



## Effect of warm compresses on the incidence of perineal rupture in phase II labor

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| ARTICLE INFO                                                                | ABSTRACT                                                                                                                                                                                                                                                                               |
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| <i>Article history:</i><br>Received xxxx<br>Accepted xxxx<br>Published xxxx | <i>Background:</i> The abstract has a maximum number of words of 200, consisting of background (optional), objective, method, results, and conclusion. Using the Cal. 10 pt. font.<br><i>Objective:</i> YYYY<br><i>Method:</i> YYYY<br><i>Results:</i> YYYY<br><i>Conclusion:</i> YYYY |
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### 1. Introduction

The manuscript should be no longer than 3000-6000 words, and the combined figures and tables should not exceed 10. The manuscript should be prepared in a single column, single-spaced, with sufficient margins (2.5 cm) for editorial and proofreader's marks. 12 pt Cal. font should be used throughout, and all pages should be numbered consecutively. The introduction consists of background and objective. Use APA 7 for citations and references.

### 2. Method

Method should be cleared and replicated, Add subtitles such as research design, participant/respondent/sample size, data collection, procedure, data analysis, and ethical clearance if necessary.

#### **Subtitle 2 (bold)**

#### *Subtitle 3 (italic)*

Equations should be placed at the center of the line. The use of Microsoft Equation Editor or MathType is preferred.

$$E_v - E = \frac{h}{2m} (k_x^2 + k_y^2)$$



### 3. Result

Provide a detailed interpretation of the findings, compare them with previous studies, and explain the implications of the results. Tables and figures must be mentioned in sentences; using the international System of Units (SI). The table uses Cal letters. 10 follows the following format:

Table 2. Heart Rate Data

| Heart rate (beats/minute) | Treatment    | Control       | p-values |
|---------------------------|--------------|---------------|----------|
| T0                        | 74,70 ± 3,45 | 72,80 ± 3,21. | 0,146    |
| T1                        | 63.58 ± 2.79 | 65.32 ± 2.79  | 0.470    |
| T2                        | 58.20 ± 2.97 | 67.00 ± 3.08  | 0.000*   |

Description: HR data is shown as the mean ± SD; Shapiro-Wilk, Mann Whitney-U, or independent t-test, \* significant

The image is placed in the center, following the following format:



Figure 1. Example of figure format

### 4. Discussions

Interpretation, significance, limitations, and future research directions Citations of published literature in the text should be given in the APA (American Psychological Association) 7 Style. Use EndNote, Mendeley, or Zotero for management and formatting. The sources cited in the text must be listed alphabetically in the reference list and vice versa. To insert a citation in the text, include the author's surname and year of publication.

One author : (Field, 2005) or Field (2005)

Two authors : (Gass & Varonis, 1984) or Gass and Varonis (1984)

Three and more : (Tremblay et al., 2010) or Tremblay et al. (2010)

To cite two or more works together, arrange the in-text citations alphabetically in the same



order in which they appear in the reference list. The following examples of citations include more than one work in the same parenthesis.

(Derryberry & Reed, 2005a, 2005b; Rothbart, 2003a, 2003b)

(Field, 2005; Gass & Varonis, 1984; Norris-Shortle et al., 2006; Tremblay et al., 2010)

## 5. Conclusion

Summarize the key findings and their implications for research or practice. Avoid repetition of data already discussed in the text.

## 6. Conflict of interest

All authors declare no conflict of interest.

## 7. References

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- Carpenito-Moyet, L. J. (2009). *Nursing care plans & Documentation – Nursing diagnoses and collaborative problems*. China: Wolters Kluwer Health – Lippincott Williams & Wilkins.