

Faculty of Nursing University of Airlangga
The 4th International Nursing Conference

Improving Quality of Nursing Care Through Nursing Research and Innovations

September, 21st - 22nd, 2013



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Faculty of Nursing
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THE PROCEEDING
FACULTY OF NURSING UNIVERSITY OF AIRLANGGA
THE 4TH INTERNATIONAL NURSING CONFERENCE

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PT. Jember News / Book



SIBO'S Patris Hutaha Binar



STIKES Mitra Ikuah Surabaya

CONTENTS

Getting from Steering Committee President	v
Opening remarks from the Dean of Faculty of Nursing	vi
Opening remarks from the Rector Universitas Airlangga	ix
Steering Committee	xi
Conference Schedule	xiii
Presentation Guideline	xvi
Thematic Abstracts Presentation	xvii
Parallels Sessions Schedule	xviii
Keynote Speaker: Dr. Sri Henri Setyawati (Ministry of Health, Indonesia)	
Plenary Sessions:	
Session 1 Prof. Paul Arbon, AM.	2
Session 2 Prof Kumiko Igarashi& Prof. Ogawa	3
Session 3 Dr Steve Parker RN, DipT (Nurse Ed), BEd, PhD.	
Session 4 Dr. Nursalam, M.Nurs (Hons)	4
Session 5 Dr. Jeff Fuller	14
Session 6 Lesley Sieglott, RN, DipT (NStud), BEd (NEd), MNA (UNSW) FRCNA	15
Session 7 Prof. Yin Ju Chang	16
Session 8 Prof. Helen Edwards QUT, Australia	17
Session 9 Wendy Abigail, PhD	18
Abstracts for Presentations	
Theme 1 Medical Surgical and Critical Nursing	21
Theme 2 Pediatric Nursing	45
Theme 3 Maternity Nursing	58
Theme 4 Mental Health Nursing	67
Theme 5 Community Nursing	75
Theme 6 Geriatric Nursing	84
Theme 7 Nursing Management	87
Theme 8 Fundamental Nursing	93
Theme 9 Education in Nursing	100

Theme 4

Mental Health Nursing

NO	TOPIC
1.	The Effect of Group Activity Therapy-Socialization Session 1-3 In Schizophrenia Patients <i>Akbar Rasid, Byba Melda Suhita</i>
2.	Occupational Therapy Improve Self Esteem in People with Social Welfare Problem at Lingkungan Pondok Sosial (Liponsos) Keputih Sukolilo, Surabaya <i>Rizki Fitriyasari PK, Ns.,M.Kep.; Dr. Ah. Yusuf, S.Kp.,M.Kes; Hanik Endang Nihayati, S.Kep.Ns</i>
3.	Self-Management Strategies Among Patients with Schizophrenia: A Literature Review <i>Sri Padma Sari, Weena Chanichong</i>
4.	The Effect of Self-Awareness Group Therapy on Patients with Low Self Esteem to Increase Their Self-Acceptance and Self Esteem <i>Veny Elita, Jumaini</i>
5.	The Effect of Stimulation Perceptions Hallucinations Group Activity Therapy on Hallucinations Symptom Control Ability in Mental Disorders Patients at Joint Adullam Ministry (JAM) Foundation of Palangka Raya <i>Alfeus Manuntung</i>
6.	The Effects of Supportive Therapy to Changes the Burden of Families in Caring for Children with Mental Retardation <i>Sri Maryatun</i>
7.	Fine Motor Skill Enhancement On Mental Retardation Children Through Playdough <i>Dyah Anggraeni, Rizki Fitriyasari P.K, Ilya Krisnana</i>

SELF-MANAGEMENT STRATEGIES AMONG PATIENTS WITH SCHIZOPHRENIA: A LITERATURE REVIEW

Sri Padma Sari¹, Weena Chanchong²

¹ Lecturer at Diponegoro University, Indonesia, and master student
at Prince of Songkla University, Thailand

² Lecturer, Psychiatric Nursing Department at Prince of Songkla
University, Thailand.

ners_45@yahoo.com¹; weena.k@psu.ac.th²

Self-management has become a pillar for the individuals with schizophrenia to enhance their self-care ability to maintain both physical and mental health in their recovery process. This Paper seeks to critically review the strategies in self-management among patients with schizophrenia. The Literature was identified through databases for the years between 2007-2012. The preliminary search of the literature was conducted by using the following terms: self-management (symptom management, medication management, role management, emotional management), schizophrenia and mental illness. Twenty-four studies were identified with a large heterogeneity in the strategies, duration and outcome variables. Interventions that offered more sessions during a longer period of time and especially those with a continues follow-up seen most likely to be successful as well as interventions which included family members. In addition, some studies in self management program showed a significant outcomes such as a sense of a well-being or quality of life including hopefulness and recovery from the illness. This review provides greater exploration of the self-management strategies with several significant outcomes for the patients with schizophrenia.

Keywords: *mental illness, schizophrenia, self-management*