



Proceeding Book

THE 1st INTERNATIONAL NURSING CONFERENCE

“Complementary Nursing Issues
and Updates in 2015”

STIKES Hang Tuah Surabaya

Surabaya-Indonesia, June 6, 2015



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**Preceding Book the 1st International Nursing Conference
Complementary Nursing Issue and Updates in 2015**

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Printed and Published by:

STIKES Hang Tuah Surabaya Press
Jl. Gadung No.1 Surabaya 60244
Telp/Faks: (031) 8411721
Website: www.stikeshangtuah-sby.ac.id
Cetakan: I, Surabaya, 2015

ISBN : 978-602-72856-0-6

EFFECT OF MIXED WATER LIME AND SOY SAUCE IN TREATING COUGH OF TODDLER

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ABSTRACT

Cough is one of 10 diseases that is often experienced by under-five children. Lime is considered to treat cough because it contains a substance such as linalool as an antiseptic, limonene as an expectorant, and flavonoids and vitamin C as an antioxidant. The purpose of this study was to analyze the Effect of Mixed Water Lime And Soy Sauce in Treating Cough of Under-five children in the Region of Posyandu Kunci Harapan Semolowaru Surabaya. This was pre-experiment design with one group pretest-posttest. There were 48 of 55 children were recruited in this study with the inclusion criteria. Data were collected using questionnaires and observation sheets. Data were tabulated and analyzed using the Wilcoxon statistical test. The results of statistical tests showed $p=0,000$ ($p \leq 0,05$). It meant that there was the influence of a mixture of lime and soy sauce to cure cough in toddlers. It can be concluded that a mixture of lime and soy sauce can reduce cough in under-five children. So, parents need to give this herbal treatment as first aid for cough children.

Keywords: Mixture of Water Lime And Soy Sauce, Healing Cough

INTRODUCTION

Infancy is a vulnerable period. It is due to the immune system of children under five are weak that is easily to be infected with the disease, especially in the transition season, from dry season to rainy season, or vice versa. Normally, the change of season is followed by tropical diseases, such as colds, coughs, and sore throat. Cough is a respiratory disease that most commonly affects infants and children (Ngastiyah, 2005: 31). In this transition season, cough is the most common disease in toddlers, including in area of Semolowaru. Most of diseases suffered by the children during this season are cough and cold. In this regard, the first treatment given by housewives is to give a mixture of lime juice and soy sauce as an herb medicine. Lime is one of the fruits that are often used to solve various kinds of

diseases, including cough (Agoes, Anwar, 2010: 38). The use of herbs actually has already known since long time ago. However, its use in the present era has been declined due to the circulation of chemical drugs is increasingly widespread.

Based on data obtained from Hasan Sadikin hospital, one of the 10 first diseases that often affect infants and children in Indonesia is cough (Rusmil, Kusnandi 2008, tabloid nova). It is confirmed by the statement of MOH, 1994 that the period of cough and cold in children suffering from ARI (Acute Respiratory Infection) in Indonesia is estimated at 3 to 6 times per year. It means that an average of toddler having an attack of cough and cold is 3 to 6 times per year. Therefore, it is approximately 40% - 60% of toddlers visit ARI (Acute Respiratory Infection) health centers and 15% - 20% visit Hospital (University of North

**EFFECT OF MIXED WATER LIME AND SOY SAUCE
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ABSTRACT

Background : *One of 10 diseases that often affects young children are coughing. Lime is one fruit that can be used to cure coughs. Because in the lime contained a substance that could cure a cough, among others, linalool as an antiseptic, limonene as an expectorant, and compounds flavonoids and vitamin C as an antioxidant. The purpose of this study was to analyze the Effect of Mixed Water Lime And Soy Sauce In The Healing Cough Of Toddler In Region Posyandu Kuncup Harapan Semolowaru Surabaya.*

Methods : *The design is used in this study were pre-experiment with the design of one group pretest-posttest. Population is used are the toddler cough at the Posyandu Kuncup Harapan Semolowaru Surabaya as much as 55 peoples without a control group. Data is collected using questionnaires and observation sheets. Data were tabulated and analyzed using the Wilcoxon statistical test results of $p \leq 0,05$.*

Results : *From the research has been done, the results of statistical tests obtained $p=0,000$ ($p \leq 0,05$). This means that there is the influence of a mixture of lime and soy sauce to cure cough in toddlers.*

Conclusion : *Looking at these results, it can be concluded that the given treatment a mixture of lime and soy sauce, cough in toddlers is reduced, so parents need to give this herbal treatment as first aid for cough suffered by babies.*

Keywords: *Mixture of Water Lime And Soy Sauce, Healing Cough*

Introduction

Infancy is a vulnerable period. Immune system of children under five are still weak, so easily infected with the disease, especially in the transition season, because at this point that the transition from dry season to rainy season, or vice versa. Normally, the change of seasons is followed by tropical diseases, such as colds, coughs, and sore throat. Cough is a respiratory disease that most commonly affects infants and children (Ngastiyah, 2005: 31). In this transition season, cough disease is the most common disease toddlers. Even in areas Semolowaru else, most diseases suffered by the children during this transition season is cough and cold. The first treatment is usually done by housewives to children under five who are experiencing cough disease is to give herbs a mixture of lime juice and soy sauce. Lime is one of the fruits that are often used to solve various kinds of diseases, one of which is a disease cough (Agoes, Anwar, 2010: 38). The use of herbs is already known since antiquity. However, its use in the present era has declined due to the circulation of chemical drugs is increasingly widespread.

Based on data obtained from Hasan Sadikin hospital, one of the 10 first disease most often affects infants and children in Indonesia are coughing disease (Rusmil, Kusnandi 2008, tabloid nova). This is confirmed by the statement of MOH, 1994, that the episode of cough and cold in children suffering from ARI (Acute Respiratory Infection) in Indonesia is estimated at 3 to 6 times per year, meaning an average toddler had an attack of cough and cold as much as 3 to 6 times per year, so most toddlers visits to health

care facilities is a patient visit ARI (Acute Respiratory Infection) in the amount of 40% - 60% in health centers and 15% - 20% in Hospital (University of North Sumatra, 2009). The recapitulation of the data for the year 2011 Semolowaru health center, cough disease is the number one disease suffered by children who made visits to the health center. Moreover, data obtained in Posyandu Kunci Harapan Semolowaru Surabaya, during the month of January 2012, there were approximately 70% (122 children) suffering from cough and cold and 20% (35 children) suffered from diarrhea, and 10% (17 children) had other diseases (allergies, dengue fever, and skin diseases). Of the 122 infants who experienced coughing, obtained 45% (55 people) mothers have used a mixture of lime juice and soy sauce to cure cough in babies before check their children to health services. While 65% (67 people), mothers never use herbs and immediately bring their babies to health services.

As we know, the cough is not really a health problem, but rather the body's reflex to protect the lungs and throat clearing from various irritants (mucus, food, dust, sputum, or smoke). Cough also accompanies infection symptoms on a nasal secretions and phlegm stimulate the respiratory tract (Sutanto, Teguh, 2011: 81). Cough and cold have symptoms such as runny nose, slight cough and sometimes sneeze. Discharge of liquid and clear secretions from the nose, in case of secondary infections by cocci, becomes thick and purulent secretions. These secretions are very disturbing and lead to restlessness in young children because it would lead

to children experiencing difficulty breathing. Lemon and ketchup indeed many people believe can cure the disease cough. This is because lemon juice contains several substances (essential oils, flavonoid compounds, and vitamin C) that could shed launch phlegm and respiratory tract, whereas soy sauce (sweet) useful to reduce the sour taste of lime, as well as an additional protein and energy. "In addition to soy, there are many other preparations which can be used to reduce the acidity of the lime juice, such as sugar water, honey, or whitening", said the professor of the Center for Natural Products Drug Studies Department of Pharmacy, University of Indonesia.

Until now, information about the benefits Campuan lime juice and soy sauce in curing cough has been circulating widely in the community, but in Posyandu Kuncup Harapan Semolowaru Surabaya, there are many mothers who do not use these herbs. On the phenomenon, can be carried out several activities, including health education about the properties of lime to cure cough, demonstrations, and research to find out how the influence of a mixture of lime juice and soy sauce to cough in infants in Posyandu Kuncup Harapan Semolowaru Surabaya.

Materials and Methods Design used in this study are pre experiment. Viewed from a causal relationship with the treatment of the experimental group held by the absence of a control group, then this kind of research is the design of one group pretest-posttest, which in this draft toddler in Posyandu Kuncup Harapan Semolowaru Surabaya who experienced coughing, taken not random , made the first observation

(pretest), and then given perlakuan herb mixture of lime juice and soy sauce, then made a second observation measurement (post-test).

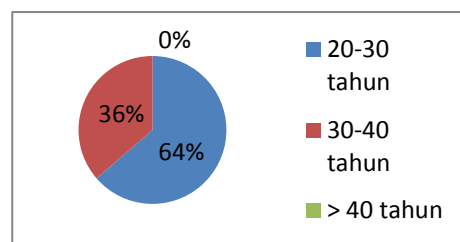
This research was conducted in May 2012 in the Posyandu Kuncup Harapan Semolowaru Surabaya. The population is children who have a cough in Posyandu Kuncup Harapan Semolowaru Surabaya totaling 55 infants. However, under the terms of the withdrawal of sampling, obtained N = 48 toddler with the provisions of the inclusion criteria include: children who have a cough with influenza in Posyandu Kuncup Harapan Semolowaru Surabaya when doing research, cough toddlers who have been given herbal therapy by her mother, and the parents willing her son for treatment therapies mixture of lime juice and soy sauce.

Data collection techniques do is to use your questionnaire and observation sheet. Answer choices using the observation sheet scale 3 (Cough reduced), 2 (Cough fixed), 1 (Cough increased).

Research Result

a. General Data Respondent Demographics

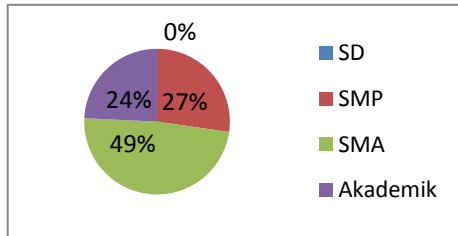
1. Characteristics of Respondents by Age Parent Child



Based on the picture above, it was found that out of 33 parents of

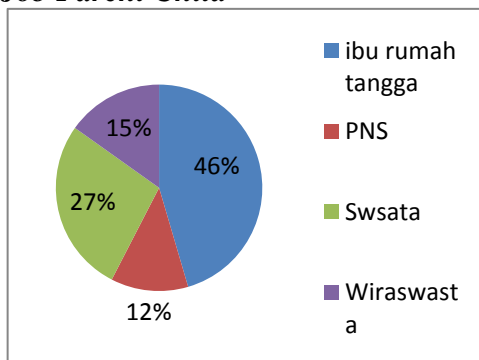
respondents, is known to have the characteristics of the age of 20-30 years as many as 21 people (64%).

2. Characteristics of Respondents by Education Parent Child



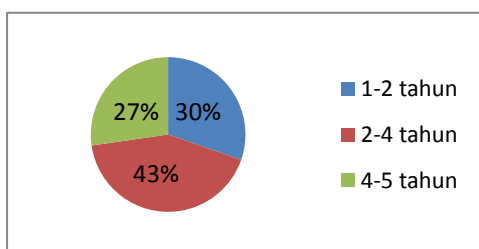
Based on the picture above, it was found that out of 33 parents of respondents, is known to have the characteristics of SMAs as many as 16 people (49%).

3. Characteristics of Respondents by Job Parent Child



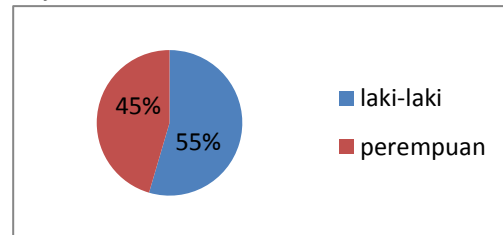
Based on the picture above, it was found that out of 33 parents of respondents, known work of parents (mother) as a housewife of 15 people (46%).

4. Characteristics of Respondents by Age Kids



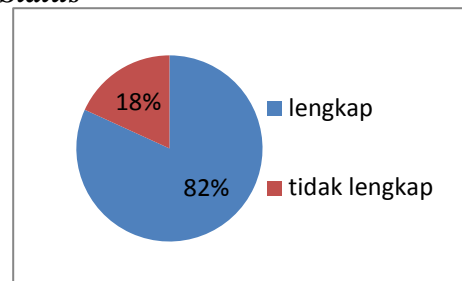
Based on the picture above, it was found that of 33 children who cough, known to have the characteristics of the age of 1-2 years as many as 10 people (30%), 2-4 years as many as 14 people (43%), and the age of 4-5 years as many as 9 people (27%).

5. Characteristics of Respondents by Gender Kids



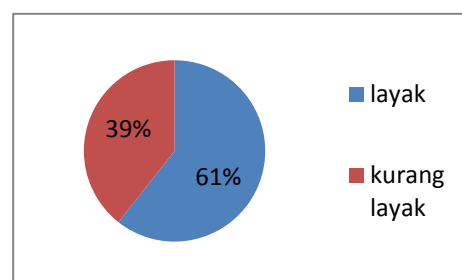
Based on the picture above, it was found that of 33 children who cough, known characteristics of the male sex as much as 18 infants (55%).

6. Characteristics of Respondents Based on Childhood Immunization Status



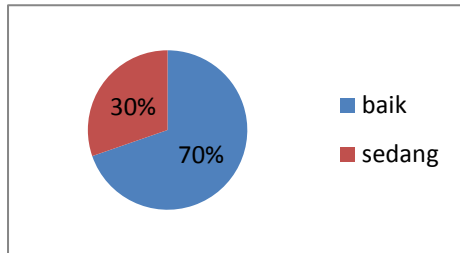
Based on the picture above, it was found that out of 33 children of respondents, known complered childhood immunization status as many as 27 children (82%).

7. Characteristics of Respondents Based on Environment Status



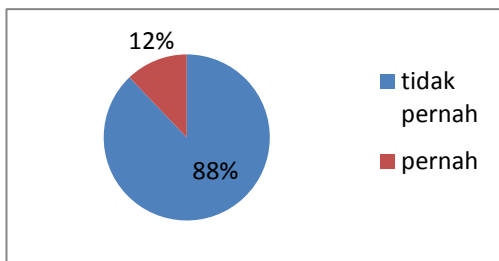
Based on the picture above, it was found that of 33 children who cough, known to have the characteristics of environment status as many as 20 children (61%).

8. Characteristics of Respondents Based on Child Nutrition Status



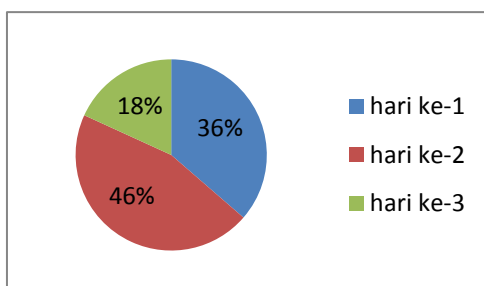
Based on the picture above, it was found that of 33 children who cough, known to have the characteristics of good nutrition as many as 23 children (70%).

9. Characteristics of Respondents Based on Medic Teraphy Status



Based on the picture above, it was found that of 33 children who cough, known that 29 children (88%) didn't have Medic Teraphy before they get mixed water lime and soy sauce.

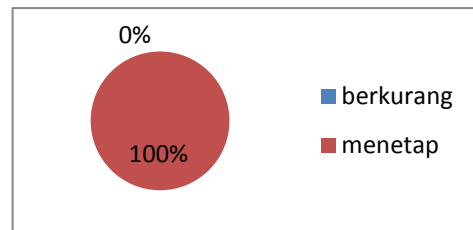
10. Characteristics of Respondents Based on Cough Attact of Children



Based on the picture above, it was found that of 33 children who cough, known as many as 15 children (46%) that have cough attact for second day.

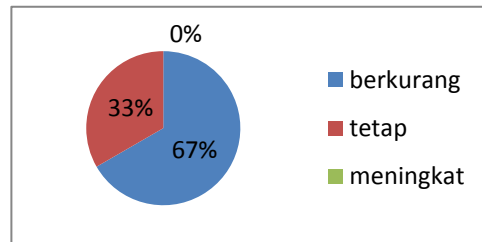
b. Focus Data

1. Cough Criteria before they get mixed water lime and soy sauce.



Based on the picture above, it was found that of 33 children who cough, known as many as all of the children (100%) had 5-10 times cough a day and purulent sputum.

2. Cough Criteria after they get mixed water lime and soy sauce.



Based on the picture above, it was found that of 33 children who cough, known as many as 22 children (67%) cough reduce, 11 children (33%) still couh

Effect of Water Mixture Lime and soy sauce to the healing Cough Of the 33 respondents can be seen there is a significant difference between before and after the treated mixture of lime juice and soy sauce to cough suffered a toddler. 100% of respondents with a persistent cough,

coughing toddlers as much as 67% less. Based on the results of the Wilcoxon test showed the value $p\text{Value} = 0.000$ $p\text{Value} (< 0,05)$. It shows H_0 rejected, which means there is the influence of a mixture of lime juice and soy sauce to cure cough in children under five in Posyandu Kuncup Harapan Semolowaru Surabaya.

Discussion

1. Identification of the state Toddler Experiencing Cough Mixture Before Given Air Lime And Soy Sauce

Based on the results of pre general observation, it was found that all infants (100%) before being given treatment mixture of lime juice and soy sauce, experienced a persistent cough cough criteria, among others, the incidence of cough in a day between 5-10x with state sputum thickens.

While crosstabulasi data in table 5.3 of the rate of cure cough in toddlers before it provides a mixture of lime juice and soy sauce, obtained the data that respondents who are experiencing cough with settling category suffered most by children aged 2-4 years as many as 14 people (42.4 %). That is because the amount of sputum produced as a result of fatigue because of his active children and a lack of consumption of water. In addition, factors completeness immunization, child nutrition, and the environment, also influence because, as stated by El Manan M., 2011: 59, which states that the immune system is made up of immunization, maintain the condition of the body by eating nutritious foods, multiply drinking water, keep

away from irritants factors (smoke, dust), and avoid activities that are too exhausting can reduce or prevent the incidence of cough in infants.

2. Identification of the state Toddler Experiencing Cough After given mixture Water Lime And Soy Sauce

Based on the above picture can be explained that after being given a mixture of lime juice and soy sauce, obtained as many as 22 infants (67%) of cough is reduced, as many as 11 infants (33%) settled cough, and cough increased toddler 0 (0%). In this study, most respondents showed a success rate effect of a mixture of lime juice and soy sauce to cure cough in infants. This is indicated by the percentage of the cough reducing. The factors that influence the success rate, among other factors substances contained in lime, age and sex of the child, child's immunization status, nutritional status, living environment status, parental education of children, and the child's parents work, Lime is already known to many people to benefit in curing a disease. As one of the diseases that can be cured by consuming lemon namely cough in infants. Based on the literature obtained, lime efficacious against cough in infants because of some substances in the lime that has been proven effective to cure cough, among others: (1) the substance linalool as an antiseptic that can kill viruses and bacteria due to the number and thickening of sputum produced in the respiratory tract, (2) a substance limonene as an expectorant which can alter the roduction of thick sputum that becomes liquid and can be removed

through the mouth, and (3) compounds flavonoids and vitamin C as an antioxidant that protects cells from the harmful effects of reactive oxygen free radicals if related with the disease (Dalimartha, Setiawan & Adrian, Felix, 2011: 49).

The age and sex of the child plays an important role in healing pain in infants. It was reflected in the 33 toddlers who are coughing, have the highest percentage of character aged 2-4 years as many as 14 people (43%) and male sex were 18 infants (55%). Age and sex can be a determinant of the rate of cure of a disease due to come in terms of age, children under five years of age are still susceptible to a disease. Especially for children aged 2-4 years who still has the body up and down conditions that depend on the activity, emotions, and environment (Allen, K. Eileen & Marotz, Lynn R., 2010: 113). While the sexes in the realm of genetic factors. As proposed by Ngastiyah (2005: 2), genetic factors are genetic instructions contained within the cells that will be able to determine the quality and quantity of a person's body. Which include genetic factors are heredity normal and pathological, gender, and ethnicity or race. In addition, the immunization status of children also play a role. From 5.6 diagram can be explained that of 33 children who cough, known characteristics of full immunization by 27 people (82%) and incomplete as many as six people (18%). Completeness of immunization status an individual has a major influence on how quickly the body's response to cure a disease, because immunization itself is the introduction of a substance that can

cause the immune system through the formation of antibodies repellent disease. The more antibodies into the body, then the body's role in combating the greater the antigen (Efendi, Ferry and Makhfudli, 2009: 55).

Whereas the nutritional status of children is also noteworthy. From 5.8 diagram can be explained that of 33 children who cough, well known nutritional characteristics of as many as 23 infants (70%), moderate malnutrition by 10 children (30%), and malnutrition no (0%). It says good nutrition if the growth and development of children under five are on the tape KMS (Card Towards Healthy) green color, nutrition is at KMS yellow tape, and malnutrition is on the ribbon below the KMS red color.

Well-nourished toddlers will have a greater influence on the rate of healing an illness, because the body has been getting appropriate nutrition for cell regeneration. While nutritional status was, the body does not get the maximum nutrition, so that cell regeneration and cure to a disease becomes longer, even toddlers and nutritional status were also at risk more quickly to become less nutritional status that will be a higher risk of death (Suhardjo 2007: 60).

Status residence environment also plays a role. 5.7 diagrams to explain that of 33 children who cough, known characteristics of living environment especially the status of occupied homes worth as much as 20 infants (61%) and is not worth as much as 13 infants (39%). Particularly the home environment is

where the initial formation of the character of an individual. Most parents in choosing to establish a home environment, requires thinking long because a good environment will create good individuals as well. Included in the set up of a house because, healthy home will create comfort and health. Here is a healthy condition of the house, according to WHO (in Wicaksono, AA, 2009: 4) that the ventilation as the air exchange; the lighting is sufficient to regulate the temperature of the room; the availability of a bedroom, kitchen, and toilet; protected from pollution and noise; and have a sense of security.

Characteristics of the parents were also affects the healing toddlers, especially in terms of education and employment. Diagram 5.2 and 5.3 above, illustrates that the parents of 33 respondents, mostly known to have the characteristics of a high school education of 16 people (49%) and work as a housewife of 15 people (46%). Education and employment status of parents in the cure of a disease it also plays an important role because it has something to do with coping mechanisms did. As stated by Roy (in Nursalam, 2008: 21) that a person's ability to adapt (coping) depends on the individual's background in deciphering sick and healthy perceiving, for example the level of education, occupation, age, culture, and others. Similarly Ngastiyah, 2005: 4, that the external factors that affect the rate of cure of a disease in infants include: nutrition in children, health care, the sensitivity of children to a disease, stress levels, geographical situation of a region, environmental sanitation, and

families, especially those old (include: education, employment, income, family stability, and customs).

3. Giving Mixed Effect Analysis Between Water Lime And Soy Sauce Against Cough Healing In Toddlers

Based on the results obtained Table 5.3, 67% (22 children) had a cough is reduced and 33% (11 children) had a cough settled. The success rate of a mixture of lime juice and soy sauce to cough cure rate in children under five due to several factors, in addition to the substances contained in the lime efficacious to cure cough, as well as internal factors of children (genetic child), complete childhood immunizations, nutrition good boy, a healthy environment, help parents of sick children as early as possible, and the high education and employment of parents of children. As for the 11 toddlers who have a cough persists, could be due to several factors: internal factors of children (genetic child) is lacking, incomplete immunization of children, child nutrition intake is less, unhealthy environment, lack of response of parents in providing help as early as possible of sick children, and the minimum education and employment of parents of children. From literatur obtained, there are several factors that affect the rate of cure illness in children, namely internal and external factors. Internal factors comprising the genetic makeup of the child and the system sensitivity to an illness in children has been formed since immunization as a baby. While external factors include, child nutrition, health care, the sensitivity of children to a disease, the stress

level of parents and children, the geographical situation of a region, environmental sanitation, and the family, especially parents (include: education, employment, income, family stability, and customs) (Ngastiyah, 2005: 4). And the results of analysis Wilcoxon Sign Rank Test in the treatment group, obtained $p = 0.000$. This indicates $p < 0.05$, which means that H_0 is rejected, meaning there is the influence of a mixture of lime juice and soy sauce to cure cough in infants. From the results of any observation, it was found that the cough in toddlers to be reduced from its original state is a cough with sputum thickens and has the prevalence of 5-10 times per day.

Knot

Based on the research findings and the results of testing on the discussions held, it can be concluded as follows:

1. Before the treatment is given herb mixture of lime juice and soy sauce, all children have a cough that often criteria and bersputum thick.
2. After the treatment given herb mixture of lime juice and soy sauce, most toddlers have rarely cough criteria and bersputum dilute.
3. There is a significant relationship between herbal concoction mixture of lime juice and soy sauce to cure cough in infants.

Suggestion

Based on the research findings, some of the suggestions submitted to the related parties are as follows:

1. For the Respondents and Parents As the first rescuers on the sick child, parents should not give any drugs to her son. If a child is sick, parents can

give herbs as first aid before it checked out to the nearest health services and can subsequently use the medication prescribed by the doctor.

2. For Posyandu Kuncup Harapan It is advisable to socialize through health education about the efficacy of the mixture of lime juice and soy sauce to cure cough in infants who serves as a first aid treatment before referral to the nearest health services.

3. For further research It is suggested for further research to take research on the influence of lime to cure other diseases that could eventually reach the community as first aid in curing a disease.

4. For Nursing Profession This study is expected to provide input for the nursing profession in increasing knowledge about the benefits of lemon so that nursing staff can provide knowledge about the benefits of lime in the form of counseling to mothers who have children, especially children with cough.

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"Developing Cross-Cultural Understanding and Behavior in Nursing Care Services"

In Surabaya, Indonesia November 5th, 2016

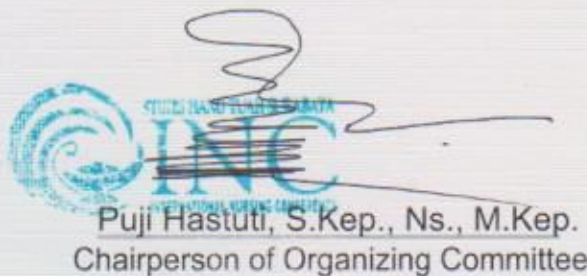
Accredited based on decree of Indonesia National Nurses Association

No: 1036/ DPP.PPNI / SK / K.S / XI / 2016

Speaker 3 SKP, Participant 3 SKP, Moderator 2 SKP, Committee 2 SKP.



Wiwiek Liestyningrum, S.Kp., M.Kep.
The Head of STIKES Hang Tuah Surabaya



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