



2019

KONAS XI & PIT XVIII PERDOSRI

The 11th National Congress & The 18th Annual Scientific Meeting of Indonesian Physical Medicine and Rehabilitation Association (KONAS XI & PIT XVIII PERDOSRI)

**"OVERCOMING DISASTER, WINNING OVER DISABILITY &
OTHERS PHYSICAL MEDICINE & REHABILITATION UPDATES"**

November 20th - 23rd, 2019
Sheraton Hotel, Gandaria City, Jakarta, Indonesia

Second Announcement

Organized By: The Indonesian Physical Medicine and Rehabilitation Association (PERDOSRI)

www.pitperdosri.org

Welcome Message



Dear Colleagues and friends,

It is a great honor to announce that ***The 11th National Congress & The 18th Annual Scientific Meeting of Indonesian Physical Medicine and Rehabilitation Association (KONAS XI & PIT XVIII PERDOSRI)*** will be held on November 20th – 23rd, 2019 at Sheraton Hotel, Gandaria City, Jakarta, Indonesia. It is also my highest appreciation and pleasure to invite all the member of PERDOSRI and fellow physicians in other fields who are interested in physical medicine and rehabilitation, to actively join and participate in this important meeting. The theme chosen for this meeting is ***“Overcoming Disaster, Winning over Disability & Others Physical Medicine & Rehabilitation Updates”***.

We will provide an exciting scientific program, applicable workshops, courses, recent updates, controversial issues, new technology, research and development also scientific publication covering various topics in physical medicine and rehabilitation. As the number of PERDOSRI members are growing each year, we do hope that this will also reflected in the number of abstracts submitted. We therefore, would like to encourage all PERDOSRI members to start thinking about presenting your accomplishment in this important meeting.

So, please block the dates and let's prepare for ***The 11th National Congress & The 18th Annual Scientific Meeting of Indonesian Physical Medicine and Rehabilitation Association (KONAS XI & PIT XVIII PERDOSRI)***.

Welcome to Jakarta

Sincerely yours,

Siti Chandra Widjanantie, MD
Chairperson

Organizing Committee

STEERING COMMITTEE

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 Prof. Dr. dr. Hening L. Putra, SpKFR(K)
 dr. Fatchur Rochman, SpKFR(K)
 dr. Rudy Handoyo, SpKFR(K)
 dr. Luh Karunia Wahyuni, SpKFR(K)
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 dr. Ibrahim Agung, SpKFR
 dr. Yuli Suciati, SpKFR
 dr. Indah Retno Wardhani, SpKFR
 dr. Widyastuti Retno Annisa, SpKFR

FOOD & BEVERAGE

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 dr. Eni Nuryani, SpKFR
 dr. Tiur Farida Iriyani Simbolon, SpKFR
 dr. Tetty M.D. Hutabarat, SpKFR
 dr. Risma Pasaribu, SpKFR

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dr. Ray Indra Wibowo, SpKFR
 dr. Jo Yenny Lindoyo, SpKFR
 dr. Hamidah Fadhil, SpKFR

PUBLICATION & DOCUMENTATION

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 dr. Suroso Agus Widodo, SpKFR
 dr. Tertianto Prabowo, SpKFR(K), AIFO
 dr. Endang Ernandini, SpKFR

NATIONAL CONFERENCE TEAM

dr. Maria Eva Dana, SpKFR
 dr. Sariftri FH Hutagalung, SpKFR
 dr. Rita Vivera Pane, SpKFR

SCIENTIFIC PUBLICATION

Dr. dr. Maria Regina Rachmawati, PA(K), SpKFR
 Dr. dr. Damayanti Tinduh, SpKFR(K)

SCIENTIFIC COORDINATOR

dr. AV Fanny Aliwarga, SpKFR

MEMBERS

Dr. dr. Vitriana, SpKFR(K)
 dr. Tanti Ajoie Kesoema, SpKFR, Msi.Med
 Dr. dr. Retno Setianing, SpKFR(K)
 dr. Ellyana Sungkar, SpKFR
 Dr. dr. Irma Ruslina Defi, SpKFR(K), MedSc
 dr. Anitta FS Paulus, SpKFR(K)
 dr. Ferius Soewito, SpKFR
 dr. Amien Suharti, SpKFR
 dr. Rizky Kusuma Wardhani, SpKFR
 dr. Martha Kurnia Kusumawardani, SpKFR

TRANSPORTATION & ACCOMMODATION

dr. Eka Poedjihartanto, SpKFR
 dr. Rezky Achmad Isdyanta, SpKFR
 dr. Regie Santoso, SpKFR

General Information

DATE & VENUE

November 20th - 23rd, 2019
 Sheraton Hotel, Gandaria City
 Jakarta, Indonesia

THEME

“OVERCOMING DISASTER, WINNING OVER
 DISABILITY & OTHERS PHYSICAL MEDICINE
 & REHABILITATION UPDATES”

MAIN TOPICS

Symposium and Workshop for GP:

- Acute Pain Rehabilitation

Public Symposium:

- Optimal Functioning in ADL for Spinal Muscular Atrophy (SMA) & Duchenne Muscular Dystrophy (DMD) Family

Symposium:

- Athlete's Shoulder
- Beating Respiratory Dysfunction after Tsunami
- Boosting Recovery after Coronary Artery Bypass Grafting (CABG)
- Challenges and Pearls in Osteoarthritis Management
- Current Clinical Rehabilitation in Traumatic Brain Injury
- Cutting Edge Treatment of Excruciating Head and Spinal Pain
- Debilitating Wide Spread Pain Syndrome
- Disability Issues and Community Based Rehabilitation
- Exercise for Children in Alpha Generation
- Exercise in System Specific Target
- Geriatric Rehabilitation in an Aging Society up for a Challenge?
- Global act in Disability
- Handling Disaster: "The Policy, Management and Rehabilitation"
- Improving Exercise Capacity in Chronic Lung Diseases
- Management of Gait Impairments after Stroke
- Must Know Basic Exercise - From Physiology to Practice
- Myofascial Trigger Point Syndrome - What Physiatrist Should Know
- Neurorehabilitation Management in Disaster
- Overcome Gnawing Cancer Pain with Rehabilitation
- Pediatric Rehabilitation 2.0
- Rehabilitation and Return to Work
- Scoliosis in Daily Practice
- Super Inductive System - High End Technology for Musculoskeletal Disorders
- Synchronization Rehabilitation in Linguistic Function for Down Syndrome
- Tendinopathy - One Size Does Not Fit All
- Update Indonesian Physical Medicine and Rehabilitation Collegium (Kolegium IKFRI) and Physical Medicine and Rehabilitation Association (PB. PERDOSRI)
- Unlimited Knowledge Horizon
- Various Rehabilitation Problems after Spinal Cord Injury
- What Can We do Now for Teenage Disabilities?
- When Can Kids Play after Cardiac Surgery?

MAIN TOPICS

Workshop:

- Application and Hands-On of Electromyography (EMG) and Nerve Conduction Velocity (NCV) Studies
- Cardiorespiration Rehabilitation after Thoraco Abdominal Surgery: From Intensive Care to Discharge
- Comprehensive Geriatric Assessment - from A to Z
- Controlling Posture in Cerebral Palsy
- Current Concept in Sport-Related Shoulder Injury Rehabilitation
- Fundamental to Diagnostic and Physical Exam in Musculoskeletal Pain Syndrome
- Sonotomy of the Nerve as the Basic in Invasive Guided Pain Relieving Procedures
- Pediatric Rehabilitation Developmental Milestone
- Simple Gait Analysis - Bright Hope for Physiatrist with Limited Facilities
- The Basic Understanding of Electromyography (EMG) and Nerve Conduction Velocity (NCV) Studies
- Therapeutic Exercise of Back and Neck Pain

IMPORTANT DATE

- **Deadline for Early Registration:**
July 31st, 2019
- **Deadline for Abstract Submission:**
August 31st, 2019
- **Deadline Full Paper for Journal Publication**
August 31st, 2019
- **Pre Workshops:**
November 20th, 2019
- **Exhibition:**
November 20th - 22th, 2019
- **KONAS XI PERDOSRI 2019**
(National Conference Meeting):
November 20th, 2019
- **Symposium:**
November 21st - 22th, 2019
- **Opening Ceremony:**
November 21st, 2019
- **Gala Dinner:**
November 21st, 2019
- **Post Workshops:**
November 23rd, 2019

Faculties Members

1	A.V. Fanny Aliwarga	Indonesia	38	Konrad Boegelein	Germany
2	Achmad Yurianto	Indonesia	39	Lestaria Aryanti	Indonesia
3	Amendi Nasution	Indonesia	40	Luh Karunia Wahyuni	Indonesia
4	Amien Suharti	Indonesia	41	Marietta Shanti Prananta	Indonesia
5	Andriati	Indonesia	42	Martha Kurnia Kusumawardani	Indonesia
6	Angela B.M. Tulaar	Indonesia	43	Meisy Andriana	Indonesia
7	Anita Ratnawati	Indonesia	44	Muhammad Fahmi	Indonesia
8	Anitta F.S Paulus	Indonesia	45	Navy GHM Lolong Wulung	Indonesia
9	Anshory Sahlan	Indonesia	46	Novitri	Indonesia
10	Arif Soemarjono	Indonesia	47	Nuniek Nugraheni S	Indonesia
11	Asrofi S. Surachman	Indonesia	48	Nury Nudwinuringtyas Handikin	Indonesia
12	Bayu Santoso	Indonesia	49	Peni Kusumastuti	Indonesia
13	Damayanti Tinduh	Indonesia	50	Ratna D. Haryadi	Indonesia
14	Deddy Tedjasukmana	Indonesia	51	Retno Setianing	Indonesia
15	Dian Marta Sari	Indonesia	52	Rizky Kusuma Wardhani	Indonesia
16	Dian Naka Eriawati	Indonesia	53	Ronald E. Pakasi	Indonesia
17	Ellyana Sungkar	Indonesia	54	Rosiana Pradanasari Wirawan	Indonesia
18	Evi Rachmawati	Indonesia	55	Rudy Handoyo	Indonesia
19	Farees Khan	Australia	56	Ruliando Hasea Purba	Indonesia
20	Fatchur Rochman	Indonesia	57	Satrio Tjondro	Indonesia
21	Ferial Hadipoetro Idris	Indonesia	58	Siti Annisa Nuhonni	Indonesia
22	Fitri Anestherita	Indonesia	59	Siti Chandra Widjanantie	Indonesia
23	Gunaprya Ketut Ngurah	Indonesia	60	Sri Mardjiati Mei Wulan	Indonesia
24	Gunawan Kurniadi	Indonesia	61	Sri Wahyudati	Indonesia
25	Guritno Adistyawan	Indonesia	62	Subagjo	Indonesia
26	Haidir Suleiman	Indonesia	63	Sudarsono	Indonesia
27	Hening Laswati Putra	Indonesia	64	Sunaryo B. Sastradimaja	Indonesia
28	Herdiman Bernard Purba	Indonesia	65	Tanti Ajoe Kesoema	Indonesia
29	I Nyoman Murdana	Indonesia	66	Tertiarto Prabowo	Indonesia
30	I Putu Alit Pawana	Indonesia	67	Theresia Chandra Tania Novy	Indonesia
31	Indra Tjahjono	Indonesia	68	Theresia Isye Mogi	Indonesia
32	Indriati MS Tobing	Indonesia	69	Tirza Z. Tamin	Indonesia
33	Ira Mistivani	Indonesia	70	Tri Damiati Pandji	Indonesia
34	Irma Ruslina Defi	Indonesia	71	Virmandiani	Indonesia
35	Joudy Gessal	Indonesia	72	Vitriana	Indonesia
36	Julius Aliwarga	Indonesia	73	Vera Irawany	Indonesia
37	Kobal Sangaji	Indonesia	74	Wanarani Aries	Indonesia
			75	Widjaja Laksmi Kusumaningsih	Indonesia

Program at a Glance

Wednesday, 20 th Nov 2019	
PRE - SYMPOSIUM WORKSHOPS	
07.00 - 08.00 Re-Registration	
08.00 - 17.00	
WS 1 Simple Gait Analysis - Bright Hope for Physiatrist with Limited Facilities <i>Fuby Room</i>	
WS 2 Controlling Posture in Cerebral Palsy <i>Saphire Room</i>	
WS 3 Fundamental to Diagnostic and Physical Exam in Musculoskeletal Pain Syndrome <i>Emerald Room</i>	
WS 4 Comprehensive Geriatric Assessment - from A to Z <i>Meeting Room 1</i>	
WS 5 Cardiorespiration Rehabilitation after Thoraco Abdominal Surgery: From Intensive Care to Discharge <i>Meeting Room 7</i>	
WS 6 Electromyography (EMG) Part I The Basic Understanding of Electromyography (EMG) and Nerve Conduction Velocity (NCV) Studies <i>Fatmawati Hospital</i>	
08.00 - 15.30 Symposium & Workshop for General Practitioner Acute Pain Rehabilitation <i>Ballroom 2</i>	
16.00 - finish KONAS XI PERDOSRI 2019 (National Conference Meeting) <i>Ballroom 2</i>	
Research Competition <i>Meeting Room 8</i>	
EXHIBITION & POSTER	

Program at a Glance

Thursday, 21 st Nov 2019					
SYMPOSIUM					
07.00 - 08.00 Re-Registration					
08.00 - 08.45 Opening Ceremony <i>Ballroom 2</i>					
08.45 - 09.45 Plenary Lecture 1 Handling Disaster: "The Policy, Management and Rehabilitation" <i>Ballroom 2</i>					
09.45 - 10.05 Coffee Break <i>Exhibition Area</i>					
10.05 - 11.20 SS 1 Neurorehabilitation Management in Disaster <i>Ballroom 2</i>	10.05 - 11.20 SS 2 Must Know Basic Exercise - From Physiology to Practice <i>Emerald Room</i>	10.05 - 11.20 SS 3 Improving Exercise Capacity in Chronic Lung Diseases <i>Sapphire Room</i>		10.05 - 11.20 FREE PAPER 1 <i>Meeting Room 2</i>	10.05 - 11.20 FREE PAPER 2 <i>Meeting Room 3</i>
11.20 - 12.35 LUNCH SYMPOSIUM Super Inductive System - High End Technology for Musculoskeletal Disorders <i>Ballroom 2</i>				11.20 - 12.35 FREE PAPER 3 <i>Meeting Room 2</i>	11.20 - 12.35 FREE PAPER 4 <i>Meeting Room 3</i>
12.35 - 13.30 Lunch <i>Exhibition Area</i>					
13.30 - 14.45 SS 4 Various Rehabilitation Problems after Spinal Cord Injury <i>Ruby Room</i>	13.30 - 14.45 SS 5 Challenges and Pearls in Osteoarthritis Management <i>Emerald Room</i>	13.30 - 14.45 SS 6 Exercise for children in Alpha Generation <i>Sapphire Room</i>	13.30 - 14.45 SS 7 Unlimited Knowledge Horizon <i>Meeting Room 1</i>	13.30 - 14.45 FREE PAPER 5 <i>Meeting Room 2</i>	13.30 - 14.45 FREE PAPER 6 <i>Meeting Room 3</i>
14.45 - 16.00 SS 8 Overcome Gnawing Cancer Pain with Rehabilitation <i>Ruby Room</i>	14.45 - 16.00 SS 9 Scoliosis in Daily Practice <i>Emerald Room</i>	14.45 - 16.00 SS 10 Synchronization Rehabilitation in Linguistic Function for Down Syndrome <i>Sapphire Room</i>		14.45 - 16.00 FREE PAPER 7 <i>Meeting Room 2</i>	14.45 - 16.00 FREE PAPER 8 <i>Meeting Room 3</i>
16.00 - 16.20 Coffee Break <i>Exhibition Area</i>					
16.00 - 17.15 SS 11 Cutting Edge Treatment of Excruciating Head and Spinal Pain <i>Ruby Room</i>	16.00 - 17.15 SS 12 Rehabilitation and Return to Work <i>Emerald Room</i>	16.00 - 17.15 SS 13 When Can Kids Play after Cardiac Surgery? <i>Sapphire Room</i>	16.00 - 17.15 SS 14 TBA <i>Meeting Room 1</i>	FREE PAPER 9 <i>Meeting Room 2 & 3</i>	
19.00 - 22.00 Gala Dinner <i>Ballroom 2</i>					

EXHIBITION & POSTER

KONAS XI & PIT XVIII

Program at a Glance

Friday, 22 nd Nov 2019			
SYMPOSIUM			
07.00 - 08.00 Re-Registration			
07.00 - 08.00 Graduation of the New Physical Medicine and Rehabilitation (PMR) Specialist (SpKFR) <i>Ruby Room</i>			
08.00 - 09.00 Plenary Lecture 2 Global act in Disability <i>Ballroom 2</i>			
09.00 - 10.15 SS 15 Current Clinical Rehabilitation in Traumatic Brain Injury <i>Ballroom 2</i>	09.00 - 10.15 SS 16 Myofascial Trigger Point Syndrome - What Physiatrist Should Know <i>Ruby Room</i>	09.00 - 10.15 SS 17 Pediatric Rehabilitation 2.0 <i>Emerald Room</i>	09.00 - 10.15 SS 18 Boosting Recovery after Coronary Artery Bypass Grafting (CABG) <i>Saphire Room</i>
10.15 - 10.30 Coffee Break <i>Exhibition Area</i>			
10.30 - 11.45 SS 19 Management of Gait Impairments after Stroke <i>Ballroom 2</i>	10.30 - 11.45 SS 20 Exercise in System Specific Target <i>Ruby Room</i>	10.30 - 11.45 SS 21 What Can We do Now for Teenage Disabilities <i>Emerald Room</i>	10.30 - 11.45 SS 22 Beating Respiratory Dysfunction after Tsunami <i>Saphire Room</i>
11.45 - 13.30 Friday Praying & Lunch <i>Exhibition Area</i>			
13.30 - 14.45 SS 23 Debilitating Wide Spread Pain Syndrome <i>Ballroom 2</i>	13.30 - 14.45 SS 24 Athlete's Shoulder <i>Ruby Room</i>	13.30 - 14.45 SS 25 Geriatric Rehabilitation in an Aging Society: Up for a Challenge? <i>Emerald Room</i>	13.30 - 14.45 SS 26 Tendinopathy - One Size Does Not Fit All <i>Saphire Room</i>
14.45 - 15.45 Plenary Lecture 3 Disability Issues and Community Based Rehabilitation <i>Ballroom 2</i>			
15.45 - 16.45 Plenary Lecture 4 Update Indonesian Physical Medicine and Rehabilitation Collegium (Kolegium IKFRI) and Physical Medicine and Rehabilitation Association (PB. PERDOSRI) <i>Ballroom 2</i>			
16.45 - 17.15 Closing Ceremony <i>Ballroom 2</i>			

EXHIBITION & POSTER

Program at a Glance

Saturday, 23rd Nov 2019

POST - SYMPOSIUM WORKSHOPS

07.00 - 08.00
Re-Registration

08.00 - 17.00

WS 7

Sonotomy of the Nerve as the Basic in Invasive Guided Pain Relieving Procedures
Ruby Room

WS 8

Pediatric Rehabilitation Developmental Milestone
Sapphire Room

WS 9

Therapeutic Exercise of Back and Neck Pain
Emerald Room

WS 10

Current Concept in Sport-Related Shoulder Injury Rehabilitation: Focus in Shoulder Impingement
Meeting Room 2-3

WS 11

Electromyography (EMG) Part II
Application and Hands-On of Electromyography (EMG) and Nerve Conduction Velocity (NCV) Studies
Fatmawati Hospital

PUBLIC SYMPOSIUM

Optimal Functioning in ADL for Spinal Muscular Atrophy (SMA) & Duchenne Muscular Dystrophy (DMD) Family
Meeting Room 1

WORKSHOP

1

SIMPLE GAIT ANALYSIS - BRIGHT HOPE FOR PHYSIATRIST WITH LIMITED FACILITIES

Date : Wednesday, November 20th, 2019

Time : 08.00 – 17.00

Venue : Sheraton Hotel, Gandaria City, Jakarta

Gait analysis is a valuable assessment done by physiatrist. Unfortunately, this important assessment sometimes can not be performed because of lack of facilities. In post-disaster situation or in hospital with type Band below, sometimes the ideal gait analyzer is not available. In rural area with limited resources, buying the gait analyzer is not the option either. Another simpler method, though not as ideal as the sophisticated gait analyzer machine, should be performed by physiatrist working in those situations.

LEARNING OBJECTIVES:

- Understanding the component of gait
- Understanding how to analyze gait
- Understanding the normal and abnormal gait in every pathologic conditions
- Understanding how to use gait analyzer
- Understanding how to analyze gait with simple video camera tools
- Understanding the patterns of gait seen in simple gait analyzer
- Understanding how to translate the result from the simple gait analyzer into a clinical meaning
- Understanding how to make a proper rehabilitation program based on the gait assessment

WHO SHOULD ATTEND?

Physical and Rehabilitation Medicine Specialist who interested to learn gait analysis.

SPEAKERS:

Damayanti Tinduh (Indonesia)

Fitri Anestherita (Indonesia)

I Putu Alit Pawana (Indonesia)

Satrio Tjondro (Indonesia)

Tirza Z. Tamin (Indonesia)

WORKSHOP

2

CONTROLLING POSTURE IN CEREBRAL PALSY

Date : Wednesday, November 20th, 2019

Time : 08.00 – 17.00

Venue : Sheraton Hotel, Gandaria City, Jakarta

Postural control is the ability to control the body position in space to achieve orientation and stability. Stability could be defined as the maintenance of the center of body mass (COM) within the limits of the base of support during static or dynamics activities. Stability demands complex interactions between sensory system, central nervous system (CNS), and muscle skeletal system which is in patients with cerebral palsy (CP) is challenging. These interactions are known to be affected, which may be a reason why postural control is impaired and the maintenance of stability is critical. In children with CP, the major postural dysfunction is the inability to coordinate the activation of postural muscles in the right sequence, especially during the performance of functional activities. Considering the role of postural control in the performance of motor skills and in the adaptation of an individual to changing environmental demands, it is important to understand how these factors interact in the CP population.

LEARNING OBJECTIVES:

- To understand postural control mechanism
- To recognize description of the performance of postural control in children with CP
- To describe the methods used to investigate postural control in CP
- To know rehabilitation role for improving postural control in CP

WHO SHOULD ATTEND?

Physical and Rehabilitation Medicine Specialist who interested in pediatric rehabilitation.

SPEAKERS:

Luh Karunia Wahyuni (Indonesia)

Sri Mardjiati Mei Wulan (Indonesia)

WORKSHOP

3

FUNDAMENTAL DIAGNOSTIC AND PHYSICAL EXAMINATION IN MUSCULOSKELETAL PAIN SYNDROME

Date : Wednesday, November 20th, 2019
Time : 08.00 – 17.00
Venue : Sheraton Hotel, Gandaria City, Jakarta

Pain of any origin comprises an individual's life. The prevention and management of pain is an important aspect of health care. Psychological factors play a key role in both onset and progress of any pain disorder. In pain disorders, pain is perceived in different anatomic locations such as upper and lower extremities also upper and lower back. Abnormal signal transmission and processing in the nervous system are the legitimate explanation for this condition. Although evidence suggests that pain disorder is widely prevalent in the general population, research still fails to address numerous aspects of pain diagnosis and management.

The ability to understand and investigate the pathophysiologic process underlying a disorder depends on not only a good knowledge of anatomic structure and various disorder among them, but also a skillful examination to assess and establish a diagnosis. In this workshop, participants are supposed to have a better understanding about musculoskeletal pain syndrome for each anatomical location which is at upper and lower extremities and back.

LEARNING OBJECTIVES:

- Participants should be able to collect specific and useful data related to musculoskeletal (MSK) pain syndrome
- Participants should be able to perform specific examination to establish diagnosis and rule out differential diagnosis of MSK pain syndrome at upper and lower extremities
- Participants should understand the spine algorithm to diagnose the low back pain due to spine problem
- Participants should be able to trace the pain originator of MSK pain syndrome

WHO SHOULD ATTEND?

Physical and Rehabilitation Medicine Specialist who interested in musculoskeletal problems and or interventional pain practice.

SPEAKERS:

Angela BM Tulaar (Indonesia)
A.V. Fanny Aliwarga (Indonesia)
Gunawan Kuniadi (Indonesia)
Theresia Chandra Tania Novy (Indonesia)

WORKSHOP

4

COMPREHENSIVE GERIATRIC ASSESSMENT

Date : Wednesday, November 20th, 2019
Time : 08.00 – 17.00
Venue : Sheraton Hotel, Gandaria City, Jakarta

Comprehensive Geriatric Assessment (CGA) is fundamental to the assessment, planning and intervention required to meet the health and social care needs of the older person that is frail or at risk of frailty. Comprehensive geriatric assessment (CGA) is an organized approach to assessment designed to determine an older person's medical conditions, mental health, functional capacity and social circumstances. Its purpose is to develop and implement a coordinated and integrated plan for treatment, rehabilitation, support and long term follow up. CGA is based on the premise that a full evaluation of a frail older person by a team of healthcare professionals may identify a variety of treatable health problems, resulting in a coordinated plan and delivery of care leading to better health outcomes.

LEARNING OBJECTIVES:

- CGA Introduction
Understand the definition of CGA
Understand the benefits of CGA
Understand indication or who should have CGA
- Comprehensive Geriatric Assessment with Tools
Understand how to do CGA
Practiced the CGA with tools
- Care Plan
Understand how to make a care plan of geriatric problems based on CGA
- Case Studies
Practicing CGA with the many type of geriatric cases

WHO SHOULD ATTEND?

Physical and Rehabilitation Medicine Specialist who interested in geriatric rehabilitation

SPEAKERS:

Irma Ruslina Defi (Indonesia)
Siti Annisa Nuhonni (Indonesia)
Wanarani Aries (Indonesia)

WORKSHOP

5

CARDIORESPIRATION REHABILITATION AFTER THORACO-ABDOMINAL SURGERY: FROM INTENSIVE CARE TO DISCHARGE

Date : Wednesday, November 20th, 2019

Time : 08.00 – 17.00

Venue : Sheraton Hotel, Gandaria City, Jakarta

INTRODUCTION:

Rehabilitation is needed before and after thoraco-abdominal surgery. It is not rare to encounter a patient with deteriorating of function after the surgeries. But without doubt, designing the rehabilitation program for the patients has its own challenge. In relevance with our big theme, “Overcoming Disaster, Winning over Disability & Other Physical Medicine & Rehabilitation Updates”, There are quite a numbers for a victim of disaster who needs surgery of the thoraco-abdominal regions, and in turn needs rehabilitation program. This workshop will provide the participant with the knowledge and skills to give a proper rehabilitation management, focusing on cardiorespiration aspect, for patients before and after the Thoraco-abdominal surgery.

LEARNING OBJECTIVES:

- Understanding the physiologic changes of cardiorespiratory aspect after thoracoabdominal surgery
- Understanding the functional problems after thoracoabdominal surgery
- Understanding the rehabilitation program that should be made in tackling the functional problems after thoracoabdominal surgery

WHO SHOULD ATTEND?

Physical and Rehabilitation Medicine Specialist who interested in cardiorespiratory rehabilitation

SPEAKERS

Anita Ratnawati (Indonesia)
Deddy Tedjasukmana (Indonesia)
Hening L. Putra (Indonesia)
Nury Nurdwinungtyas (Indonesia)

WORKSHOP

6

THE BASIC UNDERSTANDING OF ELECTROMYOGRAPHY (EMG) AND NERVE CONDUCTION VELOCITY (NCV) STUDIES

Date : Wednesday, November 20th, 2019

Time : 08.00 – 17.00

Venue : Fatmawati Hospital

INTRODUCTION

This workshop provides an overview of the basic and advanced applications of the electro diagnostic modalities and ultrasound with clinical correlation in neuromuscular disease. The topic covers complex cases in electromyography (EMG) with a walk-through interactive approach for reaching the correct clinical diagnosis. All sessions will be interactive, giving participants ample opportunities to interact in real time with the tutors and patients.

LEARNING OBJECTIVES:

At the end of the workshop, the attendees should be able to:

- Develop an understanding of standard electro diagnostic tests and their application based on clinical symptoms.
- Recognize the morphology of the NCS waveforms in different nerves and pattern recognition of the spontaneous and volitional activity in the needle EMG signal with interpretation in normal and disease patterns.

WHO SHOULD ATTEND?

Physical and Rehabilitation Medicine Specialist who interest in learning EMG, ultrasound and neuromuscular disease

SPEAKERS:

Anshory Sahlan (Indonesia)
Bayu Santoso (Indonesia)
Ratna D. Haryadi (Indonesia)
Rosiana Pradanasari Wirawan (Indonesia)
Subagjo (Indonesia)

WORKSHOP for GP

ACUTE PAIN REHABILITATION

Date : Wednesday, November 20th, 2019

Time : 08.00 – 17.00

Venue : Sheraton Hotel, Gandaria City, Jakarta

Pain is defined by the International Association for the Study of Pain as an unpleasant sensory and emotional experience usually associated with actual or potential tissue damage, or described in terms of such damage. It is one of the most common reasons patients seek care in medical.

Pain is the fifth of vital sign in medical examination. Therefore, it is very important for physicians to understand about pain and the management in first level health facilities.

The primary goal in acute pain management is to promote the resolution of the underlying causes of pain. Acute pain can be managed using both pharmacologic and no pharmacologic techniques.

The above explanation becomes an underlying fact that nowadays it is desperately needed more understanding for general practitioners about pain rehabilitation to optimize function, prevent and handle functional problems until disability.

LEARNING OBJECTIVES:

- Provide an understanding of Acute Pain to General Practitioners (GP).
- How to describe about Pain management to General Practitioner's level
- How to apply the Principles of Pain Rehabilitation in primary health facilities

WHO SHOULD ATTEND?

General Practitioners who interest in Physical Medicine and Rehabilitation

SPEAKERS:

Amien Suharti (Indonesia)
Arif Soemarjono (Indonesia)
Evi Rachmawati (Indonesia)

WORKSHOP

7

SONOTOMY OF THE NERVE AS THE BASIC IN INVASIVE GUIDED PAIN RELIEVING PROCEDURES

Date : Saturday, November 23rd, 2019

Time : 08.00 – 17.00

Venue : Sheraton Hotel, Gandaria City, Jakarta

Ultrasonography (USG) is one of the most widely used imaging technologies in the first-level study of each human body structure, including soft tissue components of the musculoskeletal system and nerves.

One of the major advantages of sonography compared to other modalities for imaging of the soft tissues, such as MRI and CT, is its ability to acquire images in virtually every orientation along the course of a peripheral nerve.

This however results in a very complex regional topographic anatomy. Therefore a well-founded knowledge of regional anatomy and topography is an indispensable prerequisite for the sonographic assessment of peripheral nerves.

Ultrasound enables the precise guidance of needles within soft tissues and joints, for use in regional anesthesia for a wide range of nerve blocks and for interventional pain management for pain relief .

LEARNING OBJECTIVES:

- Participants could review the anatomy of nerve
- Participant could learn the sono-anatomy of common nerve that causing some problem
- Participants could learn the use of nerve block help the process of rehabilitation

WHO SHOULD ATTEND?

Physical and Rehabilitation Medicine Specialist who interested in using USG as a part of their practice and who interested in Interventional Pain Medicine (IPM)

SPEAKERS:

AV. Fanny Aliwarga (Indonesia)
Gunawan Kurniadi (Indonesia)
Haidir Suleiman (Indonesia)
Indra Tjahjono (Indonesia)
Theresia Chandra Tania Novy (Indonesia)

WORKSHOP

8

PEDIATRIC REHABILITATION DEVELOPMENTAL MILESTONE

Date : Saturday, November 23rd, 2019
Time : 08.00 – 16.00
Venue : Sheraton Hotel, Gandaria City, Jakarta

Developmental delay can influence many aspects such as fine motor, locomotor, personal social, speech and language and feeding. When the delay occurs early in life it usually impedes the rate of development. This means the gap between such a child and his or her chronological peers will widen with age. It is not only the quality of the child's life but as a result, the quality of life for all the family members as well. This condition needs rehabilitation program to speed up the maturing process of a developing nervous system, influence the development direction in correct ways and retrain the incorrect areas of function so that the child can achieve their real potential.

LEARNING OBJECTIVES:

- To understand the Developmental milestone
- To recognize abnormal developmental movement
- Demonstrate typical atypical assessment for determining abnormal development
- Practice experiencing typical atypical development
- Demonstrate fine motor and locomotor assessment
- Practice simple instruction to improve fine and gross movements

WHO SHOULD ATTEND?

Physical and Rehabilitation Medicine Specialist who interest in learning rehabilitation of developmental

SPEAKERS:

Ellyana Sungkar (Indonesia)
 Rizky Kusuma Wardhani (Indonesia)

WORKSHOP

9

THERAPEUTIC EXERCISE OF NECK AND BACK PAIN

Date : Saturday, November 23rd, 2019
Time : 08.00 – 17.00
Venue : Sheraton Hotel, Gandaria City, Jakarta

When hunching over a computer or using a mobilephone, one's head may tend to lean forward, which can lead to poor posture which can cause similar problems called "text neck". The result is more and more neck pain complain coming to our daily clinic. Whenever dealing with patient complain about neck and back pain that has developed isidiously or in the context of work or trauma, an important and currently unresolved issue is to determine which personal and environmental factors may have led the patient to develop a chronic pain syndrome.

This approach may have done more harm than good by implying to the patient that they must wait and hope for a cure through medical science. While simply "exercise" might bring benefit and solution.

Meanwhile, low back pain can be the result of many different things. Pain can be triggered by some combination of overuse, muscle strain, and/or injuries to the muscles, ligaments, and discs that support the spine. Over time, a muscle injury that has not been managed correctly may lead to an overall imbalance in the spine. This can lead to constant tension on the muscles, ligaments, bones, making the back more prone to injury or re-injury. Sometimes, hesitations occur to educate which exercise is properly applied for specific cause of the pain.

In this workshop, participants are supposed to have a better understanding about muskuloskeletal back and neck pain and a proper exercise to improve the complain.

LEARNING OBJECTIVES:

- Participants should be able to perform posture analysis to assess the neck and back problems
- Managing exercise for acute, chronic and post surgical neck and back pain
- Select a proper exercise to relieve the low back pain
- Establishing diagnosis of the lower back pain due to problem around the hip

WHO SHOULD ATTEND?

Physical and Rehabilitation Medicine Specialist who interested in muskuloskeletal problems, postural analysis and back exercise.

SPEAKERS:

Angela BM Tulaar (Indonesia)
 Joudy Gessal (Indonesia)
 Tanti Ajoie Kesoema (Indonesia)
 Tertianto Prabowo (Indonesia)

WORKSHOP

10

CURRENT CONCEPT IN SPORT-RELATED SHOULDER INJURY REHABILITATION: FOCUS IN SHOULDER IMPINGEMENT

Date : Saturday, November 23th, 2019

Time : 08.00 – 17.00

Venue : Sheraton Hotel, Gandaria Citu, Jakarta

Motions such as throwing, serving, and spiking a ball, as well as the overhead swimming stroke took large amounts of force and strain on both the static and dynamic restraints of the shoulder and over time are believed to result in micro trauma. Therefore, it is quite common to find shoulder injury in overhead athletes, who perform repetitive overhead motions. Sub-acromial impingement syndrome and rotator cuff tendinitis (RCT) were the most common shoulder injuries for each individual sport and accounted for 27% and 24% of the total shoulder injuries respectively. The shoulder pain and dysfunctions make overhead athletes seeking care from physical medicine and rehabilitation. This condition will need the appropriate assessment and treatment, also prevention to reduce further impairments.

LEARNING OBJECTIVES:

- Understanding the basic shoulder kinesiology and pathomechanic of shoulder injury.
- Understanding the assessment for shoulder injury, especially shoulder impingement, by physical examination and musculoskeletal USG.
- Understanding the management for shoulder injury, especially shoulder impingement, which included by therapeutic exercises and therapeutic modalities.
- Understanding the criteria for return to sport
- Understanding the prevention of shoulder injury.

WHO SHOULD ATTEND?

Physical and Rehabilitation Medicine Specialist who interested in learning sport injury rehabilitation.

SPEAKERS:

Damayanti Tinduh (Indonesia)
I Putu Alit Pawana (Indonesia)
Ruliando Hasea Purba (Indonesia)
Tirza Z. Tamin (Indonesia)

WORKSHOP

11

APPLICATION AND HANDS-ON OF ELECTROMYOGRAPHY (EMG) - NERVE CONDUCTION VELOCITY (NCV) STUDIES

Date : Saturday, November 23rd, 2019

Time : 08.00 – 17.00

Venue : Fatmawati Hospital

INTRODUCTION

This workshop provides an overview of the basic and advanced applications of the electro diagnostic modalities and ultrasound with clinical correlation in neuromuscular disease. The topic covers complex cases in electromyography (EMG) with a walk-through interactive approach for reaching the correct clinical diagnosis. All sessions will be interactive, giving participants ample opportunities to interact in real time with the tutors and patients.

LEARNING OBJECTIVES:

At the end of the workshop, the attendees should be able to:

- Learn the techniques, identifying pitfalls associated with nerve conduction studied (NCS) and needle EMG, understand the strategies to minimize the technical artifacts.
- Recognize the use and findings in ultrasound as an adjunct tool to diagnose neuromuscular disease.

WHO SHOULD ATTEND?

Physical and Rehabilitation Medicine Specialist who interest in learning EMG, ultrasound and neuromuscular disease

SPEAKERS:

Anshory Sahlan (Indonesia)
Bayu Santoso (Indonesia)
Ratna D. Haryadi (Indonesia)
Rosiana Pradanasari Wirawan (Indonesia)
Subagio (Indonesia)

Note : Participant is strongly recommended to join workshop 6 (The Basic Understanding of Electromyography (EMG) and Nerve Conduction Velocity (NCV) Studies) first, before join this workshop

General Information

DATE & VENUE

20th – 23rd November 2019
Sheraton Hotel, Gandaria City, Jakarta, Indonesia

THEME

“Overcoming Disaster, Winning over Disability & Others Physical Medicine & Rehabilitation Updates”

LANGUAGE

ENGLISH is the official language of the conference and will be used for all printed materials, presentation.

EXHIBITION

The exhibition will take place at Ballroom 1 and Foyer Ballroom Sheraton Hotel, Gandaria City, Jakarta, Indonesia.

LETTER OF INVITATION:

The organizing committee will send a letter of invitation upon request. This invitation is intended to facilitate participant's travel and visa arrangement and did not imply any commitment of financial or the other support by the organizing committee. Please include your name, address, and a note relating a letter of invitation

LIABILITY AND DISCLAIMER

The organizing committee and **PT. Pharma-Pro International** shall not be held liable for personal accidents, illness, losses, or damage to private property of registered delegates of the congress, during and after the event. Participant is finally responsible for any damage sustained venue fittings, property or equipment. Participants are strongly recommended to Seek.

FORCE MAJEURE

The Organizing Committee and **PT. Pharma-Pro International** will not be responsible for any loss, damage, injury, claims costs or expenses of any kind whatsoever if the event is cancelled, postponed or altered due to a Force Majeure. Force Majeure is defined as any unforeseen occurrence that renders performance of the event impossible, inadvisable, illegal or impracticable. Force Majeure includes, but is not limited to: casualty, fire, explosion, flood, earthquake or other natural disasters, an act of God, governmental restrictions or regulations, war or apparent acts of war, terrorism or apparent acts of terrorism, civil disturbances or riots, strikes, curtailment, suspension or restriction on transportation facilities and means of transportation or any other emergency

SECRETARIAT

CONTACT PERSON:

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Mobile : +628567103417

Phone : 021-47866390

Fax : 021- 47866390

Email : pitperdosri2019@pharma-pro.com
or erni.sumiati@pharma-pro.com

Abstract Guidelines

ONLY electronically submitted abstract will be considered. Formatting the text in accordance with the instructions below:

1. Abstract must be submitted in electronic form as MS WORD for window (2007 or 2010), typed single spacing, font in 10 point of Times New Roman, justified at the left margin, do not indent and do not leave blank lines between paragraphs
2. Abstract title should appear in bold, do not indent. Title should be consider and indicate the content of the abstract, prefer in a short sentence
3. Name of the author (s) is written down the first followed by the last name, omit degrees. Underlining the name of the author presenting the paper. On a separate line, type the name of institutions and countries.
4. The abstract text should include background and/ or objective, study design, material and methods, results, discussion, and conclusion.
5. **Please keep to the limit of 358 words**, including title, author's name, affiliation and the abstract text.
6. Use italics only when appropriate (e.g., for names of genus and species). Simple table and graphs may be included.
7. Deadline for abstract will not be exceeded of **31th August 2019, through the date of email** pitperdosri2019@pharma-pro.com or Website www.pitperdosri.org
8. The scientific committee will review the abstracts and confirm if your abstract is accepted. The organizing committee will send its confirmation letter for each of free papers accepted.
9. A preference for oral or e-poster presentation can be indicate by the author, but the scientific committee will make the final decision as to how the abstract will be presented.
10. Abstract of free paper will only be printed in the proceeding book and may be presented as oral or e-posters presentation after the author pays a full registration fee.
11. Structure of the Abstract

A. Original research /mini research

In addition, the following structure of the abstract must be strictly adhered to in order to be admitted for reviewing:

- Introduction/Background
- Material and Methods
- Results
- Conclusion
- Keywords (Max 5 keywords in alphabetic sequence)
- Optional: References (max. 3)

Note:

- **Introduction/Background:** State the main question or objective of the study and the major hypothesis tested, if any.
- **Material and Methods: Patients (or Participants):** State selection procedures, entry criteria, and numbers of participants entering and finishing the study. **Methods or Interventions (or Assessment of Risk Factors):** Describe essential features of any interventions, including their method and duration of administration. For observational studies, clearly outline the independent variables.

Abstract Guidelines

- **Results:** Report the main findings of the study.
- **Conclusions:** State only those conclusions of the study that are directly supported by data, along with their clinical application (avoiding overgeneralization) or whether additional study is required before the information should be used in usual clinical settings.

B. Clinical Case

Cases presented are case study or case series reporting on an unusual syndrome or medical condition resulting rehabilitations problem, new diagnostic method, or highlight of an important clinical complication of a common condition, or new/special intervention in the area of physical medicine and rehabilitation.

Please submit your clinical case according to the abstract topic it is (most) related to and according to the following structure:

- Case Diagnosis
- Case Description
- Discussion
- Conclusions

12. Topic Classification of the Abstract (Please state this in the upper left corner of the abstract)

- Neuromuscular Rehabilitation (including problems in motor and sensory problem, coordination and pain)
- Musculoskeletal Rehabilitation (including problems in biomechanics and sport injury)
- Cardiorespiratory Rehabilitation
- Pediatric Rehabilitation
- Geriatric Rehabilitation
- Others (Including Basic Physical Medicine and Rehabilitation and Related Update Knowledge).

13. Important Dates

- Abstract submission deadline is 31st August 2019
- Acceptance notification will be provided by 30th September 2019
- The deadline for Presenter Registration payment is 1st November 2019

Journal Guidelines

INSTRUCTIONS ON HOW TO FORMAT A PAPER TO A SCITEPRESS PUBLISHED PROCEEDING

LANGUAGE

All papers must be in English

ALLOWED NUMBER OF PAGES

The paper must be no longer than:

Twelve (12) pages for full papers

Eight (8) pages for short papers

If needed extra pages may be used. For each extra page a fee will be charged.

Please notice that there is a limit of four (4) extra pages.

PAGE SETUP

Paper Size

A4 (210x297 mm)

Document margins (Please keep these values)

Margins

Top	: 3,3 cm
Bottom	: 4,2 cm
Left	: 2,6 cm
Right	: 2,6 cm

Layout

Section start	: Continuous
Header	: 1,4 cm
Footer	: 2,5 cm
Vertical Alignment	: Top

IMPORTANT NOTES

Any text or material outside the aforementioned margins **will not be printed**.

Do NOT change the headers and footers. Headers and footers will be added to the document electronically. No page numbers should be included.

FONT

For best viewing experience the used font must be Times New Roman.

FIRST SECTION - TITLE, AUTHOR(S), AFFILIATION(S), KEYWORDS AND ABSTRACT

General

Text in one column

Title

Align	: Center
Linespace	: Exactly at 17pt
Font size	: 15pt
Font style	: Bold
Initial letters	Capitalized
<i>In case a subtitle is required, please add a colon (:)</i>	
<i>just before the subtitle starts. The first of word of the subtitle must have the initial letter capitalized</i>	

Authors

Align	: Center
Linespace	: Exactly at 13pt
Spacing	: Before 24pt
Vertical space	: Between
authors	: 12pt
Font size	: 11pt

Affiliations

Align	: Center
Linespace	: Exactly at 11pt
Font size	: 9pt
Font style	: Italic
<i>Affiliation should include organisation name, complete address and email.</i>	

Keywords

Align	: Justify
Linespace	: Exactly at 11pt
Hanging	: Indent 2cm
Spacing	: Before 48pt
Spacing	: After 0pt
Font size	: 9pt
<i>Each paper must have at least one keyword with the initial letter capitalized</i>	

Abstract

Align	: Justify
Linespace	: Exactly at 11pt
Hanging	: Indent 2cm
Spacing	: Before 12pt
Spacing	: After 30 pt
Font size	: 9pt
<i>Each paper must have an abstract</i>	

Journal Guidelines

SECOND SECTION - PAPER CONTENTS AND REFERENCES

General

Text in two columns Column width: 7,5 cm Column spacing: 0,8 cm (Equal column width) Columns should not have much free blank space.

1. Section Titles*

The paper must be no longer than:
Twelve (12) pages for full papers
Eight (8) pages for short papers
If needed extra pages may be used. For each extra page a fee will be charged.
Please notice that there is a limit of four (4) extra pages.

1.1 Subsection Titles*

Dot only between section and subsection title numbers

Align : Left
Linespace : Exactly at 13pt
Hanging : Indent of 1,0 cm
Spacing : Before 11pt (*Not applicable right after a section title*)
Spacing : After 11pt
Font size : 12pt
Font style : Bold
Initial letters Capitalized

1.1.1 Sub Subsection Titles*

Dot only between section, subsection and sub subsection title numbers

Align : Left
Linespace : Exactly at 12pt
Hanging : Indent of 1,0 cm
Spacing : Before 10pt (*Not applicable right after a subsection title*)
Spacing : After 10pt
Font size : 11pt
Font style : Bold
Initial letters Capitalized

Headings

Align : Justify
Linespace : Single No indentation
Font size : 10pt
Font style : Bold
Initial letters Capitalized Must end with a period

Section Text

Align : Justify
Linespace : Single
Font size : 10pt
Section, subsection and sub subsection first paragraph without first line indent
Other paragraphs: First line indent of 0,5 cm

Tables

Tables must be properly captioned and numbered sequentially.
All tables must appear within the designated margins or it may span the two columns.
Tables in two columns must be positioned at the top or bottom of the page within margins.
All tables must be centered.

Table caption should follow the format given below:
Placed above table Caption must be centered except when it has more than 1 line, which must be justified Font: Times New Roman, 9pt Spacing: before 12pt Spacing: after 6pt No font style such as bold or italic The final sentence of a caption must end with a period

Example:

Table 1: Caption example.

Figures

Figures must be properly captioned and numbered sequentially.

All figures must appear within the designated margins or it may span the two columns.
Figures in two columns must be positioned at the top or bottom of the page within margins.
All figures must be centered.

Figure caption should follow the format given below:

Placed below the figure
Caption must be centered except when it has more than 1 line; then it must be justified
Font: Times New Roman 9pt
Spacing: before 6pt
Spacing: after 12pt
No font style such as bold or italic
The final sentence of a caption must end with a period

Example:

Figure 1: Caption example.

Journal Guidelines

Equations

Equations should be placed on a separate line, numbered and centered. An extra line space should be added above and below the equation. *The use of a table with two columns is advisable.*

Algorithms and Listings

Algorithms and Listings must be properly captioned and numbered sequentially. The caption should follow the format given below:

Caption should be centered except when it has more than 1 line; then it must be justified
 Font: Times New Roman 9pt No font style such as bold or italic
 The final sentence of a caption must end with a period

Examples:

Algorithm 1: Caption example.
 Listing 1: Caption example.

Program Code

Align : Left
 Linespace : single
 Font : Courier New
 Font size : 9pt

Acknowledgements

If any, should be added just before the references as section title without numbering.

Reference Text

Align: Justify Linespace single Hanging indent 0.5 cm
 Font size: 9pt References and Citations should follow the Harvard (author, year) system convention.
 All references must be cited in the text.

Appendix

If any, should be added just after the references as section title without numbering.

*** The section, subsections and sub subsections numbers must be numbered sequentially. Please avoid using only one subsection within a section.**

Journal Guidelines

Authors' Instructions: Preparation of Camera-Ready Contributions to SCITEPRESS Proceedings

First Author Name¹, Second Author Name¹ and Third Author Name²
¹*Institute of Problem Solving, XYZ University, My Street, MyTown, MyCountry*
²*Department of Computing, Main University, MySecondTown, MyCountry*
{f_ author, s_ author}@ips.xyz.edu, t_ author@xy.mu.edu

Keywords:

The paper must have at least one keyword. This paragraph should be justified with a linespace of exactly 11-point, special indentation of 2-centimeters and with a spacing before of exactly 48-points. The text should be set in 9-point font size and without the use of bold or italic font style. For more than one keyword, please use a comma as a separator. Keywords must be titlecased.

Abstract: The abstract should summarize the contents of the paper and should contain at least 70 and at most 200 words. It should be set in 9-point font size, justified and should have a hanging indent of 2-centimeter. There should be a space before of 12-point and after of 30-point.

1 INTRODUCTION

Your paper will be part of the conference proceedings therefore we ask that authors follow the guidelines explained in this example and in the file «FormatContentsForAuthors.pdf» also on the zip file, in order to achieve the highest quality possible (Smith, 1998).

Be advised that papers in a technically unsuitable form will be returned for retyping. After returned the manuscript must be appropriately modified.

2 MANUSCRIPT PREPARATION

We strongly encourage authors to use this document for the preparation of the camera-ready. Please follow the instructions closely in order to make the volume look as uniform as possible (Moore and Lopes, 1999). Please remember that all the papers must be in English and without orthographic errors.

Do not add any text to the headers (do not set running heads) and footers, not even page numbers, because text will be added electronically.

For a best viewing experience the used font must be Times New Roman, on a Macintosh use the font named times, except on special occasions, such as program code (Section 2.3.7).

2.1 Page Setup

The paper size must be set to A4 (210x297 mm). The document margins must be the following:

- Top: 3,3 cm;
- Bottom: 4,2 cm;
- Left: 2,6 cm;
- Right: 2,6 cm.

It is advisable to keep all the given values.

Regarding the page layout, authors should set the Section Start to Continuous with the vertical alignment to the top and the following header and footer:

- Header: 1,4 cm;
- Footer: 2,5 cm.

Any text or material outside the aforementioned margins will not be printed.

2.2 First Section

This section must be in one column.

2.2.1 Title

Use 15-point type for the title, aligned to the center, linespace exactly at 17-point with a bold font style and initial letters capitalized. No formulas or special characters of any form or language are

Journal Guidelines

allowed in the title.

Words like “is”, “or”, “then”, etc. should not be capitalized unless they are the first word of the title.

2.2.2 Subtitle

Added on the same line as the title preceded by a colon (:). Use 15-point type for the subtitle, aligned to the center, linespace exactly at 17-point with a bold font style and initial letters capitalized. No formulas or special characters of any form or language are allowed in the subtitle.

Words like “is”, “or”, “then”, etc. should not be capitalized unless they are the first word of the subtitle.

2.2.3 Authors

Author(s) name(s) should be aligned to the center with linespace exactly at 13-point. The text must be set to 11-point.

There should be a spacing before of 24-point.

2.2.4 Affiliations

Affiliation(s) should appear aligned to the center including organisation, address and e-mail.

The linespace must be of exactly 11-point with 9-point of font size and the font style set to italic.

2.2.5 Keywords

Each paper must have at least one keyword. If more than one is specified, please use a comma as a separator. Keywords should appear justified, with a linespace exactly of 11-point, a hanging indent of 2-centimeters, spacing before of 48-point, no spacing after and font size of 9-point.

The sentence must end with a period.

2.2.6 Abstract

Each paper must have an abstract. The abstract should appear justified, with a linespace exactly of 11-point, a hanging indent of 2-centimeters, spacing before of 12-point and after of 30-point, and font size of 9-point.

The sentence must end with a period.

2.3 Second Section

This section must be in two columns.

Each column must be 7,5-centimeter wide with a column spacing of 0,8-centimeter.

The section text must be set to 10-point, justified and linespace single.

Section, subsection and sub subsection first paragraph should not have the first line indent, other paragraphs should have a first line indent of 0,5-centimeter.

2.3.1 Section Titles

The heading of a section title must be 13-point bold in all-capitals, aligned to the left with a linespace exactly at 15-point, hanging indent of 0,7-centimeter and with an additional spacing of 24-point before (not applicable to the first title section of the paper) and 12-point after.

No dot should be included after the section title number.

2.3.2 Subsection Titles

The heading of a subsection title must be 12-point bold with initial letters capitalized, aligned to the left with a linespace exactly at 13-point, hanging indent of 1,0-centimeter and with an additional spacing of 11-point before (not applicable right after a section title) and 11-point after.

Words like “is”, “or”, “then”, etc should not be capitalized unless it is the first word of the subsection title.

No dot should be included after the subsection title number.

2.3.3 Sub Subsection Titles

The heading of a sub subsection title should be in 11-point bold with initial letters capitalized, aligned to the left with a linespace exactly at 12-point, hanging indent of 1,0-centimeter and with an additional spacing of 10-point before (not applicable right after a subsection title) and 10-point after.

Words like “is”, “or”, “then”, etc should not be

Journal Guidelines

capitalized unless it is the first word of the sub subsection title.

No dot should be included after the sub subsection title number.

2.3.4 Tables

Tables must appear inside the designated margins or they may span the two columns.

Tables in two columns must be positioned at the top or bottom of the page within the given margins. It is advisable the use of text boxes in this case.

Tables should be properly numbered, centered and should always have a caption positioned above it. Captions with one line should be centered and if it has more than one line should be set to justified. The font size to use is 9-point. No bold or italic font style should be used. Spacing before and after should be of 12-point and 6-point, respectively.

The final sentence of a caption must end with a period.

Table 1: This caption has one line so it is centered.

Example column 1	Example column 2
Example text 1	Example text 2

Table 2: This caption has more than one line so it has to be set to justify.

Example column 1	Example column 2
Example text 1	Example text 2

Please note that the word “Table” is spelled out.

2.3.5 Figures

Please produce your figures electronically, and integrate them into your document.

Check that in line drawings, lines are not interrupted and have a constant width. Grids and details within the figures must be clearly readable and may not be written one on top of the other.

Figure resolution should be at least 300 dpi.

Figures must appear inside the designated margins or they may span the two columns.

Figures in two columns must be positioned at the top or bottom of the page within the given margins. It is

advisable the use of text boxes in this case.

Please do not use indentation and set the figure layout to in line with text.

Figures should be properly numbered, centered and should always have a caption positioned under it. Captions with one line should be centered and if it has more than one line should be set to justified. The font size to use is 9-point. No bold or italic font style should be used. Spacing before and after should be of 6-point and 12-point, respectively.

The final sentence of a caption must end with a period.



Figure 1: This caption has one line so it is centered.



Figure 2: This caption has more than one line so it has to be set to justify.

Please note that the word “Figure” is spelled out.

2.3.6 Equations

Equations should be placed on a separate line, numbered and centered. An extra line space should be added above and below the equation.

The numbers accorded to equations must appear in consecutive order inside each section or within the contribution, with number enclosed in brackets and set on the right margin, starting with the number 1. The use of a table with two columns is advisable.

Example:

$$a = b + c \quad (1)$$

2.3.7 Algorithms and Listings

Algorithms and Listings captions should be properly numbered, font size 9-point and no bold or italic font style should be used. Captions with one line should

Journal Guidelines

be centered and if it has more than one line should be set to justified.

2.3.8 Program Code

Program listing or program commands in text should be set in typewriter form such as Courier New.

Example of a Computer Program in Pascal:
begin Writeln('Hello World!!');End.

The text must be aligned to the left with the linespace set to single and in 9-point type.

2.3.9 Reference Text and Citations

References and citations should follow the Harvard (Autor, date) System Convention (see the References section). As example you may consider the citation (Smith, 1998). Besides that, all references should be cited in the text. No numbers with or without brackets should be used to cite or to list the references.

References should be set to 9-point, justified, with a single linespace and hanging indent of 0,5-centimeter. Citations should follow the section text format (see file FormatContentsForAuthors.pdf).

For more instructions about the references and citations usage please see the appropriate link at the conference website.

3 COPYRIGHT FORM

For the mutual benefit and protection of Authors and Publishers, it is necessary that Authors provide formal written Consent to Publish and Transfer of Copyright before publication of the Book. The signed Consent ensures that the publisher has the Author's authorization to publish the Contribution.

The copyright form is located on the authors' reserved area.

The form should be completed and signed by one author on behalf of all the other authors.

4 CONCLUSIONS

We hope you find the information in this template useful in the preparation of your submission.

ACKNOWLEDGEMENTS

If any, should be placed before the references section without numbering.

REFERENCES

Moore, R., Lopes, J., 1999. Paper templates. In *TEMPLATE'06, 1st International Conference on Template Production*. SCITEPRESS.

Smith, J., 1998. *The book*, The publishing company. London, 2nd edition.

APPENDIX

If any, the appendix should appear directly after the references without numbering, and not on a new page.

Registration & Accommodation Information

ENTITLEMENTS

Registered participants are entitled to admission to all scientific session including, trade exhibits, scheduled coffee breaks as well as lunches. Participation at Instructional Course/ Lectures and Workshops if any, have to be registered separately. Each participant will receive a name badge and congress kit containing the final program/ abstract book. Residents must submit a letter or reference from his/her institution in order to registered as a Resident and enjoy the same entitlement as other participants.

REGISTRATION FEE

All participants including Free Paper Presenters must register for the meeting. Registration is valid when the committee has received the registration form and respective payments. To register, please complete the registration form and fax together with your payment evidence to the secretariat at +6221-47866390. Accepted payment method: telegraphic transfer.

REGISTRATION CANCELTION

No refund will be provided for Registration Cancellation.

ON SITE REGISTRATION

On-site registration is available at the congress venue one day prior to the event.

ROOM RATES

Hotel room rates at special rate are being held for the congress participants. All rates are per night and per room included breakfast. To reservation, please complete the accommodation form and fax together with your payment evidence to the secretariat at +6221-47866390. Accepted payment method: telegraphic transfer

HOTEL RESERVATION

Hotel assignment will be made on a "FIRST COME FIRST SERVE BASIS". If a certain hotel have been booked out. Committee has the right to allocate in another hotel with similar standard. The following hotels may be made through congress secretariat

CANCELTION OF HOTEL RESERVATION

Cancellation policy will follow each hotel policy and it will be varied.

CHECK-IN AND CHECK-OUT TIME

Check-in time will be approximately 2pm and the check-out time is at 12 noon.

PAYMENT METHODS

Available payment methods are Credit Card and bank transfer with following detail:

Via Bank Transfer (IDR)

Rupiah Account Transfer via following account:

Bank Account Name	: Bank Mandiri
Bank Name	: Mandiri KCP Pemuda
Country	: YAYASAN IDARI SEJAHTERA MANDIRI. PIT PERDOSRI 2019
Account Number	: 006.00.0005151.0

Bank charges will be borne by participants

REGISTRATION & ACCOMMODATION FORM

The 11th National Congress & The 18th Annual Scientific Meeting of Indonesian Physical Medicine and Rehabilitation Association (KONAS XI & PIT XVIII PERDOSRI)

November 20th - 23rd, 2019, Sheraton Hotel, Gandaria City, Jakarta, Indonesia

"Overcoming Disaster, Winning Over Disability & Others Physical Medicine & Rehabilitation Updates"

PLEASE FILL IN THIS FORM WITH CAPITAL BLOCK LETTERS

[] Prof. [] Dr. [] Mr. [] Ms.

Family Name

Given Name

Institution

Address

City Fax

Country

Phone Zip

Email

REGISTRATION FEE

SYMPOSIUM	EARLY BIRD Up to. 31 st July 2019	LATE / ONSITE After 31 st July 2019
<input type="checkbox"/> Specialist	Rp. 2.500.000,-	Rp. 3.000.000,-
<input type="checkbox"/> Resident/GP/Health Professional/Others	Rp. 1.500.000,-	Rp. 1.750.000,-
<input type="checkbox"/> Workshop (SpKFR only)	Rp. 2.000.000,-	Rp. 2.000.000,-

REGISTRATION FEE

WORKSHOPS (SpKFR only), Wednesday, November 20 th , 2019		IDR
1	WS 1 Simple Gait Analysis - Bright Hope for Physiatrist with Limited Facilities	Rp. 2.000.000,-
2	WS 2 Controlling Posture in Cerebral palsy	Rp. 2.000.000,-
3	WS 3 Fundamental to Diagnostic and Physical Exam in Musculoskeletal Pain Syndrome	Rp. 2.000.000,-
4	WS 4 Comprehensive Geriatric Assessment - from A to Z	Rp. 2.000.000,-
5	WS 5 Cardiorespiration Rehabilitation after Thoraco Abdominal Surgery: From Intensive Care to Discharge	Rp. 2.000.000,-
6	WS 6 Electromyography (EMG) Part I & Part II The Basic Understanding of Electromyography (EMG) and Nerve Conduction Velocity (NCV) Studies	Rp. 2.000.000,-

REGISTRATION FEE

SEMINAR & WORKSHOP FOR GP, Wednesday, November 20 th , 2019	IDR
<input type="checkbox"/> Acute Pain Rehabilitation	Rp. 750.000,-

REGISTRATION FEE

WORKSHOPS (SpKFR only), Saturday, November 23 rd , 2019		IDR
1	WS 7 Sonotomy of the Nerve as the Basic in Invasive Guided Pain Relieving Procedures	Rp. 2.000.000,-
2	WS 8 Pediatric Rehabilitation Developmental Milestone	Rp. 2.000.000,-
3	WS 9 Therapeutic Exercise of Neck and Back Pain	Rp. 2.000.000,-
4	WS 10 Current Concept in Sport-Related Shoulder Injury Rehabilitation: Focus in Shoulder Impingement	Rp. 2.000.000,-
5	WS 11 Electromyography (EMG) Part I & Part II Application and Hands-On of Electromyography (EMG) and Nerve Conduction Velocity (NCV) Studies	Rp. 2.000.000,-
PUBLIC SYMPOSIUM (Half Day Symposium), Saturday, November 23 rd , 2019		IDR
6	Optimal Functioning in ADL for Spinal Muscular Atrophy (SMA) & Duchenne Muscular Dystrophy (DMD) Family	Rp. 250.000,-

ACCOMMODATION FEE: SHERATON HOTEL, GANDARIA CITY, JAKARTA

ROOM TYPE	PRICE	CHECK IN	CHEK OUT	TOTAL NIGHT	TOTAL VALUE
<input type="checkbox"/> Deluxe Room	Rp. 1.800.000,- / Nett / Room / Night				

PAYMENT METHODS

VIA BANK TRANSFER (IDR)

Bank Name : Mandiri Bank
 Branch : KCP Jakarta Pemuda
 Account Name : Yayasan Idari Sejahtera Mandiri. PIT PERDOSRI 2019
 Account Number : 006.00.0005151.0

Bank charges will be borne by participants

Please Fax this form to secretariat: Fax +62-21-4786-6390 and email to pitperdosri2019@pharma-pro.com



SECRETARIAT PIT XVIII PERDOSRI 2019	
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ORGANIZATION BY:
**The Indonesian Physical Medicine and
Rehabilitation Association (PERDOSRI)**

CONFERENCE ORGANIZATION:
Medical Conference Organization (MCO®)
A Division of PT. Pharma-Pro International
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