

*Proceeding of International Conference and Workshop on Health*

# **PROCEEDING BOOK OF**

THE 4<sup>TH</sup> INTERNATIONAL CONFERENCE ON FOOD,  
NUTRITION AND HEALTH

## **"Multi Approaches on Cancer & Geriatric Care"**

September 14 and 15, 2021

Place : Politeknik Kesehatan Kemenkes Malang  
Ijen Street 77 C Malang

Publisher :

Politeknik Kesehatan Kemenkes Malang

**PROCEEDING BOOK OF  
THE 4<sup>TH</sup> INTERNATIONAL CONFERENCE ON FOOD, NUTRITION AND HEALTH  
“MULTI APPROACHES ON CANCER & GERIATRIC CARE”**

**Organized By:**

Politeknik Kesehatan Kemenkes Malang

**In Collaboration with:**

S & J Perusahaan International

Universitas Putra Malaysia

Universitas Tokushima

Universitas Brunei Darussalam

Universitas MAHSA

**Steering Committee**

Budi Susatia, S.Kp, M.Kes **(Director Politeknik Kesehatan Kemenkes Malang)**

Dr. Moh. Wildan, A.Per.Pen, M.Pd **(1<sup>st</sup> Vice Director)**

Bernadus Rudy Sunindya, MPH **(2<sup>nd</sup> Vice Director)**

Dr. Ganif Djuwadi, SST, S.Pd, M.Kes **(3<sup>rd</sup> Vice Director)**

Setyo Harsoyo, SKM., M.Kes **(Head of Academic and General Affairs)**

**Organizing Committee:**

Chairman : Dr. Nur Rahman, STP, MP  
**(Head of Center of Excellent, Politeknik Kesehatan  
Kemenkes Malang)**

Secretary : Ola Ismi Iasha, S.Tr. Gz.  
Hilfina Amaris Ghaissani, A.Md.Kom

Treasurer : Elvira Amalia Azmi, A.Md

Event Division : Dr. Farida Halis DK, S.Kp, M.Pd **(Chair)**  
Ibnu Fajar, SKM., M.Kes  
Tiana Rachmadita, A.Md.Kep  
Auridsa Nihlahani, S.ST

Editor Division : Wahyu Setyaningsih, S.ST, M.Kes **(Chair)**  
Edy Suyanto, S.ST, MPH  
Prima Souldoni Akbar, Mkes

Scientific Division : Kissa Bahari, S.Kep.Ns, M.Kep **(Chairr)**  
Eka Wulandari, S.Pd., M.Pd  
Hening Ryan Aryani, SST., M.Keb  
Anak Agung Istri Citra Dewiyani, S.K.M, MARS  
Ika Yudianti, S.ST, M.Keb

- Poster Section : Avid Wijaya, SST, MKM (Chair)  
Dea Allan Karunia Sakti, S.Tr.RMIK
- Reviewer : Dr. Nurul Pujiastuti, S.Kep.Ns, M.Kes (Chair)  
Theresia Puspita, STP, MP  
Dr. Ir. Endang Sutjiati, M.Kes  
Sugeng Iwan Setyobudi, STP, M.Kes  
Rany Adelina, S.Gz., M.S.  
Dr. Ekowati Retnaningtyas, S.Kep, M.Kes  
Dr. Erlina Suci Astuti, S.Kep, Ns, M.Kep  
Dr. Siti Asiyah, S.Kep.Ns, M.Kes  
Dr. Wiwin Martiningsih, S.Kep, Ns, M.Kep, PhD  
Hurun Ain, S.Kep.Ns., M.Kep  
Dr. Heny Astutik, S.Kep.Ners, M.Kes  
Tarsikah, S.SiT, M.Keb  
Dr. Finta Isti Kundarti, S.SiT, M.Keb  
Wandi, S.Kep.Ners, M.Pd  
Ngesti W. Utami, S.Kp, M.Pd  
Jupriyono, S.Kp. M.Kes  
Drs. Moh Zainol Rachman, S.ST, M.Kes
- IT Division : Anugraheny Fitri N, S.T (Chair)

**Publisher :**

Politeknik Kesehatan Kemenkes Malang,  
State Health Polytechnic of Malang

**Editorial Staff:**

Ijen Boulevard 77 C Malang  
Telp./Fax. (+62) 341556075  
email: hkipolkesma@gmail.com

1<sup>st</sup> Publication on January 2022 Copyright  
© 2022. All rights reserved

# PREFACE



**Budi Susatia, S.Kp, M.Kes**

Director of Politeknik Kesehatan Kemenkes Malang

Assalamualaikum warahmatullahi wabarakatuh, everyone!

First of all, I would like to greet dr. Kirana Pritasari, MQIH as a Head of the Indonesian Health Human Resources Development and Empowerment Agency. Also to the honorable our Expert Speakers from Malaysia, Thailand, Jepang, Indonesia, Brunai Darussalam, and from Poltekkes Bandung, Tasikmalaya, Jogjakarta and also Malang who are very impressive today. Also to all of audiences at zoom meeting today who can't wait to get knowledge and many ideas from our speakers.

In this year and still with the Covid-19 pandemic, there are many models of seminars or conferences that have been changed from offline to online. Just like what we did today, we meet virtually at the 4th International Conference on Food, Nutrition, and Health. This is a real evidence for us that even though we are still in a pandemic, we are still productive and not tired of keep learning.

With 4th International Conference on Food, Nutrition, and Health that going on today, I hope this will bring a lot of benefits to all the audiences. This is also a very good opportunity for all of us to build or establish our international relations, collaborations, and partnerships.

Thank you for the time to me. And once again, thank you to our international partners, lecturer and students from Politeknik Kesehatan Kemenkes Malang who made this conference happen.

On behalf of Health Polytechnic of Malang, I welcome all the speakers, participants, and guests to this forum. I wish you all an inspiring and a productive conference.

Thank you. Wassalamualikum warahmatullahi wabarakatuh.

# TABLE OF CONTENTS

	<i>Page</i>
<b>Cover</b> .....	<b>i</b>
<b>Preface</b> .....	<b>iv</b>
<b>Table of Contents</b> .....	<b>v</b>
 <b>SPEAKER</b> .....	 <b>1</b>
 <b>ORAL PRESENTATION</b> .....	 <b>24</b>
<b>NUTRITION &amp; GENERAL HEALTH</b> .....	<b>25</b>
M.Suandika, W.R.Tang, F.G Parahita U. Wirastri, W.E.Kurniawan: The Effect Tomato Juice to Decrease Cholesterol Levels on People with Hypertension .....	25
Risti K. Dewi, Deni Elnovriza, Firdaus Firdaus, Salsabil Naqiyah, Sheisvi N. Putri: The Correlation Between Household Coping Mechanism Level and Dietary Quality of Children Under Five in Padang City During Covid-19 Pandemic .....	26
Rine Dhenok Ardianti, Harsono Salimo, Risya Cilmiaty: The Relationship of Family Dietary Diversity with Nutritional Status in Preschool Age Children in Panti Distric .....	27
Novanti Afifah, Adi Magna Patriadi Nuhriawangsa, Eti Poncorini Pamungkasari: The Relationship between Macronutrient Intake and Exclusive Breastfeeding in Diarrhea Preschool Children .....	28
Iskari Ngadiarti, Muntikah, Indah Ratnasari: The Impact of Covid-19 on Nutritional Status, Risk of Malnutrition and Nutritional Intake Among Nursing Home Residents and Community-Dwelling Elderly .....	29

Risky Rindu Albajuri, Nurhamidi: The Correlation of Breastfeeding and Parenting with Early Childhood's Emotional Development .....	30
Nur Chabibah, Milatun Khanifah, Pujiati Setyaningsih: The Effectiveness Fortification of Moringa Oliefera Powder in Soybean Milk to Increasing Toddler Nutrition Status .....	31
Winnie-Pui-Pui Liew, Mohd-Redzwan Sabran, Leslie Than Thian Lung, Fauzah Abd Ghani: Metagenomic Approach for Understanding Probiotic-Aflatoxin Interaction in The Gut .....	32
Rina Doriana Pasaribu, Evawany Aritonang, Ety Sudaryati, Fikarwin Zuska: Preconception Women's Diet During the Covid-19 Pandemic: Phenomenological Study .....	33
Nindya Tresna Wiwitan, Nur Rahman, Annasari Mustafa: The Effect of Ice Cream and Takokak Tea (Solanum Torvum Swartz) Toward Erythrocyte Sedimentation Rate of Wistar Rat that Induced Dietylnitrosamin .....	34
Cucuk Suprihartini, Enggar Anggraeni, Anggraini Hilda Contheza: The Effect of Instant Tiwul Flour Addition on Acceptance and Water Content of Coasted Green Beans (Vigna) Riadata L) .....	35
Alfa Laili Rohmatin, Nur Rahman, Annasari Mustafa: The Effect of Takokak Tea and Ice Cream Toward Total Protein Levels of Male Wistar Rat With Den Induction .....	36
AAi Citra Dewiyani, Amadea Putri Wulandari: The Correlation between Income and Participation of JKN in Wlingi, Blitar .....	37
<b>NURSING</b> .....	<b>38</b>
Wiwit Arif Hidayat, Adiratna Sekar Siwi, Made Suandika, Woung Ru Tang, Ji-Sheng Fang: The Relationship of Social Support with Self Acceptance in Chronic Kidney Failure Patients Undergoing Hemodialysis at Dadi Keluarga Hospital, Purwokerto .....	38

Anisa Vira Rahmayanti, Wiwiek Retti Andriani: Literature Study of Nursing Care for Non-Hemorrhagic Stroke Clients with Risk for Impaired Skin Integrity.....	39
Nabela Sely Astuti: Literature Study of Nursing Care for Febrile Convulsion Clients with Hypertermia Problems .....	40
Suci Rachmatul Khoir: Literature Study of Nursing Care for Low Birth Weight Infant with Hypothermia .....	41
Alif Farida Wijayanti: Literatur Review of Nursing Care for Non Hemorrhagic Stroke Patients with Swallowing Disorders .....	42
Hiqmah Septi Wulan Sari: Literature Review of Nursing Care of Diabetic Foot Ulcer (DFU) Patients with Physical Mobility Disorders .....	43
Putri Retno Wulan: Literature Study of Nursing Care on Post-Operative Open Reduction Internal Fixation Patients of Tibia Fibula Fracture with Acute Pain Problem .....	44
Ericha Diah Pitaloka: Literature Review of Nursing Care For Type 2 Diabetes Mellitus (T2DM) Clients with Unstable Blood Glucose Level .....	45
Ludfi Murtadha Safiq: Literature Study of Type 2 Diabetes Mellitus (T2DM) Clients with Nutritional Deficit .....	46
Hurun Ain: Literature Study Of Type 2 Diabetes Mellitus Clients with Nutritional Deficit Stunting Prevention Behavior Using Dynamic Self Determination of Self Care and Positive Deviance Models .....	47
Marsaid: Blood Pressure with Stroke Type in Stroke Patients at the General Hospital of Bangil Pasuruan .....	48
Retno Puji Hastuti; Nursing Care of Cancer Patients With a Family Approach .....	49
Arief Bachtiar: The Model of Spiritual Caring in Nursing .....	50
Wiwiek Retti Andriani, Langgeng Cahyono: ECG Pattern of ACS Patient After Inpatient Phase of Physical Rehabilitation .....	51

Tavip Dwi Wahyuni, Lenni Saragih, Nisrina Fauziah: Effectiveness of Finger Hold Relaxation and Progressive Muscle Relaxation in the Level of Pain of Patients Post Laparotomy Surgery with General Anesthesia at Regional Hospital Mardi Waluyo, Blitar. ....	52
Fiashriel Lundy, Farida Halis, Pudji Suryani: The Development of E-Module Education Applications in Prevention of Type Ii Diabetes Mellitus (DMT II) in Youth in the Pandemic Covid-19 in Mojolangu Malang .....	53
<b>MIDWIFERY</b> .....	<b>54</b>
Intan A. Rahayu, Ika Yudianti: Fetal Movement Count with Sardovsky's and Fetal Heart Rate in Late Pregnancy .....	54
Mega Eka Puspita, Suprapti, Ari Kusmiwiyati: Literature Study of Overview of Ante Natal Care Implementation in Indonesia .....	55
Wendy Dias Krisna Putri, Heny Astutik, Budi Suharno: An Overview of Health Seeking Behavior in Adolescents in an Effort to Improve Reproductive Health .....	56
Arika Indah Setyarini, Ririn Indriani: Effect of Phytoestrogens on Oxidative Stress in Experimental Animal Organs Under Hypoestrogen Condition : A Meta-Analysis .....	57
Ida Susila, Faiqotul Himmah: Melasma Incident Relationship on Prolonged Use of Birth Control Pills .....	58
Sri Wahyuni, Ni Wayan Dan Ekayanthi, Fauzia: Improving Exclusive Breeding Education Capabilities and Skills as a Community Empowerment Effort .....	59
Tarsikah, Lisa P. Wulandari, Nabila Ayu Oktaviani: The Survey of Preconception Digital Education Media Needs .....	60
Annisa' Wigati Rozifa, Irma Maya Puspita, A'im Matun Nadhiroh: Correlation Between the Level of Anxiety and Menstrual Cycle during Covid-19 Pandemic in Female Adolescents .....	61



Qothrun Nadaa Hibatulloh, Dwi Estuning Rahayu, Rahajeng Siti Nur Rahmawati: The Effectivity of Acupressure Therapy to Relieve Labor Pain During the Active Phase of the First Stage .....	62
Novea Putri Brilliant, Rahajeng Siti Nur Rahmawati, Mika Mediawati: The Effectiveness of Progressive Muscle Relaxation to Reduce Pregnant Mother's Anxiety .....	63
Kartini, Fatmawati, Halijah, Titi Purnama, Arsulfa, Melania Asi: The Effect of Giving Cookies Based on Long Leaves and Tuna Fish Bone Food on Serum Levels of Erithropoietin In Women of Reliable Age with Anemia in Kendari City .....	64
Arsulfa, Kartini, Melania Asi: Assistance of Low Birth Weight Baby Care at Home with Low Birth Weight Increase in Kendari City .....	65
Melania Asi, Askrening, Arsulfa, Kartini: The Effect of Combination of Deep Relaxation Techniques and Five Finger Imagination Distraction Techniques on Reducing Maternal Anxiety and Fetal Stress in Kendari City .....	66
<b>POSTER PRESENTATION .....</b>	<b>67</b>
Annisa A. Rachmayanti, Claudia D. Kliranayungie, Zahrina T. Wahidin, Firlanita Ahdiyanti: A Case Study: Nutrition Care for ALS (Amyotrophic Lateral Sclerosis) Patient with Malnutrition in Dr. Cipto Mangunkusumo General Hospital Jakarta .....	68
Z.X. Chen, A.Z. Zalina: Prevalence of Malnutrition and Its Associated Factors Among Gynecological Cancer Patients in Institut Kanser Negara, Putrajaya, Malaysia .....	69
Nisa Shabrinafi Amalia, Erni Dwi Widyana, Susanti Pratamaningtyas: The Effect of Yoga on Menstrual Pain in Adolescent .....	70
Ibnu Fajar, Nur Rahman, Nauval Falah Akbar: Method of Determining Breast milk Milk Consumption in Malang Regency .....	71

Firman Dwi Cahyo, Ema Hikmah, Endang Suartini: The Effect of Counseling on Mother's Knowledge and Attitude About Low Birth Weight Baby Care .....	72
Eki Aditya, Nurul Pujiastuti: Literature Review: The Relationship between Exclusive Breastfeeding and Infant Growth .....	73
Avid Wijaya: Design and Build Applications for Nutrition Medical Records in Health Services .....	74
Nurul Pujiastuti: Literature Review: The Effect of Consumption Mung Beans, Papaya and Katuk Leaves on Breast Milk Production .....	75
Nury Wahyu Madany, Arief Bachtiar, Nurul Pujiastuti: Literature Review: Correlation Between Low Birth Weight (LBW) Infant and Asphyxia Neonatorum .....	76
Siti Rossika Dewi, Nurul Pujiastuti: Literature Review: The Influence of Mother's Behavior in Exclusive Breastfeeding on Optimizing Child Growth and Development .....	77
Titin Hidayatul Nuraini, Nurul Pujiastuti: Literature Review: The Effect of Exclusive and Partial Breast Milk on Infant Nutritional Status .....	78
Roni Nurdianto, Theresa Puspita, Sulistiastutik: White Oyster Mushroom (Pleurotus Ostreatus) and Yellow Pumpkin (Cucurbita Muschata) Flour as Ingredients for High Carotene Wet Noodles .....	79
Amih Maulida, Riska Yudhistia Asworo, Sandry Kesuma: Development Colorimetric Digital Imaging Method Based on Fast Detection Hydroquinone Use Extract Cabbage Purple (Brassica Oleraceae Var. Capitata L.) .....	80
Wahyu Setyaningsih: The Development of "Growth Easy Box" as a Simple Growth and Development Detection Media .....	81
Syarminie S, Mohd Redzwan S.: Aflatoxin B1 Exposure and its Relation to Fecal Bacterial Profile and the Progression of Anhedonic-Like Behaviour in Rats .....	82

Grinda Alodia Falah, Nurul Pujiastuti: Literature Review: The Effect of Mother's Knowledge about Breast Milk on Breastfeeding Behavior .....	83
Nurhamidi, Fathurrahman: The Development of Tofu Product Made from Ketapang Seeds and Soybeans in Reducting Cholestrol Levels .....	84
Sugianto Hadi: Nyidamsari Folk-song as a Vehicle for Delivering Messages in Improving Community Behavior to DHF Prevention in Malang .....	85
Muhammad Bagus Eka, Hanandayu Widwiastuti: Analysis of Microplastics in Refill Drinking Water Sold in Klojen District, Malang City..	86
Supono, Sulastyawati: Fluid Restriction and Consumption Xylitol Free Sugar Gum to Decrease Blood Pressure and Interdialytic Weight Gain Pre Hemodialysis Patients with End Stage Renal Disease .....	87
Leny Budhi Harti, Adelya Desi Kurniawati, Fuadiyah Nila Kurniasari: The Effect of Spray Dried of Blenderized Enteral Formula on the Fat Profile ..	88
A. Ermamilia, N. F. Setyaningrum, A. N. Haniyyah: Dietary Knowledge Among Families of Paediatric Cancer Patients at Dr. Sardjito Hospital ...	89
Rita Yulifah, Retno Diyah Puspita, Cantika Briliana: Potential of Kentos (Houstorium) as an Alternative to Economical Vegetable Formula Milk in Indonesia .....	90
Feling Polwandari: Adolescents and Their Nutrition Needs .....	91
Nurul 'Aqilah HA, Zalina AZ: Assessing Malnutrition Status Among Pre-Operative Surgical Patient in Public Hospital .....	92
Sri Winarni, Arsinah Habibah Fitriah, Annasari Mustafa, Ramli: Making Local Avocado (Persea americana) Oil with Autoclave Rendering Method as an Alternative for Hyperlipidemia Prevention .....	93