



LIST OF APPLICANTS

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CONFERENCE VENUE

**The National University of Singapore Society (NUSS) The Graduate
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Preface:

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PLENARY SPEAKER



Farhan Ali

Department of Psychiatry, Yale University School of Medicine, Connecticut, United States

Farhan Ali is associated with the Department of Psychiatry, Yale University School of Medicine. Originally from Singapore, he received his undergraduate degree from the National University of Singapore and subsequently obtained a PhD in 2014 from Harvard University in Cambridge, MA, United States. He has broad interests in brain and behaviour. His current research takes a systems neuroscience approach to understand the structure and function of the brain and cognitive processes such as learning, and how these are disrupted in diseased conditions.

PRESENTERS

<p>Anastasia Wheni Indrianingsih ERCICRLSH1910051</p>	<p>The Use of Bacterial Cellulose for Mask Sheet with Addition of Indonesian Plants Extract</p> <p>Anastasia Wheni Indrianingsih Natural Product Technology, Indonesian Institute of Sciences, Yogyakarta, Indonesia</p> <p>Vita T. Rosyida W. Apriyana S. Nurhayati</p> <p>Research Unit for Natural Product Technology, Gading, Playen, Gunungkidul, Yogyakarta 55861, Indonesia</p> <p>Abstract</p> <p>Cellulose produced from microbial culture is known as bacterial cellulose (BC). BC has a high purity with no lignin, pectin and hemicellulose commonly found in plant cellulose and also high degree of crystallinity so that the microfibril contained in it is tightly bound together and forms very strong and elastic webbing. This study aims to provide mask sheet for face wherein the sheets are made from BC which is obtained from fermentation of coconut water using <i>Acetobacter xylinum</i>. The plant extracts used were green tea leaf extract (<i>Camellia sinensis</i>), roselle flower petals (<i>Hibiscus sabdariffa</i>), <i>Hibiscus rosa-sinensis</i> L. flower extract (red and pink variant of colour). The antioxidant assay using DPPH test for the BC with plant extracts was evaluated. The result showed that the highest antioxidant activity was owned by BC-green tea extract (IC₅₀ 80.9 ppm) followed by BC- red hibiscus extract (IC₅₀ 438,8ppm), BC-roselle extract (IC₅₀ 505,1ppm) and BC-pink hibiscus extract (IC₅₀ 1015ppm). Antibacterial and antifungal testing was carried out using <i>P. aeruginosa</i>, <i>S. aureus</i>, <i>E. coli</i>, and <i>S. typhi</i>. The growth of bacteria incubated in BC extract with 37°C for 24 hours was carried out by optical density reading (OD) at 600 nm with ELISA microplate reader. The results obtained showed that with extract concentrations between 125 ppm-500 ppm; BC-rosella extract had the highest inhibitory activity against <i>P. aeruginosa</i> and <i>E. coli</i>. The BC-plant extracts were also characterized using SEM, FTIR and XRD for their morphological structure, functional groups and crystallinity. This result showed that bacterial cellulose with addition of plants extracts is a promising candidate for mask sheet application with natural antioxidant and antibacterial activity.</p> <p>Keywords: bacterial cellulose, antioxidant, antibacterial, plants extract, face mask sheet</p>
<p>Zhi Cui ERCICRLSH1910052</p>	<p>A review on the Methodological Quality of Current Traditional Chinese Medicine</p> <p>Zhi Cui State Key Laboratory of Quality Research in Chinese Medicine, Institute of Chinese Medical Sciences, University of Macau, 999078, Macau</p> <p>Zhiting Liu State Key Laboratory of Quality Research in Chinese Medicine, Institute of Chinese Medical Sciences, University of Macau, 999078, Macau</p> <p>Xinzhao Cai State Key Laboratory of Quality Research in Chinese Medicine, Institute of Chinese Medical Sciences, University of Macau, 999078, Macau</p> <p>Ying Bian Institute of Chinese Medical Sciences, University of Macau, 999078, Macau</p> <p>Abstract</p> <p>Background: Although the outcome on traditional Chinese medicine took up 22% of the national health expenditure delivered in China in 2016, its effectiveness has always been challenged for lacking reliable evidence, especially in many overseas countries. It is believed that results from a well-designed randomized controlled clinical trials (RCTs) can provide key information</p>

underpinning the practice of TCM causing a great number of research on TCM RCTs in recent years, while there are few researchers considering the quality of the methodology being adopted by the current TCM clinical trials and the quality of the current TCM clinical trials still remains mysterious.

Objectives: To figure out the current development of the TCM clinical trials in 2016 and to analyze the main problems of the TCM clinical trials.

Methods: The keywords traditional Chinese medicine, TCM, clinical trials and clinical study were used in CNKI and PubMed to search the clinical trials on TCM, published from January 1st to December 31st in 2016. The meta-analyses and the systematic reviews got excluded. The quality assessment was conducted according to the CONSORT statement. IBM SPSS Statistics 22 was used for the statistical analyses.

Results: Of 210 TCM clinical trials identified, 158 (88.78%) RCTs were included, 42 from CNKI and 116 from PubMed. On average, 77.85% of the items on the checklist were provided for all the trials included. Item 1 (participants), item 2 (interventions), item 3 (objectives), item 4 (outcomes) were fully met while item 6 (randomization sequence generation), item 8 (implementation) and item 10 (statistical methods) remained partially met. In particular, item 5 (sample size), item 7 (allocation concealment) and item 9 (blinding/masking) showed in an unfavorable situation. The quality of the whole TCM RCTs was just a good level, the quality of RCTs from PubMed was much higher than those from CNKI and the quality of RCTs on drug was higher than those on non-drugs.

Conclusion: Although the quality is being improved rapidly, some methodology issues warrant closer examination. Lacking the items' contents, insufficient detailed descriptions and the confused structures of the articles are the main three problems in the way of improving the quality. In particular, sample size calculation, allocation concealment and blinding should be carefully carried out to ensure the validity of TCM clinical trials.

Keywords: Traditional Chinese Medicine, TCM, Review, Clinical Trials, 2016



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ERCICRLSH1910055

Diversity and Biopotential of Neesia Altissima Bl. in Indonesia

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Abstract

The *Neesia altissima* (Blume) is an evergreen tree that may exceed the height of 40 m, in the old specimens in nature, with erect trunk, of up to more than 1.2 m of diameter, with slightly grooved bark of greyish brown colour. In this study, we identified diversity and biopotential of *Neesia altissima* Bl. in Indonesia. *Neesia altissima* Bl. is a large tree (grows up to + 40 m) and distributed primarily in the primary rainforests of Malaysia and Indonesia (Sumatera, Borneo, and Java islands). In Indonesia, this endemic plant is used medicinally for treatment of gonorrhoea, diuretic and diarrhoea. The fruits are locally utilized in the traditional medicine as diuretics and together with the leaves, in treating the gonorrhoea. Because the plant having such an important medicinal value and having endangered status, so studies on microbial endophytes from *N. altissima* in relation to discovery of alternative secondary metabolites are very important. Therefore, it is important to explore endophytic bacteria from endemic medicinal plant such as *N. altissima*, and screened their potential in producing antimicrobial compounds. The pharmacological potential of *Neesia altissima* Bl. and the genus *Neesia* in general is as of yet unexplored.

Keywords: Endemic, *Neesia Altissima*, Medicinal, Secondary Metabolites



Md. Azharul Islam
ERCICRLSH1910056

Effects of Different Environmental Pollutants on the Anatomical Features of Roadside Plants

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Abstract

Environment pollution is one of the major worldwide threat in recent anthropogenic era of rapid industrialization and urbanization. These pollutants have great impact on roadside vegetation, particularly air pollution. This study was conducted to investigate anatomical changes in leaves and stems of plants nearby roadsides. Three roadside plants namely mango (*Mangifera indica*), Silkoroi (*Albizia procera*) and mahogany (*Sweetenia mahogany*) were examined during January to June 2018. Fresh leaves and stems were collected from two polluted sites (Mauna upazilla in Gazipur and Bhalukaupazilla in Mymensingh) and one control site (Bangabandhu Sheikh MujiburRahman Agricultural University campus in Gazipur). For anatomical study leaves and stems were cut into sections in the laboratory and changes were identified under the light microscopy. Results revealed that leaves of selected roadside plants had reduced cell size with black dot like substance deposited in the epidermis, palisade and spongy parenchyma in the polluted sites. But leaves of plants in control site had normal anatomy. Meanwhile stem showed changes in vascular bundle of pollution affected sites but no change was found in control site. In conclusion, this study indicated that pollutants emitted from automobile vehicles and other sources had a decisive influence on anatomy of roadside plants. So, this study will help to undertake more future research on the impact of environmental pollutants on the anatomy of roadside plants.

Keywords: Pollutants, Vegetation, Roadside, Mango, Silkoroi, Mahogany

Special Education Program for Undergraduate Students for Cultivation of Oyster Mushroom

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Abstract

The oyster mushroom *Pleurotus* sp. is well known all over the world as edible mushroom and characterized by rich of vitamins and clear of cholesterol. Cultivation of mushroom as a nano project is possible for everyone specially the graduated students. Only small area is needed for cultivation and using very small amount of money to get all the materials needed to start the project, that is why we said Nano Project. The following education model includes different steps includes some of explained figures and tables with detailed directions to make it easy to understand the procedures from collecting the materials, cultivation up to harvest of the fruits. The model also includes the method of packing and fruits reservation to increase the shelf life of the products. Many small and Nano projects fail for the reason of how to distribute and sell the product, so in this model of education we will described and introduce different examples collected from Egyptian students marketing their products to the groceries and super markets. Many substrates could be used to produce the Mushroom such as rice straw, wheat husk, corn cub, and many other wastes. This research includes the results of the best substrate to be used for production of high yield. At end the study includes the recommendations for the best substrates used to obtain high and health product.



Prof. Dr. Saad Shama
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Wan-Ru Wu
ERCICRLSH1910058

Peer Discussion on Pregnancy-Related Physical Symptoms: A Content Analysis of Online Forum

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Abstract

Background: Pregnancy period is marked by not only the joy and excitements but also the dramatic changes of body. It is common for pregnant women to ask or exchange information with each other online. Little is known about why and what they talk with pregnant peers regarding physical discomforts.

Purpose: To explore the pregnancy-related physical symptoms discussed by pregnant women in online forum.

Methods: We searched on google with the term pregnancy forum, and collected data from three

most active non-closed forums in Taiwan. Messages posted from January 2015 to December 2015 were downloaded and reviewed. All initial posts that related to pregnancy physical symptoms were collected, and the replies followed by the initial posts were also included. A qualitative content analysis was used for data analysis.

Results: There were a total of 595 initial posts and 2891 replies related to pregnancy physical discomforts. The initial posts were categorized into 25 physical symptoms. The purposes of the initial post included complaining discomfort feelings of certain symptoms (100%), asking peers' experience of certain symptoms (83.0%), and seeking relieving solutions of certain symptoms (90%). Among the replies, 57.42% were providing personal experiences of the discussed symptoms, 30.09% were expressing personal opinions of relieving solutions of the discussed symptoms, and 11.14% were expressing their empathy of the discussed discomforts to initial poster.

Conclusions: This study showed that pregnant women actively exchange pregnancy-related physical symptoms on Internet with pregnant peers. The pregnant physical symptoms proposed by pregnant women were all negative feelings and bothering. Asking for discomforts relief strategies from peers' experiences was the main communication goal.

Keyword: pregnancy, physical symptoms, online forum, qualitative analysis, peer discussion



Giyantolin Giyantolin
ERCICRLSH1910059

ECOVITRAP: Environment-Based Mosquito Tools to Prevent Carrier Vector Case in Kelurahan Kenep, Sukoharjo, Jawa Tengah, Indonesia

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Abstract

Mosquitoes have an important role as a vector of diseases. Various types of diseases arising from mosquitoes are Plasmodium (Malaria), Filariasis (Filariasis), Dengue (Dengue Hemorrhagic Fever), Zika, and Chikungunya. Of these types of diseases, which are public health problems in tropical and sub-tropical countries are Dengue Hemorrhagic Fever (DHF). Kenep Urban Village, Sukoharjo, Central Java is one of the areas that cause disease due to mosquito vectors, namely DHF. Some solutions have been offered from the government but this has not been optimal, so until now it is still a problem. So, a creative and innovative research solution is needed in tackling the emergence of vector-borne diseases, Ecovitraps. Dengue Hemorrhagic Fever (DHF) in Kelurahan Kenep, Sukoharjo, Jawa Tengah, Indonesia. The purpose of this study was to study the protection of dengue cases in Kenep Village, Sukoharjo, Central Java. The method used is socialization of knowledge about mosquitoes, making Ecovitraps with "Three Mosquito Traps", the Ecovitraps application as a mosquito trap tool and data analysis. Three Traps mosquito an in-house Ecovitraps, an outdoor Ecovitraps and an adult Ecovitraps. Ecovitraps in the house as a trap for mosquito eggs that cause DHF and Malaria. The outdoor ecovitraps runs as an egg trap causing Filariasis (Elephant Foot Disease). While Ecovitraps is adult for all adults. The results obtained are "Three Trap Mosquitoes" having their respective functions and roles based on the characteristics and location of use. These results also indicate that Ecovitraps has the potential as a good and environmentally friendly mosquito trap. Ecovitraps has a pretty good influence in dealing with dengue cases in Kelurahan Kenep, Sukoharjo, Jawa Tengah, Indonesia.

Keywords: Carrier Vector, Ecovitraps, Mosquitoes, Mosquito Traps



Lady Anne de Jesus
ERCICRLSH191061

Knowledge and Awareness on HIV/AIDS of Senior High School Students: Input for Reproductive Health Education Initiatives

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Abstract

The study was generally conducted to determine the knowledge and awareness on HIV/AIDS of senior high school students as an input for reproductive health education initiatives.

The respondents of this study were the senior high school students of the selected local colleges and universities of Laguna Philippines chosen as the locale for this study. They were chosen using purposive sampling technique as they satisfy the criteria set by the researcher as follows: that they are currently enrolled in the local university selected as locale for the study; willing, able and permitted / consented by their parents/ guardian to participate in the conduct of the study.

Data were gathered using an adopted questionnaire from the research study of Marc Lester Quintana (2018). Weighted mean was used in determining the: level of knowledge on HIV/AIDS of senior high school students in terms of transmission, prevention and protection; level of awareness of senior high students about the effects of HIV/AIDS in terms of physical, psychological, socio-economic and spiritual.

The findings of the study revealed that: in terms of transmission (when the statements are formed negatively using the myths about HIV/AIDS), there is a low level of knowledge on HIV/AIDS of senior high school students-respondents of University A; and high levels of knowledge for University B and University C; however when the statements are formed positively (direct transmission), all three universities resulted to have a high level of knowledge; in terms of prevention, there is a high level of knowledge on HIV/AIDS of senior high school students-respondents for University A and B, and a very high level of knowledge on HIV/AIDS for the senior high school students-respondents of University C; in terms of protection, there is a high level of knowledge on HIV/AIDS of senior high school students-respondents for University A, B and C; there is a high level of awareness on HIV/AIDS of senior high school students-respondents of University A, B and C about the effects of HIV / AIDS, in terms of physical aspects, psychological aspects, socio-economic aspects and spiritual aspects; there is a significant relationship between the levels of knowledge on HIV/AIDS and levels of awareness about the effects of HIV/AIDS;

It is recommended that: Senior high students should become more knowledgeable and aware about HIV/AIDS. With this knowledge about their HIV/AIDS status, they can prevent and protect themselves from HIV/AIDS transmission. It is a key step in making decisions about their health. In other words, knowing their status means that they could make choices that can prevent persons around them from contracting the virus (that is, if they are infected) or the know-how to live healthily to prolong their life. In addition, they will be also transformed in terms of their attributes in becoming leaders (knowledgeable, aware and informed) advocating about HIV/AIDS (prevention and protection) for every young person in every community; creating an environment in which HIV/AIDS is not discussed in secrecy and shame, but openly and with compassion; Senior high school educators to become more conscious on what level do their student understand / know about HIV / AIDS. This is their basis as to what methods / strategies do they need, to strengthen the understanding of their students about HIV/AIDS. They can use the Reproductive Health Education Program Initiatives to aid them in raising the awareness of the students regarding HIV/AIDS through education and engagement to activities and projects which will serve as avenues for a more responsible and sound mind-should also become more open and willing to tackle questions about HIV / AIDS education and discuss it with their children. These activities / programs can properly guide their children about the different topics on sexuality, hygiene, norms and other ill effects that may be brought by knowledge deficits on human sexuality emphasizing HIV/AIDS infection; school administrators to use the Reproductive Health Education Program

	<p>Initiatives in raising the knowledge and awareness specifically on HIV/AIDS of their senior high school students. This can help them in curving the school's problems about young population engagement in premarital and unprotected sex, thus prevent them from contracting HIV/AIDS;</p>
<p>Dr. Jennifer Reyes ERCICRLSH1910062</p>	<p>Caring Theory in Correlation to Hospital Organizational Culture Towards a Sustainable Holistic Program for Nurses</p> <p>Dr. Jennifer Reyes College of Nursing, Pamantasan NG Lungsod NG Maynila, (University of the City of Manila), Manila, Philippines</p> <p>Abstract</p> <p>The study was generally conducted to determine the correlation between the Caring Theory and Hospital Organizational Culture of 491 nurses from five government-funded hospitals in Metro Manila towards a sustainable holistic program.</p> <p>The results showed that: there was a very high extent of Caring attained by the nurses in terms of all the Caritas processes except the third, Being Sensitive to Self and Others by Nurturing Individual Beliefs and Practices, interpreted only as high extent; There was a very high extent of the Characteristics of the Hospital Organizational Culture Being Practiced as to Characteristics of its Members; and a high extent as to Leadership Style, and Managerial Values; There was as a significant correlation between the following: the extent of attainment of the Caring Theory (from the first to the tenth caritas processes) and extent of practice of characteristic of hospital organizational culture - Leadership Style, Managerial Values and Characteristics of Members, thus rejecting the null hypothesis.</p> <p>It is recommended that: nurses need to become more sensitive to their needs and the needs of other; they should sustain their caring attitude in terms of caritas process 1, 2, 4, 5, 6, 7, 8, 9 and 10; They must also sustain the very high extent of observance of practice of characteristics of members, and enhance their leadership style and managerial values; The hospital administrators must arrange for ideal nurse-patient ratio and give nurses the appropriate load that they can accomplish for the shift; They also have to create a culture of success and positive environment for their nurses and lastly they should use the Sustainable Holistic Program for Nurses to sustain their very high extent of practice of caring attitudes and enhance those that were not.</p>
 <p>Lynnette Cleto ERCICRLSH1910063</p>	<p>Perceived Holistic Nursing Care Approaches of Nurses using Barbara Blattner Model: Its Implications To Quality Nursing Care</p> <p>Lynnette G. Cleto RN, MAN College of Nursing, Pamantasan NG Lungsod NG Maynila, (University of the City of Manila), Manila, Philippines</p> <p>Abstract</p> <p>The study was generally conducted to determine the significant difference between perceptions of the nurse and the patient on the extent of holistic nursing care approach based on Blattner's Model and its implications to quality nursing care.</p> <p>The respondents of the study were chosen based on the following criteria: for patients: that they are between the age of 18 and above; that they are admitted at the Medical Ward of Ospital ng Maynila for at least 2 days; conscious and coherent at the time of the study; willing and able to participate in the course of the study. For nurses: that they are currently employed at Ospital ng Maynila for at least six months from the date of the implementation of this research; that they are assigned to the medical ward of the said institution; that they are willing and able to participate in this study.</p> <p>Data were gathered using a self-made questionnaire prepared by the researcher based on the model of Barbara Blattner and other related references significant for the study. Only the general perspective of the said model was the content of the study. This is the extent of nurses' practice of applying different life processes to different life systems and nursing activities to assist patients help themselves move toward high-level wellness through the use of holistic care approach.</p> <p>The findings of the study revealed that: there was a high extent of rendered holistic nursing care activities in terms of Preventive, Nurturative and Generative when group according to the following life processes as perceived by patients and themselves: self-responsibility life process,</p>

caring life process, human development life process, stress life process, life styling life process, communication life process, problem- solving life process, teaching and learning life process, and leadership & change life process; there was a high extent of rendered holistic nursing care in terms of Intrapersonal, Interpersonal , and Community life systems when grouped according to the following different processes as perceived by patients and themselves; there was a significant difference between perception of nurse and patient on the extent of holistic nursing care activities rendered in terms of: Preventive, Nurturative, and Generative nursing activities; there was a significant difference between the perception of nurse and patient on the holistic life system rendered in terms Intrapersonal, Interpersonal, and Community life systems; there was a significant difference between the holistic nursing care activities and life systems rendered by nurses;

It was recommended that the: Staff Nurses of Ospital ng Maynila Medical Ward should use the Staff Development Program in order to promote care, comfort, and cure to the clients' system while sustaining and supporting activities and facilitating the clients to nurture themselves; patient should improve their health status through their nurse's rendition of care based on Blattner's Holistic Care Approach; Student nurses to improve their awareness and understanding towards the current trend and practices applied and utilized by nurses nowadays; Nursing Administration to use the Staff Development Program output of this study to assess their nurses, thus help them to improve specific areas were they lack in providing holistic care.



Chi Shen
ERCICRLSH1910064

Spatial Accessibility to County Hospitals of Rural Residents in Shaanxi Province, China — Based on an online Map Application Programming Interface

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Abstract

Objectives: To evaluate the spatial accessibility to county-level medical institutions of rural residents in west China; to identify the accessibility level to county-level hospitals of rural residents in west China; and to explore the possible obstacles and challenges in achieving the goal of "fair access" to health care services.

Methods: Request path planning of the Gaode Map (one of the largest online map provider in China) for the Application Programming Interface (API) through web crawler, to obtain the minimum driving time and distance from the village/residential committee to the county hospitals, spatial reachability was analyzed by using nearest-neighbor analysis (NNA).

Results: We got data of 10350 villages from all 13074 villages in 73 counties in Shaanxi Province (Figure 1). From the overall level, residents in county-level areas of Shaanxi Province had poor access to county hospitals, only 68.8% of residents can arrive at the county hospitals within one

hour, and 13.4% of residents need to spend more than 1.5 hours. From the county level, only 39.7% of the counties and approximately 80% of the village/residential committees in Shaanxi Province can arrive at the county hospitals within one hour (Table 1 and 2). In terms of regions, county-level residents in central Shaanxi Province had the best spatial accessibility to county hospitals, while residents in north and south regions had poor accessibility, showing a large regional inequality (Figure 2).

Conclusions: The spatial accessibilities to county hospitals of county-level residents in the northwestern provinces of China, represented by Shaanxi Province need to be improved and the inequality of spatial accessibility between different regions should be of concern. It is reasonable to set “one hour” as the goal for spatial accessibility from village/neighborhood committees to county hospitals in west China.

Keywords: Spatial Accessibility; County Hospitals; Web Crawler; Rural Residents



Zainab Jan
ERCICRLSH1910067

Computational Identification of Glioblastoma Multiforme Mechanism based on Ranked Alteration Frequency

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Abstract

Mutation in EGFR and TP53 represent one of the most prevalent genetic alterations in glioblastoma multiforme, the leading cause of cancer-related deaths worldwide. Rapidly evolving genomic landscape of EGFR and TP53 makes its treatment difficult. By ensuring the correct expression of EGFR and TP53 in earlier stage of cancer, we utilized a useful tool cbiportal for early diagnosis. Genetic alterations summary, mutations summary and survival analysis of EGFR and TP53 were screened based on ranked polymorphic frequency by using Onco Query Language in cbiportal resulting into 13 P596L/R/S and 2 E709K mutations respectively. We integrated genetic alterations and mutation analysis, observed different alterations and mutation in both genes for glioblastoma. Additionally, we identified the organization of EGFR and TP53 found strongly co-expressed (FDR < 0.05) with ZNF521 and DVL2 respectively. Our study pointed out here the events in EGFR and TP53 were likely to co-occur in glioblastoma (Log odds ratio = -2.042, P <0.001 and Q <0.001) were shown by mutual exclusivity analysis. In conclusion, this unique study pointed out glioblastoma associated mutations above to comprehend the expression of EGFR and TP53 thus providing new innovation for its future cure.

Key words: System biology, Glioblastoma Multiforme, Co-expression, mutations

Marianne P. Manego
ERCICRLSH1910068

Lived Experiences of Senior Citizens on Food Supplements

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Abstract

One-half of the Philippines old population takes food or nutritional supplement daily. The

	<p>booming of this industry was due to the predicated on consumers' beliefs that these products produce health enhancement. The researchers interviewed 10 senior citizens taking food supplements at Poblacion, Bacnotan, La Union to assess the lived experiences of each senior citizens towards food supplements. Consequently, the researchers attained to answer the following queries. 1. What are the lived experiences of senior citizens in taking food supplement? 2. What are the implications of food supplements on the health of senior citizens? The research design that was utilized in the study was action research specifically descriptive and qualitative in nature. This descriptive study employed data which made use of the storytelling method that further elaborates the lived experiences of the senior citizen in taking food supplements and the data were analyzed using thematization. Majority of senior citizens taking food supplements in their diet have implied that they have experienced enough amount of sleep which significantly relate why they tend not to feel stressed at all. Participants also experienced gaining and losing weights, being in good condition and; achieving active daily exercise and socialization. In conclusion, the senior citizens taking food supplements in their diet experienced either gaining or losing weight, improved sleeping pattern, and quality life. Presenting product analysis using educational materials in a form of Brochure emphasizing the use of supplementation to diet in each barangay need to be tailor-made for old adults.</p> <p>Keywords: Senior Citizens, Lived Experiences, Food Supplements, Implications</p>
<p>Dan Li ERCICRLSH1910069</p>	<p>Decomposing Analysis of Health Inequality among the Elderly Rural-to-Urban Migrant Workers in China: A Comparison with their Rural Counterparts</p> <p style="text-align: center;">Dan Li School of Public Policy and Administration, Xian Jiaotong University, Xian, China</p> <p style="text-align: center;">Abstract</p> <p>Background: In line with the rest of the population, China's rural-to-urban migrant workers are getting old, but they can't enjoy their old age. The health inequality among elderly rural-to-urban migrant workers (age 50 and above) place them at greater health risks. This study evaluated the health inequality of elderly rural-to-urban migrant workers in China by comparison with their rural counterparts (elderly non-migrant rural residents). This study aimed to shed some light on the heterogeneity of health inequality among these two elderly groups in China and identify determinants associated with the health inequality.</p> <p>Methods: Applying data from the China Health and Retirement Longitudinal Study (CHARLS) conducted in 2015, coarsened exact matching method (CEM) was employed to control confounding factors. After matching, we included 349 elderly rural-to-urban migrant workers and 2792 elderly non-migrant rural residents. This study employs the number of chronic disease and self-assessed of health status (SAH) to explore the health status. Concentration index was employed to evaluate the health inequality, and was decomposed into its contributing factors to explain health inequality.</p> <p>Results: After matching, the horizontal inequity indexes of chronic disease were -0.0217 and -0.0093 in elderly rural-to-urban migrant workers and elderly non-migrant rural residents; the horizontal inequity indexes of self-assessed of health status were 0.0097 and 0.0047 respectively. Decomposition analysis in chronic disease for both elderly rural-to-urban migrant workers and the elderly non-migrant rural residents revealed that economic status was the primary contributor, followed by education, insurance, and age. Decomposition analysis in SAH indicates that economic status, education and insurance were proved to be major contributors to the inequality among elderly rural-to-urban migrant workers, comparing with economic status, age and social activity compared to their rural counterparts.</p> <p>Conclusions: Pro-poor inequality on chronic disease condition and pro-rich inequality on SAH among both elderly rural-to-urban migrant workers and elderly non-migrant rural residents were observed. Therefore, the health inequality of heterogeneity among elderly rural-to-urban migrant workers and elderly non-migrant rural residents is an important consideration in making social policy and intervention strategies.</p> <p>Keywords: Inequality, elderly rural-to-urban migrant workers, elderly non-migrant rural residents, Concentration Index, Decomposition analysis</p>
<p>Sonia Kumar ERCICRLSH1910071</p>	<p style="text-align: center;">“Up Bringing My Child while Bringing Up ADHD”</p>

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Abstract

Parents plays a vital role in their child's life, while parenting can be tough, taking care of a child with mental disorder like Attention Deficit Hyperactivity Disorder (ADHD) can encompass a whole area of difficulty. Consequently, the researchers attained to answer the following queries about the challenges faced by parents raising children diagnosed with ADHD and their coping mechanisms towards accepting their child's condition. The research design that was utilized in the study was phenomenological and qualitative in nature. The study involves gathering of data through a semi-structured interview then organizes, tabulates, depicts and describes the data collection. The coalition of findings shows that parents are challenged when it comes to their emotion, relationship, financial and lack of knowledge on their child's condition. The study also revealed coping mechanisms, such as resources, support and understanding their children with ADHD, parents had in order to over-come the challenges they face.

Keywords: Parenting, Challenges, Children, Coping Mechanisms, Attention Deficit Hyperactivity Disorder

Themes: Parenting, ADHD, Mental Health



Jin Seop Kim
ERCICRLSH1910054

Correlation of Vo2 Peak Testing Methods: Cardiopulmonary Exercise Test, Modified Queen's College Test and Queens College Test

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Abstract

Objective: The purpose of this study was to examine the correlation of CPX test (cardiopulmonary exercise test), modified queens college test (MQCT), and queens college test (QCT).

Method: The subjects of this study were a total of 20 people of man. CPX used predicted maximum heart rate of 70%. MQCT used height ratio. QCT used general method. The pearson product-moment correlation coefficient was use to examine the correlation among the three tests.

Results: The results are as follows: First, there was a no significant difference among the each test. Second, there was a significantly correlation among the each test. Second, MQCT was a significantly more high correlation than QCT.

Conclusion: In conclusion, MQCT was more usefulness than QCT. Therefore, our study suggested that MQCT more effect of evaluate VO2peak in field situation.

Keyword: cardiopulmonary, step test, Vo2peak, correlation



Ramesh Bhat
ERCICRLSH1910065

THE EFFECT OF ONE YEAR YOGA THERAPY ON PULMONARY FUNCTION TESTS AND PERCIEVED STRESS IN POSTMENOPAUSAL WOMEN

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Abstract

Introduction: Postmenopausal phase is characterized by a continuous decline in ovarian function due to which women are vulnerable to stress and health complications including the efficiency of respiratory muscles. Currently these symptoms are managed by hormone replacement therapy. However, hormonal therapy can cause complications which has resulted in search for various alternative therapies to improve the quality of life. Yoga is one such alternative therapy. There are very few scientific studies regarding the effect of yoga on stress and respiratory parameters. In the present study we investigated the effect of one year yoga therapy on pulmonary function tests and perceived stress in postmenopausal women.

Materials and Methods: The present study was done only after obtaining the consent from the Institutional ethical Committee. Informed consent was obtained from all the participants. Newly recruited postmenopausal women (48-60 years) having the high stress level (PSS score > 25) were taken for this study. Vital capacity (VC), FVC, FEV1, FEV1 ratio, PEF, FEF 50, were measured with the help of computerized Vitalograph (Pneumotrac). After one year of yoga therapy perceived stress scale and the respiratory parameters were again analyzed. The parameters obtained were grouped into before one year yoga therapy (Group I) and after one year yoga therapy (Group II)

Results: Yoga therapy for one year showed the significant $P < (0.0001)$ improvement in the stress reduction and the respiratory parameters compared to the control group.

Conclusion: This study clearly demonstrates the effectiveness of one year yoga therapy in decreasing stress and improvement in respiratory parameters. Yoga is easy, safe, non-expensive alternative therapy helping the postmenopausal women and this could be encouraged in the regular management in improving the overall quality of life.

Keywords: Yoga, Pulmonary function tests, PSS score, stress.

Farhan Ali
ERCICRLSH1910072

Dendritic Spines with Elevated Calcium Influx as a Convergent in Vivo Phenotype of Schizophrenia-Linked Alterations

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Abstract

Schizophrenia is characterized by dysfunction of dendritic spines. However, dendritic signaling is dynamic in vivo and the pathophysiological mechanisms remain unclear. Here, we characterized two schizophrenia-linked alterations: Shank3-R1117X, a highly penetrant rare mutation, and acute ketamine administration. Using subcellular-resolution two-photon imaging, we find that mice with these genetic and pharmacological alterations manifest the same in vivo phenotype at the microcircuit level. Namely, in the medial frontal cortex, apical dendritic spines have abnormally elevated calcium transients, which are associated with a marked reduction in the activity of somatostatin-expressing (SST) GABAergic interneurons. Bidirectional modulation of dendritic inhibition via GluN2B expression in SST interneurons can reproduce or normalize the excessive synaptic calcium signals, behavioral deficits including temporal association learning and sensorimotor gating, as well as impairments in long-range cortical communication. These findings reveal hyperexcitable dendritic spines as an important local-circuit phenotype underlying altered cortical networks in schizophrenia.

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- 2019 – 12th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 21-22 July, Mauritius
- 2019 – 13th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 27-28 July, Bangkok
- 2019 – 14th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 02-03 August, Barcelona
- 2019 – 15th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 09-10 August, Istanbul
- 2019 – 16th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 31 Aug-01 Sept, Rome
- 2019 – 17th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 13-14 September, London

- 2019 – 18th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 19-20 September, Jakarta
- 2019 – 19th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 27-28 September, Hong Kong
- 2019 – 20th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 10-11 October, Dubai
- 2019 – 21st International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 18-19 October, Prague
- 2019 – 22nd International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 18-19 October, Bangkok
- 2019 – 23rd International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 16-17 November, Singapore
- 2019 – 24th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 12-13 December, Dubai
- 2019 – 25th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 12-13 December, Sydney
- 2019 – 26th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 22-23 December, Bali
- 2019 – 27th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 24-25 December, Bangkok
- 2019 – 28th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 30-31 December, Kuala Lumpur