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Evidence-based recommendations regarding the differential diagnosis and
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Lampiran 1. Contoh *Informed Consent*

JUDUL PENELITIAN : Pengaruh Irgasi Hidung terhadap Derajat Sumbatan Hidung pada Perokok

INSTANSI PELAKSANA : Bagian Telinga Hidung Tenggorok Bedah Kepala dan Leher (THT-KL) FK Undip - Mahasiswa Program Studi Strata-1 Kedokteran Umum Fakultas Kedokteran Universitas Diponegoro

**PERSETUJUAN SETELAH PENJELASAN**

(INFORMED CONSENT)

Yth, 

Perkenalkan nama saya Syafira Nadira Zahra. Saya adalah mahasiswa Program Studi Strata-1 Kedokteran Umum Fakultas Kedokteran Universitas Diponegoro. Guna mendapatkan gelar Sarjana Kedokteran maha salah satu syarat yang ditetapkan kepada saya adalah menyusun sebuah karya tulis ilmiah. Penelitian yang akan saya lakukan berjudul “Pengaruh Irgasi Hidung terhadap Derajat Sumbatan Hidung pada Perokok.”


Penelitian ini diharapkan dapat bermanfaat dengan memberikan informasi kepada masyarakat, memberi pengetahuan baru, dan menjadi acuan bagi penelitian selanjutnya tentang potensi cuci hidung sebagai teknik yang mudah, murah dan efektif yang berpengaruh terhadap derajat sumbatan hidung pada perokok.

Kami membutuhkan kesediaan saudara sebagai responden dalam penelitian ini.

Prosedur tindakan yang dilakukan adalah sebagai berikut:

- Dilakukan anamnesis
- Dilakukan pemeriksaan fisik THT
- Dilakukan pemeriksaan dasar (TB, BB)
- Dilakukan tes penilaian derajat sumbatan hidung menggunakan kuesioner
- Dilakukan cuci hidung dengan NaCl 0.9% setiap hari selama dua minggu berturut-turut.
Efek samping yang mungkin muncul adalah:

- Rasa hidung terbakar dan teriritasi

Penanggulangan efek samping yang mungkin timbul adalah dihentikan sementara, jika tidak juga membalik, perubahan dapat dihentikan. Penelitian yang saya lakukan ini bersifat sukarela dan tidak ada unsur paksaan. Partisipasi Anda dalam penelitian ini juga tidak akan digunakan dalam hal-hal yang merugikan Anda dalam bentuk apa pun. Data yang didapatkan dari penelitian ini akan dijamin kerahasiaannya, yaitu identitas subyek penelitian tidak akan dicantumkan dan data tersebut hanya akan saya gunakan untuk kepentingan penelitian, pendidikan, dan ilmu pengetahuan. Semua pembinaan dalam penelitian ini menjadi tanggung jawab penuh peneliti.

Penanggung jawab penelitian ini adalah

SYAFFA SADIDA ZAHRA
085715017700

Terimakasih atas kerjasama Bapak/Ibu/Sdr.

Pernyataan Persetujuan

Setelah mendengar dan memahami penjelasan penelitian, dengan ini saya secara sadar menyatakan

SETUJU / TIDAK SETUJU

untuk ikut sebagai subyek/sampel penelitian ini tanpa paksaan dari siapapun.

Nama
Umur
Alamat
Semarang, 22/09/2016

Saksi 1
Saksi 2

Nama Terang
Alamat
Nama Terang
Alamat
# Lampiran 2. Data Pasien

<table>
<thead>
<tr>
<th>A. Identitas Pasien</th>
<th></th>
</tr>
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<tbody>
<tr>
<td>Nama</td>
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<tr>
<td>Usia</td>
<td>21</td>
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<tr>
<td>Alamat</td>
<td>Jln. Wamena 99 lt. 112</td>
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<tr>
<td>No.Hp</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>B. Data Merokok</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Banyaknya rokok yang dihisap per hari</td>
<td>4 batang</td>
</tr>
<tr>
<td>Usia merokok pertama kali</td>
<td>16 tahun</td>
</tr>
<tr>
<td>Lama merokok</td>
<td>5 tahun</td>
</tr>
<tr>
<td>Jenis rokok</td>
<td>Filter, Karet</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>C. Keadaan Umum</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>BB</td>
<td>66 kg</td>
</tr>
<tr>
<td>TB</td>
<td>178 cm</td>
</tr>
<tr>
<td>BMI</td>
<td>26.8</td>
</tr>
<tr>
<td>Sedang mengonsumsi obat</td>
<td>Ya/tidak</td>
</tr>
<tr>
<td>Jika Ya, obat apa yang sedang dikonsumsi</td>
<td></td>
</tr>
</tbody>
</table>
D. Pemeriksaan Fisik Hidung

1. MUKOSA:
   - (-) merah muda/normal
   - () hipermis
   - () pucat
   - () negatif

2. Discharge
   - () negatif
   - () positif

3. Konka
   - () Hipertrofi
   - () Eutrofi

4. Septum Deviasi
   - (-) Ya (Berat) (+0,7cm)
   - () Ya (Ringan) (-0,3cm)
   - () Tidak

5. Massa
   - () Ada massa
   - () Tidak ada massa

Tidak ada keluhan.
Lampiran 3. Contoh Kuesioner RA

Kuesioner rinitis alergi
A. Derajat sakit

Linjkarilah angka yang sesuai dengan keluhan yang Anda rasakan!

<table>
<thead>
<tr>
<th>No.</th>
<th>Keluhan alergi saat ini</th>
<th>Skor</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Hidung tersumbat</td>
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<td>2.</td>
<td>Ingus bening encer</td>
<td>0</td>
</tr>
<tr>
<td>3.</td>
<td>Bersin</td>
<td>0</td>
</tr>
<tr>
<td>4.</td>
<td>Hidung gatal</td>
<td>0</td>
</tr>
<tr>
<td>5.</td>
<td>Mata gatal</td>
<td>0</td>
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<tr>
<td></td>
<td>JUMLAH</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>JUMLAH AKHIR</td>
<td>6</td>
</tr>
</tbody>
</table>

Skor
0: Tidak ada gejala
1: Ringan (ada gejala tapi tidak mengganggu)
2: Sedang (gejala kadang mengganggu tapi tidak mengganggu aktivitas)
3: Berat (gejala mengganggu aktivitas dan tidur)

B. Lama Sakit

- Sudah berapa lama Anda mengalami gejala keluhan hidung?
  - □ ≤4 minggu
  - □ >4 minggu
- Berapa hari dalam seminggu keluhan ini muncul?
  - □ < 4 hari dalam seminggu
  - □ >4 hari dalam seminggu

DIAGNOSIS (Dilisi oleh peneliti)

A. DERAJAT SAKIT
- □ Tidak RA
- □ RA Ringan
- □ RA Sedang-Berat

B. LAMA SAKIT
- □ Intermitten
- □ Persisten
Lampiran 4. Contoh *NOSE Scale*

**Kuesioner NOSE Scale**

*Lingkarkan angka yang sesuai dengan keluhan yang Anda rasakan selama minimal satu bulan terakhir.*

<table>
<thead>
<tr>
<th>Pertanyaan</th>
<th>Tidak dirasakan sama sekali</th>
<th>Ringan</th>
<th>Sedang</th>
<th>Berat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apakah saudara merasa tidak nyaman seperti ada sesuatu yang menggantul di rongga hidung?</td>
<td></td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Apakah saudara merasakan adanya rasa hidung tertutup atau hidung buntu?</td>
<td></td>
<td>0</td>
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<td>2</td>
</tr>
<tr>
<td>Apakah saudara merasakan kesulitan bernafas melalui hidung akibat sumbatan hidung/hidung buntu sehingga perlu bernafas melalui mulut?</td>
<td></td>
<td>0</td>
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<td>2</td>
</tr>
<tr>
<td>Apakah saudara merasakan kesulitan bernafas melalui hidung akibat sumbatan hidung/hidung buntu, sehingga tidurnya sering terganggu?</td>
<td></td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Apakah saudara merasakan kesulitan bernafas melalui hidung, sehingga perlu bernafas melalui mulut selama aktivitas/latihan fisik atau olahraga?</td>
<td></td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

**JUMLAH**

| JUMLAH AKHIR | 0 |

**Skor**

0 : Tidak ada gejala
1 : Ringan (ada gejala tapi tidak mengganggu)
2 : Sedang (gejala kadang mengganggu aktivitas)
3 : Berat (gejala mengganggu aktivitas dan tidur)

**DIAGNOSIS (Dilisi oleh peneliti)**

- [ ] Derajat ringan
- [ ] Derajat Sedang
- [ ] Derajat berat
Lampiran 5. Surat izin penelitian RSND

KEMENTERIAN RISET, TEKNOLOGI, DAN PENDIDIKAN TINGGI
UNIVERSITAS DIPONEGORO
RUMAH SAKIT NASIONAL DIPONEGORO
Jalan Prof. H. Soedarto, S.H. Tembalang Semarang Kotak Pos 1269
Telp. (024) 76928020 Fax. (024) 76928021 laman : rsnd.undip.ac.id Surel : rsnd@tk.undip.ac.id

Rekomendasi Ijin Penelitian
No. 223/UN7.12/DIKLAT/2016

Sehubungan dengan pengajuan permohonan ijin penelitian oleh:
Nama Pemohon: Syaffa Sadida Zahra
Instansi: Program Pendidikan Fakultas Kedokteran Undip
NIM: 22010112130082
dengan data proposal yang telah ditinjau ulang sebagai berikut:
Judul Proposal: Pengaruh Irrigasi Hidung terhadap Derajat Sumbatan Hidung pada Perokok
Obyek penelitian: Sukarelawan sehat yang direkrut sendiri sebanyak 64 orang
Lama waktu penelitian: 2 bulan
No. sertifikat Ethical Clearance: 163/DK/TK-RSDK/2016

maka dengan ini diberikan ijin kepada yang bersangkutan untuk melaksanakan penelitian di Rumah Sakit Nasionl Diponegoro dimulai pada tanggal 22 Maret 2016 sampai dengan tanggal 31 Mei 2016 dan dimohon kerjasama dari bagian yang diitu oleh yang bersangkutan. Hal-hal terkait teknis penelitian, pembayaran, dan lain-lain tertuang dalam lampiran surat ini.

Demikian surat rekomendasi ijin penelitian ini kami buat. Atas perhatiannya kami sampaikan terima kasih.

Semarang, Maret 2016
a.n. Direktur Utama,
Head Dinas Keuangan dan SDM

[Signature]

Tembusan:
1. Direktur Medik & Keperawatan
2. Direktur SDM & Keuangan
3. Ka. Instalasi Rawat Jalan
4. Ka. Ruang Rawat Jalan
5. Kasir Rawat Jalan
6. Pembimbing Penelitian
7. DPJP
8. Pemohon
Lampiran 6. Surat izin penelitian

KEMENTERIAN RISET, TEKNOLOGI DAN PENDIDIKAN TINGGI
UNIVERSITAS DIPONEGORO
FAKULTAS KEDOKTERAN
Jl. Prof. H. Soedarto, SH – Tembalang – Semarang Telepon 024-76928010, Fax. 024-76928011
Email: dean_findu@undip.ac.id

Nomor : \( \text{Lampiran 6} \)/UN7.3.4/D1/PP/2016
Lampiran : 1 (satu) benda
Perihal : Permohonan ijin penelitian dan peminjaman data rekam medik

\[ \text{24 FEB 2016} \]

Yth. Direktur Utama
Rumah Sakit Nasional Diponegoro
Semarang

Bersama ini kami hadapkan mahasiswa Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Diponegoro Semarang:

Nama/ NIM : Syaffa Sadida Zaha/22010112130082
Semester : VIII (delapan)

Mohon diperjelas untuk melakukan penelitian tentang efek irigasi hidung pada perokok di Rumah Sakit Nasional Diponegoro, dalam rangka penyusunan Karya Tulis Ilmiah mahasiswa. Terlampir proposal mahasiswa yang bersangkutan.

Judul KTI : Pengaruh Irigasi Hidung terhadap Derajat Sumbatan Hidung pada Perokok

Atas perhatian dan kerjasamanya diucapkan terima kasih.

\( \text{an Dekan} \)
\( \text{Pembantu Dekan I} \)

\( \text{Dr. dr. Dwi Pudjonarko, M.Kes.,Sp.S(K)} \)
\( \text{NIP:196607201995121001} \)

Tembusan :
1. Dekan (sebagai laporan)
2. Ketua Tim Karya Tulis Ilmiah
3. Ketua Bagian THT-KL RSND
4. Pembimbing
Lampiran 7. Ethical clearance

ETHICAL CLEARANCE
No. 163/EC/FK-RSDK/2016

Komisi Etik Penelitian Kesehatan Fakultas Kedokteran Universitas Diponegoro- RSUP, Dr. Kariadi Semarang, setelah membaca dan menelaah Usulan Penelitian dengan judul :

PENGARUH IRIGASI HIDUNG TERHADAP DERAJAT SUMBATAN HIDUNG PADA PEROKOK

Peneliti Utama : Syaffa Sadida Zahra
Pembimbing : 1. dr. Anna Mailasari, Sp.THT-KL, M.Si,Med
              2. dr. Dwi Marlidyawati, Sp.THT-KL
Penelitian : Dilaksanakan di Rumah Sakit Nasional Diponegoro


Peneliti harus melampirkan 2 laporan lembar Informed Consent yang telah disetujui dan ditandatangani oleh peserta penelitian pada laporan penelitian.

Peneliti diwajibkan menyerahkan :
- Laporan kemajuan penelitian (clinical trial)
- Laporan kejadian efek samping jika ada
- Laporan ke KEPK jika penelitian sudah selesai & ciilampiri Abstrak Penelitian

Semarang, 03 MAR 2016

Delegasi Penelitian
Fakultas Kedokteran Undip-RS. Dr. Kariadi

Ketua

Prof. Dr. dr. Suprihatni, M.Sc, Sp.THT-KL(K)
NIP. 195006211977032001
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<th>IB</th>
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### DELTA_IH

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### Tests of Normality

**Wilcoxon Signed Ranks Test**

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<th>N</th>
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<th>Sum of Ranks</th>
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<td>NUM_IH_Posttest - Negative Ranks</td>
<td>18\textsuperscript{a}</td>
<td>14.36</td>
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<td>NUM_IH_Pretest Positive Ranks</td>
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### Test Statistics

<table>
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<th>NUM_IH_Posttest - NUM_IH_Pretest</th>
<th>NUM_K_Posttest - NUM_K_Pretest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Z -2.605(b)</td>
<td>Z -0.639(c)</td>
</tr>
<tr>
<td>Asymp. Sig. (2-tailed)</td>
<td>Asymp. Sig. (2-tailed)</td>
</tr>
<tr>
<td>.009</td>
<td>.523</td>
</tr>
</tbody>
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- **a.** Wilcoxon Signed Ranks Test
- **b.** Based on positive ranks.
- **c.** Based on negative ranks.

### Mann-Whitney Test

#### Ranks

<table>
<thead>
<tr>
<th>IRIGASIHIDUNG</th>
<th>N</th>
<th>Mean Rank</th>
<th>Sum of Ranks</th>
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<tbody>
<tr>
<td>PRETEST</td>
<td>Ya 32</td>
<td>27.25</td>
<td>872.00</td>
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<td>Tidak 32</td>
<td>37.75</td>
<td>1208.00</td>
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<td></td>
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#### Test Statistics\(^a\)

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<th>PRETEST</th>
<th>Mann-Whitney U</th>
<th>Wilcoxon W</th>
<th>Z</th>
<th>Asymp. Sig. (2-tailed)</th>
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</thead>
<tbody>
<tr>
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<td>344.000</td>
<td>872.000</td>
<td>-2.306</td>
<td>.021</td>
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</table>

- **a.** Grouping Variable: IRIGASIHIDUNG

### Analisis Variabel Perancu

#### Case Processing Summary

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<th>Missing</th>
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<td>Percent</td>
<td>N</td>
</tr>
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<tr>
<td>Kategori_Delta</td>
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<tr>
<td>HIPERTROFIKONKA *</td>
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<tr>
<td>Kategori_Delta</td>
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<tr>
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<td>----------</td>
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</tr>
<tr>
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**Chi-Square Tests**

<table>
<thead>
<tr>
<th>Test</th>
<th>Value</th>
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<th>Asymptotic Significance (2-sided)</th>
<th>Exact Sig. (2-sided)</th>
<th>Exact Sig. (1-sided)</th>
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<tbody>
<tr>
<td>Pearson Chi-Square</td>
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<td>.203</td>
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<tr>
<td>Likelihood Ratio</td>
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<td>.197</td>
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<td>Fisher's Exact Test</td>
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<td>.101</td>
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<td>Linear-by-Linear Association</td>
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a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 10.97.

b. Computed only for a 2x2 table

**Risk Estimate**

<table>
<thead>
<tr>
<th>Value</th>
<th>95% Confidence Interval</th>
<th>Lower</th>
<th>Upper</th>
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<tr>
<td>Odds Ratio for LAMAMEROKOK (&lt;5 / &gt;5)</td>
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<td>For cohort Kategori_Delta = Turun</td>
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**HIPERTROFIKONKA * Kategori_Delta**

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### Chi-Square Tests

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<th>Value</th>
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<th>Asymptotic Significance (2-sided)</th>
<th>Exact Sig. (2-sided)</th>
<th>Exact Sig. (1-sided)</th>
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</thead>
<tbody>
<tr>
<td>Pearson Chi-Square</td>
<td>.367&lt;sup&gt;a&lt;/sup&gt;</td>
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<td>Continuity Correction&lt;sup&gt;b&lt;/sup&gt;</td>
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<sup>a</sup> 0 cells (0.0%) have expected count less than 5. The minimum expected count is 11.81.<br /><br /><sup>b</sup> Computed only for a 2x2 table.

### Risk Estimate

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### SD * Kategori_Delta

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### Chi-Square Tests

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<th>Exact Sig. (2-sided)</th>
<th>Exact Sig. (1-sided)</th>
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a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 7.17.
b. Computed only for a 2x2 table
Odds Ratio for RA (Ya / Tidak)
For cohort Kategori_Delta = Turun
For cohort Kategori_Delta = Tidak turun
N of Valid Cases 64

<p>| | | | | | | | |</p>
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Analisis Multivariat

Variables in the Equation

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<th>S.E.</th>
<th>Wald</th>
<th>df</th>
<th>Sig.</th>
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<tr>
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a. Variable(s) entered on step 1: LAMAMEROKOK, RA.
Lampiran 9. Dokumentasi kegiatan

Proses pengisian kuesioner

Proses Irigasi Hidung

Proses pemeriksaan fisik hidung
Lampiran 10. Biodata Mahasiswa

Nama : Syaffa Sadida Zahra  
NIM : 22010112130082  
Tempat/Tanggal Lahir: Tangerang/5 Desember 1995  
Jenis Kelamin : Perempuan  
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Keanggotaan Organisasi  
1. Remaja Masjid Kampus Undip 2016  
2. Asyifa Medical Team 2014-2016  
3. Badan Eksekutif Mahasiswa Universitas Diponegoro tahun 2015  
5. Rohani Islam Pendidikan Dokter Universitas Diponegoro tahun 2013-2014