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Contents

1. Stress in Families of Children with Disabilities ................................................................. 1
   Sheila Christopher, L. Cresenta Shakila, R. Leema Suganya, Angel Selvaraj

2. Physical Activity Measurement Using Accelerometer in Phase-I Cardiac Rehabilitation .......... 6
   Shilpa Gupta, Arun G Maiya, Kalyana Chakravarthy, Stephen Rajan Samuel

3. A Study to Assess the Effect of Childbirth Education on Intrapartum Coping behaviours of Primiparous Women in a Selected Maternity Center of a Tertiary Level Hospital in Pune .............................................. 11
   Shobha Naidu (Retd), Deepak Sethi

4. Physicochemical Characteristics, Heavy Metal Analysis and Antioxidant Potential of Jamun Honey (Syzygium Cumini L.) from Western Ghats, India ................................................................ 17

5. Short Term Effect of Isolytic Contraction on Hamstring Flexibility in Asymptomatic Subjects with Hamstring Tightness: A Randomised Controlled Trial .................................................. 23
   Shubham Kamble, Radhika Chintamani, Vaishali Jagtap

6. Analysis and Comparison of Salivary L-Fucose and HSP 70 in Oral Potentially Malignant Disorders and Oral Cancer ........................................................................................................... 29
   Supriya Bhat, Gogineni Subhas Babu, Suchetha Kumari N., K. Saidath, Medhini Madi, Sajad Buch, Harshini Ullal

7. Knowledge Attitude and Practices of Biomedical Waste Management among Dental Practioners in Karad City Maharashtra, India ................................................................................................................. 34
   Surabhi Mahajan, Shiva kumar K.M., Vidya Kadashetti

8. Gynaecological Manifestations of Systemic Malignancies .................................................. 40
   Swarnabindu Banerjee, Barnini Ghosh

9. A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Substance Abuse and its Impact on Health among Higher Secondary Students among Atulya Healthcare Pune ............................................................ 44
   Tejashri Ligade, Sagar Kulkarni, Aejaz Ahmad
<table>
<thead>
<tr>
<th></th>
<th>Title</th>
<th>Authors</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.</td>
<td>Original Article Effect of Scapular Position: Motion Maintenance Exercise Programme During Post Traumatic Shoulder Immobilization</td>
<td>Trusha Shambhubhai Goti, Sandeep Babasaheb Shinde</td>
<td>52</td>
</tr>
<tr>
<td>13.</td>
<td>A Study to Assess the Effectiveness of Protocol on Care of Newborn in Phototherapy on Knowledge and Practice among Nurses at Selected Hospitals in South India</td>
<td>V. Santhi, S. Nalini, Lisy Joseph</td>
<td>64</td>
</tr>
<tr>
<td>15.</td>
<td>Unmet Need of Objective Monitor to Evaluate Performance Status in Lung Cancer Patients</td>
<td>Reema Shyamsunder Shukla, Yogender Aggarwal, Shreeniwas Sheelawant Raut, Rakesh Kumar Sinha</td>
<td>75</td>
</tr>
<tr>
<td>16.</td>
<td>Treatment Seeking Behaviour among TB Patients Registered Under RNTCP in District Bareilly</td>
<td>Ratnesh, Hemalatha Umashankar, Sudeepa D.</td>
<td>79</td>
</tr>
<tr>
<td>17.</td>
<td>Invitro Evaluation of Shear Bond Strength of Orthodontic Brackets Cemented to Natural Teeth Treated with Various Soft Drinks</td>
<td>Ravi Gupta, Arun Prakash C., Amith A. Singh</td>
<td>84</td>
</tr>
<tr>
<td>20.</td>
<td>Reading Skill of Deaf Students from Ludhiana Punjab</td>
<td>Renu Thakur, Sangeeta Pant, Jaikishan Jaya Kumar</td>
<td>101</td>
</tr>
<tr>
<td>22.</td>
<td>Effect of Jacobson’s Progressive Relaxation Technique Over Sleep Disturbances and Quality of Life in Chronic Rheumatoid Arthritis</td>
<td>Mariyam Farzana, Mukesh Kumar</td>
<td>108</td>
</tr>
<tr>
<td>23.</td>
<td>Comparison of Therapeutic Ultrasound and Low Level Laser Therapy Over Pain and Scar Health in Post Episiotomy</td>
<td>Mariyam Farzana, R. Shanmuga priya</td>
<td>113</td>
</tr>
</tbody>
</table>
24. The Effect of Specific Training on Selected Physiological Variable among Kabaddi Players
   S.J. Albert Chandrasekar, K. Jaya Prakash

25. Urinary Intestinal Fatty Acid Binding Protein “IFABP” as a Marker for Gut Maturation in Preterm Babies
   Samir Tamer Abd-Allah, Hanan Mostafa Kamel, Madeha Abd-Allah Sayed

26. Relationship Individual Factors with Sickness Absence in Hospital
   Samsul Arifin, Abdul Rohim Tualeka

27. Climate Variability and Dengue Hemorrhagic Fever in Surabaya, East Java, Indonesia
   Sandra Choi Ning Tang, Musofa Rusli, Pudji Lestari

28. Associations Between TNF-α and Interleukin-18 and ADIPOQ Gene Polymorphisms in Iraqi Obese Women Patients with Polycystic Ovary Syndrome
   Sarah Ibrahim Hashoosh, Asmaa A. Hussien, Salah Al Chalabi

29. The Effect of Ladder Training on Selected Physical Variable among College Men Football Players
   R. Saravana Kumar, N.C. Jesus Raj Kumar

   Sarrah Dwiananda Mayasafira, Joni Susanto, Eko Agus Subagio

31. Preferred Learning Method of Undergraduate Medical Students
   Saurabh Shrama, Sartaj Ahmad, Bhawana Pant, Deepak Kumar, Kaynat Nasser

32. Effect of Smoking & Alcohol on Hypertension in Various Professionals a: Cross Sectional Study
   Shailesh Gupta, Shruti Gupta

33. Credibility of Health Care Advertising: An Empirical Understanding of its Multi-dimensional Structure and Scale Validation with Special Reference to Children’s Health Food Drinks
   Indu Manish Kumar

34. Service Quality Perceptions to Wards Health Insurance Products
   Mahfuja Begum

35. Unwed Mother: A Socio-Legal Study
   Payashwini Sharma, Aqueeda Khan

36. Association of Epicardial Adipose Tissue Thickness with Resting and Post: Exercise Cardiac Output in Overweight and Obese Individuals
   Sridevi, Kalyana Chakravarty Bairapareddy, Bhamini Krishna Rao, Arun G Maiya, Gopala Krishna Alaparthi, Krishnananda Nayak

37. Factors Affecting Risk of Cardiov Ascular Diseases among Hotel Employees in Udupi District, Karnataka
   Thirugnanasambantham K, Lalitha Ramaswamy

38. Comparative Evaluation of Depth of Cure of Bulk: Fill Composite Resin and Alkasite Restorative Material by Vicker’s Hardness Test
   Gowrish Bhat, Namrata Khanna, Mithra Nidarsh Hegde, Vandana Sadananda
39. Health Implications on Consumption of Food at Fast Food Outlets in Chennai
   H.M. Moyeenudin, Mark Keith Faraday, John Williams, Manivel.K

40. Study to Evaluate Prevalence, Knowledge and Awareness of Needle Stick Injury among Dental and Nursing: Under Graduate Students
   Harshada Zagade, Kumar Nilesh, Tukaram Zagade, Aaditee V. Vande

41. Effect of Mental Imagery Technique on Balance in Postmenopausal Women with Postural Disturbance: A Randomized Controlled Trial
   Hulsha Paudyal, Suchetha P. S., Dhanesh Kumar K.U.

42. An Observational Study on Factors Associated with Pre-Eclampsia/Gestational Hypertension among Pregnant Women Attending a Tertiary Care Hospital at Udupi
   Jenu Maria Thomas, Revathi P. Shenoy, Parvati V Bhat, Asha Kamath

43. The Effect of Specific Training on Selected Physical Variable among Kabaddi Players
   K. Jayaprapaksh, S.J. Albert Chandrasekar

44. Effect of Selected Yogic Practices on Aerobic Capacity and Anaerobic Power of School Girls
   K. Nagajothi, N.C. Jesus Rajkumar, T. Arun Prasanna

45. Effectiveness of Low Level Laser Therapy Versus Ultrasound Therapy with Plantar Fascia Streching in Subjects with Plantar Fasciitis
   K.Koteeswaran, Ramya K, Rajeshwari, Manikumar Muthiah, Sankara Kumaran Pandian

46. Effect of Expiratory Training and Inspiratory Training with Lumbar Stabilization in Low Back Pain: A Randomized Controlled Trial
   Kavya V, Dhanesh Kumar K U

47. Influence of Self-Efficacy on Student Engagement of Senior Secondary School Students
   Kundan Singh, Bilkees Abdullah

   Kusum Sharma, Renu Yadav, Shekhar Sharma

49. Patient Satisfaction in a Dental Hospital with Respect to Clinician Expertise
   L. Sri Varsha, Sheeja Varghese

50. Psychological Effects of Trauma to Anterior Teeth
   Lakshmi Nidhi Rao, Aditya Shetty, Mithra N. Hedge

51. Physical Characteristics and Somato Type of Trained Badminton Players
   M.Senthil Kumar, T. Vinoy Vincent

   M.Z.M. Nomani, Ajaz Afzal Lone, Alaa K.K. Alhalboosi, Aijaj A. Raj, Zubair Ahmed

53. Platelet Rich Fibrin (PRF): Revolutionary Boon to Dentistry
   Paridhi Gupta, Bhagyalakshmi, Raghunath
54. Compliance of the Cigarettes and Other Tobacco Products Act (Cotpa) 2003: A Baseline Survey in Vijayapura District of North Karnataka .................................................................272
   Praveen Ganganahalli, Santosh D. Patil, Mohd. Shannawaz, Prakash Chauhan, M.B. Biradar
55. One Year Clinical Evaluation of Different Bulk Fill Restorative Resins in Class-I Restorations ........277
56. Lower Extremity Perfusion among Patient with Type 2 Diabetes Mellitus in a Tertiary Care Hospital, Kochi ..........................................................283
   Reshma K. Sasi, Rafia Islam, Anjana Sunil, Anju Markose
57. Child Abuse: An Empirical Study Emphasizing on Child Health in Present Indian Socio-Economic Situation ............................................................................. 289
   Satakshi Chatterjee, Arunangshu Giri, Pradip Paul, Manigrib Bag, Swatee Biswas, Abanti Aich
58. A Glimpse of Manual Scavanging in India ..................................................................................294
   Shailla Cannie, Aasavri Cannie
59. Knowledge of Primary School Teachers Regarding Learning Disorders among Children at Schools of Satara District .................................................................298
   Shivaji H. Pawar, Durgawale P.M., Kakade S.V.
60. Efficacy of Cognitive Behaviour Therapy and SSRI in Treatment of Conversion Disorder ........302
   Shubhangni Jain, Nudrat Jahan, Dinesh Kataria
61. In Vitro Study of Constitutive and Inducible Clindamycin Resistance in Staphylococcus Aureus with Reference to Methicillin Resistant Staphylococcus Aureus: Experience From Tertiary Care Hospital in Punjab ..........................................................308
   Sneh Lata, Roxy Bala, Neerja Jindal, Nitin Gupta
62. A Study of Gender Based Knowledge Level on Risk and Cause of Obesity among Management Students of Urban, Rural, Semi Urban Areas of East Midnapore District .........................................................312
   Sourav Gangopadhyay, Jayeeta Majumder, Susmi Biswas
63. Prevalence of Dengue Fever in India along with its Prevention and Treatment By Herbal Medicine ....317
   Srivastava Niraj, Saxena Varsha, Singh Amit
64. Influence of Cardiorespiratory Fitness Protocol on Physical Function Performance in Geriatric Patients Undergoing Long Term Physiotherapy Treatment ............................................322
   Vishva D. Bhuva, Javid H. Sagar
65. Efficacy of Tele-Rehabilitation for the Management of Physical Impairments of the Children with Cerebral Palsy in the Inclusive Educational Settings: A Protocol for a Systematic Review 328
   Pardeep K. Pahwa, Anshika Singh, Shobha Sharma, Suresh Mani
66. Emotional Flanker Compatibility in Patients with Non-Demented Parkinson’s Disease and Healthy Ageing .................................................................................. 333
   Pooja Rai, Indramani L. Singh, Tara Singh, Trayambak Tiwari, Deepika Joshi
67. Treatment Success Rate among Multidrug Resistant Tuberculosis Patients Registered Under Programmatic Management of Drug Resistant Tuberculosis Services in District Amritsar, Punjab, India...Pooja Sadana, Vishal Verma, Priyanka Devgun

68. Denture Identification Method: A Review Prabhjot Kaur, Anchal Arora, Navjot kaur


70. Indigenous Healing Practices and Beneficiaries’ Perception Prakasha Amin, Mohan A.K.

71. Effectiveness of Distraction Versus Cutaneous Stimulation on Venipuncture Pain Response among Children Prini Varghese, Ahalya V, Aiswarya Kuriakose

72. A Study on Customer Attitude and Shopping Intention Towards Health Care Products R. Sharmila, M. Kavitha

73. Oral Health Literacy and its Relationship with Level of Education and Self-Efficacy among Patients Attending a Dental Rural Outreach Clinic in India Shatakshi Srivastava, Shashidhar Acharya, Deepak Kumar Singhal, Abhishek Dutta, Kush Kalra, Nishu Singla

74. Perception and Prevalence of Substance Use among Undergraduate Medical Students in Mumbai Priyanka Manghani, Nishtha Khatri, Ashish Vasava, Veena Mulgaonkar

75. An Assessment of Trust in Medical Profession amongst People Residing in a Semi-Urban Area, Tamil Nadu Taseen Sida.A.S, Alice Matilda Mendez, Nisha B, Timsi Jain

76. Li-Fi Based Automated Patient Healthcare Monitoring System B.Srimathi, T. Ananthkumar

77. A Low Cost Hardware Based Fall Detection and Call for Help System for Elderly Person K. Suganya, M. Saravanan

78. Real Time Dengue Prediction Using Machine Learning A. Divya, S. Lavanya

79. An Survey on Breast Cancer in Machine Learning Martina Jose Mary M, Umadevi S

80. Health of the Elderly in India: A Socio-Legal Study Arti, J.K. Mittal

81. Effectiveness of Rhythmic Chopping & Lifting Pattern on Shoulder Range of Motion and Upper Extremity Functional Index in Post: Mastectomy Patients Aishwarya Bulbule, T. Poovishnu devi
82. Current Research in Neuropathology and Pharmacotherapy of Alzheimer’s Disease: A Review
Amit Yadav, Prabhat Kumar Upadhyay, Manish Kumar, Vishal Kumar Vishwakarma, A. Pandurangan, Pradeep Mishra

83. Prevalence of Thalassemia among Reproductive Age Group Women of Central Gujarat
Anil Sharma, Vipin Vageriya

84. Prevalence and Risk Factors of Obesity among Women
Anju Kayathri S., Lucyamma C.V.

85. Assess the Knowledge and Risk Factors among Pregnancy Induced Hypertension among Antenatal Mothers
Aswathy Krishnan S, Anju Philip T, Syama Mohan, Reshma Saifi

86. Improvement of Diabetic Patients’ Knowledge Regarding Foot Problems: An Intervention Study
Aziza M. Abozeid, Abeer M. El Maghwery, Gehan A. Gamal, Reda D.H. Awad, Ahmed Y. Ismaeel

87. The Empowerment among Type 2 Diabetes Mellitus Patients
Bency Bhasy, Linda Varghese, Sreekutty C S, Sreepadma P K

88. Assessments of Pre: Competetitive Psychological Variables Between South Zone Volleyball Players and Basketball Male Players
C.P. Ampili, M. Rajashekaran, M.Senthilkumar

89. A Study to Find the Prevalence of Breast Engorgement among Lactating Mothers
D. Indrani, M.V. Sowmya

90. Depression & Diabetes Has No Relation: A Cross Sectional Study in Tertiary Care Hospital of Eastern India
Datta Subhendu, Chattopadhyay Somsuhbra, Gayen Rumi, Debnath Sharmishta

91. Prevalence of Psychiatric Morbidities in Migraine: An Observational Study
Datta Subhendu, Chattopadhyay Somsuhbra

92. Economic Slow Down and it’s Impact on Disease Burden in India
Divya A Reddy, Siddharth Misra, Subin Koshy, Sudhakar A

93. Effect of Self Myofascial Release Using Foam Roller Versus Tennis Ball in Subjects with Plantar Fasciitis: A Comparative Study
Fahad Shahul Hameed, Saumya Srivastava

94. A Study on the Impact of Demonetization on Utilisation of Private Health Care Services in a South Indian City
Vijay K. Yalamanchili, N. Partha Sarathy, U. Vijaya Kumar, M. Ravi Kiran, Kalapala Abhilash

95. Impact of Learning Opportunities in Preparing Dental Students for Their Profession
Asha Vashe, Vasudha Devi, RagHAVendra Rao, Reem Rachel Abraham

96. Home Remedies and Health Care Seeking Behavior among Care Takers of Under-5 Children in Rural Field Practice area of a Medical College: Focus Group Discussion
Cheluve Gowda G.K., Savitha Rani B.B., Krishna Iyengar, Venkatesh P.
VIII
   G.M. Venkatesh, M. Sundar
98. Efficacy and Feasibility of Proprioceptive Neuromuscular Facilitation on Hand Opening in Stroke
   Individuals: A Case Series..............................................................................................................................500
   Maitri Rajyaguru, Sukumar S.
99. Knowledge and Perception Regarding Menopause among Married Women ................................................505
   Amitha, Malathi G. Nayak, Pratibha
100. Prosthetic Status and Demand for Services in an Adult Rural Population in Relation to Dental Service
     Infrastructure in Mangalore Taluk, South India .............................................................................................511
     Mallika S. Shetty, Uma Mayoor Prabhu, Prakyath Malli, Rekha Shenoy
101. Evaluation of Intrusive Forces Created by ‘V’ Bend, Intrusion Arches at Various Deflections: An
     Invitro Study ...................................................................................................................................................517
     Manikandan S., Deepak Chandra, Gnanashanmugam K., Sasidharan Sivakumar
102. Autistic Spectrum Disorder- Contextual Paediatric Global Updates .............................................................521
     Manmeet Kaur, Harmeet Kaur
103. Effectiveness of a Comprehensive Nurse-Patient Strategy in Care of Patients with PIVC and its
     Clinical Outcomes ............................................................................................................................................526
     Mathew Romeo, B. Sulochana, Nayak Malathi G.
104. Healthcare Rights of the Mentally Ill: Awareness among Healthcare Providers ...........................................532
     Melisha Nichol Lobo, Sweta D'Cunha, Sucharitha Suresh
105. Added Effect of Deep Breathing and Diaphragmatic Breathing Exercise in Upper Abdominal Surgery
     Patients: A Randomised Clinical Trial ...........................................................................................................538
     Mistry Nirali, Saumya Srivastava
106. A Review Study on Pharmaceutical Inventory Management & Store Keeping Practices of Pharmacy
     in Rural Hospitals ............................................................................................................................................544
     Monalisa Debbarma, Usha Rani
107. The Effect of Circuit Training and Weight Training on Selected Physiological Variables and Running
     Performances among University Athletes ..................................................................................................549
     N. Kalaiarasan, N.C. Jesus Rajkumar
108. The Assessment of Suppression in Anisometropia .......................................................................................552
     Namrata Pandey, Renu Thakur
109. Proficiency, Perspective and Practice Regarding Plagiarism among Dental Professionals of Three
     Dental Colleges of Western Chhattisgarh: A Cross Sectional Study .................................................................555
     Naveen N., Sudha Suman, Yunus G.Y., Ram Tiwari, Abhinav Patel, Heena Sahni
110. Palateless Complete Denture: A Minimally Invasive Approach to Preventive Case.....................................561
     Neha Chugh, Pradeep Sheriger, Aparna Ichalangod Narayan, Dhanasekar Balakrishnan
111. Effectiveness of Pelvic Proprioceptive Neuromuscular Facilitation on Trunk Control in Children with Spastic Diplegia: A Randomized Controlled Trial.................................................................565
   Nimmy A., Sukumar Shanmugam, Shilna Rani P.

112. A Quasi Experimental Study to Evaluate the Effectiveness of Revised Nursing Care Standard Operative Procedures on Knowledge & Practice Regarding Infant Feeding among Students of Selected Nursing College, Vadodara ........................................................................................................................................571
   Nirmal Raj, Bhumika P. Parmar, Rajesh Joseph

113. Knowledge, Attitude and Practice of Biomedical Waste Management in Nursing Staff of a Private and a Government Tertiary Care Teaching Hospital: A Comparative Study........................................................576
   Nishitha K., Alice Matilda Mendez, Nisha B., Timsi Jain

114. A Study to Find Out Strongest Predictive Factor for Functional Outcome After Stroke: An Exploratory Study................................................................................................................................................582
   Ashish Dhirajlal Kakkad, Priyanshu V. Rathod

115. Impact of Demographic Factors on the Ethical Conduct of Physicians in India........................................588
   Bishal Bhuyan, Shailendra Kumar, Sanghamitra Choudhury, Kinnori Kashyap

116. Issues in India’s Healthcare System ........................................................................................................594
   Chandrakanta Sahoo, Himanshu Bhusan Mishra, Tanvi Chawda

117. A Pre-experimental Study to Assess the Effect of Planned Teaching Programme on Knowledge of Staff Nurses Regarding Hemodialysis in Selected Hospitals at Jaipur ..........................................................600
   Christa Mathew

118. A Study on Consumers’ Satisfaction Level towards Select Organic Food Products in Salem District of Tamil Nadu........................................................................................................604
   M. Suguna, D. Kamatchi

119. An Empirical Relationship between Stress and Time Management of School Students .....................608
   D.S. Premalatha

120. Prevalence of Anemia among Higher Primary School Girls in Selected Urban and Rural Schools........612
   Dayanand V. Belagavi, Manju John

121. Relative Effect of Conventional and Specific Hockey Skill Training on Selected Motor Fitness, Physiological Variables and Playing Ability of Hockey Players in Tamil Nadu........................................618
   K. Govarthanan, K. Vaithianathan

122. Effect of Yoga on Body Composition in Person with Visual Disabilities ..............................................624

123. Uncorrected Refractive Error as a Cause of Headache: A Cross Sectional Study................................630
   Nandita Chaturvedi, Nidhi, Payal Jain, Malobika Bhattacharya

124. Tuberculosis Knowledge: A Survey among Students of a Medical College from Coastal Karnataka, India 637
   Natasha Aquinas, Vaman Kulkarni, Ashwini Hegde, Radhakrishna M.
125. Reviving the Lost Extremity: A Case Report.................................................................642
   Nitika Gupta, Jeewan Bachan Dhinsa, Urvashi Sukhija, Sanjeev Mittal

126. Research Trends in Dermatologist Level Automatic Classification of Various Skin Lesions using Deep Learning .................................................................646
   P. Keerthana, P. SivaRanjani, G. Sree Gayathri Devi, S. Shanmugapriya, G.H. Sindhuja

127. Deleted...........................................................................................................................652

128. Work Life Balance of Hotel Employees: An Empirical Study.................................660
   Paresh Bali, Piyush Sharma, R.K. Gupta

129. Perceptions of Nurses Regarding Barriers to Implement Maternal and Newborn Care at Rural Community Health Centers of Madhya Pradesh, India: A Phenomenology Study.......................................................665
   Mamta Verma, Kanchan Mukherjee

130. Morphological Study of Neurons in the Trigeminal Ganglion.......................................671
   T. Jeevapriya, R. Archana, Gunapriya Raghunath, P.K. Sankaran

131. Determinants Influencing Towards the Consumption of Green Products among the Consumers: A Structural Equation Approach.........................................................674
   Vijaya Kumar, Shanthini, Nishad Nawaz

132. Effect of Methanolic Leaf Extract of Ficus Religiosa on Neuronal Degeneration: A Pilot Study in Male Albino Wistar Rats ........................................................................679

133. Abdominal Muscular Strength Endurance: Normative Reference Values for Children 11 to 15 Years of Age ..................................................................................686
   Nayana Nimkar, T.K. Bera, Amritashish Bagchi, Ravi Narnolia

134. Functional and Aesthetic Rehabilitation of Missing Tooth by Using Immediate Implant Placement: A Case Series..................................................................................692
   Nayana Prabhu

135. Assessment of Physical Activity and Sedentary behaviour among Overweight Adolescents in Selected Urban Schools of Puducherry......................................................697
   P. Sumathy

136. Effect of Activation of Deep Neck Muscles as an Adjunct to Vestibular Rehabilitation in Vertigo ..........702
   Anagha A. Deshmukh, Suraj B. Kanase

137. Life Beyond the Diagnosis of Breast Cancer: A Qualitative Study on the Lived Experiences of Breast Cancer Survivors ........................................................................708
   Binsha Pappachan C., Fatima D’Silva, Safeekh A.T.

138. Virtual Prominence of Prognosticator Variable in Discriminating Cost Gears. A Pragmatic Analysis in Select Pharma Companies.........................................................713
   F.J. Peter Kumar, C. Samuel Joseph, S. Paul Jefferson Clarence
<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Authors</th>
</tr>
</thead>
<tbody>
<tr>
<td>139</td>
<td>Effect of Interdental Brushing as Modality of Plaque Reduction in Ongoing Fixed Orthodontic Patients: A Randomised Clinical Trial Study</td>
<td>Jeeva Rekha M. MDS</td>
</tr>
<tr>
<td>140</td>
<td>Epidemiological Profile of Trauma Victims Attending a Tertiary Care Hospital in Delhi and Application of Haddon Matrix to Identify Risk Factors of Road Traffic Accidents</td>
<td>Shubham Sharma, Madhu Kumari Upadhya</td>
</tr>
<tr>
<td>141</td>
<td>Pattern of Utilization in Primary Health-Care Facility: A Case Study in Nagaon District</td>
<td>Mahfuja Begum</td>
</tr>
<tr>
<td>142</td>
<td>Measuring Adequacy and Optimization of Antenatal Quality of Care and Client Satisfaction During Pregnancy: A Cross Sectional Study of Two Aspirational Districts of Jammu &amp; Kashmir</td>
<td>Naseer Uddin, Majid Hussain Qadri</td>
</tr>
<tr>
<td>143</td>
<td>Administration of Magnesium Sulphate Prior to Vecuronium: Effects on the Speed of Onset and Duration of Neuromuscular Block</td>
<td>Panchakshari Gouda Patil, K.R. Baliga, Sunil Baikadi Vasudevarao</td>
</tr>
<tr>
<td>144</td>
<td>Assessment of Teaching Ability among University Level Health Science Teachers: Pilot Study</td>
<td>U. Ganapathy Sankar, Monisha R., Naresh Bhaskar Raj, Sankara Kumaran Pandian, Deepthi Ganesan, Kaviarasu Mahalingam</td>
</tr>
<tr>
<td>145</td>
<td>A Critical Study of Women’s Health in India from a Socio-Cultural and Gender Perspective</td>
<td>Parismita Bhagawati</td>
</tr>
<tr>
<td>146</td>
<td>Actions of Riluzole on Glast and GLT₁ Transporters in Rat Migraine Model</td>
<td>T. Jeevapriya, R. Archana, Gunapriya Raghunath, P.K. Sankaran</td>
</tr>
<tr>
<td>147</td>
<td>Factors Affecting Child Development: Highlighting the Facts in the Perspective of Child Abuse in Indian Scenario</td>
<td>Arunangshu Giri, Satakshi Chatterjee, Pradip Paul, Manigrib Bag, Abanti Aich, Swatee Biswas</td>
</tr>
<tr>
<td>148</td>
<td>Use of Throat Swab as a Method of Sputum Induction in Suspected Cases of Tuberculosis</td>
<td>Abhishek Chauhan, Jai Kishan, Sameer Singhal, Achchhar Singh, Aditi Gupta, Pankaj Saini</td>
</tr>
<tr>
<td>149</td>
<td>mLearning Using Watsapp Application to Interconnect the Class</td>
<td>Sanjay Bedi, Anshu Gupta, Karun Bhatti, Poonam Bharti</td>
</tr>
<tr>
<td>150</td>
<td>Mobile Phones of Nursing Staff: A Neglected Source of Cross Infection</td>
<td>Gulnar, Varsha A. Singh, Sachin Sharma, Sonia Mehta, Rosy Bala, Sameer Singla, Rahilla Tabassum</td>
</tr>
<tr>
<td>151</td>
<td>Comparative Study to Evaluate the Outcome of Sutures Versus Sutureless in Attachment of Conjunctival Autograft for Pterygium Excision</td>
<td>Kunal Sharma, P.K. Manjhi, M.L. Pandey, Neha, Vineet Gupta, Roopam Chauhan, Kritika Singla</td>
</tr>
<tr>
<td>152</td>
<td>Reported Adverse Drug Reactions in Off–Label Use of Azathioprine in Dermatology: A Review</td>
<td>Gunjeet Singh, Dr ShashankShekhar Gautam, Dr Anshu Gupta, Dr Pankaj Saini</td>
</tr>
</tbody>
</table>
   Achchhar Singh, Jai Kishan, Sameer Singhal, Vishdeep Saini, Abhishek Chauhan

154. Glue Free and Suture Free Conjunctival Autograft in Pterygium Excision: A North Indian Perspective ....788
   Vineet Gupta, Kunal Sharma, Neha

155. Effect of Change in Position of Finger on SpO₂ Value by Pulse Oximetry: A Cross Sectional Study........792
   Jai Kishan, Obul Reddy, Achchhar Singh, Sameer Singhal

156. Use of Custom-Made Antibiotic Coated Intra-Medullary Nail in Treatment of Infected Non-Union of Long Bones.................................................................796
   Vineet Pruthi, Ashwani Ummat, Manjeet Singh, Sonia Kochhar, Subodh Pathak, Vishesh Verma, Aryan Sharma

157. Role of Tranexamic Acid in Controlling Blood Loss in Major Orthopaedic Surgeries (TRAMOS): A Comparative Study .................................................................802
   Manjeet Singh, Ashwani Ummat, Vishesh Verma, Praveen Thivari, Harsimarjit Kaur

158. Repair of Chronic Achilles Tendon Rupture by Modified Bosworth Technique.....................................807
   Manjeet Singh, Harish V.K. Ratna, Ashwani Ummat, Jasneet Chawla, Harsimarjit Kaur, Vishesh Verma

159. Comparative Evaluation of Conventional Media with Bactec MGIT 960 for Detection of Mycobacterium Tuberculosis in Clinically Suspected Cases of Pulmonary and Extra-Pulmonary Tuberculosis .................................................................812
   Harit Kumar, Varsha A. Singh, Sonia Mehta, Shavi Nagpal, Rosy Bala, Dipankar Biswas

160. Nontuberculous Mycobacterium in Pulmonary & Extrapulmonary Tuberculosis: Still a Neglected & Underdiagnosed Pathogen in Developing Countries.................................................................817
   Pankaj Saini, Varsha A. Singh, Kunal Sharma, Gunjeet Singh, Abhishek Chauhan, Shailja Sharma

161. Clinical Evaluation of Pyuria, Bacteriuria and Culture for Diagnosis of Urinary Tract Infection..............822
   Pankaj Saini, Varsha A. Singh, Pottathil Shinu

162. Detection and Enumeration of Parasitic Infections in Stool Samples from Tertiary Care Hospital of Rural Setting .........................................................................................828
   Nitasha Kumari, Ritu Garg, Varsha A. Singh, Ashma Khatun

   Nitin Gupta, Rosy Bala, Varsha A. Singh, Harit Kumar, Shavi Nagpal, Sonia Mehta

   Rosy Bala, Nitin Gupta, Shaveta Kataria, Sneh Lata, Puneet Saini, Ritu Garg

165. Microbiological Profile of Diabetic Wound Infection .............................................................................840
   Shavi Nagpal, Varsha A. Singh, Harit Kumar, Aditi Pandey, Sonia Mehta, Rosy Bala

166. Correlation between Bio-Film Formation and Carbapenem Resistant Enterobacteriaceae Isolates Obtained from Various Clinical Specimens ......................................................847
   Sakshi Dalal, Sonia Mehta, Shinu Pottathil, Varsha A. Singh, Shavi Nagpal
167. Role of DLCO in Differentiation or Subtyping of Obstructive Lung Disease Beyond Spirometry and CT Scan .................................................................854
Vishvdeep Saini, Sameer Singhal, Sukhjinder Pal Singh, Achchhar Singh, Aditi Gupta

168. Time Lag in Reporting of CBNAAT Under RNTCP in Rural Tertiary Health Care Centre ................857
Vishvdeep Saini, Jai Kishan, Sameer Singhal, Sukhjinder Pal Singh, Achchhar Singh

169. To Study the Prevalence of Obstructive Airway Disease in Patients of OSA Diagnosed by Polysomnography ...........................................................................862
Ajit Yadav, Jai Kishan, Sameer Singhal, Achchhar Singh, Aditi Gupta

170. Correlation of Chest Radiography with Microbiological Findings for the Diagnosis of Pulmonary Tuberculosis .................................................................867
Nikita Jaiswal, Varsha A. Singh, Ali Ilham K., Pankaj Saini, Gulnar

171. Perception of Students Regarding Small Group Teaching in Microbiology at Undergraduate Level ........872
Ritu Garg, Rosy Bala, Varsha A. Singh

172. Proximal Fibular Osteotomy – A Novel Technique for Decompression of Isolated Medial Compartment Osteoarthritis Knee .........................................................877
Vishesh Verma, Manjeet Singh, Ashwani Ummat, Praveen Thivari, Harsimarjit Kaur, Jasneet Chawla, Vineet Pruthi

173. Effectiveness of Calf Stretching Exercises Versus Plantar Fascia Stretching Exercises in Plantar Fasciitis: An Experimental Study ......................................................884
Jasneet S. Chawla, Manjeet Singh, Ashwani Ummat, Manu Goyal, Harsimarjit Kaur, Vishesh Verma

174. Efficacy of Early Decompression Surgery Versus Epidural Injection in Management of Sciatica Due to Lumbar Disc Herniation – A Randomised Control Trial ..................................................890
Ashwani Ummat, Manjeet Singh, Sarthak Sharma, Praveen Thivari, Vishesh Verma, Jasneet Chawla

175. A Prospective Study to Compare the Perioperative Oral Duloxetine and Gabapentin for Postoperative Quality of Recovery in Female Patients Undergoing Lower Abdominal Gynecological Surgeries ..........895
Sapna Bansal, Laveena Dabla, K.S. Bhatia, Becki, Aiysha

176. A Comparative Study of the Proseal Laryngeal Mask Airway (PLMA) Insertion by Three Different Technique I.E. Introducer, Digital and Stylet ...........................................901
Divya Vijay, Sapna Bansal, Somika Aggarwal, Priyam

177. Study of Drug Utilisation and Prescribing Pattern in the Department of Dermatology ..................................................907
Gunjeet Singh, Sanjeev Gupta, Rani Walia

178. Fibromyalgia: Latest Drugs for the Treatment .........................................................................................913
Shashank Shekhar Gautam, Gunjeet Singh

179. A Study on Delay in Giving the Early Morning Sample and Barriers in Accessing Sputum Smear Microscopy Services at Tertiary Care Hospital ..............................................916
Abhishek Chauhan, Jai Kishan, Sameer Singhal, Achhar Singh, Aditi Gupta

180. An Unusual Presentation of Achalasia Cardia: Mediastinal Widening ................................................922
Ajit Yadav, Jai Kishan, Sameer Singhal, Achchhar Singh, Aditi Gupta
181. Determine the Various Risk Factors and Co-Morbidities in the Patient’s Admitted with Acute Exacerbation of Chronic Obstructive Pulmonary Disease: A Cross Sectional Study

Achchhar Singh, Jai Kishan, Sameer Singhal, Vishvdeep Saini, Abhishek Chauhan

182. Outcome of Trabeculectomy in Early Primary Open Angle Glaucoma in Respect of Retinal Nerve Fiber Layer Thickness and Optic Nerve Head Parameters

M.L. Pandey, Neha Sharma

183. Axenfeld-Rieger Syndrome–A Rare Phenomenon

Kunal Sharma, Neha, M.L. Pandey, Vineet Gupta, Pankaj Saini

184. Study of Correlation of Hyperuricemia with Knee Osteoarthritis

Rajdeep Singh Bajwa, Rakesh Gautam, Subodh K. Pathak, Aryan Sharma, Vineet Pruthi, Vishesh Verma

185. How Efficacious is Esmolol in Suppressing the Stress Response to Laryngoscopy and Intubation in ENT Surgeries

Babita Ramdev, Dinesh Kumar Sharma, Sangita R. Sharma, Sapna Bansal, T. Venugopal, Ritu Singh

186. A Prospective Observational Study Comparing Three Different Techniques of Intubation Using C-Mac Video Laryngoscope

Shruti Gupta, J.R. Thakur, Anita Lega, Tapkirat Monga

187. Evaluation of Ambu Aura Gain and Plma in Short Surgical Procedures: A Prospective Randomised Study

Anita Lega, Madhavi Santpur, Shruti Gupta, J.R. Thakur, Hiba Siddiqui, Iram Waris

188. Association between CO in Blood and Lung Physique of Toll Road Officers

Winariani, Soetomo

189. Assess the Genetic Variant’s Linkage with T2DM in Several Pathways of Pathophysiology of Type-2 Diabetes Mellitus

Abbas A. J. AL-Saliti, Hassan Abdulreza Fayyad, Maha Fawzi Challab, Ban Thabit Saeed, Rana R.AI Saadi

190. Aerodigestive Tract of Foreign Body in 12 Indonesian Academic Hospital

Aditya Wira Buana, Prof. Sri Herawati Juniati, Rizka Fathoni Perdana

191. The Relationship between the Cochlear Roughness, the Stimulus Level 30dB and the Otoacoustic Emissions

Adnan Al Maamury

192. Circuit Training to Increase Cardiorespiratory Endurance in Male Basketball Players

Agung Wahyu Permadi, I Made Wisnu Adhi Putra, Endang Sri Wahjuni

193. Relationship between Self-Care for Fluid Limitation and Interdialytic Weight Gain among Patients with Hemodialysis at Ratu Zalecha Hospital, Martapura

Agus Rachmadi, Ita Ratnasari, Nursalam(CA), Arief Wibowo

194. Relation between Human Epididymis Protein 4 and Endometrial Pathology in Women with Postmenopausal Bleeding

Ahmed L Aboul Nasr MD, Ghada A AbdelMoety MD, Mostafa S. Salem MD, Marwa M Elsharkawy
195. Impact of Cervical Infection with Bacteria Ureaplasma Urealyticum to Interleukin-1α-Expression in Pregnant Women ................................................................. 1000
   Aimen A. Ahmed, Sabah M. Salih, Ayoub A. Bazzaz

196. Short Clinical Outcome of Microscope Assisted Discectomy ............................................. 1006
   Ali Mohammed Abdulhameed, Sherwan A. Hamawandi

197. Hyaluronidase Versus Magnesium Sulphate as Adjuvants to Bupivacaine in Ultrasound Guided Supraclavicular Brachial Plexus Block in Upper Limb Surgeries ........................................ 1012
   Amany K abo Elhusein, Mamdouh Hassan, Nagat A. Ali

198. Assessment of Asthma Symptoms and Relationship to Obesity among High School Students in Fallujah City, Iraq ................................................................. 1019
   Ameel Farooq Al Shawi, Ahmed Taha Darweesh, Hafsa Alkhair Hussein Abood, Mohammed Khalid Farhan, Sejel Hudhairy Obaid

199. Findings of Cranial Magnetic Resonance Imaging in Neonatal Seizure ................................ 1024
   Amjaad M. Hameed, Dergham M. Hameed, Hamid Sh. Dhahir, Thuraya H. Farhan, Senia A. Kadim

200. Ethyl Acetate Fraction of Papua’s Ant Nest Plant (Myrmecodia Pendens) Induces Cell Cycle Arrest and Apoptosis of an Oral Malignant Burkitt Lymphoma Cell through Down Regulation of Cyclin E–CDK2 Complex ...................................................... 1028
   Ana Medawati, Supriatno, Sofia Mubarika, Sitarina Widyarini

201. Space-Time Analysis for Dengue Surveillance: A Case Study in Sleman, Yogyakarta, Indonesia ... 1034
   Sulistyawati Sulistyawati, Anang Suyoto

202. Influence of Social Cultural Capital and Marketing on Skin Whitening Products Use among Higher Education Female Students in the Northeast of Thailand .................................................................................. 1039
   Anawat Phutongnak, Wongsa Laohasiriwong, Kittipong Sornlorm

203. Knowledge Management Based Performance Improvement on Certified Health Workers in Health Center of South Sulawesi .................................................. 1045
   Andi Mansur Sulolipu, Ridwan Amiruddin, Sukri Palutturi, Ridwan M. Thaha, Arsunan A.A.

204. Hearing Impairment among Primary School Children in Nasiriya City/Iraq During 2018 .......... 1049
   Asaad Adil Mnaather, Sarah Noaman Al-Talaqani, Ali Abed Saadoon Al-Ghuzi, Mushtaq Neamah Al-Malki

205. In Silico Comparative Studies on Cytokine Receptor “Interleukin-11 Receptor” of Human, Rat and Mouse ................................................................. 1055
   Ashraf Fadhil Jonah

206. Psychosocial Characteristics of Human Trafficking: A Systematic Review ................................ 1061
   Awaliyah M Suwetty, Asti Melani Astari, Titin Andri Wihastuti

207. Risk Factors for Obesity in Patients with Hypertension .................................................. 1066
   Aylinda Wahyuni Putri, Ratu Ayu Dewi Sartika

208. HIV and Zonke-bonke Syndrome in Mthatha Region of South Africa: Case Reports .............. 1072
   B. Meel
209. Performance of Midwives with Self Management as a Mediator from the Influence of Individual
Factors ..........................................................................................................................................................1077
Brigiwatty Batbuai, Fendy Suhariadi, Nyoman Anita Damayanti; Dra. Linda Augustien Makalew

210. Health Literacy on Weighing Control and Use of Weight Loss Products among Working-age Women
in the Northeast of Thailand ..........................................................................................................................1082
Chalee Yaworn, Wongsa Laohasiriwong, Kittipong Sornlor

211. Oko Mama Culture Betel Nut Consuming Habit in Kupang District and its Effect toward Salivary Ph
and Flow Rate ...............................................................................................................................................1087
Christina Ngadilah, Hari Basuki N., Rika Subarniati T.

212. Ethanol Extract with Black Cumin (Nigella Sativa) Against sFlt-1 Level and VEGF Serum on
Laboratory Mice with Preeclampsia .............................................................................................................1092
Deasy Irawati, Hidayat Suyuti, Titi Maharrani, Fitriah, Ani Media Harrumi, Suryaningsih, Nursalam

213. Biochemical Studies of Oxidative Stress During Ischemia Induce Myocardial Injuries .........................1098
Deine Majeed Qadir, Mohsin Omar Mohammed, Mustafa Taha Mohammed

214. Cell free DNA in Maternal Blood as an Indicator of Fetal Complications ..................................................1104
Dhelal Qasim, Hanan L. Al-Omary, Shayma’a J. Ahmed

215. Modified Early Warning Score Performance in Predicting the Outcome of Head Trauma Patients in
Emergency Department ................................................................................................................................1110
Didik Mulyono, Nurdiana, RinikEko Kapti

216. Contraception Counseling to Reduce Postpartum Unmet Needs: A Qualitative Study at Samarinda,
Indonesia .......................................................................................................................................................1116
Dini Indo Virawati, Yayi Suryo Prabandari, Siswanto Agus Wilopo

217. Outbreak of Diarrhea in Pondok Duta Elementary School, Depok, 2018 ....................................................1121
Djadjuli, HNG. Sudaryo, MK.Budi, DAS.

218. The Effect of Metabolic Syndrome on Systolic Function of Left Ventricle Using Echocardiographic
Examination ..................................................................................................................................................1128
Doaa H. El-Farook, Hatem A. Sarhan, Manal M. Mohamed, Ahmed EL-Barbary, Khaled A. Khaled

219. A Comparative Study of Vitamin D Levels and Some Biochemical Parameters between Healthy and
Breast Cancer in Iraqi Females .....................................................................................................................1134
Dunia Abdul Jabbar, Amer Hasan Abdullah, Bushra Hameed Ali

220. The Role of Mean Arterial Pressure (MAP), Roll Over Test (ROT), and Body mass Index (BMI) in
Preeclampsia Screening in Indonesia ...........................................................................................................1141
Dwi Putri Rahayu Tampubolon, Lilik Herawati, Nursalam, Ernawati

221. The Effectiveness of the Cordial Older Family Nursing Model in Order to Improve the Quality of
Family Care for Older Persons .....................................................................................................................1146
Etty Rekawati, Achir Yani S. Hamid, Junaiti Sahar, Sudijanto Kamso, Widyatuti, Lita Heni Kusumawardani
222. Early-Onset Neonatal Sepsis in Low-Birth-Weight and Birth-Asphyxia Infants at Haji Hospital Surabaya, Indonesia
Euvanggelia Dwilda Ferdinandus, Berliana Devianti Putri

223. Comparative Study between Elastic Nail Versus Plates and Screws in the Treatment of Diaphyseal Both Bone Forearm Fracture in Children
Farouk Makkie Abdulkareem, Las Hwaizi

224. Humanoid Robot Integration in Rehabilitation of Musculoskeletal Conditions
Fayz S. Al-Shahry, Rayan F. Al-Shehri

225. Validity of the Fast Scan for Diagnosis of Intra-Abdominal Injury in Blunt Abdominal Trauma
Asaad Abd El Rahman abd El Aziz, Salah El-Din Abd El-Razik Mahmoud, Ashraf Mohamed Hassan El-Sherif, Ahmed Mohamed Kamal El-Din, Ashraf Abdel Azeem Mohamed

226. Association of Serum Levels of Vitamin D and Interleukin 6 in Type 1 Diabetes in an Egyptian Population
Ashraf M. Osman, Hanan M. Kamel, Lamia H. Ali, Hend M. Moness, Dalia A. Meshref

227. Cost Reduction Using the Time Driven Activity-Based Costing Method for Chemotherapy Treatment Costs for Breast Cancer Patients in the Era of National Health Insurance (JKN) at Airlangga University Hospital
Diana Suteja, Djoko Agus Purwanto, Pradana Zaky Romadhon, Aditea Etnawati Putri, Retno Handiarti Oktamia

228. Association of Sleep Quality with Fatigue among Cancer Patient who Took Chemotherapy in Jend. Ahmad Yani Hospital Metro City 2018
Sapti Ayubbana, Anik Inayati, Indhit Tri Utami, Janu Purwono, Ludiana

229. Post-Traumatic Growth with Police Officer: System Review (Focused on Korean and Foreign Studies)
Seung Woo Han

230. Quality of Life among Sample of Children and Teenagers with Type 1 Diabetes Mellitus in Holy City of Karbala/Iraq 2019
Wasan Mahdi Abbas Aljallad, Saad Ibrahim Al-Ghabban, Moatasem Ghazi Hassoon Al-Mhanna

231. The Factors Associated with Incomplete Vaccination among Children below 4 Years in Holy Karbala/Iraq
Zahraa Khudhair Abdul Alabass, Shahrazad Shamki A.L. Jobori, Anwer H. Al-khafagi

232. Chipping Resistance of Nanosilica Treated Zirconia Cores Veneerd with Porcelain after Thermocycling and Cycling Loading
Hanaa F. Mahmoud, Yaser F. Gomaa, A. Nour A. Habib

233. Assessment of Fracture Force of CAD-CAM-fabricated Occlusal Veneer Restorations with Different Thicknesses
Hanaa Saber Rabeae, Cherif Adel Mohsen, Prof, Shams Waaz Amgad

234. Antibacterial Activity of Sappan Wood (Caesalpinia Sappan L.) against Aggregatibacter Actinomycetemcomitans and Porphyromonas Gingivalis
Hendrik Setia Budi, Pratiwi Soesilowati, Mitha Jati Wirasti
235. Hormonal Regimes Using for Early Puberty Induction of Iraqi Female Lambs

Hussein Abbas Khamees, Jawad Khadim Taher, Haider Rashash Abbas

236. Evaluation of Angiopoietin One and Angiopoietin Two with Missed Abortion

Hussien Saeed Masood, Sami Akreem Zbaar, Bushra Mustafa Mohamed

237. Cellular Phone and Laptop Radiation Effects on Subjective Complaints in Informatics Students

Isna Qadrijati, Haris Setyawan, Seviana Rinawati, Tutug Bolet Atmojo, Rizka Andhasari Santoso, Akbar Fadilah, Realita Sari

238. The Correlation Analysis between Hypertension Controlling Factors and Blood Pressure in the Elderly Living in Griya Werdha Retirement Home, Surabaya

Jaka Surya Hakim, Harmayetty, Laily Hidayati

239. Association of Exon Deletion of MXI1 Gene with Cervical Abnormalities and Cancers Incidence in Some Iraqi Married Women


240. Curcumin and 6-Shogaol Increase Hemoglobin F Levels by Inhibiting Expression of STAT3 mRNA Gene in K562 Line Cell

Joko Setyono, Ahmad Hamim Sadewa, Edy Meiyanto, Mustofa Mustofa

241. Introduction of Probiotic Type of Yogurt for the Treatment of Dysbiosis of Patients with Lymphogranulomatosis Under Polychemotherapy by BEACOPP-II Protocol

Kaliberdenko V.B., Kuznetsov E.S., Morozova M.N., Malev A.L., Zakharova A.N., Shanmugaraj K., Balasundaram K.

242. Influence of Mental Health and Social Relationships on Quality of Life among Myanmar Migrant Workers in the South of Thailand

Kanit Hnuploy, Wongsa Laohasiriwong, Kittipong Sornlorm, Thitima Nutrawong

243. Lumbosacral MRI Findings in Chronic Lower Back Pain

Kermanj Ismail Bakr, Israa Mohammed Sadiq

244. Early Versus Conventional Postoperative Oral Feeding after Elective Colonic Anastomosis

Kerolos A. Barsoum, Sami M. Said, Karim K. Maurice, Doaa A. Mansour

245. Joint Effect Obesity and Oral Contraceptive Use towards Hypertension among Women in Thirteen Provinces in Indonesia

Kuuni Ulfah Naila El Muna, Helda

246. Comparison between the Antioxidant Activity of Volatile Oil and Hydrosol in Eucalyptus Camaldulensis (Young and Adult) Leaves

Lamiaa A. Gharb

247. E-Health Literacy of Medical Students at a University in Central Vietnam

Lan Hoang Nguyen (Nguyen Hoang Lan), Thuy Bich Thi Le (Le Thi Bich Thuy)

Leni Landudjama, Lilik Zuhriyah, Septi Dewi Rachmawati

249. Determinant Factors of Alcohol Consumption by Adolescents

Liena Sofiana, Suci Musvita Ayu, Marsiana Wibowo, Erni Gustina, Azip Hasbi Asidik

250. The Effects of Infant Massage on the Physical Development of Baby in Indonesian Rural Areas

Lusiana Gultom

251. Relationship between Polishing Techniques and Bacterial Count on Different Denture Base Materials

Mai Salah El-Din, Amr Ismail Badr, Emad Mohamed Agamy, Gehan Fekry Mohamed

252. Determination of Dyspnea in Mechanically Ventilated Patients

Masouda Hassan Abd El-Hamid Atrous, Khaled Mohamed Al-Sayaghi

253. The Effect of Self-Regulated Learning Strategy in Motor Hyperactivity and Learning the Performance of Skill of Jump Shot in Basketball for Freshmen High School Students

Mayadah Khalid Jasim, Shaymaa Jasim Mohammed

254. The Influence of Tactical Approach Exercises on the Tactical Behavior of Some the Attack and Defense Skills by Foil (Fencing)

Maysoon Mohamed Nawar, Lama Samir Hamoudi

255. Influence Organizational Citizenship Behavior (OCB) on Performance Nurses Public Health Centre in the District Tuban

Miftahul Munir

256. Skeletal Stability Using Adjustable Versus Mini Plates Following Bilateral Sagittal Split Ramus Osteotomy (BSSRO): A Randomized Clinical Trial

Moataz M. Bahaa, Omniya M. Abdel Aziz, Gamal M. Moatamed, Ibrahim E. Shindy

257. Factors Influencing Rate of Chest Compression in Cardio Pulmonary Resuscitation (CPR) by Nurses as a First Responder

Moch. Sukron Prasetyo N.A., Sanarto Santoso, Tony Suharsono

258. A Comparative Study between the Use of Atropine Alone and in Combination with Glycopyrrolate in Acute Organophosphorus Poisoning in Minia Poison Control Center

Mohamed A.M. Khalaf, Mohamed A. Hashem, Manal Abd-ElAziz Abd-El Zaher, Asmaa S. Taghian

259. Implant Materials Used for Orbital Floor Reconstruction

Mohamed Esmail Khalil, Mohamed Farag Khalil, Raafat Mohyeldeen Abdelrahman, Ahmed Mohamed Kamal Elshafei, Tamer Ismail Gawdat

260. Recent Trends in Management of Rhegmatogenous Retinal Detachment

Mohamed Esmail Abdullah, Ahmed Shawkat Abdelhalim, Mohamed Farouk Abdelkader, Hossam Mohamed Mouharrem, Khalid Mohamed Mourad

261. Deleted
262. Study the Composition of Fatty Acids in Blood Serum Parts During the Fasting Month (Ramadan) ..........1373
Mohammed A.H. Alobeady, Raghad A.A. Al Hialy

263. Expression of Amylin and Preptinin Iraqi Patients with Type 2 Diabetes Mellitus..............................1378
Mohammed I. Hamzah, Israa A. Abdul Kareem, Mohammed Albayati

264. Clinical Evaluation of Retention of Metallic Versus Thermoplastic Resin Frameworks in Maxillary
Distal Extension Cases .................................................................................................................................1383
Mostafa Elsayed Abdel Haleem F., Ahmed Gamal Ahmed Hassan, Emad Mohamed Tolba M. Agamy,
Gehan Fekry Mohammed

265. E-Ways (Early Warning System): A Literature Study of Smartphone Application-Based Stroke Early
Detection.......................................................................................................................................................1389
Muhamad Jauhar, Lita Heni Kusumawardani, Rasdiyanah, I. Gusti Ayu Putu Desy Rohana, Utami
Rachmawati

266. Prognostic Impact of Regulatory T-cells in Predicting Response and Prognosis in Primary Breast
Cancer ...........................................................................................................................................................1394
Nada Hussein Ali Sholkamy, Wafaa Mohamed Abd El-Latif, Mohamed Ahmed Hassen, Amani Saber
Guirguis, Marian Fathi Kamal, Amrou Mamdouh Abdein Shaaban, Hoda Mohktar Abdel Azeem

267. The Detection of Escherichia coli O157: H7 Infections in Children Less than Five Years with Acute
Diarrhea ........................................................................................................................................................1400
Nadia Aziz Nasir, Saad Hasan Mohammed Ali, Huda Q. Muhammad Abu AL-Ess, Wijdan Akram
Hussein, Muhi Kadhem Wannas Al-Janabi, Khalil Ismaiel A. Mohammed, Jinan Mehdi Mosa

268. The Impact of Healthy Educational Curriculum for Harmonized Exercises in the Development of
Some Defense Skills in Handball .................................................................................................................1407
Naji Mutashar Azzat Al-Badr

269. The Effect of Different Doses of Green Tea Extract on Hematological and Biochemical Parameters in
Adult Male Rats ............................................................................................................................................1412
Omer Mahrouf Ali Shoshin, Ahmed Abdulaali Azeez Baker, Evan Mohammed Mostafa, Noor Abdulaali
Azeez Baker, Ahmad Salih Helal

270. Clinical and Radiographic Evaluation of WaveOne Gold Single-File System in Pulpectomy of Primary
Molars: A Randomized Clinical Trial ..........................................................................................................1417
Osama S. Gad El-Hak, Nagwa M. Khattab

271. Intrapartum Translabial Ultrasound to Predict Successful Vaginal Birth in Ladies with Previous
Caesarean Section .........................................................................................................................................1423
Ahmed Nageeb, Mohammed Hani, Ahmed Sameer, Momen Hassan, Hassan Abdul-Jabbar

272. The Effect of Isotonic Training Method for the Development of HealthyMuscular Ability and
Accuracy of the Performance of Volleyball Skill for Young Players ..........................................................1430
Ali Hamid Ali, Serdar Hkem Mohamed Ameen, Saddam Mohammed Ahmed

273. The Effect of Use Healthy Acupuncture in Odynolysis Chronic Pain of the Biceps Femoral Muscle of
Taekwondo Players .......................................................................................................................................1435
Ali Jasim Kareem, Hamid Abdul shaheed Hadi, Abbas Mahdi Saleh, Salman Okab Sarhan
274. Fate of Dysfunctional Bladder after Pediatric Renal Transplantation .......................................................... 1439
   A.M. Fawzy, Ehab Tawfiek, A. Zaki, Hani Morsi, Fatina Ibrahim

275. Updated Review on Revascularization in ST-elevation Myocardial Infarction (STEMI) ........................... 1444
   Ashraf Radi Mohammed Atta, Alaa Mohammed Ibrahim, Hesham Boshra Mahmoud, Tarek M. Abdelrahman, Hany Taha Taha

276. MCP-1 Serum Levels were Higher in Patient with Diabetic Nephropathy among Balinese ....................... 1450
   Asri Lestarini, AA Sri Agung Aryastuti, Ni Putu Diah Witari, I Wayan Sutarka, Ni Wayan Sri Wardani, Pramudji Hastuti, Ahmad Hamim Sadewa

277. Optimizing Bone Wound Healing Using BMP2 with BDNF in Osteoporotic Rats: Histological Evaluation ..................................................................................................................................................... 1456
   Athraa Y. Al-Hijazi, Noor Natik Raheem, Ali JB Al-Sharki

278. Macronutrients Analysis in Ipomoea Batatas L. Poiret as an Alternative Food in Improving Nutritional Adequacy of Pregnant Women ..................................................................................................................... 1464
   Awatifal Azza', Diyan Indriyani, Ika Priantari, Hendra Kurniawan

279. Association of Prothrombin G20210A Mutation with Unexplained Recurrent Pregnancy Loss................. 1470

280. The Role of Trust and Social Networking in the Use of Long Term Contraception Method in Kampung KB ................................................................................................................................................................. 1477
   Bella Kartini Rochmania, Shrimartirukminidevy, Rachmathargono, Iswari Hariastuti

281. Relationship among Cervical Cancer Risk Factors with Pap Smear Results in Medan North Sumatera .... 1482
   Diah Lestari Nasution, Fatwa Imelda

282. Hair Mercury Exposure and Hypertension among Community Artisanal and Small Scale Gold Mining in Banten, Indonesia ........................................................................................................................................................................... 1488
   Budi Hartono

283. Effect of Aloe Vera Gel on Severity of Radiation Induced Dermatitis among Patients after Mastectomy 1493
   Eman Tharwat Mohamed, Nawal Ebeid Hanna, Dalia Salah El-Deen, Soad Hanna Tadros, Noha Yehia Ibrahim

284. Effect of Lavender Oil Massage on Pain among Patients with Knee Osteoarthritis ................................. 1500
   Enas Mahmoud El Sayed, Hanan Ahmed Al Sebaee, Heba Ahmed Mohammed, Zeinab Osman Nawito

   Ernawati, Nursalam, Aric Vranada

286. Phytochemical Investigation, Antioxidant and Antimicrobial Activities of Ravenala Madagascariensis (Sonn.) Family Strelitziaceae Growing in Egypt .................................................................................................................................................................................................................. 1511
   Esraa M. Mohamed, Mona H. Hetta, Hossam M. Hassan, Ahmed H. El-Desoky, Mohamed A. Selim, Farid A. Badria
287. New Approach of Hyaluronic Acid Bound Spermatozoa-ICSI in Iraqi Infertile Patients
   Ezdehar N. Ali, Hayder A.L. Mossa

288. Depression and Meaning of Life of Middle-Aged Women: Mediating Effects of Self-Esteem and Social Network
   Hae Kyung Chang

289. Efforts in Improving Environmental Sanitation of Elementary School Students through Eco-education
   Haryoto Kusnoputranto, Sayud Warno Utomo, Hadid Sukmana, Nisrinah

290. Determinants Associated with Regular Weighing of Under Five Children in Posyandu in Kelapa Gading Sub District, Jakarta
   Helwiah Umniyati, Agung Permana, Aldi Akhmad Nurhadi, Dhani Indarto, Widia Leli, Dewi Murni

291. Molecular Sequencing Study of Salmonella spp Which Isolated from Cattle Meat and Human Stool
   Hiba Shehab Ahmed, Wafaabdalwahed Jheel, Saba Falah Klaif

292. What is New about Magnetic Resonance Imaging of Multiple Sclerosis?
   Hosny Sayed Abd El Ghany, Enas Ahmed Mohamed Abdel Gawad, Mohamed Mamdouh Mohamed Esmaeel, Mahmoud Mohamed Moneer, Alaa Wagih Fathy

293. Parenting Style on School Age Children that Addicted to Mobile Phone (A Phenomenology Study)
   Natar Fitri Napitupulu, Wisnu Barlianto, Septi Dewi Rachmawati

294. Flowcytometric Determination of T-lymphocyte Expression of CD4+ and CD8+ Cells in Systemic Lupus Erythematosus
   Nehal Ibrahim Abbas, Ashraf Mohamed Osman, Amal Mahmoud Kamal El-Din, Emad Allam Abdel-Naem, Manal Mohamed Saber

   Nibal Mohammed Hoobi, Raya R. Al-Dafaai, Baydaa Hussain

296. Effect of Zinc, Vitamin A-Based School Snack and Nutritional Status on Diarrheal Morbidity among Children Aged 5-7 Years in Tuban: A Crossectional Study
   Nikita Welandha Prasiti, Difiah Hanim, Adi Magna Patriadi Nuhriawangsa

297. Neurological And Non Neurological Role of Brain-Derived Neurotrophic Factor (BDNF) in Developing Jaw
   Noor Natik Raheem, Mohammed Faris, Athraa Y. Al-Hijazi, Ali I Alqurshi

298. Efficacy of Catharanthus Roseus Extract against Dengue Virus Type 2 Infection in Vitro
   Noor Zarina Abd Wahab, Norefrina Shafinaz Md. Nor, Nazlina Ibrahim

299. Psychometric Evaluation of a Feedback Conception Scale: Building Positive Feedback Practises of Charge Nurses in Public Hospitals
   Nor Hasnida Che Md Ghazali, Mahizer Hamzah, Norazilawati Abdullah, Zahari Suppian

300. Cytotoxic Activity and Selectivity Index of Solanum Torvum Fruit on T47D Breast Cancer Cells
   Nunuk Helilusiatiningsih, Yunianta, Harijono, Simon Bambang Wijanarko
301. The Relationship between Father Involvement with Growth and Social-Emotional Development in Preschool Children ................................................................. 1592
   Nur Hijrah Tiala, Fitri Haryanti, Akhmadi

302. Factors Associated with Hypertension among Adults in West Java, Indonesia......................... 1599
   Nurul Wahyu Wadarsih, Ratu Ayu Dewi Sartika

303. Symptoms and Activities of Daily Living in Patients with Chemotherapy-induced Peripheral Neuropathy ................................................................. 1605
   Ok-Hee Cho, Kyung-Hye Hwang

304. Biliary Atresia Outcome in Egypt a Descriptive Study................................................................. 1610
   Omar N Abdelhakeem

305. Registration Accuracy between Maxillary and Mandibular Teeth for Fixed Restoration Construction..... 1614
   Hossam Atef Abd El-Samad, Cherif A. Mohsen

306. The Relationship Consumption Patterns of Pokea Clams (Batissa Violaceavar. Celebensis, von Martens, 1897) and Lipids with Total Cholesterol Levels and Triglycerides in Patients with Hypertension--------------------------------------------------------------- 1620
   I Putu Sudayasa, Bahtiar, Hartati, Arimaswati, Andi Zilfiah Lantani, Ni Putu Cecilia, La Ode Alifariki

307. Modification of Ames Test According to Phenotype Features of Prototrophic Escherichia Coli............ 1627
   Ibraheem Abdulrahman Eltaif, Dunia Kamal Salim, Sundus Jassim Muhammad

308. Central Venous and Arterial Gases Level Versus Lactate Clearance as an Indicator of Initial Resuscitation in Septic Patients in Intensive Care Unit ................................................................. 1633
   Ibrahim Abas Youseif, Ahmad Hasaneen Mohammed, Rehab Mohammed Farghly

309. Hematological Study and Estimation of Trace Elements in Patient with Thalassemia.................. 1638
   Khalid H. Gathwan, Shatha Q. Jawad

310. Assessment of Survival and Function of Heterotopic Auto-transplanted Thyroid Tissue after Total Thyroidectomy for Non-toxic Multinodular Goiters................................................................................. 1641
   Lamis Hammad Mohamed El Hadad, Amr Abdallah Mohsen, Mostafa Nagy El Sanadeky, Khaled Mahran

311. Somatic Manifestations of Depression in Patients of Nineva Province ........................................ 1646
   Mahfoodh Sulaiman Hasan, Faris Mahmode Lolan, Abdullah Shakier Mahmood

312. Sex Determination in a Sample of Egyptian Population based on Outer and Medullary Metacarpal Measurements. A Multi-Detector Computed Tomographic Study ................................................................. 1651
   Mennatallah Mahmoud Ahmed Mohamed, Hala Mohamed Ahmed and Osama Abdelaziz Hassan, Moustafa Abdelkader Abdelwahab, Rehab Hosni Abdelkareem Younis

313. Predicting Patient Survival after Pancreaticoduodenectomy for Malignancy Based on Histopathological Criteria ......................................................................................................................... 1656
   Michael Remon Roshdy, Abu Bakr Mohammad Mohie EL-Din, Khaled Aly Abou EL-ella, Nasser Mohammad Zaghloul, Motassem Mohammad Ali

314. Assessing Adverse Cardiac Effects of Direct Antiviral Agents in Hepatitis C Virus Infected Patients..... 1660
   Mohamed Abdel Azem Mohamed, Mohamed Fathy Abbas, Ahmed Hefnawy Abbas, Meriam Nabil
315. Allopurinol Versus Epinephrine in the Prevention of Post Endoscopic Retrograde Cholangiopancreatography (ERCP) Pancreatitis ................................................................. 1665
    Mohamed Abdelhakim Abdelaleem Elshebiny, Madeha Mohamed Ahmed Makhluf, Ayman Mohamed Hassanin Hassan; Hala Ibrahem Mohamed Ahmed; Magdy Fouad Ahmed Mahmoud

316. Role of SWI in Early Detection of Hemorrhagic Transformation in Acute Cerebral Ischemia ............. 1673
    Mohammad Mohammad Ameen, Mohammad Farghaly Ameen, Manal Fayz Abousamra, Ahmed Mohammad Yassen

317. Risk Factors for Pediatric Intensive Care Admission among Asthmatic Children in Aseer, South-West Saudi Arabia ................................................................................................................................. 1678
    Mohammed Abdullah Alshehri, Mohannad Mohammed Al gossadi Alsheri, Reema Mohammed Al gossadi Alsheri, Renad Mohammed Al gossadi Alsheri

318. Evaluation the Prevalence of Association between Cranial Congenital Fetal Anomalies and Extra-Cranial Congenital Fetal Anomalies ............................................................................................................. 1684
    Mohammed Yahia Mohammed Ahmed, Hossam El-Din Shawky, Mohamed Ehab Ali Salet, Saad Abd El-Naby Ahmed El-Gelany, Mahmoud Hosni Ibrahim

319. The Effect of Type 2 Diabetes Mellitus and Treatment Regimens on the Success of Drug Resistant Tuberculosis Treatment in 2014-2018 in Riau Province ..................................................................................................................... 1689
    Musfardi Rustam, Ratna Djuwita, Sudarto Ronoatmodjo, Erlina Burhan, Evi Martha, Renti Mahkota

320. Role of Vitamin C in Endothelial Dysfunction in Patients with Type 2 Diabetes Mellitus Introduction .................................................. 1695
    Nermien Abd El Rahman Ibraheim, Fatema El Zahraa Sayed Bukhary, Yehia Zakareia Mahmoud, Mahmoud Ragab Mohamed, Salama Rabei Abdel-Rahim

321. Effectiveness of Providing Self-Management Education to Deal With Emesis Gravidarum on Decreasing Nausea Vomiting Pregnancy (NVP) at Private Practice Midwives Puskesmas IV Denpasar Selatan Work Area ................................................................. 1698
    Ni Nyoman Deni Witari, Ni Made Dewianti

322. Detection of Single Nucleotide Polymorphisms in IL-1B gene in Iraqi Patients with Hepatitis B ........... 1703
    Noor AL-Hamid, Aliaa Mohammad Hadi, Mohammad Saad Majeed

323. The Relationship between the Consumption Pattern of Pokea Clam and Protein with LDL and HDL Levels in Patients with Hypertension ........................................................................................................... 1707
    IPutu Sudayasa, La Ode Alifariki, RefiFaradilah, NovianaSukoBetteng, Asriati, IndriaHafizah, Jamaludin

324. The Correlation between GPX-1 Serum and Hearing Threshold of SLE Patient Post Prednison Therapy .......................................................... 1713
    Ratna Anggraeni, Sally Mahdiani, Nindya Pratita

325. Leptospirosis Associated with Environmental Risk Factors: A Systematic Review ......................... 1718
    Rusyda Ihwani Tantia Nova, Dewi Susanna

326. Comparative Study of the Effect of Chronic Aluminium Chloride Administration on the Expression of Endothelial Nitric Oxide Synthase in Rat Brain ................................................................................................. 1723
    Sahar Ahmed Mokhemer, Nashwa Fathy Gamal El-Tahawy, Rehab Ahmed Rifai, Entesar Ali Saber, Seham A Abd El-Aleem
327. Nutritional Evaluation on High Protein Supplement Diet by Biological Assay in Wistar Rat

Sakphisuthikul C. Sanchaisuriya P.

328. The Impact Using Healthy Training Method to Develop Some Physical Abilities and Integrated Skills Performances of Futsal for the Deaf and Mute

Salah Bresem Salih Lecturer, Maytham Mohsin Habeeb Alhamdi, Mahmood Abd ALjaleel Abd

329. Histopathological Findings in Patients with Abnormal Uterine Bleeding

Thuka Tahsseen Yahya, Wasnaa Abdulkareem Elias, Huda Mahmood Faisal, Salwa H. Al Mukhtar

330. Nutritional Education Regarding Ante Natal Care: Improving Knowledge, Attitudes, and Behaviors of Health Cadres

Sri Achadi Nugraheni, Martha Irene Kartasurya, Nur Endah Wahyuningsih, Naintina Lisnawati

331. The Effectiveness of Progressive Muscle Relaxation with Benson Relaxation on the Sleep Quality in Hemodialysis Patients

Theresia Uli Porman Purba, Ridha Dharmajaya, Cholina Trisa Siregar

332. Analysis of Factors Relating to Loyalty of Patients in Pertamina Bintang Amin Hospital Lampung in 2019

Wayan Aryawati, Bagus Nur Eko Prasetio, Vera Yulyani

333. Risk Factors Associated with the Incidence of Cervical Cancer in Dr. H. Abdul Moeloek Hospital Bandar Lampung in 2019

Wayan Aryawati, Ni Made Arianingsih, Nurul Aryastuti

334. Building Healthy Open-minded Measure for the Fourth Stage Students in the Faculties of Physical Education and Sports Sciences in Iraq

Yassar Sabah Jassim, Lahib Ahmed Shaker

335. Value of Use Chest Ultrasound in Diagnosis of Pulmonary Embolism


336. Assessment of the Knowledge Regarding HIV/AIDS among Nursing College Students in University of Basrah

Zainab Alag Hassan, Sajjad Salim Issa, Abdulameer Abdullah Al-Mussawi, Saja Kareem Jasim

337. Levels and Differences of Leadership Practices by Eminent Coaches Amongst the Team Athlete’s at Universiti Pendidikan Sultan Idris (UPSI)

Zulakbal Abd Karim, Ramesh Ram Ramalu, Mohamad Zahurin Mohd Rusof

338. Study of Implementation of the Early Breastfeeding Initiation Program at the Lepo-lepo Public Health Center in Kendari City

Ruslan Majid

339. Psychosocial Factors to Increase Adherence Antiretroviral Treatment on New PLWH Infection

Widia Shofa Ilmiah, Stefanus Supriyanto, Purwati, Mochammad Bagus Qomaruddin
XXVI

340. Reproductive Health Behavior of Street Youth Guided by Karya Putra Indonesia Mandiri Foundation in Central Jakarta Region .................................................................1797
Prihayati, Hansrizka Raisna, Ridwan Amiruddin, Owldan Wisudawan B

341. Evaluation of the Antioxidant Levels and HbA1c of Type 2 Diabetes Patients .............................................1801
Qussay Noori Raddam, Ola Hassan Hadi

342. A Three-Years Survival Rates of Chronic Myeloid Leukemia Patients with Targeted Therapy ..................1808
Rani Silondae, Tutik Harjianti, Sahyuddin Saleh, Syakib Bakri, A Makbul Aman, Hasyim Kasim,
Haerani Rasyid

343. Gene Polymorphism of CSN1S1 and CSN3 Gene Associated with Casein Production Milk Trait in Iraqi Buffaloes (Bubalus bubalis) ........................................................................................................1814
Rasha M. Othman, Nada S. Hadi, Basil A. Abbas, Moaed H. Sayhood, Firas M. Al-Mubarek

344. In Vitro Evaluation of Antibacterial Effect of a New Bioactive Restorative Material (Activa) ...............1820
Rasha Saad Zaghloul, Rehab Mahmoud Abd El-Baky, Mohamed Mohamed Mostafa Abdelmoatyt,
Mona Ismail Riad

345. A Cross-sectional Study: Analysis Risk Factors Against Hypertension in Indonesia 2014 ......................1827
Ria Arihta Ujung, Nasrin Kodim

346. The Relationship between Obesity and Dyslipidemia in Adolescents .........................................................1833
Ria Qadariah Arief, Ridwan Amiruddin, Syamsiah Russeng, Citra Kesumasari, Nurhaedar Jafar,
Ummu Salamah, Nugrahaeni

347. Analysis of the Expression Toll-Like Receptor 4 (TLR4) in Chronic Suppurative Otitis Media with and without Cholesteatoma ........................................................................................................1837
Riskiana Djamin, Restu Isnayah Handayani, Abdul Kadir, Eka Savitri, Muhammad Fadjar Perkasa,
Andi Nilawati Usman

348. Effect of Different Levels of Coriandrum Sativum and Piper Nigrum and their Interaction on Production, Biochemical Parameter, Liver Enzymes, TSH and Growth Hormone for Broiler Chickens ...1843
S.G. Hussein, H.Q. Baker

349. Diagnostic Study and Some Pathological Aspects of Parasites Associated with Appendicitis in Al-
Najaf Al-Ashraf Governorate ..........................................................................................................................1849
Sahira Ayed A. Al-Musawi

350. Chemical and Histological Study of Hexane Extract of Plant Capsella Bursa-pastori in Western Iraq ......1853
Saja Mahmoud Najem Al Rubaie, Nidhal Ibrahim Lateef, Ashwaqtalibhameed

351. Formulation and Nutritional Appraisal of Renal Specific Formula .................................................................1859
Sakphisutthikul C., Sanchaisuriya P.

352. The Effect of Using Healthy Programmed Education on Learning the Basic Skills of Futsal in the Republic of Iraq ........................................................................................................................................1864
Salah Bresem Salih, Maytham Mohsin Habeeb Alhamdi, Mahmood Abd Aljaleel Abd
353. Assessment of Exam-related Anxiety among the Students of the High Healthy Vocations Institute at Medical City ................................................................. 1868
  Sameer Allawi Khalaf, Meaad Kareem Halboos

354. Botox Effect on Sex Hormones and Lipid Profile of Females Rats ......................................................... 1874
  Sameera Jameel Tarfa

355. Regional Health Care: Does Give Benefits for Poor Communities? ....................................................... 1878
  Siti Nuraini, Riski Isminar Ardianti, Deddy Kurniaawansyah

356. The Effect of Olanzapine on the Improvement of the Clinical Symptom of Schizophrenia ...................... 1883
  Sonny T. Lisal, Saidah Syamsuddin, Balgis

357. Study of Some Virulence Factors of Candida Albicans Causing Intestinal Infection .............................. 1889
  Sozan Khaled Kadhum

358. The Effectiveness of National Early Warning Score (News) as Predictor of Mortality in Heart Failure Patients in Emergency Department ............................................................................................... 1895
  Srikandi Puspa Amandaty, Siswanto, Asti Melani Astari

359. Breast Cancer and Hormonal Level Changes ..................................................................................................... 1901
  Suhad Kahdum Ali

360. Socio-demographic Characteristics and Caregiver’s Quality of Life Associated with Suspected Developmental Delay among Early Childhood in Northeast of Thailand ........................................ 1907
  Supattra Boonjeam, Rajda Chaichit, Benja Muktabhant, Suwit Udompanich

361. Lapin Stealth Citrobacter Urogenital Infection Model ............................................................................... 1913
  Thewaini QNA, Shnawa IMS, ALShtibeeb A.R., Mosa M.

  Thuraya Salim Abed, Jawad Ibrahim Rasheed, Hayder Adnan Fawzi

363. Analysis of Risk Factors Occurrence of Juvenile Delinquency Behavior ................................................ 1924
  Tri Anjaswarni, Nursalam, Sri Widati, A. Yusuf

364. A Case Study of the Health Adaptation of Former Schizophrenics in Communicating with the Bugis Makassar Community in the South Sulawesi Province ............................................................... 1929
  Tuti Bahfiarti, Arianto, Muhammad Harun Achmad

365. Anxiety Symptoms in a Sample of Iraqi School Teachers ....................................................................... 1935
  Uday Khalid Abdul Jabbar Al Qaisy, Ali A. Al Sharify, Mustafa T. Radhi, Irfan Faisal Jasim

366. Psychososial Experience of Diabetes Melitus Patients While Experiencing the Diabetes Feet Ulcer in Rumah Perawatan Luka Ubalan Pamotan Village Dampit Subdistrict Malang Regency ......................... 1940
  Ulul Azmi Iswahyudi, Indah Winarni, Tony Suharsono, Heni Dwi Windarwati, Ikha Andriyani

367. Is Osteopontine of Value in Diagnosis of Knee Osteoarthritis? ................................................................. 1945
  Walaa F. Mohammed, Faten Ismail Mohamed, Gihan M. Ahmd, Rasha A. Abdelmagied, Aliaa M. Mounir, Mustafa Abdel- Kader
<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coal Dust Exposure and Gingivil Lead Line in Coal Miners</td>
<td>1948</td>
</tr>
<tr>
<td>Widodo*, Sahdhina Rismawati, Eko Suhartono, R. Darmawan Setijanto</td>
<td></td>
</tr>
<tr>
<td>Re-evaluation of Psoriatic Patients with Metabolic Syndrome: A Case Control Study Searching for the Highly Prevalent Criteria</td>
<td>1952</td>
</tr>
<tr>
<td>Wisam Majeed Kattoof</td>
<td></td>
</tr>
<tr>
<td>Analysis of Employee’s Satisfaction in Efforts to Improve Service in Regional Public Hospital of Dok II Jayapura Papua</td>
<td>1958</td>
</tr>
<tr>
<td>Yohana Yosevine Usmany, Ernawaty</td>
<td></td>
</tr>
<tr>
<td>Identifying the Most Influential Variables in Breast Cancer Using Logistic Regression</td>
<td>1961</td>
</tr>
<tr>
<td>Yousra Abdulaziz Mohammed</td>
<td></td>
</tr>
<tr>
<td>Lived Body Principle Police of the Regional Traffic Management Center (RTMC) of the East Java Regional Police to Their Families</td>
<td>1967</td>
</tr>
<tr>
<td>Yunus Adi Wijaya, Tita Hariyanti, Tina Handayani Nasution</td>
<td></td>
</tr>
<tr>
<td>Infertility Causing Factors &amp; the Success Rate of in Vitro Fertilization (IVF) in One of Fertility Center of Surabaya City, Indonesia</td>
<td>1972</td>
</tr>
<tr>
<td>Yuriske Agnovianto, Linda Dewanti, Sri Ratna Dwiningsih</td>
<td></td>
</tr>
<tr>
<td>The Prevalence of Entamoeba Gingivalis and Trichomonas Tenax in Children Treated with Orthodontic Appliances in AL Muthanna Province, Iraq</td>
<td>1977</td>
</tr>
<tr>
<td>Zahraa Abd Alhammza Abbass, Shayma Abdullah Hanoon, Taisir Abdulelah Kadhim</td>
<td></td>
</tr>
<tr>
<td>Are Former Athletes Protected Against Obesity after Retirement?</td>
<td>1983</td>
</tr>
<tr>
<td>Zayed M. Altowerqi, Zainal Abidin Bin Zainuddin, Asha Hasnimy Binti Mohd Hashim, Amjaad Omar Almarwaey</td>
<td></td>
</tr>
<tr>
<td>Irawan Mangunatmadja, IMGDwi Lingga Utama, Julitasari Sundoro, Novilla S. Bachtiar, Rini M. Sari, Hindra I. Satari, Sri R. Hadinegoro</td>
<td></td>
</tr>
<tr>
<td>Heavy Metals Concentration and Biochemical Parameters in the Blood and Nails of Industrial Workers</td>
<td>1995</td>
</tr>
<tr>
<td>Kameran Sh. Husien, Mohsin O. Mohammed, Tamara N. Ahmed</td>
<td></td>
</tr>
<tr>
<td>Dominant Factor Analysis of Medical Equipment and Device Affect Against Customers’ Repeat Purchase Decision</td>
<td>2001</td>
</tr>
<tr>
<td>Albern Liyanto, Christopher Alexander Wijaya, Karina Leonita</td>
<td></td>
</tr>
<tr>
<td>Multimodal Hyperspectroscopy for Detection of Cervical Neoplasia</td>
<td>2008</td>
</tr>
<tr>
<td>Mamdouh Tawfeek, Mohammed Tawfeek, Ahmed Sanad, Mahmoud Hussney, Suad Attallah</td>
<td></td>
</tr>
<tr>
<td>MR Diffusion and MR Perfusion in Characterization of Ovarian Tumors; the Problem and the Solution</td>
<td>2014</td>
</tr>
<tr>
<td>Nadia F. El Ameen, Mohamed G. Eissawy, Laila Adel M.S. Mohsen, Omnia Mokhtar Nada, Geres M. Beshreda</td>
<td></td>
</tr>
</tbody>
</table>
381. The Diagnostic Accuracy of Different Echocardiographic Predictors of Subtle Myocardial Dysfunction in Asymptomatic Duchenne Muscular Dystrophy Patients.................................................................2020
   Omnia Raafat, Reem Ibrahim Ismail, Hanan Zekri, Antoine Abdelmassih, Noha Ali, Erini Farid, Shaimaa Atef, Habiba-Allah Ismail

382. The Association of Glutathion Peroxydase-1 Serum and Sensorineural Hearing Loss in MDR TB Patients with Kanamycin Therapy ........................................................................................................2026
   Ratna Anggraeni, Arif Dermawan, Febri Wisudawan F.

   Ruaa Mahmood AL-Rukabi, Shahrzad Shamki AL Jobori, Asaad Abdulmahdi Al abayechi

384. Identification of Some Dermatophytes Isolated by PCR Technique in Misan Province/Iraq ..................2039
   Muhanad M. Mohammed, Ali A. Kasim

385. Studying the Influence of Nano ZnO and Nano ZrO\textsubscript{2} Additives on Properties of PMMA Denture Base ...2047
   Suroor Abd Alwahab, Jaafar M. Moosa, Sadeer Muafaq

386. Association of Osteoarthritis and Periodontitis in Sample of Iraqi Patients with Knee Osteoarthritis ......2052
   Ali Hamdi Ghani, Sami S. Shihab

387. The Effectiveness of Special Exercises with the Black Bean in Improving the Lactic Endurance and the Digital Achievement of Runners 800 m Youth .................................................................2057
   Mahdi Lafta Rahi, Haider Abdul-Hassan Sajit, Hussein Manati Sajit

388. Urinary Tract Infection in Spontaneous Urticaria among Thi-Qar Patients.............................................2061
   Kadhim Ahmed Kadhim, Hadaf A. Al Junaiyeh, Alaa Natf, Yahya Ali

389. Antimicrobial Peptides AMPs Produced by Bacillus spp. ........................................................................2067
   Amel H. Mussa

390. Effect of Infliximab and Methotrexate on Bone Mineral Density in Rheumatoid Arthritis Patients ........2075
   Israa Mohammed Redia, Mayyadah Jebur Abed Al-Zubaidi, Mohammed H. Al Osami

391. Effects of Infliximab on Rheumatoid Factor & Anti-cyclic Citrullinated Peptide Antibodies in Patients with Rheumatoid Arthritis ................................................................................2081
   Mayyadah Jebur Abed AL-Zubaidi, Israa Mohammed Redia, Sami Salman

392. Study the Influence of Aqueous and Organic Extracts of Conocarpus erectus on the Growth of Some Pathogenic Bacteria ........................................................................................................2086
   Nibras Y. Abdulla, Baydaa A. Hassan, Suzan Nazar Rasool

393. Antibacterial and Antimicrobial Activity of Aqueous Extract and Essential Oil of Origanum majorana and their Activity on Some Physiological Parameters of Blood in the Male of White Rats .........................................................2092
   Nibras Y. Abdulla, Baydaa A. Hassan

394. Psychological Stress among Women’s and it’s Health Seeking Behavior towards Breast Examination at Early Detection Centers for Breast Cancer in Hilla Teaching Hospital .........................................................2099
   Ghfran Qasim Raheem, Abdulmahdi A. Hasan
395. The Effect of Bacterial Infections on the Immune States in Eczematic Patients
Abeer Fauzi Al–Rubaye, Samah Ahmed Kadhum, Woorood Alwan

396. Poultry Resources Multidrug Resistance Bacteria to Human
Fouad Hussein Kamel, Sara Ibrahim Othman

397. Returnee’s Suicide Epidemiology among Internally Displaced Secondary School Students in Tikrit-Iraq

398. Clinic-Pathological Characteristics of Breast Cancer among Iraqi Women

399. Quality of Life among Adolescents Patients with Irritable Bowel Syndrome
Zaid W. Ajil, Adraa H. Shawq

400. An Estimation for the Association between the C–RP Tests and RF Tests of Rheumatoid Condition
Patients with their Demographic Data. In Maysan Province, Iraq
Mustafa AdnanAl-Norri, Rashid Rahaim Hateet, Mohammed Jasim Qasim

401. The Value of Surfactant Therapy in Preterm Neonates with Respiratory Distress Syndrome
Moayed Mahdi Hussain

402. The Role of Faith Healer Visits in the Management and Prognosis of Mental Illness in Iraq
Waleed Azeez Mahdi Al Ameedee, Maythem Muhsin Alyasiry

403. Nurse’s of Knowledge toward Newborn Injuries in the Delivery Rooms at AL- Amara City Hospitals
Musata Salim Abdul Alridhi, Ghazwan Abdulhussein Al-Abedi, Aqeel Azeez Arrar

404. Measurement Serum Level of Interleukin-34 in Patients with SLE and Healthy Control
Mohamad K. Mardan, Alaa S. Alattabi, Ali M. Al-kazaz

405. Detection of Fungi Associated with Some Spices in Local Market in Hilla City (Babylon)
Nawras Abid Al-abas, Abeer Fauzi Al-Rubaye, Hawraa Wahab Aziz

406. Staff’s Knowledge and Practices in Environmental Foundation Regarding Prevention from Mobile
and Tower Health Risks in Erbil City, Iraq
Kareem Fattah Aziz

407. Mycobiota and Enteric Viruses among Infants with Acute Diarrhea in Iraq
Hussein Alnasrawi

408. Epidimilogical Study of Taxoplasmosis among Pregnant and non Pregnant in Baghdad City and its
Relationship with Blood Groups
Farah Ali Hameed

409. Assessment of Teachers’ Knowledge about Child abuse at AL Nasiriya Primary Schools
Gossoon Juma Elywy, Adil Ali Hussein, Hussein Abdulmohsin Dabis

410. Pharmacological Activities and Chemical Constituents and of Bryonia Dioica L.: A Review
Thamer Mouhi Jasiem, Rasha Eldalawy, Zahraa Abdul Elah Alnaqqash
411. Risk of Cesarean Delivery and Low Bishop Score after Induction of Labor in Nulliparous Women in Tikrit City .......................................................... 2188
   Shaimaa Mohammed Sulaiman, Nabila Kamil Yaqoub

412. Histological Changes for Stachybotrys chartarum Fungus in the Lungs and Nose for Infant White Mice .. 2194
   Faiza Jabar, Alaa Abdalzahraa, Ahmed Obaid Hossain

413. Study the Activity of Lactate Dehydrogenase (LDH) and Some Biochemical Parameters in Atherosclerosis Patients ........................................................................................................... 2200
   Jihan Jalil Mohammed, Sayran Sattar Saleh

414. Electrocardiographic Changes and Cardiac Arrhythmias in Hemodialysis Patients with End-Stage Renal Disease, at AL-Hussein Teaching Hospital .......................................................... 2205
   Qasim Ali Khasal

415. Screening of Bio-active Chemical Composition of Vespa Orientali and Investigation of its Anti-Fungal Activity .......................................................... 2210
   Ekhlas Al-Shareefi

416. Interleukin-4 Genetic Polymorphism -590 C/T in Type- 2 Diabetes Patients from Al-Diwaniyah Hospital of Iraq .......................................................... 2214
   Firas Hasan Hadi, Muntasser Alawi Awad, Nada Fadil Abbas

417. Challenges of Continuous Nursing Education in Health Agencies ........................................................................................................... 2220
   Hussein Ali Abd Al-Abbass, Hussein Jassem Alibrahemi

418. Role of 14-3-3η (Eta) Protein as Immunological Marker for Disease Activity in Patients with Rheumatoid Arthritis ........................................................................................................... 2228
   Muhammad Mohammed Ali AL-Salami, Abeer Thaher Naji AL-Hasnawi, Mohammed Abd AbdulHussein Abusabe

419. An Epidemiological Study of Scabies by Age Groups, Regions and Gender in Diwaniya Governorate .... 2233
   Rana Saleh Al_Difaie, Saafa Ressan Abdullah Al_Kaeebi, Ahmed Sami Salman, Lina Abdulkhademoudah

420. Investigation of Escherichia Coli Fim H Gene Occurrence Isolated from Clinical and Environmental Samples ........................................................................................................... 2238
   Samah N. Abd, Najeh H. Kadhum, Hassan M. Abolmaali

421. Dental Health Status among Adult Population in Karbala City ........................................................................................................... 2242
   Karama M.T AL-Nuaimy

422. The Diagnosis of Metastatic Malignancy in Ascites and Pleural Effusion by Fluid Tumor Marker in Comparison to Cytology ........................................................................................................... 2247
   Hadi M. AL-Mosawi, Ammar Eesa Mahdi, Alaa Sadeq Alaawad

423. Clinicopathological Evaluation of Odontogenic Tumors in Iraq (A Fifteen Years Retrospective Study) ... 2253
   Bashar H. Abdulla, Wasan H. Younis, Luay Hatem Jalil, Muna S. Merza

424. Prevalence of blaVIM, blaIMP and blaNDM Genes in Carbapenem Resistant Pseudomonas Aeruginosa Isolated from Different Clinical Infections in Diyala, Iraq ........................................................................................................... 2258
   Lina Abdulameer S. Alsaadi, Abbas Abood F. Al-Dulaimi, Hadi R. Rasheed Al-Taai
XXXII

425. Estimation of Caspase-8 in Patients with Systemic Lupus Erythematosus and it is Relationship with Disease’s Activity.................................................................2265
   Amna Esmeeel Al-araji, Sawsan M. Jabbar AL-Hasnawi, Ali alkazzaz, Shawqi Watheq Mohammed Ali

426. Gold Nanoparticles Targeting Human Cervical Cancer Cells.................................................................2270
   Hayat Awadh Merkadh, Fatimah Mezaal Hameed

427. Bacteriological and Molecular Typing of Acne Vulgaris Etiology in the City of Baghdad ......................2275
   Mawj Abbas Fadhel, Luma Yousif Mehdi, Hiba Hikmat Magdasi

428. Determination of the Best Level of Cognition for Category-10 Table-Tennis Athletes with Special Needs ..............................................................................................................2280
   Salwan Sameer Jasim, Raafat Abdulhadi Kadhim, Hisham Hindawi Howaidi

429. Role of VAC a and CAG a Genes in Detection and Identification of Helicobacter Pylori.........................2286
   Ghydaa H. Aljeboury, Mohsen Hashim Risan, Rebah Najah Algafari

430. Deleted

431. A Comparative Study of the Physical Abilities of Children Born Full and Incomplete Pregnancies of
     Students Aged 8-9 Years .................................................................................................................................2299
     Saleh Chuaied Hilaiel, Hekmat Abdul Sattar Alwan, Hussein Mhaibes Tuama, Birivan Abdullah Saeed, Adel oudah kata

432. Effect of Salpingectomy Versus Fallopian Tubes Cauterization for Management of Hydrosalpinx on the
     Future Females’ Ovarian Reserve ..................................................................................................................2304
     Mufeda Ali Jwad, Wasan Adnan Al-Jubori

433. The Effectiveness of Retaliatory Force Exercises in Developing the Explosive Power of Two Legs and
     Arms and the Accuracy of the Spike in the Badminton of Young Players Under the Age of 18 Year.2310
     Jabbar Ali Kathim Rami Jabbar Kadhim, Hussein Mnaty Sachit

434. Microscopic Vision of an Experimental Infection Effect with Candida Glabratayeast in the Histological
     Structure of the Heart and Lungs in Immunosuppressed Male Mice and Other Normal Mice.................2316
     Khulood Naji Rasheed, Milad A. Mezher, Idrees Khalaf Thamer

435. Effect of Educational Modules in Learning Some Types of Handball Scoring for Students..................2321
     Khalil Hamid Mohammed Ali, Iman Darwish Gary, Abbas Abdulhamza Kadhem

436. Association between Diabetic Retinopathy and (Albumin/Creatinine) Ratio in Diabetic Patients..........2327
     Aberabdul amir, Haiderabdulhameed Rashid, Hind A. Mahdi

437. The Effect of Socioeconomic Level on Dental Caries among Preschool Children in Baghdad City........2332
     Mariam F. Abonayla, Athraa M. Alwaheb

438. The Effect of Submucous Dexamethasone Injection on the Post-Operative Sequelae After Impacted
     Third Molar Surgery .......................................................................................................................................2337
     Zainab Wahab Hadi, Sahar Shakir Al-Adili
439. Hypothyroidism, Prolactin and Function of the Pituitary-Gonadal Axis in Iraqi Patients with Chronic Kidney Disease ..........................................................2342
   Athraa K. Falhi, Noori M. Luaibi, Ali J. Alsaedi

440. Mood Disorders in Rheumatoid Arthritis .........................................................2347
   Kareem Nasir Hussain

441. Pattern of Mechanical Intestinal Obstruction in Al-Yarmouk Teaching Hospital .........................2352
   Ammar Fouad Abdulrazzaq, Mohammad Faraj Dawod Al. Jafary, Hanan Hazim Mohammed Noori

442. Infection Rate of Trichomoniiasis among Women in AL Hilla City ...........................................2358
   Maani Seher Abid Al-Kahfaji

443. Genotyping of Epstein-Barr Virus in EBV-Positive Burkett’s Lymphoma in Anbar Province (Western of Iraq) ..............................................................2363
   Mothana Ali Khalil

444. Study Effect of Pills and Alcoholic Extract of Rue Plant on the Histological Structure of Ovary in Adult Rabbit Females ......................................................2369
   Hind Ahmed Akook, Thakra Atta Ibrahim, Muthana M. Al-Mahdawi

445. Molecular Detection of Human Cytomegalovirus and Immunohistochemical Expression of BCL2 in Lymph Nodes from Hodgkin’s Lymphoma ..............................................................2374
   Haitham Ahmed Al-Rubaie, Saad Hasan Mohammed Ali, Mustafa Jaffar Hussein, Shakir H. Mohammed Al-Alwany

446. Normal Anatomical Variants of the Paranasal Sinuses at Computed Tomography Scanning ..........2380
   Ahmed Abdulsalam Abdulhussein Al-Ali, Noor Kathem Al-Waely

447. The Relationship between Malondialdehyde, Uric Acid and CRP in GDM Pregnant Women During Different Trimesters ...............................................................2388
   Allaa Jamel Shhaeat, Ahmed Aboud Khalifa

448. The Effect of Teaching in Educational Complexes Using Harmonic Exercises to Improve Motor Compatibility and Some Basketball Offensive Skills ..................................................2393
   Emad Toma Radi, Mentdhar Hussen Sabt, Louay Abdulsattar Salal

449. The Impact of Qualitative Exercises in the Development of Some Basic Skills in Football for the Cubs 2399
   Mohammed Abbas Saeed Alaa Hussein Ali Hamza Al-Humairi, Maytham Lateef Ibraheem

450. Assessment of the Antimicrobial Resistance of Urinary Escherichia Coli and Some Factors Related to Urinary Tract Infection in Karbala Patients ...............................................................2404
   Jaafar Jaber, Maysaloon Adnan Abdul Razzak, Fouad Oudah Kadhim

451. Inhibitory Effects of Carbonyl Cyanide 3-Chlorophenylhydrazone (CCCP) and Ciprofloxacin on the Gene Expression of Nor a Efflux Pump and Reduce Antibiotic Resistance in Staphylococcus Aureus ......2410
   Iman, A. AL-Zengena, Abbas A. Al-Dulaimi, Hadi R. Al-Taai

452. Serum Citrin and γ-Glutamyl Transferase as Biomarkers for Infantile Cholestasis Severity .............2416
   Mostafa Al-Bassam, Hassan H. AL-Saeed, Hala Sameh Arif
453. Some Metal Complexes of Mixed 1, 10 Phenothroline and Schiff Base Ligand; Syntheses, Spectroscopic and DNA Cleavage Studies .............................................................. 2422
   Sabrin Fadal Hammed, Hasan A. Hasan, Mohammed Mahdi Jawad

454. The Relation between Adermatoglyphics and Dental Malocclusions of Iraqi Adults ......................... 2429
   Sami K. Al-Joubori

455. Some Cardiac Indexes of Doping in Sport Comparative Analysis between Doping Users and Non-
   Doping Users ................................................................................................................. 2435
   Mohannad N. Kzara, Mohammed H. Shaalan, Saad M. Farman

456. Clinico-cytological Correlation of Cervical Pap Abnormality ........................................................... 2440
   Hamssa Hussein Aloaa, Zainab Ali Issa

457. Effect of Vernald Way (VAKT) for Multiple Senses, Health Care and Clinical Learning in Dealing
   with Hardship and Written to the Reading First Stage Pupils .................................................. 2446
   Hashim Radhe Chither

458. Evaluation of Antimicrobial Activity and Study of Raman Spectra for Malachite Green Dye in
   Aquaculture in Solid State and Liquid State ........................................................................... 2451
   Hwraa Abd Al-kreem Alewe, Lazem Hassan Aboud, Mohamed Hamza

459. Improvement in Vitro Fertilization and Embryo Cleavage Rate of Mice Oocytes by Using Repaglinide
   with Supplementation of IVF Medium .................................................................................. 2457
   Sura A. Awadh, Mehri Azadbakht, Faris N.A. Alhady

460. Kurdish Traditional Herbal Medicine to Treat Mouth Thrush ............................................................ 2463
   Fouad H. Kamel, Shawnim Abdulla Ismail, Sangar Sabah Sabir, Adnan N. Albidani

461. Evaluation of Students’ Self-management and Academic Achievement in the University of Baghdad .... 2467
   Basima J. Jasim

462. Health Promotion Program about Sun Protection among Outdoor Workers in Helwan University ........... 2473
   Mona Mohamed Abd El-Maksoud, Donia Atef Ibrahiem

463. Cyclic Fatigue Resistance of One Curve, Hyflex EDM and Neolix NiTi Files in Simulated Curved
   Canals ................................................................................................................................. 2479
   Mirvet M. Rashad, Ahmed H. Ali, Adel F. Ibraheem

464. Pediatric Hodgkin Lymphoma in Sulaimaniya Province of Iraqi Kurdistan ......................................... 2484
   Awayi Ghazy Abdulkareem, Basil Kadhim Abdallah, Zhian Salah Ramzi, Jamal Ahmad Rashid

465. Association between Social Media Addiction and Life Satisfaction among University Student ............. 2489
   Qahtan Q. Mohammed

466. Assessment of Psychosocial and Physical Factors Associated with a Substance Re-abuse after
   Treatment among Patients with Addiction at Psychiatric Teaching Hospitals in Baghdad City-Iraq ........ 2495
   Hassan A. Hussein, Iman H. Alwan, Kareem R. Sajit

467. Slow Learners: Across-Sectional Study among Primary School Children in Kirkuk City ..................... 2500
   Qasim H. Muhammed, Nazar A. Mahmood, Abid S. Kumeit, Jasim M. SHindi
468. IncRNAs as New Biomarkers in Systemic Lupus Erythematosus: A Prospective Study ........................................2503
   Olfat Gamil Shaker, Yasser Hussein Nassar, Tamer Atef Gheta, Randa Mohamed Essameldin Moussa Erfan

469. Dandruff Disease; Reason and its Right Solution ..............................................................................................................2510
   Alaa H. Al-Darraj

470. Processes Correction of Hybrid Problem-Based Learning Tutorial Sessions ...................................................2513
   Altaf Bandy

471. Mumps Cases Reported in Tertiary Hospital During 2017-2018 in Baghdad, Iraq ...................................................2520
   Amani Jabbar Hashim Al-Yasiri, Mahdi Mustafa Abdulzahra Alsaedi, Jasim Aymen Khaleefah, Ali Hassan Hayyawi

472. Treatment Options of Peyronie’s Disease .........................................................................................................................2525
   Mohammed Abdel Malek Hasan, Ehab Rifaat Tawfik, Alayman Fathy Hussien, Adel Mohammed Ali Salheen

473. Port Terminal Analysis Operation Towards Health, Safety, Security and Environment (HSSE) Approach ........................................................2530
   Wisata Taruna, Haryoto Kusnoputranto, Raldi Hendro Koestoer, Agus Edy Soesilo

474. CM Wire Endodontic Files Cyclic Fatigue after Irrigant’s Immersion .................................................................2536
   El Mallah S.S., Khalil H.F.

475. Effect of Educational Protocol on Improving Nurses’ Knowledge and Practice Regarding Skin Traction ..........2542
   Hend Elham Mohammed, Eman Sobhy El-Said, Amira Mostafa Fahmy

476. Sonographic Measurement of Renal Parenchymal Thickness in Healthy Adults ................................................2549
   Israa Mohammed Sadiq, Kermanj Ismail Bakr

477. Relationship between Parasitic Infections in Protozoa and Female Secondary Infertility ..............................................2555
   Kawther A.M. Al-Mussawi, Inam Joudah Radhi, Hameedah Hadi Abdulwahid

478. The Link between Demographic Profiles with Depression among Elderly Women in Private Care Institution ......................................................................................................................................................2561
   Nurunsaadah S., Lukman Z.M., Zulaikha M.Z., Bukhari W.M.Y.

479. Laparoscopic Sleeve Gastrectomy Versus Laparoscopic Mini-Gastric Bypass in Management of Morbid Obesity and its Comorbidities .............................................................................................................2566
   Tantawi Abdel Naeem Mohamed, Salah Abdel- Razik, Ayman Mohamed Hassanien, Tohamy A. Tohamy, Ashraf Abdel Azeem, Mohamed Mostafa Taha Zaazou

480. A Real-Time Polymerase Chain Reaction assay for the Simultaneous Detection of Sexually Transmitted Pathogens in Women ........................................................................................................2571
   Noor M. Taher, Haleema Salman

481. The Impact of Social Media on Undergraduate Medical Students in the University of Kerbala, Iraq ......2577
   Inam Abbood AL-Ibrahimy, Ali Abdulridha Abutiheen, Basheer Akeel AL-Ali

482. Analysis on Relationship between Bacillus and Enterobacter Bacteria in Air with Hospital Acquired Infections Potential in Intensive Care Unit of Dr. Wahidin Sudirohusodo Hospital .........................................................2583
   Owildan Wisudawan B., Anwar Mallongi, Anwar Daud, Sukri Palatturi, Atjo Wahyu
483. Salmonella Pollution in Swimming Pool Water in Makassar: before and After Cleaning Assessment
   Owildan Wisudawan B., Anwar Mallongi, Ridwan Amiruddin, Anwar Daud, Syamsuar Manyullei, Muhamad Subhan

484. The Measurement of Urinary Ammonium as an Indicator for Smoking Effect on Acid Base Balance
  Ausama Abbas Faisal, Maher Ahmed Abed

485. Ozone Exposure Intake in the Ambient and the Impairment of Pulmonary Function to among Street
   Sweeper Workers in Jagakarsa District, South Jakarta, Indonesia
   Anggun Emelia, Haryoto Kusnoputrant, Bambang Wispriyono

486. The Development of T-CBT Model to Improve the Competence of Midwives in Prevention Depression
   of Sexual Violence Victims
   Triana Indrayani, Sukri Palutturi, Ridwan Amiruddin, Agus Bintara Birawida, Retno Widowati, Rukmaini, Owildan Wisudawan B.

487. Literature Trend Analysis for Hospital Acquired Infection
   Yasaman Parsia, Shahryar Sorooshian

488. Effect of Smoking on Disease Activity and Functional Impairment in a Sample of Iraqi Patients with
   Ankylosing Spondylitis
   Najlaa Ali Hashim, Nizar Abdulateef Jassim

489. Epidemiology of Fibromyalgia in Basra City
   Kamal Y.Y. Aldubakel, Hiba Abdelmageed Younis

490. Pulmonary Function Test is More Restrictive in a smoker Patients with Ankylosing Spondylitis than
   in Non Smokers and is Associated with Impaired Spinal Mobility
   Najlaa Ali Hashim, Nizar Abdulateef Jassim
Infertility Causing Factors & the Success Rate of in Vitro Fertilization (IVF) in One of Fertility Center of Surabaya City, Indonesia

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Abstract

The success rate of in Vitro Fertilization (IVF) with ICSI depends on married couples factors such as maternal age, causes of infertility from the married couples, embryo status, reproductive history, lifestyle, ethnicity, and type of medical examination of infertility. The success rate of IVF was different among countries, rating from 21.4% to 51.7% meaning that the couples succeeded having a child, while in Indonesia the rate was unknown.

Objective: To analyze infertility causing factors in married couples who underwent IVF and the success rate of IVF in one fertility center in Surabaya, Indonesia. Method: This observational study was conducting during January to December 2017. All couples who visited the fertility center, the female ≤ 39 years old, and the couples finished medical examination in the study place were asked to participate this study. Their characteristics (female age and duration of marriage), type infertility causing factors as well as the success rate.

Results: Among 154 married couples, 64.3% of the female and 44.8% of the male had one or more abnormality in their reproductive status, while 26.6% of both (the couples) had the abnormalities, and 17.5% of both (the couples) had no abnormality (unexplained infertility). The success rate of IVF, meaning the female got pregnancy, was 37.7%. There was no significant association between male factors, female factors, more over the number of abnormalities were not associate to success rate. When correspondents divided in to 2 groups, having one or more abnormalities group vs. no abnormalities group (unexplained abnormality), we found that the success rate did not differ significantly between the two groups; suggesting additional examination were needed to predict the other factors for increasing the success rate in this study place.

Keyword: Infertility, Success Rate In Vitro Fertilization (IVF), Indonesia.

Introduction

Infertility is a problem in the reproductive system that is described by the failure to get a pregnancy after 12 months or more in which the couples have sexual intercourse at least 2-3 times per week regularly without using contraception.¹ Infertility occurs in 10-15% of couples², while in Indonesia was 12.5%. Infertility causing factors in married couples were 35% male factors, 35-50% female factors, 5% unusual problems, 10% unexplained infertility.² In Vitro Fertilization (IVF) is one of Assisted reproductive technologies (ART) that commonly used in infertility therapy. ART is used if other medicines failed to treat caused of infertility.³ Unfortunately, IVF is not always successful⁴, it depends on variability factors such as maternal age, caused of

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infertility, embryo status, reproductive history, lifestyle, ethnicity, and type of medical examination. The IVF outcome based on live birth rates in the South-East Asian, African-Caribbean, and Middle-Eastern were 38%, 23.3%, 21.4%, respectively in contrast to the live birth rates in white European population 43.8% and America was 51.7%. However, in Korea, the pregnancy rate of IVF with ICSI was 34.1%. The success rate of IVF in developed and developing countries can be comparable, although each country had different factors that influence the success rate of IVF. So, this study was important to analyzed the different causes of infertility that can influence the success rate of IVF in developed and developing countries.

Material and Method

Data collection from participants were gotten after they signed the informed consent. The protocol of this study was approved by the Health Research Ethic Committee Fertility Center in Surabaya, Indonesia.

The fertility center in Surabaya, Indoneisa is a private hospital. Patients who visited this hospital come from many region of Indonesia, such as Surabaya, East Java, Kalimantan, Sulawesi and many east regions of Indonesia. Their background of Fertility center patients were middle-high socio-economic background. This observational study was conducting during January to December 2017. All couples who visited the fertility center and fulfilled inclusion criteria were asked to participate this study. The inclusion criteria were married couples who recorded in medical record; married couples had complete medical examination of sperm, ovarian, tuba, and uterus factors; married couples who underwent IVF; and female age ≤ 39 years old. Their characteristics (female age and duration of marriage), type of medical examination, infertility causing factors, and the success rate were recorded and analyzed.

This study used an observational analytic research. The data were collected from medical record of married couples who underwent IVF therapy at the fertility center in Surabaya Indonesia, in the period of January 2017 to December 2017. Samples were taken from population using total sampling method. The total of samples was 154 married couples who underwent IVF according to the inclusion criteria. Medical records were compiled based on the inclusion and exclusion criteria.

Variables in this study were infertility causing factors of male, infertility causing factor of female, and in vitro fertilization (IVF). Infertility causing factors of male infertility was defined from normal and abnormal sperm analysis. Infertility causing factors of female infertility was defined from normal and abnormal ovarian, tuba, uterus, and endometriosis medical examination. In vitro fertilization (IVF) was defined based on pregnancy rate, success if the titer of β-hCG is ≥ 25 mIU/ml and failed if the titer of β-hCG is < 25 mIU/ml. The data analysis was tested by Chi-square test to analyze relation between infertility causing factors in married couples with the success rate of IVF.

Findings: Total of 213 medical records obtained, 154 medical records met fulfilled inclusion criteria. In samples that were used to analyze infertility causing factors in married couples with the success of IVF, the most frequent female age were 30-39 year and female factors were the most frequent cause of the infertility [Table 1]. Fallopian tube disorders were the most frequent infertility disorder followed by uterus disorders and endometriosis [Table 3]. Meanwhile in male factors, oligoasthenoteratozoospermia (OAT) were the most frequent cause of the infertility [Table 3]. The success rate of IVF based on pregnancy rate was 37.7% [Table 4]. Infertility causing factors in married couples were 17.5% unexplained infertility, 18.2% male factors, 37.7% female factors, 26.6% both factors [Table 5]. Analysis showed that there was no significant relation between infertility causing factors in married couples with the success of IVF (p = 0.586) [Table 5]. When correspondents divided in to 2 groups, having one or more vs. no abnormalities (unexplained abnormality), we found that the success rate did not differ significantly (p = 0.216) [Table 6]. There was no differ significant between female age and number of abnormalities in the success rate of IVF [Table 7, Table 8].

Table 1: Characteristic and Status of Infertility factors of Respondents

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>n</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female age</td>
<td>32.6±4(20-39)*</td>
<td></td>
</tr>
<tr>
<td>20-29 years</td>
<td>36</td>
<td>23.4</td>
</tr>
<tr>
<td>30-39 years</td>
<td>118</td>
<td>76.6</td>
</tr>
<tr>
<td>Duration of Marriage</td>
<td>6.3±3.9(0.5-22)*</td>
<td></td>
</tr>
<tr>
<td>≤5 years</td>
<td>69</td>
<td>47</td>
</tr>
<tr>
<td>6-10 years</td>
<td>59</td>
<td>40.1</td>
</tr>
<tr>
<td>&gt;10 years</td>
<td>19</td>
<td>12.9</td>
</tr>
</tbody>
</table>

Note: *Mean±SD (minimum-maximum)
Table 2: Status of Infertility factors

<table>
<thead>
<tr>
<th>Factors</th>
<th>n</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Male</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Normal</td>
<td>85</td>
<td>55.2</td>
</tr>
<tr>
<td>Abnormal</td>
<td>69</td>
<td>44.8</td>
</tr>
<tr>
<td><strong>Female</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Normal</td>
<td>55</td>
<td>35.7</td>
</tr>
<tr>
<td>Abnormal</td>
<td>99</td>
<td>64.3</td>
</tr>
<tr>
<td><strong>Male and Female</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Normal</td>
<td>27</td>
<td>17.5</td>
</tr>
<tr>
<td>Abnormal</td>
<td>127</td>
<td>82.5</td>
</tr>
</tbody>
</table>

Table 3: Status of Infertility factors based on sex and type of abnormality and pregnancy rate

<table>
<thead>
<tr>
<th>Infertility causing factors</th>
<th>n</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Male</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Normal of sperm analysis</td>
<td>85</td>
<td>55.2</td>
</tr>
<tr>
<td>One disorders of sperm analysis</td>
<td>42</td>
<td>27.3</td>
</tr>
<tr>
<td>Azoospermia</td>
<td>12</td>
<td>7.8</td>
</tr>
<tr>
<td>Oligozoospermia</td>
<td>10</td>
<td>6.5</td>
</tr>
<tr>
<td>Teratozoospermia</td>
<td>13</td>
<td>8.4</td>
</tr>
<tr>
<td>Astenozoospermia</td>
<td>7</td>
<td>4.6</td>
</tr>
<tr>
<td>Two disorders of sperm analysis</td>
<td>12</td>
<td>7.8</td>
</tr>
<tr>
<td>Astenoteratozoospermia</td>
<td>8</td>
<td>5.2</td>
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</table>

Table 4: Status of Infertility factors based on sex and type of abnormality and pregnancy rate

<table>
<thead>
<tr>
<th>Infertility causing factors</th>
<th>n</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Female</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Normal of sperm analysis</td>
<td>85</td>
<td>55.2</td>
</tr>
<tr>
<td>One disorders of sperm analysis</td>
<td>42</td>
<td>27.3</td>
</tr>
<tr>
<td>Azoospermia</td>
<td>12</td>
<td>7.8</td>
</tr>
<tr>
<td>Oligozoospermia</td>
<td>10</td>
<td>6.5</td>
</tr>
<tr>
<td>Teratozoospermia</td>
<td>13</td>
<td>8.4</td>
</tr>
<tr>
<td>Astenozoospermia</td>
<td>7</td>
<td>4.6</td>
</tr>
<tr>
<td>Two disorders of sperm analysis</td>
<td>12</td>
<td>7.8</td>
</tr>
<tr>
<td>Astenoteratozoospermia</td>
<td>8</td>
<td>5.2</td>
</tr>
</tbody>
</table>

Table 5: Frequency of IVF success

<table>
<thead>
<tr>
<th>IVF Success</th>
<th>n</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Success</td>
<td>58</td>
<td>37.7</td>
</tr>
<tr>
<td>Failed</td>
<td>96</td>
<td>62.3</td>
</tr>
<tr>
<td>Total</td>
<td>154</td>
<td>100</td>
</tr>
</tbody>
</table>

Table 6: Comparison of IVF success rate in normal vs. abnormal of married couples disorders

<table>
<thead>
<tr>
<th>IVF Success</th>
<th>n</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Success</td>
<td>58</td>
<td>37.7</td>
</tr>
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<td>Failed</td>
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</tr>
<tr>
<td>Total</td>
<td>154</td>
<td>100</td>
</tr>
</tbody>
</table>

Note: *Chi-Square Test
The research from Monash University, Australia which states that motility is one of the most important parameters in determining fertility levels. Sperm concentration does not significantly influence fertility levels when the motility and morphology of abnormal sperm can be controlled. Another study, at a hospital in Bandung also stated that there was a significant relation between sperm motility and the success of IVF. However, there was no significant relation between sperm morphology and the success of IVF. Motility have role in the success of IVF, while morphology has no role in the success of IVF. In this hospital, azoospermia that diagnosed was caused by obstruction. In this study, the percentage of IVF success in the male factors who had sperm abnormalities, it was found that azoospermia had the biggest percentage of IVF success (3.9%) if compared to other sperm abnormalities. In this hospital, azoospermia that diagnosed was caused by obstruction. This can occur because the therapy for male infertility in the Fertility Center was done by intracytoplasmic sperm injection (ICSI), but might different in other studies that using conventional IVF techniques. ICSI is process of selecting the most qualified sperm for fertilization with oocytes. So, we can found the best quality of sperm from the azoospermia that caused by obstruction.

In this study, the success of IVF in women 20-29 years (5.9%) and 30-39 years (31.8%). This study was different from research in the UK in 2010, the success of IVF in women under 35 years of age (32.2%), ages 35-37 (27.7%), ages 38-39 (20.8%), above the age of 40-42 years (13.6%), while the age of more than 43 years (<5%). In contrast to previous studies, in this study using the age range of 20-29 years and 30-39 years, this was because infertile patients who underwent IVF the most frequent were more than 30 years of age. In this study also excluded the age of more than 39 years so that the study sample was reduced. A phenomenon that exists in Indonesia, in infertile couples who underwent IVF, the female age is mostly over 30 years old. It should be on screening or early detection, if for one year have been related to a husband and wife regularly and do not use any contraception but have not been pregnant, then it should be immediately consulted with an obstetrician. However, in fact, most married couples check up their fertility for more than 30 years because they are waiting for probability to get pregnant at less than 30 years of age by adhering to the socio-cultural conditions in each region.

Based on the results of the statistical test with chi-square, it was found that there was no significant relation between infertility causing factors and the success of IVF. Infertility in married couples can be caused by 35% male factors, 35-50% female factors, 5% unusual problems, and 10% unexplained infertility. Medical examination of the causes of infertility in this Fertility Center includes sperm analysis, laparoscopy, HSG, ultrasound, and menstrual disorder history. Medical examination of causes of infertility in abroad is almost the same as in Indonesia, however, there are additional of medical examination, post coitus cervical mucus tests, the aim of which is to determine the ability of sperm to reach the uterine cavity and the ability to survive cervical mucus. In the other research explained that the post coital test (PCT) was a valuable test in daily practice, as a negative outcome is associated with a lower ongoing pregnancy rates (OPR) and higher need in IUI and ART (IVF). Moreover, the PCT was particularly useful in couples with male factors infertility.

In vitro fertilization (IVF) is a technology that is still developing to continue to deal with infertility. Depending on the type of calculation used, the results may represent the number of confirmed pregnancies, called the pregnancy rate, or the number of live births, called the delivery rate. The success rate of IVF depends on various variable factors such as maternal age, causes of infertility, embryo status, reproductive history, and lifestyle factors. However, in the other research found that ethnicity, GDP, utilization, and type of medical examination could be influence of IVF success rate.

The success of IVF in this study was 37.7% at Fertility Center in 2017. In other research, the IVF outcome based on the ethnicity, live birth rates in the South-East Asian, African-Caribbean, Middle-Eastern and white European population were 38%, 23.3%, 21.4%, 43.8%. This study is comparable with research in Taipei, which shows a pregnancy rate of 47.7% and a delivery rate was 33.6%. In Korea, the pregnancy rate of IVF with ICSI was 34.1%. However, it was contrast with the research in USA shows a pregnancy rate was 51.7%. The relation between the causes of infertility in couples with the success rate of IVF in this study or research from abroad still not be explained yet. If there are no abnormalities found in male and female, infertility is categorized as unexplained infertility. However, the success of IVF in unexplained infertility is still not explained yet, too. Based a psychological perspective, research in New York shows that psychological stress affects the success of IVF. Much stress level of couples who underwent IVF
can affect success of IVF.\textsuperscript{15} Many factors can influence the success of IVF, could be related caused by ethnicity or other factors. However, the analysis of the causes of infertility in the success of IVF still not be explained yet.

This study had a number of limitations. The total number of samples collected was still low if compared with the other study. It recommended to use a large sample size and investigate other factors that influence the success rate of IVF or external factors of infertility in further study.

**Conclusion**

The conclusion of this study is that infertility causing factors influence the success rate of IVF. However, this study has not yet established relation between infertility causing factors in married couples with the success rate of IVF at the one of fertility center in Surabaya, Indonesia in 2017 with the success rate of IVF. The success rate of IVF depends on various variable factors such as maternal age, causes of infertility, embryo status, reproductive history, and lifestyle ethnicity, and type of medical examination.

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**Ethical Clearance:** Taken from Ethical Committee in Health Research Dr. Soetomo General Hospital Surabaya, Indonesia on 19 December 2018 (ref. no. 0853/KEPK/XII/2018).

**Conflict of Interest:** The authors declare that they have no competing interests.

**Reference**

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