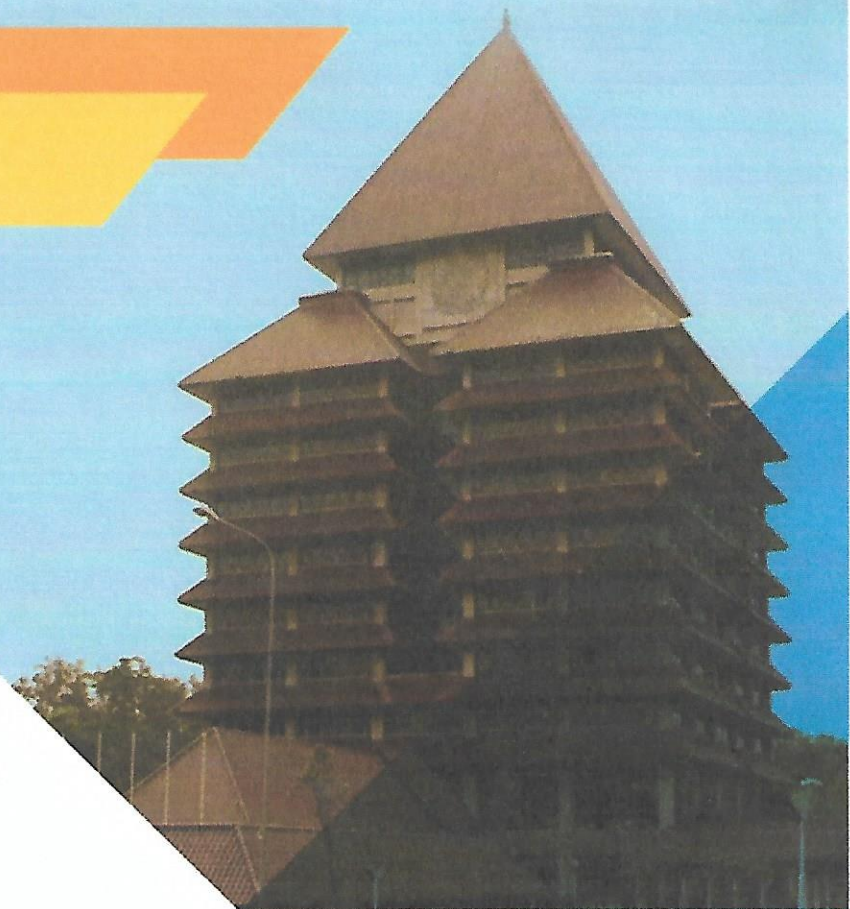




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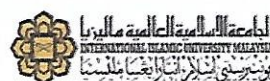
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Contents

Welcome Message from Dean of Faculty of Nursing Universitas Indonesia	3
Welcome message from Chairperson of The 2 nd International Nursing Scholars Congress 2018	4
About INSC	5
Keynote Speakers	6
Advisory Board	7
Steering, Organizing, and Scientific Committee	8
International & National Speakers	10
General Information	13
Program & Schedule	15
Oral Presentation Schedule	18
Poster Presentation Schedule	36
Venue Map	38
Abstracts	43
Oral Presentation Abstract	44
Poster Presentation Abstract	198
Editor	217

004 - Day 1 - Oral Presentation, Room 6

The Effect of Home-based Nursing Pulmonary Rehabilitation on dyspnea and fatigue in Patient with Chronic Obstructive Pulmonary Disease (COPD)

Nining Indrawati^a, Ratna Sitorus^a, Debie Dahlia^a

^aFaculty of Nursing, Universitas Indonesia, Depok, Indonesia
Corresponding author: ning13.ind@gmail.com

Abstract

Home-based nursing pulmonary rehabilitation is a pulmonary rehabilitation that focuses on patients needs. The objective of this study was to evaluate the effect of home-based nursing pulmonary rehabilitation on dyspnea and fatigue in Chronic Obstructive Pulmonary Disease (COPD) patients. This study used a quasi experimental pre-test and post-test control group design. The sample consisted of 30 COPD patients, experimental group-(15 patients and control group-15 patients). T-test was used to analyze the effect of home-based nursing pulmonary rehabilitation on dyspnea and fatigue. The results showed that there are significant differences on dyspnea between before and after the implementation of home based-based nursing pulmonary rehabilitation to experimental group and control group ($p = 0.0005$; $p < \alpha$). Further analysis showed that there is a significant difference on fatigue between before and after the implementation of home based-based nursing pulmonary rehabilitation to experimental group and control group ($p = 0.0005$; $p < \alpha$). Home-based nursing pulmonary rehabilitation proved to be effective, low-cost and easy to be implemented to overcome dyspnea and fatigue.

Keywords: Cronic Obstructive Pulmonary Disease; dyspnea; fatigue; home-based nursing pulmonary rehabilitation