ORAL SESSION

OS-1

THE EFFECT OF HUSBAND'S SMOKING STATUS TO WIFE'S HYPERTENSION STATUS

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Background: There were still some controversies about the relation of passive smoking and hypertension, and there are limited data in Indonesia regarding this association.

Materials and Methods: To know the effect of husband's smoking status to wife's hypertension status. Material and Method: This cross-sectional study was conducted at Siloam General Hospital from February to March 2018. Samples who met the inclusion and exclusion criteria were interviewed and their blood pressure were measured by sphygmomanometer. Data were tabulated using Microsoft Excel 2017 and analyzed using the SPSS Program.

Results: From total 484 samples, when compared to woman whose husband smokes and does not smoke, the odds ratio (OR) for hypertension was 3.7 [95% CI 2.35-5.83] ($p<0.001$). The mean systolic and diastolic blood pressure in woman whose husband smokes and does not smoke were 132.79 mmHg vs. 125.85 mmHg ($p<0.001$) and 82.21 mmHg vs. 78.12 mmHg ($p<0.001$) consecutively. Frequency of hypertensive woman according to husband's Brinkman index score <200, 200-599, >599 were 31.2%, 50.5%, and 18.3%.

Conclusion: The conclusion of this study is husband's smoking status affects wife's hypertension status. Woman whose husband smokes have a 3.7 times risk for hypertension than woman whose husband does not smoke [95% CI 2.35-5.83].

Keywords *: blood pressure, hypertension, smoking*

OS-2

THE RELATIONSHIP BETWEEN DURATION OF MOBILE PHONE USE WITH SLEEP QUALITY AMONG MEDICAL STUDENTS IN UNIVERSITAS PELITA HARAPAN

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Background: Rate of mobile phone use in the world reaches 91%, and a lot of people are addicted to it. Poor sleep quality is one negative impact from excessive mobile phone use due to forgetting time, late onset of melatonin secretion from the electromagnetic field and light from the mobile phone.

Aim: The aim of this research is to identify the relationship between the duration of mobile phone use towards sleep quality.

Materials and methods: This study is a quantitative analytic study that uses a cross-sectional design. Primary data obtained through questionnaire using purposive sampling technique. Samples are 121 students from Faculty of Medicine Universitas Pelita Harapan batch 2015-2016. Chi-Square and stratification were used for analysis using *IBM Statistical Product and Service Solution* (SPSS) *v22.0* year 2013.

Results: Duration of mobile phone use after nine at night did not have any association with quality of sleep (*p-value* $= 0,090$). Duration of mobile phone use during the day did not have significant results as well (*p-value* $= 0,348$).

Conclusion: Duration of mobile phone use after nine at night did not have any association with quality of sleep. Null hypothesis was supported which could be caused by insufficient sample size, non-randomized sampling and subjective data gained from questionnaire.

Keywords: *mobile phone use duration, sleep quality, medical students, after nine p.m.*

OS-3

PANTY LINER USAGE AS A RISK FACTOR OF FLUOR ALBUS

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Background: Women aged 15-24 years have experienced fluor albus as much as 31.8% according to a survey conducted by the Indonesian Youth Reproductive Health Survey (SKRRI). Fluor albus in Indonesia is generally caused because the majority of women in Indonesia still do not understand how to properly maintain the cleanliness of their feminine areas.Women in Indonesia still consider the use of panty liners to maintain their feminine area.In fact, using a panty liner can become one of the predisposing factors for fluor albus. The purpose of this study is to know the usage of panty liners as a risk of fluor albus. As well as, knowing the incidence of fluor albus and comparison on the wearer and non-wearer of the panty liner and also knowing the relationship of the type of panty liner to fluor albus.

Materials and methods: This research was conducted with quantitative analytic with cross sectional method with control cases. Subjects were women aged 18-25 years at the Faculty of Nursing at Universitas Pelita Harapan who at the time of study amounted to 46 female student who used panty liners. As comparison, there are 46 students who did not use panty liners. The method that will be used is Chi^2.

Results: Majority of age in the group panty liner user is 20 years old and age distribution in non-panty liner user is 19 years old. There are 24% fluor albus incidence in non-panty liner user and 76% fluor albus incidence in panty liner user. The analysis of Chi^2 shows that the use of panty liner can be a risk factor of fluor albus (p=0.001). Only two respondents used panty liner which contained antiseptics and 44 respondents used panty liners which did not contain antiseptics. Type of panty liner is not a risk factor that affect fluor albus (p=0.614).

Conclusion: Use of panty liner can increase risk of fluor albus. However, the type of panty liner does not have significant relationship to the occurrence of fluor albus.

Keywords *: Panty liner, vaginal discharge, fluor albus*

OS-4

Distributions of Breast Cancer Primary Tumor Locations in Indonesian Patients

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Background: Overseas studies have shown various distributions of breast cancer primary tumor locations based on stages and histopathologic types. Breast cancer laterality was estimated to be one of the determinant factor in prognosis. Superolateral quadrant has the most dense tissue because of the fibroglandular and adipose, which then became the most frequent site for the primary tumor occurrence. Breast tumor in older patients have the tendency to occur in the left breast, whereupon the radiotherapy treatment will greatly affect the cardiovascular system and mortality. The aim of this study is to know the distributions of primary breast cancer tumor locations in Indonesian patients.
Material and Methods: A cross-sectional design study was done and the data was collected from Siloam Hospital Lippo Village radiology and pathology anatomy department within 2014-2018 period. Breast cancer primary tumor locations were gathered from imaging results. All patients without biopsy results were excluded The results were presented using descriptive statistics.
Results: A total of 74 breast cancer patients from various ages and stages were enrolled to this study. There were 51.35% patients which tumors were on the left side with the mean age of 49.45 (SD=11.19) (29-78) years old and 48.65% patients had tumor on the right side with the mean age of 48.44 (SD=9.82) (25-74) years old. Based on stages, 57.5% patients which tumors were on the left side and 63.9% on the right breast were in early stage. The rests were locally advanced. Based on the histopathological types, 84.2% patients left breast tumor and 72.2% patients with right breast tumor had invasive carcinoma of no special type. Furthermore, 10.5% patients which tumors on the left breast and 13.9% on the right breast had mix type. 8.3% patients with tumor on the right breast were classified as invasive lobular carcinoma. The rests were ductal carcinoma in situ. 50% tumors on the left breast is in the superolateral quadrant, followed by 31.6% in superomedial, 13.2% in inferomedial, and the rests in inferolateral. 61.1% tumor on the right breast were in the superolateral quadrant, followed by 16.7% in inferolateral, 13.9% in superomedial, and the rests in inferomedial.
Conclusion: Patients with tumors located on the left breast are more numerous than those on the right. Patients with early stage have more tumor in the right breast meanwhile, patients with advanced stage have more tumor in the left breast. The most tumors were located in the superolateral and the most histopathologic type is invasive carcinoma of no special type.
Keywords: *Breast Cancer, Distribution, Laterality*

OS-5

COMPARISON OF KNOWLEDGE LEVEL ABOUT HORMONAL CONTRACEPTION AMONG CLINICAL YEAR MEDICAL STUDENTS AND NURSING STUDENTS AT UNIVERSITAS PELITA HARAPAN

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Background: In an attempt to increase knowledge about hormonal contraception, medical workers have important role. Medical workers include clinical year medical students and nursing students. Study in Gadjah Mada University have measured about the knowledge of hormonal contraception in medical and non-medical students, but no studies have measured about the knowledge of hormonal contraception among fellow medical workers. The aim of this sTudy is to know the comparison of knowledge level about hormonal contraception among clinical year medical students and nursing students at Universitas Pelita Harapan.

Methods and Materials: This study uses a cross sectional design with primary data collection (directly to the patient). The target sample is medical students and nursing students at Universitas Pelita Harapan that fulfill the inclusion and exclusion criteria. Selection of the sample is using simple random sampling. Data retrieval will be conducted during Januari 2018 – April 2018. The results of this study will be processed with SPSS with special diagnostic test using Chi Square Test.

Result: the result from 163 respondents in the medical students and 168 respondents in nursing students did not have a significant difference (p = 0.723) towards knowledge level about hormonal contraception. Learning methods (p = 704) and learning resources (p = 0.039) affect the knowledge level.

Conclusion: There is no significant difference between medical and nursing student's level of knowledge about hormonal contraception. But the level of knowledge is still influenced by learning methods and resources.

Keywords: *Contraception, Hormonal Contraception, Knowledge, Medical Student, Nursing Student, Learning method, Learning resources*

OS-6

THE RELATION BETWEEN AGE ONSET OF EPILEPSY WITH CONTROLLED EPILEPSY ON PATIENTS IN RSU SILOAM LIPPO VILLAGE

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Background: Epilepsy is a recurrent unprovoked seizure with episodes between seizures within more than 24 hours. Controlled epilepsy is a state where a patient is free of epileptic seizure for a minimum of 6 months – 1 year. One significant factor that can affect the controlled epilepsy is the age onset of epilepsy. The group of age 20 years old and under tends to have controlled epilepsy compared to the group of age 21-49 years old and the group of age 50 years old and above. This is caused by the etiologic differences among each group.This study aims to determine the relationship between the age onset of epilepsy with controlled epilepsy on patients in RSU Siloam Lippo Village.

Methods: This study is using an observational study with a retrospective cohort design. Subjects are 70 patients who have been diagnosed with epilepsy and are patients in RSU Siloam Lippo Village. Data collection was done by anamnesis via telephone.

Result: Age onset of epilepsy doesn't have a significant relation with controlled epilepsy on patients in RSU Siloam Lippo Village ($p = 0{,}081$).

Conclusion: There aren't any significant relation between age onset of epilepsy with controlled epilepsy.

Keywords: *Controlled epilepsy, Age onset*

OS-7

ANALYSIS OF RISK FACTORS IN THE INCIDENCE OF PREECLAMPSIA

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Background: This research aimed to analyse the relationship between the risk factors of
preeclampsia—which were ANC, maternal age, the history of previous preeclampsia, and parity—with the occurrence of preeclampsia.
Materials and Methods: This research used the cross-sectional study design. The researcher used data taken from medical records of patients whose pregnancy is over 20 weeks, courtesy of Rumah Sakit Umum Siloam, Karawaci, Tangerang—during December 2017 to May 2018. The minimum number of samples taken is 49, including both patients with or without preeclampsia. The risk factors data was analysed using the simple logistic regression method.
Results: Of the 60 study subjects, it was found that out of all the risk factors studied, only the variable preeclampsia history were shown to have a significant relationship with AOR 9,276 (95% CI = 1,032-83,371) and p 0,047. Risk factors for antenatal examination, maternal age and parity did not have a significant relationship with the incidence of preeclampsia.
Conclusion: Risk factors for preeclampsia history is shown to be a risk factor for the incidence of preeclampsia. The variables antenatal examination, maternal age and parity were
not proven to be risk factors for the incidence of preeclampsia.
Keywords: *Preeclampsia, risk factors*

OS-8

RELATIONSHIP BETWEEN SLEEP QUALITY AND BLOOD PRESSURE IN MEDICAL STUDENTS OF UNIVERSITAS PELITA HARAPAN AGE 17-25

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Background: Sleep is needed by human so that the body can have an optimal function. Poor sleep quality is thought to cause an imbalance in body homeostasis resulting in increase of blood pressure. Hypertension is the biggest risk factor of cardiovascular morbidity and mortality that is often ignored by the society. High blood pressure at young age increases the risk of atherosclerosis from coronary arteries within the next 20 years, which can result in heart attacks, as well as cerebrovascular and renal diseases.This study aims to determine the relationship between sleep quality and blood pressure in medical students of Universitas Pelita Harapan age 17-25 years.

Materials and methods: This study is a cross-sectional study with numeric comparative analytic technique. Respondents are 99 medical students of Universitas Pelita Harapan. Data retrieval is done with height and weight measurement, and questionnaire, including Pittsburgh Sleep Quality Index (PSQI). The blood pressure is measured using digital tensimeter for 3 times with 2 minutes interval.

Result: Most respondents, which were 76 people (76,77%), have poor sleep quality. The average of systolic and diastolic blood pressures of respondents are 117,59 $\pm$ 9,442 mmHg dan 76,70 $\pm$ 5,658 mmHg, which is in normal range. Kolmogorov-Smirnov test showed a normal data distribution for systolic blood pressure variable (P=0,107), yet abnormal data distribution for sleep quality variable (P<0,001) and diastolic blood pressure variable (P=0,003). The analysis using Spearman correlation showed P<0,001 and r=0,398 for the relationship between sleep quality and systolic blood pressure, and P=0,005 and r=0,278 for the relationship between sleep quality and diastolic blood pressure.

Conclusion: There is a relationship between sleep quality and both systolic and diastolic blood pressure in medical students of Universitas Pelita Harapan age 17-25 years.

Keywords: *sleep quality, blood pressure, hypertension.*