.	Genetic Polymorphisms of Catalase Enzyme with Hypertension Patients in Babylon Governorate  Hussam Abbas Dawood , Farah A. Al-marzook , Rabab Omran	1175
212.	Comparison Study of Major Thalassemia, Thalassemia Intermedia of Iraqi Patients and Control Groups for Effectiveness of Liver Enzymes	1181
213.	Prevalence of Stress and Coping Behaviors among Medical Students at University of AL-Qadisiyah Mohammed AL-Zobaidy, Adyan Mostafa, Zahraa Hussien, Mariem Humed Redah, Tagreed Adnan, Haneen Mohammed	1185
214.	Assessment of Self-Esteem among Patients with Major Depressive Disorder in Sulaimani City	1191
215.	Evaluation of an Education Program for Elementary School Teachers Regarding Post-Traumatic Stress Disorder among Pupils in Mosul City	1198
216.	Histological Changes in Liver Tissue Resulting from Hydatid Cyst Infection: Comparison between Sheep and Cattle in Iraq	1205
217.	The Effect of Special Exercises by Using Training Methods to Assist in the Development of Some Motor Abilities and Handstand Skill of Still Rings for Young People	1211
218.	Psychological Analysis of Jenang Kutei Judges in Delivering a Verdict of Matai Bilai and Cuci Kampong (Purification Ritual) in Rejang Lebong Regency, Bengkulu Province, Indonesia	1217

219.	Mechanism of Family-coping in Treating Patient with Schizophrenia Viewed from Factors that Affected it at Public Health Center of Balowerti, Kediri	1222
220.	Effectiveness of Stress-Adaptation and Cognitive Behavior (SACB) Model for Independent Health Recovery for Clients with Coronary Heart Disease in the Community	1228
221.	The Influence of Massage Therapy on Children Body Temperature which Fever	1235
222.	Celiac Disease in Children with Short Stature (Incidence and Morphometric Study)	1241
223.	Association of Periventricular Edema Thickness and Optical Perineal Thickness in Hydrocephalus Non Communications by Magnetic Resonance Imaging Examination	1248
224.	Outcome of Open Intraperitoneal Dual Mesh Versus on–Lay Mesh for Incisional Hernia Repair	1253
225.	Teachers' Knowledge Regarding Attention-Deficit Hyperactivity Disorder between Pupils at Elementary Schools in Mosul City	1259
226.	Antibacterial Properties of New Cement Based Capping Material Prepared from Egg Shell and Biopolymer (Chitosan)	1265
227.	Bow tie Model of Palliative Care as an Early Approach to Providing care for Patients with Heart Failur Hossein Jafarizadeh, Yaser Moradi, Alireza Rahmani, Amir Mohammad Amini	e1272
228.	Community Acquired Pneumonia; Chest X-Ray Findings in Three Different Times	1276
229.	Variation of Alkalinephosphatase and Transaminases Levels in Different Trimesters of Pregnancy Iraqi Women  Tariq Hafdhi Al-khayat and Rawaa Muayad Al-Quzweny	1283
230.	Based Assistance Continuum of Care Can Increase Family Independence in Overcoming Health Problems Pregnant-Women  **Rita Yulifah**	1289
231.	Overweight and Obesity Associated Factors among High School Students: A Cross Sectional Study in Erbil	1296
232.	The Influence of Disaster Counseling with Animation Video on Preparednes Students in Elementary School in Palu	1302

233.	The Influence of Breathing Ball Technique on Length of Labor in Phase I Active in Independent Practice, Midwifery Sriwati	
234.	Cardiac Emergency Prevention Through Personal and Environmental Factors	1312
235.	Investigation of cpa. and zpx. Genes in Cronobacter sakazakii Isolation from Clinical Specimens in Thi-Qar Province and	1318
236.	Comparison of Hemorrhoidectomy by Ligasure with Conventional Milligan Morgan's Hemorrhoidectomy	1324
237.	Women's Reactions and Health Disorders Caused by Abuse During the Pregnancy-Postpartum Period <i>Rosmala Nur, Siti Ika Fitrasyah, Anwar Mallongi</i>	1329
238.	The Culture and Age of First Marriage on Female Teenagers in West Marawola	1335
239.	Mother's Behavior in Pregnancy-Puerperal Treatments and Reproductive Health Disorders	1341
240.	The Influence of Wedge Sea Hare (Dolabellaauricularia) Extract and Papaya Juice on Hemoglobin (Hb) and Feritin Levels of Mice Strain (Balb / C) with Anemia	1347
241.	The Relation between Psychological Empowerment and Job Satisfaction among Nurses	1353
242.	Estimation the Level of Follicular Fluid Follistatin in Women Undergoing Intracytoplasmic Sperm Injection	1360
243.	Serum α-Klotho Level in the Patients Subjected to Hemodialysis in Association with Lipid Profile <i>Hibah Hasan Ibrahim, Mutaz Sabah Ahmeid, NihadKhalawe Tektook, Hashim Abdulsattar Jabar</i>	1366
244.	Molecular Detection of Some Antibiotic Resistant Genes of Bacteria Isolated from Bloodstream Infections of Hemodialysis Patients	1373
245.	Assessment of Butchers Attitudes and Practices Toward Food Safetyin Thi-Qar governorate in Iraq Sameeha Naser Abed, Zahraa Zuhir	1379
246.	Nutritional Status for Patients with Hypertension in Hemodialysis Units at Baghdad Teaching Hospital. <i>Shaymaa M. Hussein</i>	1386
247.	Relation of Epstein Barr virus with Interleukin-6 Level among Women with Breast Cancer in Ramadi City	1393

## XVIII

248.	Assessment of Nutritional Status of Under Five Years Children in Relation to Their Birth Space in Shirqat City	. 1399
249.	Detection of blaCTX-M gene in Klebsiella sp. Causing UTIs in Al-Yarmouk Teaching Hospital	. 1404
250.	Alterations in Antioxidants and Trace Element with Interleukin 6 Level in β Thalassemia Major Patients	. 1410
	Janan I. Mohammed, Shihab A. Al-Bajari, MotazA.AL.Akashe, Alaa N. Totanjee	
251.	Overweight BMI with and without Regular Exercise in Secondary School Students in Tikrit City	. 1416
252.	Genotyping Diversity of Echerichia coli isolated from UTI in Iraqi Patients	. 1421
253.	Evaluation of the use of HbA1c in the Diagnosis of Impaired Fasting Glucose	. 1428
254.	Evaluation the Serum Level of Melatonin in Iraqi Patients with Polycystic Ovarian Syndrome	. 1434
255.	Relation of Some Heavy Metals with Male Infertility	. 1440
256.	Immunological role of TLR-7, IL-17A and IL-10 In a Sample of Iraqi Chronic Renal Failure Patients . <i>Asaal Abdul-Ghani Shyeaa, Mohammed Abdul-Daim Saleh; Nihad Khalawe Tektook</i>	. 1446
257.	Protective Immunity against Virulence Uropathogenic Escherichia Coli in Mice	. 1452
258.	Serological and Immunological Determination of Auto-Antibodies Against Myositis-Associated Antigens in Systemic Lupus Erythematosus Patients Using A Novel Immunoblot Assay	. 1459
259.	The Effects of HIV/AIDS Education on Knowledge, Attitude, and Satisfaction for AIDS Prevention Self Massage on College Students in Korea	. 1466
260.	The Study on the Empathy of Nurses and the Quality of Nursing Provided to Hospitalized Children Perceived by Nursing Students	. 1472
261.	Relationship between Attitudes to Child Nursing College Students Perceived Punishment, Child Abuse Awareness and Knowledge	. 1478
262.		. 1484

263.	Study on the Relationship Trend between Chronic Diseases and Oral Health according to Diabetes Treatment: Focusing on the Local Health Survey for 2015, 2016 and 2017	1490
264.	The Effects of Dialectical Behavior Therapy(DBT) Skill Training on Depression and Alcohol Abstinence Self-efficacy of Patients with Alcohol Use Disorder	1497
265.	The Effect of Parenting Attitudes and Major Satisfaction on Career Decision Making Self-Efficacy in undergraduate Students	1504
266.	Changes in Chemical Structure of Iopamidol Contrast Agents According to Radiation and Environmental Conditions	1511
267.	Factors affecting the Post-Anesthetic Recovery Score and Length of Stay in the Recovery Room in Elderly Patients with Hypertension	1516
268.	Influencing Factors on Happiness of Nurses in General Hospitals	1523
269.	Cancer Screening Findings in Korean People with Disabilities: 2016-2017	1529
270.	National Health Screening Program Non-Participation Rates Among Koreans with Brain Injury-Based Disabilities: 2016–2017	1533
271.	Comparison of Ventilation Volume and Airway Pressure of an Advanced Airways in Virtual Reality Ambulance Simulation  Sang-Gyun Roh, Jee-Hee Kim	1540
272.	Effects of Social Support and Life Stress of Women in Climacterium on Meaning of Life	1547
273.	The Effect of Adult Attachment Types, Gender Role Attitude on the Heterosexual Relationship Satisfaction in University Students	1552
274.	The Effects of Economic Stress, Career maturity and Major Satisfaction on the Job Stress in Third and Fourth Grade Students of University	1558
275.	Major Factors Having Influence on the Subjective Happiness of Korean Youth; From the 13th KAHBOS Data	1564
276.	Effects of Intervention on Home-Based Environmental Counselling for Children with Severe Allergic Diseases	1571

277.	Differences of Emotional Intelligence, Self-Effectiveness and Job Stress Levels by ambulance worker Personal Characteristics	1578
278.	Influence of Job Satisfaction and Burnout on Nursing Service Quality in Long-Term Care Hospitals Hyojin Won, Sung-Yun Ahn, Young-Ju Kim	1585
279.	Antimicrobial Effect of Cinnamon Oil Against Oral Microorganisms	1591
280.	Study on Admission Motivation and Institution Selection Intention of Elderly Residing in Long-Term Care Institutions	1595
281.	The Effect of New Nurse's Peer Satisfaction and Educational Satisfaction on Clinical Performance	1601
282.	Diagnostic Performance of Multiparametric MR Imaging According to the Location of Prostate Cancer Jihae An, Keum Won Kim, Jae Young Seo, Young Joog Kim, Min Jae Yoon, Dong Hyun Oh	1608
283.	A Study on the Awareness of Community Public Health Project among the Employees in The Public Health Center	1614
284.	The Health Care Needs of Local Residents in Korea  Misoon Jeon	1621
285.	Health Care Needs According to the Life-Cycle of Community Residents	1628
286.	Patients and Guardians' Perception on Comprehensive Nursing Care Services	1634
287.	Study on the Subjectivity of Medical Professionals Towards Pet Robots	1641
288.	Study on the Relationship between Major Satisfaction, Career Resilience and Career Decision-Making Level  Kihun Ye, Soonyoung Yun, Shinhong Min	1646
289.	Manufacture and Useful Evaluation of Educational Mammography Phantom	1652
290.	The Effects of Hypertension, Dyslipidemia, Myocardial Infarction, and Angina Pectoris on Stress by Cardiovascular Diseases	1658
291.	An Analysis of the Risk of the Infection Disasters by Legal Infectious Disease Outbreak in South Korea Gwang-Seok Kim, Hae-Ryoung Park, Sang-Sub Park	1665
292.	Factors Affecting Nursing Work Performance of Medium Sized Hospital Nurses	1672

293.	Effects of Applying Flipped Learning to Simulation Training in Nursing Students	1679
294.	Development of Multifunctional Cosmetic Products with Anti-Photoaging Effect	1685
295.	A Study on Improvement of Quality of Care-givers to Long Term Care Old Age	1691
296.	Factors Affecting the Clinical Competency of Nursing Students in Pediatric Nursing Clinical Practice Sung-Yun Ahn, Young-Ju Kim	1698
297.	Development Strategy for National Fitness Award 100 via comparison and Analysis of the Korean Government's Health Policy Projects	1704
298.	The Factors affecting Burnout of the Small and Medium Hospital Nurses	1709
299.	Self-efficacy Mediating Effect in Health Communication Campaign	1716
300.	The Dual Mediating Effects of Self-esteem and Hope in the Relationship between Boss's Incivility and Life Satisfaction	1722
301.	Study on Minimum Transmission Dose for Establishing X-Ray Imaging	1728
302.	The Effect of Verbal ad Non-verbal Violence Experienced at Clinical Training Institutions on Major Satisfaction of Dental Hygiene Students	1734
303.	The Claim State of Dental Institutions for Payment from the NHIC	1739
304.	Measurement and Analysis of Exposure Dose According to Radiological Survey Films of Dental Hygiene Students in Oral Imaging Practice	1745
305.	The Effect of Action Observation Training Combined with Intrinsic Muscle Stimulation on the Upper Limb of Function in Stroke Patients	1750
306.	Recognition of Health and Non-Health Care Related College Students on the Safety Management of Dental Radiography	1755
307.	Relationship between Pain-induced Temporomandibular Joint Pain According to Cell Phone Use Frequency	1761

## XXII

	-	
308.	The Effects of Nursing Ethics and Major Satisfaction on Patient Safety Management Activities of Nursing Students	. 1766
309.	The Effects of Maternity Video and Simulation Based Education on Critical Thinking, Interpersonal Relationship, Self Leadership and Major Satisfaction	. 1772
310.	Differences of Muscle Activities of Various Bridge Postures Using Thera-band on the Stable Surface Seol-Ah Kang, Soo-Jeong Kwon, Dong-Yoep Lee, Ji-Heon Hong, Jae-Ho Yu, Jin-Seop Kim	. 1778
311.	A Comparison of Muscle Activity Depending on Shoulder Joint Flexion Angle When Conducting Kettle Bell Swing	. 1783
312.		. 1788
313.	Immediate Changes of Shoulder External Rotation Exercise of Various Angle on the Distance of Subacromial Space	. 1793
314.	Effects of Balance Training Using a Wii Fit Balance Board on Balance, Gait and Activities of Daily Living in Patients with Parkinson Disease: A Pilot, Randomized Controlled Trial	. 1799
315.	Antibacterial Activity of Essential Oils Against Streptococcus Mutans	. 1804
316.	A Study on the Emotional Intelligence of Optometrist	. 1810
317.	The Effect of Cardiac Arrest Simulation Training Using Mechanical CPR Device on Chest Compression Quality of Paramedics in Pre-Hospital	. 1816
318.	Actual Pressure Ulcer Awareness of a Person in Charge of Pressure Ulcer Management	. 1822
319.	The factors affecting on Turnover Intention of Nurses	. 1827
320.	Three-dimensional Evaluation of Maxillary Sinus Volume in Different Sex Groups Using Cone-beam Computed Tomography	. 1833
321.	Development of Personal Safety Education Program for Nursing Students Using Hybrid Application Sang-Mee Koo, Rae-Eun Kim	. 1838
322.	Development and Evaluation of Educational Program to Prevent Cervical Cancer among Vietnamese Immigrant Women	. 1844

323.	A Study on the Effect of Eclipta Prostrata Extract and MTS on the Improvement of Scalp Health and Prevention of Hair Loss for Workers in Their 20s and 30s	1850
324.	A Study on the Selective Strengthening Exercise of the Quadriceps Muscle According to Various Squat Types	1857
325.	Change of Serratus Anterior Muscle Thickness According to Knee Flexion Angle During Knee-Push Up Plus Exercise on Sling  Yun-Ji An, Ye-Ji An, Ji-Heon Hong, Jae-Ho Yu, Jin-Seop Kim, Dong-Yeop Lee	. 1863
326.	A Study on the Recognition of Child Abuse and Countermeasures	1869
327.	Influencing Factors on Mid-Life Well-Being	1874
328.	Effectiveness of Virtual Reality Based Cognitive Rehabilitation on Cognitive Function, Motivation and Depression in Stroke Patients	1880
329.	Development of a Phantom for Low Dose Mammography	1887
330.	Medication Supportive Behavior of Mothers with Children with ADHD: A Structural Equation Model  Myeong-hui Choe, Hyunju Park	1893
331.	Comparison of the Effects of Standardized Patient-based Simulation Education and Clinical Practice Education for Preoperative Nursing Care for High-risk Pregnant Women	1900
332.	Antimicrobial Activity of Coptischinensis Extract against Dental Caries	1907
333.	Analysis of Depression and Stress Trends of Families Receiving Basic Life Support for Dementia Patients: Based on the Community Health Survey in 2015, 2016 and 2017	1913
334.	A Study on the Adjustment to the College Life: Focusing on Mediated Effect of Self-Differentiation  Weon-Hee Moon, Jeong-Yeon Kim	1920
335.	Study on the Oral Health Attitude and Behaviour and the Changes in Dental Plaque According to the Use of Qraycam	1926
336.	Differences of Passive Ankle Stiffness in Post-Stroke Hemiplegia by Varying Angular Velocity between the Paretic and Non-Paretic Side	1931
337.	Factors Affecting Subjective Health Status in Adult Male Workers with Metabolic Syndrome Using Seventh Korean National Health and Nutrition Examination Survey (KNHANES, 2016-2018)	1936

## XXIV

338.	Factors Influencing Self-rated Health Status in Middle-aged Women with Osteoporosis: Based on the 7th Korea National Health and Nutrition Examination Survey	1943
339.	A Study on Factors Affecting Communication Ability of Korean Nursing Students	1949
340.	The Effects of ICT-based Public Health Center Mobile Health Care Project on Adult Health Risk Factors	1955
341.	A Study on the Subjectivity of Organ Donation for Adults	1961
342.	Attitude about Advanced Directives among Middle-aged Using Q Methodology	1966
343.	Effects of Smartphone Addiction on Radiology Students' Interpersonal Satisfaction	1971
344.	Effects of Cognitive Exercise Therapy on Tactile Sensations of the Hands and Activities of Daily Living in Stroke Patients	1976
345.	Effects of Voice Quality Improvement Program for Professional Voice Users with Functional Voice Disorders  Jingren Wang, Hyunju Park	1981
346.	The Study of the Correlation between Cognition Function and Quality of Sleep in the Elderly	1986
347.	Effects of Acute Exercise Intensities on Blood Lipid and Growth Factors in Middle School Students with Intellectual Disabilities	1990
348.	Comparison of Blue Light Blocking Effects of Tips and Tinted Lenses for Dental Light Curing Machines	1997
349.	Difference of Health Consciousness According to Living Environment and Economic Level of the Elderly in the Urban-Rural Complex Area	2002
350.	Effects of 8-Week High Intensity Combined Exercise on Body Composition, Blood Lipid and CRP in Obese Middle Aged Men	2008
351.	Effects of Lower Body Muscle Exercise on Blood Lipids and Homocystein	2014
352.	Anticariogeniceffect of Sambucuswilliamsii var. Coreana NAKAI (S. Williamsii) Extract on Against Streptococcus Mutans	2020

353.	Development of a Medical Phantom to Evaluate the Function of Low Dose 3D MDCT	2025
354.	A Study on the Optometrist' Images between Major Students and Non-major Students	2031
355.	The Study of Swedish Massage on Anxiety Situation and PPT in Stressed Office Workers	2037
356.	Effects of Interest Inducing Activities Programs on the Attention and Self-efficacy of School-aged Children  So-Young Han, Ha-Eun Choi, Min-Ji Kang, So-Hee Kim, Sang-Hee Moon, Su-Jeong Yoon, Geun-Hyung Choi, Jung-Woo Jeong, Ha-Na Kim, Bo-Kyoung Song	2042
357.	Comparison of Nurse Teachers and General Teachers and Nurses Happy Planet Index	2047
358.	Cognition and Behavior of Oral Health in Preschool Parents	2053
359.	Big Data Analysis for Child Well-being on Academic Research	2058
360.	Effect of Sanitizers and Disinfectants in Staphylococcus Saprophyticus	2063
361.	The Effect of Task-based upper Limb Training on Activities of Daily Living and Upper Limb Function in Chronic Stroke Patients	2069
362.	The Effects of Task-oriented Mirror Therapy on the Upper Extremity Function and Brain Activation in Chronic Stroke Patients	2074
363.	An Effect of Communication Training Program on Communication Skills and Empathic Ability	2079
364.	A Study on the Standardization of the 6-Minute Walking Test for Elderly Koreans	2085
365.	Study on the Relationship between General Health and Oral Health According to Diabetes	2090
366.	Analysis of Factors Affecting the Depression and Quality of Life in the Family Taking Care of Dementia Patients	2097
367.	Effects of Low-Dye Taping Applied to Chronic Stroke Patients on Gat Speed	2104
368.	The Effect of Participation in Mentoring Program on Adjustment to College Life, Major Satisfaction, and Interpersonal Relationship Skill in the Nursing Students	2109

## XXVI

369.	Evaluation of Effective Sound Insulation Method for Noise Generated by MRI	2115
370.	Impact of Trademark Rights on a Company's Financial Performance: Focusing on Pharmaceutical Industry in South Korea	2120
371.	The Effect of Recognition Level of Korean Elderly Long-Term Care Insurance System on Effectiveness Recognition	2126
372.	The Effect of Power of Agility of Core Stabilization Exercise by the Musical Type	2132
373.	Policy Roadmap for Development Process and Re-establishing Women Friendly City Policy in Korea- Focusing on the Case of Dangjin City	
374.	Effectiveness of Video Recording and Self-Evaluation for Skill Training in Undergraduate Nursing Education	
375.	The Effects of Depression and Anxiety on Psychological Well-being of College Students: Focusing on the Emotional Perception Clarity	2149
376.	A Comparative Study on Life Satisfaction on the Disabled Elderly and the Disabled Middle Aged  Da-Yeon Shim, Su-Sun Park	2155
377.	Evaluation of Chest Compression Quality and Appropriateness in the Pediatric Cardiopulmonary Resuscitation	2161
378.	Factors Influencing Internet Game Addiction in Middle School Students  Eun Young Do, Yeon Ran Hong	2167
379.	Factors Influencing on-line Game Addiction of Children	2173
380.	A Study on the Factors Affecting Depression of the Disabled People in Korea	2179
381.	A Study on the Status and Improvement of Physical & Mental Health for Middle-aged People	2185
382.	Skin Care Behaviors for Wellaging in Male Adults	2190
383.	Relationship between Body Image, Growth Mindset, Grit, and Successful Aging in Korean Elderly:  Moderated Mediation Effect of Hope  Yeoun Kyoung Hwang, Chang Seek Lee	2196

384.	Effects of Various Deadlifts on the Muscle Activity of the Trunk and Lower Extremity	2203
	Byoung-Hyoun Moon, Young-Jin Lim, Ji-Won Kim	
385.	Factors Influencing Nursing Performance of Clinical Nurses: Focusing Communication Competency and Job Satisfaction	2208
	Hyo-Suk Song, Sung-Hwan Bang, Byung-Jun Cho, So-Hee Lim	
386.	The Effects of Domestic Abuse Experience and Stress on Depression of Adolescents: The Moderated Mediation Effect of Teacher Relations	2214
387.	The Effect of Workers' Smartphone Addiction on Depression: Dual Mediation of Growth Mindset and Impulsiveness	2221
388.	Perceived Health Status, Psychological Well-Being and Health Promotion Behavior of College Studen In-Sook Park, Tae-Kyung Kim	ts2227
389.	Risk Analysis of Metabolic Syndrome Affecting Osteoarthritis: Focused on the 6th Korean National Health and Nutrition Survey	2233
390.	The Effects of Critical Thinking Disposition, Perception of Others and Empathy on Communication Competency among Students Majoring in Nursing	2238
391.	Changes in the Health-related Quality of Life among Korean Adults: Data Comparison between 2007 and 2017	2245
392.	Effects of VR-based Rehabilitation Video for Visual Vertigo on Autonomic Nervous System and Subjective Immersion and Interest in the Elderly	2252
393.	Factors Affecting Health-related Quality of Life for Subjects with Breast Cancer	2258
394.	The Influence of Self-Efficacy, Self-Esteem, Aging Anxiety on Successful Aging in Middle-Aged Women  Jin-Hui Cho	2265
395.	The Influence of Social Network and Depression on Successful Aging in the Elderly	2271
396.	The Effect of Healthcare Service of Employees at a Workplace Using Mobile	2277
397.	Actor and Partner Effects of Self-Efficacy and Social Support on the Colorectal Cancer Screening Behavior of Husbands and Wives: Based on the Actor-Partner Interdependence Model	2283

## XXVIII

398.	The Correlation of the Star Excusion Balance test, Star Excusion Balance Test, Visual Feedback Balance Test	. 2288
	Young-Jin Lim, Byoung-Hyoun Moon Ji-Won Kim	
399.	Study the Association between the Thyroid Autoimmunity Markers and Polycystic Ovary Syndrome in Euthyroid Women	. 2293
	Nassrin Malik Aubead	
400.	The Effect of Slow Stroke Back Massage, Cold-compress and Warm-compress on Superokside Dismutase and Malondialdehyde Levels in Primary Dysmenorrhoea	. 2299
401.	Modification of Chicken Egg Shell and Lime Extract ( <i>Citrus amblycarpa</i> ) for Minimizing Lead (Pb) Level on Blood Cockles (Anadara granosa)	. 2305
402.	Illnesses as an Excuse for Corrupt Indonesian Officials to be Free From Legal Liabilities	. 2311
403.	Model of Social Support for Adolescent Mental Health with Disabilities	. 2316
404.	The Implication of the Indonesian Local Regulations Revocation towards the Local Economy and Out of Pocket Healthcare	. 2322
405.	The Patient Safety Model within Decubitus Ulcer Patients in Hospital: Based on the Organizational Citizenship Behavior and Knowledge Management	. 2327

# Based Assistance Continuum of Care Can Increase Family Independence in Overcoming Health Problems Pregnant-Women

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## **Abstract**

Pregnancy is a natural process during pregnancy does not rule out the possibility of problems or complications that can interfere with health. This study is the development of a minimum standard of visits for pregnant-women and the care provider acts as a ball-picker, with the aim of empowering the family to be independent in recognizing pregnancy complications, overcoming minor complaints, meeting nutritional needs, carrying out pregnancy checks and taking blood tablets. Visits are carried out continuously 15 times during pregnancy and communicating until the mother gives birth. This study usED experimental design with control. The research subjects were 120 people taken by simple random sampling. Data were collected using observation sheets, then analyzed using the logarithmic-formula (Log<sup>10</sup>). The results showed an increase in the level of family independence in recognizing complications during pregnancy, family independence in overcoming mild complaints in pregnancy, independence in fulfilling the nutritional needs of pregnant-women, family independence in carrying out pregnancy examinations, independence the family in giving tablets added blood. The average independence change is 37.4%, based assistance continuum of care that is done by conducting intensive visits and more often can increase family independence in overcoming health problems of pregnant-women, able to reduce self care deficits, improve family capacity in meeting demands self care and families are able provide care for pregnant-women independently.

**Keywords:** Mentoring, Continuum of Care, Family Independence

## Introduction

Family approach is a community health centers service that combines individual health efforts and continuous first-level public health efforts based on data and information from family health profiles that focus on promotive and preventive efforts. Based on the Regulation of MoH-RI, four priority areas or targets are established: 1-reduction in maternal and infant mortality (MMR and IMR), 2-decreasing prevalence of stunting, 3-prevention of infectious diseases, 4) prevention of non-communicable diseases.

MMR and IMR is still a top priority. East Java until 2015 was ranked third with the highest MMR reaching 89.6/100,000 live-births.<sup>2</sup> Batu is city with the population

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of men is 49.33% and 50.67% of women, the general structure of the population tends to refer to the younger age group, the number of fertile couples 4710 and the number of pregnant-women in one year ranges from 1,300 and is expected to increase 1 percent annually, the total coverage of pregnant-women (K4)=95% (target=100%).<sup>3</sup>

The high maternal mortality rate is made possible by the direct causes of preeclampsia, bleeding, inadequate quality of maternal services, unhealthy conditions of pregnant-women and the determinant factor of 3-Too late in decision making, to health facilities and for help.

The strategy to reduce MMR in the National Medium-Term Health Development Plan 2015-2019 is carried out through the Healthy Paradigm where preventive promotive programs are the main pillar of health by implementing a family-based approach continuum of care since pregnancy. A based approach

continuum of care is needed, given that during pregnancy 15% of complications cannot be predicted. With a-based approach continuum of care during pregnancy, it will be able to care for pregnant-women, not only in physical condition but also in social-mental conditions but also to care for the social health of pregnant-women. Based mentoring Continuum of care is a strategy developed by The Lancet Neonatal Survival Series. The effect of continuity of care by midwives in pregnant-women was 63.0% more likely to experience spontaneous vaginal birth and 23.1% less experienced episiotomy.<sup>4</sup>

This study aims to develop a minimum standard care program for pregnant-women by providing based mentoring continuum of care, emphasizing strengthening preventive, wellness, providing coaching functions, assisting families in solving problems, with the final results of seeing family independence in 1-recognize pregnancy danger signs, 2-deal with minor complaints during pregnancy, 3-fulfill the nutritional needs of pregnant-women, 4-carry out antenatal care, 5-consume blood-added tablets.

## Methods

This research was an experimental study with control, namely providing assistance to pregnant-women on an ongoing basis using development assistance modules from maternal and child health books, with population of 120 pregnant-women (60=treatment-groups and 60=control-groups), selected by simple

random sampling.

Data were collected by socializing about mentoring first, then implementing mentoring with stages: 1-implementing mentoring by families, 2-researchers and numerators acting as facilitators and making 15 visits to pregnant-women, 3-the companion conduct a study of the characteristics of pregnant-women and pregnancy, 4-observations on the first and second weeks will be observed in 5 aspects of independence, 5-mentoring starts from the third week to the week before delivery, 6-the facilitator will record the results of the mentoring activities and conduct an evaluation of the mentoring results, 7-the researchers actively communicate, and once a month meet for discussion on mentoring, 8-at the end of the week will be observed conservation of the level of family independence.

The stage of data analysis were: calculating the difference between the average value after being reduced before; do equality by taking the logarithmic value calculated using excel with the formula  $\log^{10}$ , then multiplied by 100%, the final multiplication value was used to evaluate effectiveness.

## **Findings and Discussion**

The results and discussion be elaborated on the data obtained.

Table 1.	Condition	of Mothers	During	Mentoring
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	Intervention		Control		
	Parameter	Amount	Percentage	Amount	Percentage
Increase Body Weight	50-55 kg	32	53.3	23	38.3
	56-60 kg	23	38.3	32	53.3
	61-65 kg	5	8.4	5	8.4
Body-Index	≥20	1	1.7	1	1.7
	21-25	53	88.3	6	10
	26-30	6	10	53	88.3
Systole-Pressure	110	36	60.0	34	56.7
	120	22	36.7	22	36.7
	130	1	1.7	2	3.3
	140	1	1.7	2	3.3
Diastole-Pressure	70	21	35.0	22	36.7
	80	38	63.3	35	58.3
	90	1	1.7	3	5.0

Cont... Table 1. Condition of Mothers During Mentoring

	Intervention	Intervention						
	Parameter	Amount	Percentage	Amount	Percentage			
	Nausea, vomiting	1	1.7	3	6.6			
	Headache	20	33.3	23	38.3			
Complaints most	Pain Waist	19	31.7	21	35			
Complaints most	Whitish	6	10	7	11.7			
	Leg Cramps	8	13.3	3	6.6			
	Hard Peeing Big	6	10	3	6.6			
	accordance gestation	60	100	58	96.7			
High Fundus uteri	Not suitable gestational age	0	0	2	3.3			
	<120 x/mnt	0	0	0	0			
Fetal Heart Rate	120-140 x/min	60	100	60	100			
	>140 x/mnt	0	0	0	0			

Table 2. Differences independence of Family to Address Health Issues Pregnancy Before the intervention

	Interve	Intervention					Control				
	Mean	SD	Diff	Log10	100%	Mean	SD	Diff	Log10	100%	
Recognizing & overcoming complications	1.74	1.24	0.49	0.24	24	1.61	1.09	0.52	0.21	21	
Overcoming minor complaints	3.24	1.74	1.49	0.51	51	3.07	1.49	1.58	0.49	49	
Meeting nutritional needs Prenatal	1.74	1.24	0.49	0.24	24	1.54	0.89	0.65	0.187	18.71	
Examination	4.24	2.32	1.91	0.63	63	3.94	2.18	1.76	0.59	50	
Add blood tablet consumption	1.62	1.35	0.28	0.21	21	1.59	1.3	0.29	0.2	20	

Table 3. Differences independence of Family to Address Health Issues Pregnancy After the intervention

	Interven	Intervention						Control				
	Mean	sd	Diff	Log10	100%	Mean	SD	Diff	Log10	100%		
Recognizing & overcoming complications	4.9	0.44	4.46	0.69	69	2.07	1.39	0.68	0.32	32		
Overcoming minor complaints	7.5	1.2	6.3	0.87	87	4.3	2.3	1.9	0.6	60		
Meeting nutritional needs	4.87	0.5	4.36	0.69	69	2.74	1.67	1.07	0.44	44		
Pregnancy checks	7	0	7	0.85	85	5.9	1.88	4.02	0.77	77		
Add blood tablet consumption	3.8	0.6	3.2	0.6	60	3.2	1.3	1.9	0.5	50		

Table 4. Differences in Changes in the Level of Independence Before and After Assistance in Intervention and Control Groups

	Interventions			Control			
	Before	After	Diff	Before	After	Diff	
Recognizing & overcoming complications	24	69	45	21	32	11	
Addressing minor complaints	51	87	36	49	60	11	
Meeting nutritional needs	24	69	45	18.7	44	25.3	
Pregnancy checks	63	85	22	50	77	27	
Consumption of added blood tablets	21	60	39	20	50	30	
Average			37.4			20.86	

## **Discussion**

Family Independence in Recognizing Pregnancy Complications

At the beginning of the measurement provided an opportunity for family non-independence in recognizing pregnancy complications. The family does not recognize when a pregnant woman experiences severe headaches, suddenly bleeds from birth-canal, excessive nauseavomiting, swollen-hands and face and blurred-vision are complications of pregnancy but it is normal for pregnancy to be given after assistance sustainably the family is more independent in recognizing the complications that might occur during pregnancy. Families know and recognize signs-symptoms such as severe-headaches, sudden-bleeding from the birth-canal, excessive nauseavomiting, swollen-hands and face and blurred-vision, which are complications in pregnancy.

During the mentoring, there were four pregnant-women who had to be referred to health facilities because 2 people had increased blood-pressure on the second and third visits, 2 people were due to obesity and high-risk pregnancies with Poedji-Rochyati score of 10-18. Escort until the mother gives birth at 2 people's health facilities in the hospital, 2 people at the health center, with a healthy mother and fetus.

The independence of the family in recognizing complications between those who were given continuous assistance using the mentoring module had a different effect from the control that used maternal and child health books. The level of independence of the assisted families is higher than the control. During mentoring, the companion acts as a driver, motivator and educator. Direct involvement of the family as a companion plays a role in facilitating the family to quickly recognize the complications.

# Family Independence in Overcoming Mild Complaints during Pregnancy

Family independence in overcoming mild complaints during pregnancy shows different results before and after mentoring. Before being given assistance, both the mentoring and control group had the largest percentage in the independent category. Families do nothing if pregnant-women experience nausea vomiting, complain of vaginal discharge and itching on the birth canal, complain of low back pain, cramps in the legs during sleep at night, and difficulty defecating.

During and after mentoring, families are more independent in dealing with minor complaints that occur during pregnancy, namely nausea, mild-headaches, leg-cramps, difficulty defecating and low-back pain.

When the mother experiences nausea-vomiting, the family gives the mother a warm sweet-drink like sweet-tea and prepares and helps give the biscuits before the mother gets up in the morning. The family does not recommend that pregnant-women not use high-heels sandals or shoes, deliver and accompany mothers to take part in pregnancy exercises to avoid low-back pain. When pregnant-women experience cramps in the legs, the family helps the mother to sit and stand. The family immediately takes the mother to the midwife if the mother experiences leucorrhoea or complaints getting heavier.

# Family Independence in Fulfilling Nutrition Needs during Pregnancy

The results showed a change in the level of family independence in meeting nutritional needs during pregnancy. Before being given assistance to both the assisted and control group, the family did not know the food that should be given during pregnancy. The food given and eaten by pregnant-women is the same as other family meals, there is no difference in either portion or frequency. If pregnant-women experience nauseavomiting, the mother has difficulty defecating the family as a normal thing for pregnant-women, so they have not tried to overcome it through food.

After being given assistance, families are more independent in meeting nutrition during pregnancy. Families in fulfilling nutritional needs prioritize foods that contain protein such as fish, eggs, chicken liver and follow recommendations as stated in the mentoring module that is to meet the nutritional needs of quality pregnant-women fulfilling the elements of nutrition, carbohydrates, proteins. fats, vitamins and minerals. The food consumed during companion for carbohydrates is rice and bread. Proteins: tempeh, tofu, eggs, sea fish, fresh fish, chicken and beef; Fat: from cooking oil, Vitamins: spinach, lettuce, mustard greens, broccoli, carrots, kale, pumpkins and fruits. Mothers also drink an average of 6-7 glasses a day.

## Family Independence in Conducting Pregnancy Examinations

Family independence in conducting prenatal-care before and after mentoring in both the mentoring and control group showed the same results. Before family assistance has shown independence in carrying out pregnancy checks, the family knows and understands well when knowing signs of pregnancy immediately brings the mother to the midwife or community health care. During pregnancy, the family brings pregnant-women to check their pregnancy 9 times, which is 1 time at gestational age 1-3 months, 3 times at gestational age 4-6 months and 5 times at gestational age 7-9 months. The family also immediately checks the pregnancy if there are minor complaints that cannot be overcome by themselves and the signs of childbirth.

## Family Independence in Consuming Tablets Adding Blood During Pregnancy

Before being given assistance to the independence of the poor family in helping mothers consume tablets plus blood, this was due to a mother's complaint that after taking tablet medicine the blood of the mother felt nauseous and had difficulty defecating.

During the mentoring, the family as a companion assisted by the accompanying coordinator was educated about the importance of consuming blood-added tablets for pregnant-women contributing to family independence in helping to consume tablets with more blood. The results of observations during mentoring, every day pregnant-women routinely take tablets plus blood one tablet before going to bed using warm-water, this is done to avoid possible side effects that arise, namely headache, nausea and difficulty defecating.

## The Effectiveness Assistance on of Continuum of Care Family Independence in overcoming the health problems of pregnant-women

It was found that-based mentoring continuum of care had high effectiveness on family independence in overcoming health problems of pregnant-women. Families given assistance have high independence in overcoming health problems. As long as independent family assistance in recognizing complications, the family is able to overcome minor complaints that occur during pregnancy, the family can independently fulfill the nutritional needs, carry out antenatal-care and independently consume blood-added tablets. Families are able to make decisions when they know that an increase in blood-pressure and an increase in bodyweight exceed the normal limit by immediately bringing the mother to the nearest health facility, the community health center.

As long as the health assistance of pregnant-women is well monitored, pregnant-women do not experience health problems resulting in pain, 98% of maternal

blood pressure within the normal range, 98% of maternal nutritional status with a BMI between 23-24, high fundus uterine according to gestational age, 98% of fetal heartrate within normal limits.

The assistance continuum of care is carried out functions in guiding, sustaining, protecting, supporting and empowering functions, namely functioning to guide the assisted family in the decision-making process, enabling and strengthening the assisted family and coping fully or independently when problems occur health for pregnant-women based assistance Continuum of care carried out in this study is mentoring that refers to quality care by using the principle of familyempowerment that is guided and tracks pregnant-women from time to time during the mentoring period, and optimizes family independence in overcoming health problems for pregnant-women.<sup>1</sup> Family empowerment functions as a link between maternal and child care, and the development of a health system approach to strengthening maternal and child health services. 5 Based mentoring Continuum of care with reference to the quality of care from the results of research effectively increases family involvement as human resources is the potential to empower themselves in achieving independence to solve and overcome health problems for pregnant-women, so as to reduce the incidence of morbidity in pregnant-women, this is appropriate Van den Broek, NR and Graham WJ's opinion that quality care must be at the core of all strategies to accelerate reducing maternal and child mortality.<sup>6</sup>

Mentoring with a-based approach continuum of care during pregnancy, effectively increases family independence in caring for pregnant-women, not only in physical condition but also in social, mental conditions but also caring for the social health of pregnant-women. With based assistance continuum of care, maternal health problems can be overcome, mothers give birth normally, mothers are healthy, babies are also healthy. This is also reinforced by the results of previous studies from McLachlan, HL, Forster, DA and friends, that ongoing care provided by midwives during pregnancy to low-risk women can reduce the rate of Caesarean section. Case management using continuous care or continuum of care for pregnant-women diagnosed with HIV shows lower results for transmission to infants.

## **Conclusions**

1. Based mentoring continuum of care effectively

increases family independence in recognizing pregnancy complications by 45%.

- 2. Assistance continuum of care effectively increases family independence in overcoming mild complaints during pregnancy by 36%.
- 3. The continuum of care is effective in increasing family independence in meeting nutritional needs during pregnancy by 45%.
- 4. The continuum of care is effective in increasing family independence in carrying out a 22% pregnancy checkup.
- 5. Mentoring continuum of care effectively increases family independence in giving blood tablets to pregnant-women 39%.
- 6. Family assistance is Continuum of care effective in increasing family independence in overcoming health problems for pregnant-women.

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Conflict of Interest- No

**Ethical Clearance-** Yes

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