

**Correlation between nutritional status and physical activity among female undergoing infertility treatments**

Sumita Mathur and Usha Kothari  
Jai Narain Vyas University, India

The desire to have children is virtually universal. Many lifestyle factors of both male and female infertility that can be preventable are obesity and weight gain; weight loss and eating disorders; exercise; and substance abuse. Nutrition plays an important role in infertility and being physically fit is of utmost importance as exercise improves metabolism and circulation, both of which contribute to better egg production. There are strong evidences of correlation between nutritional status and physical activity and their impact on general health and adversely on the reproductive performance. Therefore, a study was conducted with the objective to determine the correlation between nutritional status and physical activity and its impact on fertility of women population. The study was undertaken within the municipal limits of city of Jodhpur, Rajasthan. The sample size was used 300 married women undergoing infertility treatments and purposive sampling technique was used. To measure the nutritional status of subjects, body mass index (BMI) was calculated and physical activity was determined by the Rapid assessment of physical activity (RAPA) questionnaire. It was seen that 86% of sample were not engaged in any physical activity and 33% were lying under category of overweight and obese. Correlation was calculated to see the correlation between nutritional status and physical activity of female undergoing infertility treatment. From the study, it was found that a positive correlation was seen among nutritional status and physical activity of female undergoing infertility treatment. Correlation was significant at the 0.01 level (-.193). In a conclusive, it can be said that physical activity has direct impact on the nutritional status.

**Problem-based learning in reflective pedagogy paradigm to practice pharmaceutical care in the community pharmacy in Indonesia**

Titien Hartayu, Yosef Wijoyo and Maria Donowati  
Sanata Dharma University, Indonesia

**Background & Aim:** This is a follow up of the study entitled “Problem based learning in reflective pedagogy paradigm: Innovative learning in Pharmaceutical care”, which found the learning material was identified as complicated. The study is aimed to provide an appropriate learning material of Problem Based Learning (PBL) in Reflective Pedagogy Paradigm (RPP).

**Method:** The learning material was developed based on the Indonesian Pharmacist standard of competence according to the regulation of Indonesian Health Minister No.73/2016 and results of focus group discussion among preceptors. The difference with the previous study is the involvement of preceptors in developing learning material and rubric of assessment, which causes it more valid and reliable to be implemented. The study was conducted in the same city with the previous study, i.e. Yogyakarta, Surakarta and Semarang city for a period of one month. Data collection was done by using rubric of assessment to identify students' achievement, experience reflection and action plan. The effectiveness of the learning material was showed by the grade of student's achievement (>80: excellent; 75-80 very good; 70-75: good; <70: average) and the clearly state with confident in experience reflection and action-plan.

**Results:** Most of students in 3 cities achieved an excellent grade both in problem solving field and presentation of the assignment. The students reflected that the learning material is simple and suitable in practicing pharmaceutical care and management and they plan to work as community pharmacist with confident.

**Conclusion:** PBL in RPP method is ready to be used in learning process to practice pharmaceutical care in the community pharmacy.

**Notes:**