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MAKING A DIFFERENCE



Use and Beliefs towards Complementary Alternative Medicine among Elderly in Tuguegarao City

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Amidst the modernization of health care, traditional health practices still remain evident throughout the world. Among the supporters of this is the older or ageing population. Thus, this study sought to determine the extent of use and beliefs towards complementary and alternative medicine among elderly in Tuguegarao City. The study utilized descriptive survey design. 70 participants fit the set inclusion criteria. The Complementary/Alternative Medicine Questionnaire (Patterson, 2009) was utilized to gather data. Frequency, percentage, mean score, T-test and ANOVA were utilized for data analysis. It was found out that age, gender, educational attainment, civil status, ethnicity, religion and perceived health status of the participants did not have significant difference on the participants' belief about CAM. This study showed that most of those who used CAM were aged 60-74, mostly female, college graduate, Ybanag ethnicity, Roman Catholic and rated their perceived health status as "excellent".

Keywords: CAM, Elderly, CAM Use and Belief

Influence of Nutrition and Sports Construction Combination of "Pattern 45" on Blood Glucose Level of Diabetes Mellitus (Dm) Patients in Palangka Raya City

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Diet regulation is important in DM management. Likewise, sports activities affect the physical fitness of DM patients. This study aimed to determine the effects of the combination of nutritional and sports counseling "Pattern 45" on blood glucose levels among patients with diabetes mellitus (DM) in the city of Palangka Raya. The study was conducted with a *quasi-experimental design*. All overweight DM patients who were examined in the working area of RSUD dr. Doris Sylvanus, Pahandut Health Center, Bukit Hindu Health Center, Kayon Health Center, and Panarung Health Center, Palangka Raya City were considered participants. Blood glucose levels were measured using an enzymatic method using a photometer device performed by health analysts. Blood glucose was measured twice – pre and post intervention. In analyzing data, univariate and bivariate analyses were used. Results showed that fasting blood glucose levels at the beginning (pre) were between 100 mg/dl to 327 mg/dl, with an average level of 175.47 mg/dl. After the intervention (post), the lowest blood glucose level was 104 mg/dl and the highest level was 273 mg/dl, the average level after the intervention was 152.07 mg/dl. The average decrease in the blood glucose levels reached 23.4 mg/dl between the pre and post intervention. Statistical tests show that there was a significant decrease in glucose levels after the participants received nutritional counseling and exercise ($p = 0.0001$). The combination of nutritional counseling and sports (foot exercises) "Pattern 45" affects the blood sugar of DM patients ($p = 0.0001$).

Keywords: Nutrition Counseling, Sports, People with Diabetes Mellitus

