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Lampiran 1. Surat Rekomendasi Persetujuan Etik


KEMENTERIAN PENDIDIKAN, KEBUDAYAAN, RISET DAN TEKNOLOGI
UNIVERSITAS HASANUDDIN FAKULTAS KEDOKTERAN
KOMITE ETIK PENELITIAN UNIVERSITAS HASANUDDIN
RSPTN UNIVERSITAS HASANUDDIN
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 JL.PERINTIS KEMERDEKAAN KAMPUS TAMALANREA KM.10 MAKASSAR 90245.
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REKOMENDASI PERSETUJUAN ETIK

Nomor : 63/UN4.6.4.5.31/ PP36/ 2023

Tanggal: 26 Januari 2023

Dengan ini Menyatakan bahwa Protokol dan Dokumen yang Berhubungan Dengan Protokol berikut ini telah mendapatkan Persetujuan Etik :

No Protokol	UH23010007		No Sponsor	
Peneliti Utama	dr.Nur Fatimah Sirajuddin, SpOG.Sub.Sp.Obgynsos		Sponsor	
Judul Peneliti	PENGARUH PEMBERIAN BUAH KURMA AJWA (PHOENIX DACTILIFERA L) TERHADAP GAMBARAN KLINIS, SERUM KATALASE (CAT) DAN SERUM INTERLEUKIN-8 (IL-8) PADA PEREMPUAN PERIMENOPAUSE			
No Versi Protokol	2	Tanggal Versi	24 Januari 2023	
No Versi PSP	2	Tanggal Versi	24 Januari 2023	
Tempat Penelitian	RS Universitas Hasanuddin dan RSIA Sitti Khadijah I Makassar			
Jenis Review	<input type="checkbox"/> Exempted <input type="checkbox"/> Expedited <input checked="" type="checkbox"/> Fullboard Tanggal 19 Januari 2023		Masa Berlaku	Frekuensi review lanjutan
			26 Januari 2023 sampai 26 Januari 2024	
Ketua KEP Universitas Hasanuddin	Nama	Prof.Dr.dr. Suryani As'ad, M.Sc.,Sp.GK (K)		Tanda Tangan
				
Sekretaris KEP Universitas Hasanuddin	Nama	dr. Agussalim Bukhari, M.Med.,Ph.D.,Sp.GK (K)		Tanda Tangan
				

Kewajiban Peneliti Utama:

- Menyerahkan Amendemen Protokol untuk persetujuan sebelum di implementasikan
 - Menyerahkan Laporan SAE ke Komisi Etik dalam 24 Jam dan dilengkapi dalam 7 hari dan Laporan SUSAR dalam 72 Jam setelah Peneliti Utama menerima laporan
 - Menyerahkan Laporan Kemajuan (progress report) setiap 6 bulan untuk penelitian resiko tinggi dan setiap setahun untuk penelitian resiko rendah
 - Menyerahkan laporan akhir setelah Penelitian berakhir
 - Melaporkan penyimpangan dari protokol yang disetujui (protocol deviation / violation)
- Mematuhi semua peraturan yang ditentukan



Lampiran 2.

FORMULIR SKRINING PENELITIAN BUAH KURMA AJWA BAGI PEREMPUAN PERIMENOPAUSE

1. Nama
 2. Umur
 3. Alamat
 4. No Hp/WA.
 5. Pekerjaan
 6. Pendidikan terakhir
 7. Status Perkawinan
 8. Jumlah Anak
 9. Riwayat Abortus
 10. Riwayat Menstruasi
 11. Tanggal Hari Pertama Haid Terakhir
 12. Gejala PCOS (ada / tidak)
 - a. Siklus menstruasi normal
 - b. Siklus menstruasi tidak teratur
 - I. Polymenorrhea/Oligomenorrhea/Amenorrhea
 - II. Menorrhagia/brachymenorrhea
 - III. Hypermenorrhea/hypomenorrhea
 - IV. Metroraghia/menometroraghia
 - V. Dismenore
 - c. Kenaikan berat badan atau kesulitan menurunkan berat badan
 - d. Lama memiliki anak
- eluhan Perimenopause
- a. Gangguan siklus menstruasi
 - b. Gangguan mood



- c. Hot Flushes
- d. Berdebar- debar
- e. Insomnia / stres / depresi
- f. Gangguan Psikosomatik
- g. Poliuria
- h. Kulit Kering
- i. Gangguan hubungan seksual
- j. Atrofi / kekeringan pada vagina

14. Riwayat Penggunaan Kontrasepsi

15. Riwayat Operasi Ovarium / Kandungan

16. Riwayat Penyakit Kronik (HT, DM, Jantung, Penyakit Ginjal Kronik)

17. Riwayat Kebiasaan (Merokok, konsumsi suplemen)

18. Riwayat makan kurma sebelumnya:

PEMERIKSAAN FISIK

- a. Kepala : Penipisan rambut atau kebotakan
- b. Wajah : Jerawat , hirsutisme
- c. Mata, exophthalmos / gangguan bidang terlihat
- d. Leher : tidak ada benjolan / tiroid
- e. Dada : Tidak ada benjolan di payudara dan ada atau tidak galaktorea
- f. Kulit : hiperpigmentasi menjadi gelap, terutama di daerah lipatan leher, selangkangan dan lipatan payudara



Lampiran 3. Dokumentasi Penelitian



Gambar 1. Kurma Ajwa dari Distributor



Gambar 2. Pengemasan Paket Kurma



Gambar 3. Paket Kurma Ajwa untuk Kelompok Intervensi





Gambar 4. Skrining Calon Subjek Penelitian



Gambar 5. Pemeriksaan USG Abdominal





Gambar 6. Pemeriksaan Antropometrik Subjek Penelitian



Gambar 7. Skrining Pemeriksaan GDP





Gambar 8. Pemeriksaan Tekanan Darah Pada Kontrol Mingguan Subjek Penelitian



Gambar 9. Pemeriksaan Gula Darah Pada Kontrol Mingguan Subjek Penelitian





Gambar 10. Pemberian Paket Kurma Mingguan Kepada Subjek Penelitian



Gambar 11. Pemeriksaan Kadar Serum CAT dan Serum IL-8 Metode Elisa

