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## **Efficacy Test of Curcuminoid Standardized Turmeric Capsules to Improving Inflammatory Biomarkers in Osteoarthritis Genu**

### **EXPLANATION SHEET TO PROSPECTIVE SUBJECTS**

We, the research team consisting of Srinalesti Mahanani, Nyoman Kertia, Desi Natalia Trijayanti Idris, Erlin Kurnia, chaired by Srinalesti Mahanani from will conducted research entitled Efficacy Test of Curcuminoid Standardized Turmeric Capsules to Improving Inflammatory Biomarkers in Osteoarthritis Genu.

This research aims to determine the effect of a combination of turmeric extract standardized curcuminoids on secretion of TNF-Alpha, C-Reactive Protein, Interleukin-1 and Pain elderly with genu osteoarthritis.

The research team invites fathers/mothers/relatives to take part in this research. This research requires around 72 research subjects, with a period of participation each subject approximately 4 weeks - 2 months.

#### **A. Volunteering to participate in research**

You are free to choose to participate in this research without any coercion. If you If you have decided to join, you are also free to withdraw/change mind at any time without being subject to any fines or sanctions. If you are not willing to participate then you will still get treatment at GBI Ngadinegaran in accordance with applicable procedures

#### **B. Research Procedures**

If you are willing to participate in this research, you will be asked to sign This consent form is in two copies, one for you to keep, and one for you researcher. The next procedure is:

1. Mr/Mrs/Br will be interviewed by a doctor to ask: Name, age, history disease, history of drug use, history of allergies, smoking habits.
2. Mr/Mrs/Sdr will also be interviewed with several questions according to the questionnaire which exists. This interview aims to measure levels of anxiety and health your mentality.

3. Mr/Mrs/Sdr will undergo a physical examination by a doctor to check the status health
4. Mr/Mrs/Br will undergo an X-ray examination of the knee
5. If you use painkillers, you will be asked to  
Stop consuming for 1 week
6. One week later the research will begin. You will be asked to come together at the posyandu at 6.45 for further blood collection.
7. Blood sampling was carried out twice during the research period  
how to place a butterfly needle in a vein in the forearm.  
Blood collection is carried out using a butterfly needle that has been installed.  
The first collection is carried out before therapy is given in approximately one amount tablespoon, and the next intake is after the therapy is given  
about one tablespoon
8. This first blood draw is for laboratory examination regarding the condition  
blood and body hormones.
9. Blood collection is carried out by nurses who are accustomed to taking blood.
10. Because in this research there will be 2 groups, namely the group that  
given medication and therapy as well as groups who did not receive medication and therapy  
then Mr/Ms/Sdr will be divided into 2 groups randomly so that there are  
It is possible that the capsule given to you may not contain it  
medicinal ingredients. Respondents and researchers do not know which group they fall into, only  
only the therapist knows.
11. On the appointed day and for the next 21 days, Mr/Mrs/Br will be given  
The medicine is in capsule form which must be taken with water 3 times  
a day. And also Mr/Ms/Sdr will get a visit schedule for therapy  
acupressure. Mr/Ms/Sdr will be asked to come to the therapist's house according to the schedule.
12. This research will involve families to accompany respondents during the process  
research (the family will accompany the respondent in drinking herbal therapy, filling  
observation sheet for taking medication and accompanying when administering acupressure therapy as well  
report to researchers if unbearable pain occurs during the period  
study).
13. Researchers will involve posyandu cadres to alert patients and families  
taking medication and doing therapy, as well as researchers will create a system  
reminder to remind the family.

**C. Obligations of research subjects**

As research subjects, you are obliged to follow the rules or regulations research instructions as written above. If something is not clear, You can ask the researchers further questions. During the research, no permitted to take other medicines or herbal medicines other than those given by the researcher.

**D. Risks and Side Effects and Their Management**

Turmeric herbal therapy interventions and acupressure massage do not provide any side effects straight to you. During the research, researchers set up protective measures necessary if something undesirable happens. Protection provided by researchers is examination by a doctor and treatment in hospital.

**E. Benefits**

The direct benefit you get is that you get non-therapy pharmacological to treat pain and discomfort due to Osteoarthritis Genu as well useful for further treatment at home.

**F. Confidentiality**

All information relating to the identity of research subjects will be kept confidential and will only be known to researchers, research staff and auditors. The research results will be published without the identity of the research subjects.

**G. Compensation**

You will receive an X-ray examination to determine the condition knee joint and will receive therapy in accordance with the provisions of the study. Mr/Ms/Sdr will get tools for massage therapy (towel and oil). the next will be yours. After the research activities are completed, Mr./Ms./Br Those in the control group will receive herbal therapy and therapy acupressure according to that received by the treatment group.

**H. Financing**

All costs related to research will be borne by the researcher.

### **I. Additional Information**

You are given the opportunity to ask anything that is not clear in connection with this research. If at any time side effects occur or If you need further explanation, you can contact Srinalesti Mahanani at No. Mobile phone. 085729006547.

You can also ask the Ethics Committee about research Medical and Health Research, Faculty of Medicine, UGM (Tel. 0274-588688, ext 17225 or +62811-2666-869; email: [mhrec\\_fmugm@ugm.ac.id](mailto:mhrec_fmugm@ugm.ac.id)).

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### **CONSENT TO PARTICIPATE IN RESEARCH**

All these explanations have been conveyed to me and all my questions have been answered answered by the researcher. I understand that if I need an explanation, I can asked Srinalesti Mahanani.

By signing this form, I agree to take part in this research

Patient/subject signature:

Date:

(Clear name ..... )

Witness signature:

(Clear name ..... )