



Dean's Welcome for the Conference



Dear colleagues and distinguished guest

On behalf of the organizing committee of the conference, I am pleased to invite you to the Fourth International Conference of Nursing Faculty Toward a Bright Future in Nursing and Health Care which will be held from April 3 to 6, 2018 in cooperation with the Mansoura University Children's Hospital at Mansoura University, the Case Western University in the USA, the PSG University in India, and many other international organizations.

The importance of this conference lies in its title and objectives, which reflects the importance of the role of nursing and modern science in facing the challenges in health care system in Egypt as well as the integration of new learning methods and health practice based on efficiency and scientific research.

For the first time in the history of Egyptian universities, a number of specialized workshops will be held on the sidelines of the conference in the unique fields of medicine. These workshops include organ transplantation, care of critically ill children, advances in management of oncology patients, writing scientific research and publication in international peer reviewed Journals. Students' workshops aim to provide the opportunity for students from all over the world to exchange cultures and specialized scientific skills. The training is organized by a group of prominent professors and scientists from Mansoura University.



The Children's Hospital will host the first day of the conference. Then the rest of the conference activities will be held in Sharm El-Sheikh the most beautiful cities of the world.

Sharm El-Sheikh is one of the well known resorts and diving centers in the world. I am delighted to welcome our eminent speakers and all participants. I am sure that the conference will provide new insights and inspiring experiences. I hope that you will find the conference challenging and rewarding. I wish all participants a successful and fruitful conference. I also hope that you will have time to explore the beautiful city of Sharm El Sheikh.

**Dean of Faculty of Nursing
President of the conference**

اسينجينا



Conference Committee

Scientific committee

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2. Assist. Prof. Hanan Elsayed Mohamed
3. Assist. Prof. Soad Hassan Abd Elhameed
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6. **Prof. Jayasudha Alagarsamy**
7. **Prof. Adel Darwish**
8. **Prof. Amira Ahmed Hassaneen**
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4th International Scientific Nursing Conference

Toward a Bright Future in Nursing and Health Care

April, 3 – 6, 2018

Conference Agenda

Under Patronage of

Prof. Khalid Atef

Minister of High Education

Prof. Mohammad El Kenawy

President of Mansoura University

Prof. Ashraf Swalam

Vice President for Postgraduate & Research

Prof. Amina El-Nemer

Dean of Faculty of Nursing

Conference President

Prof. Wafaa Ismail

Vice Dean for Postgraduate Studies
and Research

Vice President of Conference

Prof. Ahmed Mahmoud El-Refey

Director of Mansoura University
Children's Hospital

Conference Moderator

Prof. Abeer Zakaria

Conference Secretary
Head of Organizing Committee



Conference Agenda

First day, April 3rd, 2018

Time	Topics
8:30 am - 10:00 am	Registration
10:00 am - 11:20 am	Opening Ceremony
10:00 am - 10:5 am	National Anthem
10:5 am - 10:100 am	The Holy Quran
10:10 am - 10:15 am	Welcome and introduction
10:15 am - 10:25 am	Conference secrtery word
	Assist.Prof/ Abeer Zakaria
10:25 am - 10:35 am	Conference coordinator word
	Prof /Ahmed Mahmoud El-Refey
10:35 am - 10:45 am	Conference President &Dean of Faculty of Nursing word
	Prof/ Amina El-Nemer
10:45 am - 10:55 am	Vice President for Postgraduate & Research word
	Prof/ Ashraf Swalam
10:55 am - 11:05 am	University President word
	Prof/ Mohammad El Kenawy
11:05 am - 11:20 am	Provide shields



First Session

Chairperson

Prof/ Amina Mohamed Rashad El-Nemer

Prof/ Wael Khafagy

Prof/ Wafaa Ismael Shreef

Prof/ Amal khalil

Prof/ Abeer Saad Zaghloul

Time	Title	Speaker	Venue
11:20 am - 11:35 am	The Effect of Cryotherapy on Chemotherapy Induced Oral Mucositis in Egyptian Cancer Patients: A Randomized Controlled Trial	Assist Prof. Hanan Mohamed Mohamed Soliman "Assist. Prof. Medical- Surgical Nursing, Faculty of Nursing, Mansoura University"	Hall. A
11:35 am – 11:50 pm	Validation of the Safety Attitudes Questionnaire for Assessing Safety Culture in the Neonatal Intensive Care Units	Assist. Prof. Rabab El-Sayed Hassan "Assist. Prof. Pediatric Nursing, Faculty of Nursing, Mansoura University"	
11:50 pm – 12:05 pm	Heart Transplantation and Changes on Recipient's Personalities	Aalaa Rafat Abdelmoniem Radwan " Fourth Level Student, Faculty of Nursing, Mansoura University"	
12:05 pm – 12:20 pm	Morbid Obesity Surgery: Single Use Era	Prof. Hosam Ghazi " Prof. of General Surgery and Obesity, Faculty of Medicine, Mansoura University"	
12:20 pm – 12:35 pm	Issues of Search Engine	Dr. Ahmed Abd El badie "Lecturer of Computer, Faculty of Specific Education, Mansoura University"	
12:35 pm - 12:50 pm	Application of Expert Systems Technology in Nursing Field	Moustafa Shawky Ahmed Ibrahim ELGmal " Fourth Level Student, Faculty of Nursing, Mansoura University"	
12:50 – 1:05 pm	Discussion & Closing Session		
1:05 – 1:35 pm	Tea Break		



Second Session

Chairperson

Prof/ Wafaa Gameel Ali
Prof / Waffa Abd Elazem
Assist.Prof/ Abeer Zakaria
Assist.Prof/ Waffa Fathy Selim

Time	Title	Speaker	Venue
1:35 – 1:50 pm	Oral Health for Psychiatric patients	<i>Assist. Prof/ Lamiaa Hassnin Eita</i> Assistant professor of Psychiatric Nursing, Faculty of Nursing, Menoufia University	Hall. B
1:50 pm – 2:05 pm	Competence Based Nursing	<i>Prof. Abeer Saad Zaghoul</i> "Prof. Woman's Health & Midwifery Nursing, Faculty of Nursing, Cairo University"	
2:05 pm- 2:20 pm	Stressors and Coping Strategies	<i>Mustafa Yaseen Mohammad Abd Elhameed</i> "Fourth level student, Faculty of Nursing, Mansoura University"	
2:20 – 2:35 pm	Signs and Guiding Boards to Spread Human Awareness and Secure Working Hospitals and Medical Centers' Environment	<i>Engineer Osama Mohamed Elsheshtawy</i> "Consult of occupational safety and health and lecturer at the National Center for Occupational Safety and Health and the Protection of the Work Environment"	
2:35 – 2:50 pm	The Effectiveness of Teaching Program on Mothers' Knowledge and Practices Concerning Care of their Children with Cerebral Palsy	<i>Dr. Sahar Farouk Hashem</i> "Lecturer of Pediatric Nursing, Faculty of Nursing, Mansoura University"	
2:50 – 3: 05 pm	Cervical cancer; a fatal woman's malignancy	<i>Aalaa Ramadan Khalil</i> "Second Level Student, Faculty of Nursing, Mansoura University"	Hall. B
3:05 – 3:20 pm	Effects of psycho-educational Program on Mentally Ill Patient's Stigma and Self Esteem	<i>Dr. Shaimaa Abdelbaset Hamed</i> "Assist. Lecturer of Psychiatric	



		and Mental Health Nursing Department, Faculty of Nursing-Mansoura University"	
3:20 pm – 3: 35 pm	Evidence-Based Shaken Baby Syndrome/Abusive Head Trauma Prevention Program	Dr. Ahmed Salah Ali Mohamed "Assistant lecturer, Pediatric Nursing Department, Faculty of Nursing-Mansoura University"	
3: 35 pm – 3:50 pm	Effect of Kegel Exercise on Urinary Incontinence among Institutionalized Elderly in Lattakia, Syria	Assist. Prof. Fatima Adnan Hallaj "Assistant Professor, Faculty of Nursing, Tishreen University-Syria"	
3:50 – 4: 05 pm	Oral Health Care	Shehu Abdullahi Adamu "Fourth Level Students, Faculty of Nursing, Mansoura University, Egypt"	
4:05 – 4: 20 pm	Effect of Antenatal Care on Maternal and Neonatal Outcome in Women Health Hospital	Assist. Prof. Nadia Hussein Ahmed Assistant. Professor of obstetrics & gynecological nursing, Faculty of Nursing, Assiut University, Egypt	
4:20 – 4:25 pm	Iatrogenesis among Old Adults: Prevention and Management	Dr. Marwa Ibrahim Mahfouz "Lecturer, Gerontological Nursing Department, Faculty of Nursing, Alexandria University"	
4:25 pm - 4:40 pm	How to deal with acne vulgaris?	Eman Mohamed Abd El-aziz " Second level Student, Faculty of Nursing, Mansoura University, Egypt"	
4:40 pm – 5: 00 pm	Knowledge and Health Behavior of Osteoporotic Elderly Regarding Osteoporosis in Zagazig city	Heba Taha Mahmoud "Clinical instructor of Gerontological nursing, faculty of nursing, Zagazig University"	
5:00 pm – 5: 20 pm	Discussion & Closing Session		





Second day, April 4th, 2018

Time	Topics	Speakers	Venue
Arriving Sharm El Sheikh city			
8pm -10 pm	Gala dinner Opening cermoney Prof/ Amina Mohamed Rashad El-Nemer Prof / Ahmed Mahmoud El Refaey Prof/ Wafaa Ismael Shreef Prof/ Wafaa Gameel Ali Prof/ Latha Venkatesan Prof/Jayasudha Alagarsamy Prof/ Adel Darwish Prof/ Amira Ahmed Hassanin Assist.Prof/ Nahed Attia Kande Assist.Prof/ Sahar Soliman Assist.Prof/ Soad Hassan Abd Elhameed		



Third day, April 5th, 2018

8:30 am - 9:00 am	Registration		
First Session			
Chairperson			
Prof/ Amina Mohamed Rashad El-Nemer			
Prof / Ahmed Mahmoud El Refaey			
Prof/ Wafaa Ismael Shreef			
Prof/ Wafaa Gameel Ali			
Prof/ Amal Mohamed Dawod			
Time	Topics	Speakers	Venue
9:00am - 9:30am	Critical Opportunities for Patient Safety in Quality Improvement	Prof. Latha Venkatesan "Principal, Apolloo College of Nursing Chennai600, India"	Hall. A
9:30am- 10:00am	The Integration of Cloud Computing and Internet of Things for the Future of Healthcare Systems	Prof. Ashraf Darwish "Associate Professor of Computer Science, faculty of Science, Helwan University, Cairo, Egypt"	
10:00am - 10:30am	Newer Trend in Nursing Education	Prof. Jayasudha Alagarsamy "PSG Collage of Nursing, Coimbatore Tamilnadu,India"	
10:30am - 11:00am	Accreditation in higher education: opportunities and challenges	Prof. Adel Darwish "Professor of Mathematics, EX-cultural Chancellor, Embassy of Egypt to Azerbaijan"	
11:00am - 11:30am	Effectiveness of Nutritional Guidelines Before, During and After Therapy Pediatric Cancer Patients	Dr. Ohoud Youssef El-Sheikh "Lecturer of Pediatric Nursing Department, Faculty of Nursing-Mansoura University"	
11:30pm - 11:45am	Discussion &Closing Session		



Second Session			
<div>Chairperson</div> <div>Prof/ Latha Venkatesan</div> <div>Prof/ Adel Darwish</div> <div>Prof/ Thoria Ramadan Abd Elfatah</div> <div>Prof/ Amira Ahmed Hassanin</div> <div>Prof/ Nahed Fikry Hassan</div>			
Time	Topics	Speakers	Venue
9:00am - 9:30am	New Trends In Nursing Research	Prof. Jayasudha Alagarsamy "PSG Collage of Nursing, Coimbatore Tamilnadu,India"	Hall. B
9:30am - 10:00am	Autistic Symptoms and Adaptive Behavior among Egyptian Children with Autism Spectrum Disorder	Dr. Mohamed Ali A. Zoromba "Lecturer of Psychiatric and Mental Health Nursing, Faculty of Nursing-Mansoura University"	
10:00am - 10:30am	Verifying Application of WHO' Checklist for Safe Surgery from Patient's Perspective at Mansoura University Hospitals	Dr. Heba Abobakr M Salama "Lecturer of Medical Surgical Nursing Department, Faculty of Nursing-Mansoura University:"	
10:30am-11:00am	Assessment of Psychosexual Dysfunctions and Coping Strategies among Hemodialysis Male Patients	Dr. Ahmed Hashem El-Sayed El-Monshed "Lecturer of Psychiatric and Mental Health Nursing, Faculty of Nursing-Mansoura University"	
11:00am - 11:30am	Barriers To Safe Pediatric Anesthesia Delivery Among Anesthetists Of Murtala Muhammad Specialist Hospital	Samira Nasiru Zabairu "Nurse Anathesist At Hospital Mangment Broad Kano State Nigeria"	
11:30pm - 11:45am	Discussion &Closing Session		
11:45am - 12:15 pm	Tea Break		



Third Session

Chairperson

Prof/Jayasudha Alagarsamy

Prof/ Ashraf Darwish

Prof/ Nadia Abdallah

Assist.Prof/ Sahar Soliman

Assist.Prof/ Nahed Attia Kandeel

Time	Topics	Speakers	Venue
12:15pm - 12:35pm	- Introducing Moodle as a New Path for Nursing Education: Students' Perception, Experience and Barriers	Dr. Marwa Fathalla Mostafa "Lecturer of critical & emergency Nursing, Faculty of Nursing-Mansoura University"	Hall. A
12:35pm - 12:55pm	- Women's Knowledge regarding Pelvic Organ Prolapse	Dr. Marwa Rashad Mahmoud said "Demonstrator of womens health midwifery Nursing, Faculty Nursing-Mansoura University"	
12:55pm - 1:15pm	- Impact of Conflict Management Strategies on Social Intelligence of Head Nurses Working at Health insurance hospital	Assist. Prof. Ahlam EL-Shaer "Assisstant professor in Nursing Administration – Faculty of Nursing , Mansoura University"	
1:15pm - 1:35pm	Internal Communication and Engagement among Staff Nurses	Dr. Nehad Saad El-wkeel "Lecturer of Nursing Adminstration, Faculty of Nursing, Manoura university"	
1:35pm - 1:55pm	Role of the nurse in Caring for Children undergoing Plasmapheresis	Dr. Amal Ahmed Elbilgahy Lecturer of pediatric nursing, faculty of nursing, Manoura university	
1:55pm - 2:15pm	Pediatric Palliative Care and Quality of Life	Assist. Prof. Josephin Atef Abd El-Magid Lawend Assist Professor of Pediatric Nursing, Faculty of Nursing, Mansoura University	
2:15pm - 2:35pm	Bullying Behaviors and Coping Strategies among Nursing Students at Clinical Setting	Dr. Reda Shehata Elsayed Lecturer in Nursing Administration – Faculty of Nursing , Mansoura University	



2:35 pm - 2:50 pm			
2:50 pm - 3:05 pm	Effect of an Educational Program for Adolescents with Epilepsy on their Quality of Life and Self-Management Skills	Ghada Gamal Mohamed Badawy Assistant Lecturer, Pediatric Nursing Department, Faculty of Nursing, Mansoura University	
3:05 pm - 3:20 pm	Identification of Factors Associated With the Use of Pacifiers in Children	Assist. Prof. Ragaa Gasim Ahmed Mohammed "Assistant professor of Pediatric Nursing, Faculty of Applied Medical Sciences, Nursing Department, Albaha University, Saudi – Arabia"	
3:20 pm - 3:35 pm	Educational Program for Women about Newborn Umbilical Cord Care at Al-Hodeidah Governorate (Yemen)	Dr. Noman, A.Y. Alhatemi "Health Educator Officer at Ministry of Health and Population-Yemen"	
3:35 pm - 3:50 pm	Discussion & Closing Session		
4:00 pm	Lunch		



Fourth day 6th April, 2018

8:30 am - 9:00 am	Registration		
First Session			
<div>Chairperson</div> <div>Prof / Waffa Abd Elazem</div> <div>Prof/ Thoria Ramadan Abd Elfatah</div> <div>Assist.Prof/ Amal Ahmed Ibrahim</div> <div>Assist.Prof/ Soad Hassan Abd Elhameed</div>			
Time	Topics	Speakers	Venue
9:00am - 9:30am	Nursing Students Perceptions and Knowledge Regarding Patient Safety	Assist.prof. Lamia Amin Awad salama "Assistant professor, Department of Community Health Nursing, College of Nursing, Mansoura University"	Hall. A
9:30am - 10:00am	Cervical Cancer Screening Using Acetic Acid among High Risk Women and Plan of Nursing Action	Dr. Amany Abdo Hussien "Assistant Lecturer in Obestetrics And Gynecological Nursing, Faculty of Nursing,Zagazig University"	
10:00am - 10:30am	Effect of Self-Management Guidelines on the Quality of Life for Post Mastectomy Patients	Dr. Mona Hassan Ibrahim "Lecturer of Medical Surgical Nursing Department, Faculty of Suez Canal University"	
10:30 am - 11:00am	Iatrogenesis among Old Adults: Prevention and Management	Dr. Marwa Ibrahim Mahfouz "Lecturer, Gerontological Nursing Department, Faculty of Nursing, Alexandria University"	
11:00am 11:30am	Implementing Medical Professionals' Guidelines Discharge Counseling for Abortive Women versus Traditional Instructions	Dr. Nagwa El-Feshawy "Assisstant lecturer of womens health & midwifery Nursing, Faculty of Nursing-Mansoura University"	
11:30pm- 11:45am	Discussion &Closing Session		



Second Session			
Chairperson Prof/Jayasudha Alagarsamy Prof/ Ashraf Darwish Assist.Prof/ Amal Ahmed Ibrahim Assist.Prof/ Hanan Elsayed			
9:00am - 9:30am	Automatic Dispensing Cabinets: Improving Patient Safety	Dr. Abeer El-Said Hassane El-sol "Lecturer of Medical-Surgical Nursing, Faculty of Nursing, Menoufia"	Hall. B
9:30am - 10:00am	Knowledge of immunization technicians in health centers about Rota Vaccine in Al Matama Locality, River Nile State, Sudan	Osman Magzoub Altayeb Musa "B.Sc. in Public and Environmental Health"	
10:00am - 10:30am	Ethical Aspects of Nursing Research	Dr. Hanan Fawzy Elsayed "Lecturer of Maternal and Newborn Health Nursing Helwan University"	
10:30 am - 11:00am	Assessment of Nutritional Status for Middle Adolescent's through Anthropometrics Measurement in Shendi Secondary School, Sudan, 2016	Dr. Lmya Eltayeb Elhadi "Lecturer of Pediatric Department, Faculty of Nursing Sciences, Shendi University, Sudan "	
11:00am - 11:30am	Comparison of Teaching Strategies about Drug Dosage Calculation Skills among Pediatric Nursing Students	Dr. Eman Abd Elaziz Mohamed "Lecturer of Pediatric Nursing, Faculty of Nursing South Valley University, Egypt"	
11:30 pm - 11:45am	Discussion & Closing Session		
11:45am - 12:15 pm	Tea Break		



Third Session			
Chairperson Prof/ Amira Ahmed Hassanin Prof/ Amal khalil Assist.Prof/ Amal Ahmed Ibrahim Assist.Prof/ Hanan Elsayed			
Time	Topics	Speakers	Venue
12:15pm - 12:35pm	- Neonatal Nursing- Yesterday, Today and Tomorrow: Embracing the Future	Dr. Rehab Abd El Aziz Elsayed "Lecturer of pediatric nursing, faculty of nursing, Manoura university"	Hall. A
12:35pm - 12:55pm	- Self-Reported Knowledge on Type 2 Diabetes and It's Risk Factors among University Students in Dammam, Kingdom of Saudi Arabia	Assist. Prof. Lamia Amin Awad salama "Assistant Prof. Department of Community Health Nursing, College of Nursing, Mansoura University"	
12:55pm - 1:15pm	Effect of Using Ginger Tea on Chemotherapy - Induced Nausea and Vomiting among Women with Cancer:A Randomized Controlled trial	Dr. Hala Ahmed THabet "Womans' Health and Midwifery Nursing, Faculty of Nursing, Mansoura University"	
1:15pm - 1:35pm	Nursing Students' Clinical Evaluation:Objective Structured Clinical Evaluation versus Observational Checklist	Dr. Abeer El-Said Hassane El-sol "Lecturer of Medical-Surgical Nursing, Faculty of Nursing, Menoufia University, Egypt"	
1:35pm - 1:55pm	Effects of New Technique on Oral Mucositis	Assist. Prof. Hanan Mohammed Mohammed "Assist. Prof. Medical-Surgical Nursing, Faculty of Nursing, Ain Shams University"	
1:55pm - 2:15pm	Effect of Dry Cupping therapy on the Intensity of Acute Renal Colic among Patients in the Emergency Room	Dr. Ebtisam Hashem Zaher MSc.Women's Health and Midwifery Nursing, Faculty of	



		Nursing-Mansoura University	
2:15pm - 2:35pm	Maternal Preeclampsia and Neonatal Outcomes	Dr. Amal yousif Ahmed Mohamed "Lecturer of Women's Health and Midwifery Nursing, Faculty of Nursing-Mansoura University"	
2:35 pm - 2:55 pm	Efficacy of Constraint-Induced Movement on improving upper functional ability motor skills among patients after stroke	Dr/ Hala Ahmed Abdelrahman "Lecturer of critical & emergency Nursing, Faculty of Nursing-Mansoura University"	
2:55 pm- 3.15pm	Extra Virgin Olive Oil on Nipple Trauma among Lactating Mothers in Early Puerperium	Haylaa Nageeb "MSC. Faculty of Nursing, Port-Said University, Egypt"	
3:15 pm- 3.30pm	Exploring a New Role in Case Management	Dr. Amany Mohamed Saad "Lecturers of Community Health Nursing , Faculty of Nursing , Helwan University"	
3:30 pm- 3.45pm	Effect of Reflexology Training for Family Caregivers on Health Status of Cancer Patients	Dr. Aziza Elboghdade "Lecturer of Gerontological Nursing, Faculty of Nursing-Mansoura University"	
3:45pm- 400 pm	Evidence-Based Guidelines for the Prevention and control of vaso –occlusive crises in Children with sickle cell anemia	Dr.Omayma Moustafa Abosamra "Lecturer of Pediatric Nursing, Faculty of Nursing, Mansoura University"	
	Discussion & Closing Session		
	Lunch		



Paramedical International Students' Workshops Agenda

4th International Scientific Nursing Conference

Toward a Bright Future in Nursing and Health Care

Under Patronage

Prof.

Khalid Atef

Minister of High Education

Prof.

Mohammad Elkenawy

President of Mansoura University

Prof.

Ashraf Sweilam

Vice President for Postgraduate & Research

Prof.

Amina El-Nemer

Dean of Faculty of Nursing
Conference President

Prof.

Wafaa Ismail

Vice Dean for Post Graduate & Research
Vice President of Conference

Prof.

Ahmed El-Refaey

Director of Mansoura University Children
Hospital
Conference Moderator

Prof.

Abeer Zakaria

Conference Secretary
Head of Organizing Committee

Assist. Prof.

Soad Hassan Abd Elhameed

Workshops Coordinator
Head of Workshops Organizing Committee



Paramedical International Students' Workshops

General Aims of the Workshops

These workshops aim to:

- Facilitate active learning opportunities
- Allow participants to engage in lively interactive sessions
- Expand thinking, knowledge and skills
- Improve the participants research skills

Target Audience:

Under graduate and graduate students from medical and paramedical specialties from different countries and cultures.

Opportunities:

- Attend the 4th International Scientific Nursing Conference
- Meeting other international paramedical students and exchange different cultures experiences, knowledge and practices
- Visiting Sharm El-Sheikh City, which is the most beautiful and peaceful city in Egypt



Workshop 1

How to Write a Medical Original Article: Advice from an Editor

Trainer

Prof. Ahmed Shokeir

Fellow of European Board of Urology, Professor of Urology, Editor-In-Chief, Arab Journal of Urology, Head of Institutional Review Board, Faculty of Medicine, Mansoura University, X Director of Urology and Nephrology Center, X Chairman of Department of Urology, Mansoura University, Mansoura, Egypt.

Objectives of Workshop:

- Recognize the fundamental principles of scientific writing in a simple clear non equivocal manner
- Know how the scientific articles are evaluated by the reviewers
- Encourage the participants to start writing their scientific materials and not to be discouraged from previous repeated rejections of their manuscripts

Place: Prof. Hanem El-Tahan Hall, 2nd floor, Mansoura University Children Hospital.

Date: 3 April, 2018

Time: From 1-3 pm





Workshop 2

Nutrition and Dietetics in Clinical Practice

Trainers

Prof. Dr. Samir Abo Elhasan

Professor of Pediatrics and Head of Malnutrition Diseases Department – MUCH

Dr. Alzahraa M. Motawei

*Food Sciences Lecturer- Faculty of Agriculture
Pediatrics Dietitian - MUCH*

Objectives of Workshop:

- Enhancing the knowledge of the individuals majoring in nutrition
- Empowering active students with critical skills in the field
- Provide necessary skills in the field with most recent approach in nutrition and dietician care in the local hospitals context of practice

Place: Prof. Mohamed Hafez Hall, 2nd floor, Mansoura University

Children Hospital.

Date: 3 April, 2018

Time: From 1–3 pm



Workshop 3

Breast Reconstruction after Cancer Surgery

Objectives of Workshop:

- Acquire general knowledge about breast cancer and breast reconstruction
- Understand breast reconstruction technique
- Identify types of breast reconstruction
- Determine potential problems and limitation of breast reconstruction
- Know care of patients undergoing breast reconstruction
- Know the psychological issues in managing breast cancer

Workshop sessions:

1.00-1.10 P.M	Welcome speech	<i>Dr/ Mohamed Hegazi</i>
1.10-1.30 P.M	Breast reconstruction, overview	<i>Dr/ Waleed Elnahas</i>
1.30-2.00 P.M	Breast reconstruction, video presentation	<i>Dr/ Khaled Abdel Wahab</i>
2.00-1.20 P.M	Discussion	
2.10-2.30 P.M	Dealing with patients with breast cancer	<i>Dr/ Emad Hamed</i>
2.30-2.50 P.M	Psychological aspects of dealing with breast cancer	<i>Dr/ Ebtihal Mohamed</i>
2.50-3.00 P.M	Discussion and take-home message	

Place: Hall 1, 4th Floor, Oncology Center, Mansoura University.

Date: 3 April, 2018.

Time: From 1-3 pm.



Workshop 4

Patient Safety

Workshop Moderator:

Dr/ Heba Sarhan

Quality Manger, Urology and Nephrology Center, Mansoura University, Egypt.

Trainers:

- Ms/ Sakina Ahmed Abd El Hamid
- Ms/ Walaa Fouad Abo El Maaty
- Ms/ Hakema Awadein Abd El Monaam
- Dr/ Ghalia El Moghazy
- Ms/ Salwa Ibrahim El Alfy
- Ms/ Kariman Farouk Zaky
- Ms/ Hekmat El Dosouky
- Ms/ Safaa Mohamed Abd El Rahman

Workshop contents:

- Basic Life Support
- Care of Dead Body
- Restraint of a Patient
- Nursing Care for OR Patient
- OR Universal Protocol
- Infection Control/ Hand Washing

Date: 3 April, 2018

Time: From 12-2 pm

Place: Conference Hall, 1st Floor, Urology & Nephrology center, Mansoura University.



Scientific Papers



Nursing Students Perceptions and Knowledge Regarding Patient Safety

Lamia Amin Awad Salama

Assistant professor, Department of Community Health Nursing, College of Nursing, Mansoura University.

Assistant professor, Department of Community Health Nursing, College of Nursing, Imam Abdulrahman Bin Faisal University, P.O. Box 1982, Dammam, Saudi Arabia.

Abstract:

Background: Patient safety is an important component of patient care that emphasizing incident management and risk reduction strategies. The present exploratory study **aimed to** explore Saudi nursing students' knowledge and awareness regarding patient safety. **Design:** A self-administered voluntary questionnaire survey. **Setting:** This study was conducted at college of nursing, Imam Abdulrahman Bin Faisal University, Saudi Arabia. **Participants:** A total of 173 nursing students who were available at the data collection time (79) third year students and 94 fourth year students). **Results:** The majority of students have good or very good knowledge related to patient safety and supported that 'medical errors are expected and that what is considered as 'best care' may not always be provided. Also they supported the idea that 'competent nurses do not make errors'. With regard to the skills that the students would like to acquire, close to or more than 85% considered it important to learn how to analyze the cause of an error, as well as skills in releasing an error to a patient, and supported the idea that "nurses need to know what drugs they are deal with". **Conclusion:** The findings from the present study provides higher positive awareness of nursing students about patient safety. Nursing students were aware of medical errors being an expected barrier between intended 'best care' and what was actually provided to patients. However, effective educational interventions that target deficiencies in patient safety knowledge are greatly needed for all Nursing students.

Keywords:

Nursing Education, undergraduate; Medical errors; Safety management; Students



Cervical Cancer Screening Using Acetic Acid among High Risk Women and Plan of Nursing Action

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Abstract

Background: Screening for cervical cancer using visual inspection with acetic acid (VIA) has been advocated by WHO as a suitable, low cost and feasible alternative modality for control of cervical cancer in low resource setting. **The aim of the study** was to assess cervical cancer screening for high risk women using acetic acid and implement the plan of nursing action. **A cross-sectional design** was carried out in the Gynecological OPD at Zagazig University Hospitals. **A purposive sample** of 100 females was required to estimate sensitivity and specificity of acetic acid in identifying pre malignant epithelial cell changes of the cervix. **The tools** used for data collection were; a structured interview sheet, clinical assessment sheet and the plan for nursing action. **The results** revealed that, women at risk for cervical cancer were more likely to be >30 years and more, their age of marriage was <20 years, had positive family history of cancer. They were also multipara, had repeated cervical laceration, exposed to STIs especially chlamydia and menorrhagia was present in 29.0% of them. Meanwhile post-coital bleeding was reported by 19.0% of the participants. Positive result for premalignant cervical lesion was 26.0% for VIA. Sensitivity and specificity of VIA were found to be 100% and 89.16% respectively. The accuracy of VIA was 91.0% which means that VIA test was more accurate. It can be concluded that VIA can effectively identify more cases of cervical intraepithelial neoplasia. It has been proven to achieve high sensitivity with an acceptable specificity. VIA test offers hope for universal screening as an alternate method for low resource setting. **It is recommended** that; VIA should be actively advocated to improve detection rate of cervical lesions so that it should be performed in all the women attending outpatient gynecological clinics.

Keywords

Precancerous Lesion of Cervical Cancer, Screening Using VIA Test.



Maternal Semi Sitting Versus Lithotomy Position during Second Stage of Labor on Maternal Outcomes

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Abstract:

Aim of this study was to compare the effect of maternal semi sitting versus lithotomy position during second stage of labor on maternal outcomes. **Subjects and method:** A quasi-experimental study was conducted at the Labor and Delivery Room of Mansoura University Hospital, on a purposive sample of 96 parturient women in active labor; 48 assigned to study group by assuming the semi sitting position during second stage of labor, while the control group (n=48) adopted the conventional lithotomy position. Data were collected using three tools; a structured interview questionnaire, Visual Analogue Scale for pain and satisfaction with the assumed position scale. **Results:** The intervention group had more efficient contractions, shorter 2nd stage duration, less perineal lacerations, lower labor pain scores and higher satisfaction scores compared to those of the control group. **Conclusion and recommendations:** Positioning of parturient women in semi sitting position had a positive impact on maternal outcomes and woman's satisfaction with the care provided. Accordingly, semi sitting position would be an integral part of the nursing care during second stage of labor.

Keywords:

Labor, Second Stage, Lithotomy Position, Semisitting Position.



Knowledge and Health Behavior of Osteoporotic Elderly Regarding Osteoporosis in Zagazig city

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Abstract:

Back ground: over the past decade, elderly population has increased dramatically. hence, age associated disease like osteoporosis have become a major public health problem. Osteoporosis is one of the major causes of disability, morbidity and mortality in older people, also it has an impact on elderly quality of life. **Aim of** current study was to assess the Knowledge and health behavior of the elderly regarding osteoporosis. **Methods:** A descriptive design was used to carry out the current study. The present study was conducted at orthopedic outpatient clinic in Zagazig University hospitals. a purposive sample of 429 elderly patients with osteoporosis were participated. A structured interview questionnaire composed of 5parts was used covering demographic characteristics, medical and family history, knowledge, practice about osteoporosis and activities of daily living of elders with osteoporosis. **Results:** the result of the present study revealed that majority of elderly with osteoporosis had concomitant chronic disease. Osteoporosis occurred gradually and mainly manifested by low back pain (83.9%) and 39.4% of elderly were fully independent in activities of daily living. Although 93.9% of elderly had satisfactory knowledge level, 97.2% had inadequate health behaviors. **Conclusion:** Ultimately, being from urban, and the higher the elderly age and education, the better their knowledge and practice of health behavior.

Keywords:

Osteoporosis; Elderly; Knowledge and Health Behavior



Autistic Symptoms and Adaptive Behavior among Egyptian Children with Autism Spectrum Disorder.

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Abstract:

Background: Autism is a lifelong developmental disability that affects how people perceive the world and interact with others. **Aim:** Present study aims to assess the severity of autistic symptoms and adaptive behavior and the relationship between the two variables among Egyptian sample of children with Autism Spectrum disorder. **Methods:** A descriptive study was utilized with a sample of (28) children diagnosed with autism by a consultant psychiatrist at "Maharaty center" in "Alzhour Association for community development". It's a governmental association affiliated to the Ministry of Social Affairs. Data collected using three tools, one for assessing socioeconomic status scale for health research in Egypt, the second for assessing the severity of autistic symptoms using Gilliam Autism Rating Scale, and the third for assessing adaptive behavior using Vinland Adaptive Behavior Scale. **Findings:** Results reveals that the severity of autistic symptoms correlate significantly and negatively with communication, daily living skills and social behavior where no significant relation between severity of autistic symptoms and motor skills. **In conclusion,** there is a significant negative relationship between severity of autistic symptoms and adaptive behavior. Therefore, it is recommended for nurses to enhance adequate training about adaptive behavior for those children to minimize their dependence and disability.

Keywords:

Autistic Symptoms, Adaptive Behavior, Egyptian Children, Autism Spectrum Disorder.



Impact of Conflict Management Strategies on Social Intelligence of Head Nurses Working at Health insurance hospital

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Abstract:

The career of Nursing involves interpersonal relations on a daily basis which can lead to conflict. So, nurses should learn how to handle the work conflict effectively. Because the management of conflict may lead to desired organizational results like: satisfaction, effectiveness, fairness, as well as improve emotional and social intelligence. This study aims at examining the program influence of Conflict management strategies on social intelligence of head nurses. Quasi-experimental design is used to perform this study. The study includes all head nurses (n= 41) who work in health insurance hospital at Mansoura. Three tools are used to collect data, namely Conflict management questionnaire, Social Intelligence Questionnaire and knowledge Test. The main result of the study was statistical significant correlation between conflict management strategies and social intelligence. Highly statistical correlation found between collaborating and social problem solving and significant correlation between compromising and social skills. Highly statistical significant improvement of head nurses' knowledge were found immediately and 3 months after the program than before starting it. The result revealed high change regarding knowledge in relation to conflict management strategies and later social intelligence. It is recommended that social intelligence is a foundation for, and can help to facilitate the head nurses to be more effective and successful. So, the paper suggests an emphasis on the importance of social intelligence which promoting understanding, moderating conflict and fostering stability, learn how to enrich the abilities of social intelligence, measure a head nurses' social intelligence and helps them develop a plan for improving it, increase social intelligence through building teams, some activities of training, and spending some hours in social communication between supervisors and subordinates. Some other training programs are still needed to improve nurses' social intelligence to enable them to manage conflicts effectively.

Keywords:

Conflict, Conflict Management Strategies, Social Intelligence



Assessment of Psychosexual Dysfunctions and Coping Strategies among Hemodialysis Male Patients

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Abstract:

Background: Sexual health is a basic human right and a fundamental part of a full healthy life. Patients with Chronic kidney disease (CKD) world-wide suffer many physical dysfunctions including sexual activity. Therefore, this study aims to assess the psychosexual dysfunctions experienced by hemodialysis male patients and their coping strategies. **Methods:** A descriptive research design is conducted in the hemodialysis units at Urology and Nephrology Center at Mansoura University. The data were collected from 100 hemodialysis male patients. The study Tools included the Arizona Sexual Experience Scale (ASEX), the Psychosexual Dysfunction Questionnaires and the Brief Cope Scale (BCS). **Results:** obtained results revealed that most of the study of sample (94%) complained of many psychosexual dysfunctions while only 6% expressed no significant psychosexual dysfunctions. The studied patients used problem focused coping by 76% with total mean of (18.36) out of a possible score of (24). On the other hand, the studied patients used emotional focused coping by 57% with total mean of (50.24) out of a possible score of (88). **Conclusion:** The vast majority of the study sample does suffer multiple psychosexual dysfunctions. Both physical and psychological distress increase CKD male patients' psychosexual dysfunctions and indicate the necessity of introducing psychiatric liaison nursing programs to enhance their coping strategies in the hemodialysis care units.

Keywords:

Chronic Kidney Disease; Hemodialysis; Psychosexual dysfunctions; Coping.



Implementing Medical Professionals' Guidelines Discharge Counseling for Abortive Women versus Traditional Instructions

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Abstract:

This study **aimed** to implement discharge counseling for abortive women using medical professionals' guidelines versus traditional instructions. **Subjects and method:** A quasi-experimental research design was used at the Labor and delivery room of Mansoura University Hospital. A purposive sample of 106 post abortion women, assigned to study group (n=53) received care based on medical professionals' guideline for care of woman with intrauterine fetal demise and control group (n=53) receive conventional care of abortion. Data were collected using three tools; a structured interview questionnaire, Perinatal Grief Scale and satisfaction with care scale. **Results:** The intervention group had lower grief and higher satisfaction scores compared to those of the control group (51.58 ± 7.18 vs. 86.04 ± 13.99 & 108.15 ± 6.29 vs. 47.30 ± 1.88 ; $p < 0.001$ respectively). **Conclusion and recommendations:** Discharge counseling according to medical professionals' guideline, had a positive impact on alleviating post abortion grief and improving woman's satisfaction with care. Accordingly, discharge counseling should be an integral part of nursing process after abortion to improve overall quality of care.

Keywords:

Abortion, Discharge Counseling, Medical Professionals' Guidelines



The Effectiveness of Teaching Program on Mothers' Knowledge and Practices Concerning Care of their Children with Cerebral Palsy

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Abstract:

Cerebral palsy (CP) is a group of permanent disorders of movement and posture results from brain damage originating early in life and causes activity limitation, sensory, cognitive, communicative and behavioral problems in children. Nurses have an important role in providing support and ongoing education to the children with CP and their parents specially the mothers who are the primary caregivers for their children and also, provide them with inadequate knowledge and training about the skills of daily living according to their children's functional level. **Aim of the study:** Evaluate the effect of teaching program on mothers' knowledge and practices concerning care of their children with cerebral palsy. **Method:** A quasi-experimental design was used for this study, including 65 mothers having children with cerebral palsy. The tools of data collection were a structured questionnaire sheet and observation checklists for mothers caring of their children with cerebral palsy before and after implementation of the teaching program. **Results:** The results of this study clarified that, the majority of the studied mothers had unsatisfied knowledge before the teaching program while, more than half and all of them had satisfied knowledge about CP and care of associated problems in their children immediate post and post 6 months of the teaching program. Also, more than half of the studied mothers had unsatisfied reported practices before the teaching program while, the majority and more than two thirds of them had satisfied reported practices regarding daily care of their children with CP immediate post and post 6 months of the teaching program. In addition to, half of the studied mothers had satisfied observed practices before the teaching program while, the majority of them had satisfied observed practices immediate post and post 6 months of the teaching program. There was a statistical significant difference between the total knowledge score and total practices score of the studied mothers regarding CP and care of their children immediate post of the teaching program. **Conclusion:** The current study concluded that, there was a positive effect of the teaching program in improving mothers' knowledge and practices regarding CP and care of their children with CP. **Recommendations:** Periodical teaching programs should be provided for mothers of children with cerebral palsy about the disease and daily care of their children in all health care settings by qualified and trained nurses.

Keywords:

Cerebral Palsy, Children, Mothers, Knowledge, Practices, Teaching Program.



Effect of Self-Management Guidelines on the Quality of Life for Post Mastectomy Patients

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Abstract:

Background: Mastectomy is one of the most effective treatment options for breast cancer, however mastectomy causing negative impact on their patients' quality of life (QOL), thus height light critical clues for improve quality of life through improving self-management for these patients **The aim of the study** was to determine the effect of self-management guidelines on the quality of life for postmastectomy patients. **Methodology: Design** A quasi experimental design was utilized to conduct this study. **Setting:** The study was conducted in oncology department in Suez Canal University hospital at Ismailia city, Egypt. **Subject:** A purposive sample of 72 Patients with mastectomy associated breast cancer. **Study tools** (1) a questionnaire was used which comprise four parts; first part include patient socio-demographic characteristics, second part patient medical data, third part include patient knowledge questionnaire and fourth part include self-management scale. (2) QOL scale includes Short-Form 36 Health Survey (SF-36). Both tools were used pre- and post-implementation of the self-management guidelines. **Results:** The mean age of the patients was 54.1 ± 5.5 years with a range of 42-65 years. About 44.4% of them were illiterate and only 8.3% graduated from university. The patients' knowledge scores (5.6 ± 2.1 versus 31.8 ± 3.3 , respectively; $p < 0.0001$) and self-management scales (23.3 ± 6.0 versus 63.0 ± 7.6 , respectively; $p < 0.0001$) were both significantly improved after implementation of guidelines. SF-36 QOL score was extremely better after implementation of guidelines (28.7 ± 7.7 versus 80.0 ± 6.4 , respectively; $p < 0.0001$). There was significant positive correlation between self-management and QOL post-guidelines implementation (0.432, $p < 0.0001$). **Conclusions:** There was significant improvement in post-mastectomy patients QOL post self-management guidelines implementation. There was significant positive correlation between self-management and QOL post-guidelines implementation for post mastectomy patients. **Recommendations:** Self-management guidelines should conducted for post mastectomy patients as they are the key for improving their quality of life

Keywords:

Quality of Life, Breast Cancer, Morbidity, Mastectomy, Self Management Guidelines



Validation of the Safety Attitudes Questionnaire for Assessing Safety Culture in the Neonatal Intensive Care Units

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Abstract

Background: Safety culture is the product of professionals' attitudes, values, perceptions, and competencies that determine the health organization commitment to provide safe care for patients. Neonatal intensive care units (NICUs) are a high-risk setting. The Safety Attitude Questionnaire (SAQ) is a widely used tool to measure safety culture in the adult intensive care unit setting, make the SAQ an appealing tool for assessing patient's outcomes in special care units. Little data is accessible on the utilization of the SAQ for this purpose in the NICU setting. Therefore, this study aimed to verify whether the material of the SAQ six dimensions that designed in Arabic language, give consistent results when used to evaluate safety culture in the NICUs..

Methods: A cross-sectional study was conducted in 6 level IV NICUs (three private and three governmental) of hospitals affiliated to Mansoura City, and Mansoura University and Ministry of Health and Population. Data collection tools involved the self-administered 4-type Likert scale Safety Attitude Questionnaire with its six dimensions (teamwork climate, safety climate, job satisfaction, stress recognition, perceptions of management and working conditions), which is developed by University of Texas. The SAQ was translated into Arabic and adapted to the context, and distributed to 182 nurses working in the previously mentioned settings. Cronpach's Alpha test was performed to validate the questionnaire. **Results:** A total of 190 questionnaires were returned, of them 182 were properly completed, a 95.8% response rate. Cronpach's Alpha test of the Arabic version demonstrated a range from 0.55 to 0.76 among the six dimensions of Safety Attitude Questionnaire instrument. Teamwork climate and perception of unit management and hospital management dimensions scoring 0.55 and 0.56 respectively; indicating a moderate reliability of the internal consistency, while the total coefficient alpha of the six dimensions is considered strong at 0.86. Moreover, the overall perspectives of patients' safety culture were found to be 45% among governmental NICUs nurses compared to 55% among nurses in the private NICUs. **Conclusion:** A culture of safety permeates many aspects of patient care and organizational functioning. The Arabic version of SAQ may be a useful tool for native Arabic countries, assessing and comparing safety dimensions that reflected on patient's outcomes in the neonatal intensive care units

Keywords:

Safety Attitude Questionnaire, Neonatal intensive care units, nurses' perception, patient safety culture, Cronpach's Alpha test



Effect of Antenatal Care on Maternal and Neonatal Outcome in Women Health Hospital

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Abstract:

Introduction: Good quality antenatal care (ANC) reduces maternal and neonatal mortality and improves health outcomes, particularly in low-income countries. World Health Organization recommendation of initiation of ANC within the first four months of pregnancy and at least four ANC visits during the course of an uncomplicated pregnancy. Inadequate care during this time breaks a critical link in the continuum of care, and affects both women and her neonate. **Objectives:** The aim of the study was to identify effects of antenatal care on maternal and neonatal outcomes in Women Health Hospital. **Subjects & Method:** A comparative study was conducted among 300 parous women and their neonates. They were divided into two groups' according to parity: the first group (primipara = 150), and the second group (high parity = 150) and divided every group into two groups: the first was poor antenatal care and the other was adequate antenatal care during the period from February 2017 to August 2017 using a stratified sampling. **Results:** The majority of primiparous women had poor antenatal care (88%) but high parity (67.3%). There was a highly significant relationship between the two groups. More than half were had poor antenatal care (60.3%) but less than half were adequate antenatal care. The most common complication in the **primipara** group was eclampsia (36.4%) while in the **high parity** group was anemia (14.3%) in poor ANC. The most common complication in labor was premature rupture of membrane (19.0% & 14.3%) respectively, in poor ANC of the two groups. In the **primipara** group the proportion of low birth weight was 16.0% in poor ANC, while stillbirth was (11.0%) in adequate ANC also neonatal weight related to poor ANC and adequate ANC were (2.636 ± 0.659) & (3.050 ± 0.503) respectively. In the **high parity** group the proportion of SCBU admission was 12.2% in poor ANC, while SCBU admission was 11.9% in adequate ANC also neonatal weight related to poor ANC and adequate ANC were $(2.973 \pm .709)$ & (3.081 ± 0.643) respectively. **Conclusion:** Good quality antenatal care improves maternal health; decreases the chances of suffering from anemia, pregnancy induced hypertension and preterm labor and promotes positive pregnancy outcomes, including a reduced risk of low birth weight, preterm babies and SCBU admission. **Recommendations:** The women should have access to good quality antenatal care. Both the woman and the neonate are at a greater risk during pregnancy and labour. This risk can be effectively reduced with good antenatal care and delivery by trained personnel. As well as awareness of the adverse impact of high parity on obstetric

Keywords:

Antenatal Care, Neonatal Outcome, Pregnancy Outcome, Primipara, High Parity.



Signs and Guiding Boards to Spread Human Awareness and Secure Working Hospitals and Medical Centers' Environment

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Abstract:

Health awareness is one of the most important measures that protect the workers in hospitals in relation to the methods of prevention of work hazards in hospitals and the protection of workers, which are: Biological hazards such as the risk of exposure to certain blood-borne diseases due to direct contact with patients or with hazardous medical waste. Chemical hazards and exposure to poisoning as a result of exposure to chemicals with different forms of solid, liquid and gas. They are also exposed to physical risks such as exposure to radiation, whether radiotherapy or radiation examination. And they may be exposed to engineering risks such as the risks of machinery and equipment, electricity and other risks. The researcher took several steps during the search process to solve this problem: (1) Identify the problem and its causes. (2) Identification of risks and risks to workers and diseases transmitted by blood. (3) Identify the group at risk of these diseases and present a study of the proportions and statistics of the injury of occupational accidents and diseases among employees at Mansoura University Hospitals, for example. (4) Identify the segments that need awareness and education. (5) Identification of the method of indirect awareness through classes and explanatory boards, and the definition of the message and its content. (6) Present some models of the paintings that the researcher designed by himself and clarify the meaning. (7) Determine the means of implementation and the proposed places for the installation of signs and paintings. (8) Evaluate and display search results. (9) View statistical tables. (10) Recommendations.

Keywords:

Human Awareness, Securing, Safety, Working Hospital Environment.



Internal Communication and Engagement among Staff Nurses

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Abstract:

Background: In the contemporary day world of nursing internal communication is paying attention on challenging and stimulating nurses, managing the ever-changing work environment and gaining nurses engagement and commitment. **Aim:** The present study aims to assess the effect of internal communication on engagement among staff nurses at Ophthalmology Center, Mansoura University. **Methods:** The study was conducted at Ophthalmology Center, Mansoura University. The subject of the present study was included all available staff nurses during data collection (n=89). Two tool was used in this study first tool consisted of two parts, first part personnel characteristics and second part, Communication Climate Survey Instrument, the second tool was: Employee Engagement Survey Instrument. **Results:** this study the main finding indicated that there was statistically positive correlation between total score of internal communication and engagement as perceived by staff nurses. Also, statistically positive relation between the items of internal communication and items of nurses' engagement as perceived by staff nurses. **Recommendations:** Future research could be conduct on channel favorite and whether the type of communication cause channel preference to change and whether it affects staff nurses' engagement and encourage more face-to-face communication and networking by providing opportunity for staff nurses to work together to meet and socialize.

Keywords:

Internal Communication, Nurses Engagement.



Effects of Psycho-Educational Program on Mentally Ill Patient's Stigma and Self Esteem

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Abstract:

Stigma is a key problem for individuals with mental illness, which is a negative label through which the community reacts adversely towards the mentally ill. Persons with mental illness may internalize mental illness stigma and experience diminished self-esteem and self-efficacy so this study aims to assess the impact of psycho-educational Program on mentally ill patient's stigma and self-esteem. It has been carried out using a quasi-experimental research design. The subjects were constituted of 50 psychotic patients divided into 25 study group and 25 control groups from in-patient Psychiatric Department of Mansoura University Hospital. In order to collect the necessary information for the study structure interview sheet was used to collect data. Data collection was conducted during the period from February 2017 to July 2017. There was a significant positive correlation between internalized stigma and externalized stigma also there was a significant negative correlation between self-esteem, internalized stigma and externalized stigma so it is important to continue stigma psycho-educational program to overcome its negative consequences.

Keywords:

Self-Esteem; Internalized Stigma; Externalized Stigma; Psycho-Educational; Program



The Effect of Psycho-educational Intervention on Self Efficacy and Quality of Life among Caregivers of Patients' with Bipolar Disorder.

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Abstract:

Background: Bipolar disorder (BD) is a chronic illness associated with severely debilitating symptoms that can have profound effects on both patients and their caregivers. Bipolar disorders are a leading cause of disability worldwide, and people with these disorders experience a lower quality of life than the general population, including difficulties in areas of work, family, and social functioning. Therefore, this study aimed at evaluating the effect of psycho-educational intervention on self- efficacy and quality of life among caregivers of patients with bipolar disorder. **Method:** A quasi-experimental research design [pretest -posttest] was conducted at the in-patient psychiatric department of the Mansoura university Hospital. The data were collected using socio-demographic data sheet, knowledge questionnaire about bipolar disorder, self-efficacy scale and quality of life scale. Fifty caregivers were participated in this study and were chosen according to inclusion criteria. These 50 caregivers were divided into ten groups, five caregivers in each group; each group attended ten sessions (3 sessions /week). **Results:** The results of the present study revealed that there was statistical significant difference in mean scores of knowledge, self-efficacy, and quality of life between pre and post the program ($P<0.05$). **Conclusion:** it is concluded that, knowledge level, self- efficacy and quality of life of caregivers of patients with bipolar disorder improved significantly after psycho-educational intervention. Recommendation: conduct a study with higher sample size and longer follow up to investigate the effect of psycho-educational program not only on the quality of life of families of patients with bipolar disorders but also on the families with patients of other mental disorders.

Keywords:

Bipolar disorder, Family caregiver, Psycho-educational Intervention, Self- efficacy, Quality of life.



Effect of an Educational Program for Adolescents with Epilepsy on their Quality of Life and Self-Management Skills

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Abstract:

Epilepsy is a neurological disorder, which limits a patient in a range of activities, it have a profound effect on health and quality of life. Epilepsy may limit the development of independence, social functioning and peer relationships, especially for adolescents it considered a strong trigger of many psychological and social problems. The pediatric nurse has an important role for helping adolescents to overcome these problems through developing a strategy ensuring the adherence to self-management skills which consequently improve their quality of life. **This study aimed to** evaluate the effect of an educational program for adolescents with epilepsy on their quality of life and self-management skills.

Design: Quasi-experimental design for one group was utilized in carrying out the study at the Pediatric Neurological Unit and Epilepsy Clinic of Mansoura University Children's Hospital, on a sample of 55 adolescents diagnosed with epilepsy for at least 6 months. **Tools of data collection:** Data were collected by using three tools: Structured Interview Questionnaire Sheet, Quality of Life in Epilepsy for Adolescents Questionnaire (QOLIE AD – 48) and Epilepsy Self-Management Scale. **Results:** There was statistical significant positive correlation between the studied adolescents' total QOL scores and their total self-management skills scores before implementing the educational program, and after 3 & 6 months of the program implementation. **Conclusion:** Adolescents with epilepsy had better quality of life and self-management skills after implementation of the educational program. **Recommendations:** Regular and continuous health educational programs are essential for improving the adolescents' QOL and self-management skills.

Keywords:

Adolescents, Epilepsy, Quality of life, Self-management, Educational program.



Identification of Factors Associated With the Use of Pacifiers in Children

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Abstract:

A pacifier is a rubber, plastic or silicone nipple given to the baby on sucking. In its standard appearance, it has a nipple, a mouth shield, and handle. Most children have a strong suction reaction. Some children, even suck thumb or fingers before their birth. Beyond nutrition, suction is often soothing, calming effect. There are many factors associated with using a pacifier such as; help to put the baby to sleep, calm the child when disturbed / irritable, wake up from nap / sleep, ride the car / transport, keep the child comfortable and calm, prevent the child from sucking thumb, school / social environment, calming the baby when teething, it reduces the risk of the SIDS, and cultural issue. **Aim of the study:** To identify factors associated with the use of pacifiers in children. **Methodology:** A descriptive design was used. **Subjects & Setting:** The target population of this study consisted of 52 mothers of children who coming at Emtidad Nasir primary health care center - Khartoum for vaccination during the study period. **Tools:** Structured Interviewing Questionnaire: consists of four parts: Part-1: Socio-demographic designed questionnaire was used to collect the demographic data related to mothers and their children in the study; Part-2: Structured designed questionnaire was used to collect the child factors; Part-3: Structured designed questionnaire was used to collect the mothers factors and Part-4: Structured designed questionnaire was used to collect the frequency of pacifier use. **The results:** Most of studied sample were male children (80.8%) and their age less than 6 months (80.8) equally. Mothers level of education fewer of them were university (21.1%), the majority of mother aged < 20 years old (59.6). Total factors related to the child mean score and SD regarding child using a pacifier were 8.99 ± 2.857 . While the total factors related to the mothers mean score and SD regarding child using a pacifier is 11.18 ± 3.569 . **Conclusion:** The current study concludes that the children using a pacifier were significantly correlated with child if he/she is first born, breastfed infant, the child doesn't end the use of the pacifier, decrease in child weight, the initial feed is formula feeding, mothers primigravida, mothers uncertainty about her ability to breastfeed and difficult in breast feeding, mother did not know the effect of using a pacifier on her children, and whom advised the mother to give her child a pacifier. **Recommendation:** conduct of health education programs for mother in all health care facilities about benefit and risk regarding using a pacifier for their children.

Keywords

Associated factors, Children, Use of Pacifiers.



Effect of Using Ginger Tea on Chemotherapy-Induced Nausea and Vomiting among women with Cancer: A Randomized Controlled Trial

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Abstract:

Background: Chemotherapy-induced nausea and vomiting (CINV) remains a significant reason of distress and dissatisfaction among clients getting cancer treatment. **Aim:** The aim of this study is to assess the effect of ginger tea on chemotherapy induced nausea and vomiting in women with cancer. **Study Design:** A quasi-experimental research design. **Sampling:** A purposive sample of 100 women with gynecological and breast cancer. **Setting:** This study was conducted at the outpatient clinics of oncology and nuclear medicine department affiliated to Ain Shams University Hospital. **Tools:** Three tools were used for the data collection of this study, **I.** A Patient interview questionnaire included patients' demographic and clinical data, **II.** Simplified form of Rhodes index of nausea, vomiting and retching assessment scale, to assess the frequency occurrence, severity, distress associated with of vomiting. **III.** Patients 'satisfaction questionnaire to assess women's satisfaction toward the administration of ginger tea, **Results:** The mean age of all participants was 5.84+36.79 years, 17 (34%) of the participants in the control group had secondary level, while 19 (38) in experimental group were university graduates. 35 (70%) and 36(72%) of participants in the control group and experimental group were married. (54%, 60%) of participants in the control group and experimental group were employed. Regarding total vomiting and nausea experience score, there was no significant difference between both groups before research intervention and during the first 6, 12& 24 hours after chemotherapy. However, there was a statistically significant association in intervention (ginger tea group) and control group on the second day, third day and fourth day post chemotherapy ($p<0.001$). **Conclusions and recommendations:** The current study showed that ginger tea can be administered to patients with gynaecologic and breast cancer as a safe herbal medicine for effective prevention of chemotherapy-induced nausea and vomiting. Prospective studies and longer periods of follow up are also helpful to assess the efficacy of ginger supplementation on the prevalence of CINV symptoms in patients receiving multiple cycles of chemotherapy.

Keywords: ginger tea, chemotherapy-induced nausea and vomiting (CINV), gynaecologic and breast cancer

Educational Program for Women about Newborn Umbilical Cord Care at Al-Hodeidah Governorate (Yemen)



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Abstract:

Background: Clean cord care is one of the essential priorities of newborn care. Despite this, cord infections are still prevalent in developing countries because of high rates of unhygienic cord care. **This study aims to** improve the knowledge of women about the newborn's umbilical cord care. **Methods:** quasi-experimental research design was utilized in this study. A convenient sample recruited 135 women from six health facilities in Al-Hodeida governorate-Yemen. **Results:** The current study shows that 43% of the studied women know the importance of cleaning and sterilizing the instruments before cutting the cord in pre-test. It is improved to 100 in post-test and decline to 67.4% in follow up. There was a statistical significant difference between women's knowledge and their residence and parity in pre, post and follow up tests with $p=0.040$, 0.010 and 0.012 . **Conclusion:** The Studied women had unsatisfactory total score knowledge about umbilical cord in pre-test. But their knowledge had improved in immediately post-test among most of them and they had satisfactory knowledge. Also, some decline occurs in follow up test but it is still better than pre-test. **Recommendations:** Essential newborn care information as cord care should be provided to women during antenatal. Moreover, we must increase health awareness campaigns on essential newborn care which is required for the women to improve maternal knowledge about cord care.

Keywords:

Newborn, Educational Program, Umbilical Cord, & Knowledge.



Women's Knowledge regarding Pelvic Organ Prolapse

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Abstract

Pelvic Organ Prolapse is considered as one of the most common causes of reproductive morbidity which influences the women's quality of life. **Aim:** The present study aimed to assess women's knowledge regarding Pelvic Organ Prolapse. **Subjects and Method:** The study followed a descriptive design on 220 women with Pelvic Organ Prolapse who were chosen by convenient sample technique. **Setting:** The study was conducted at Outpatient Gynecological Clinics in the Obstetrics and Gynecology Center at Mansoura City, Egypt from July 2017 to the end of December 2017. **Data collection tools:** Two tools were used for data collection including; A structured Interviewing Questionnaire Schedule and Pelvic Organ Prolapse (POP) Knowledge Questionnaire. **Results:** The study revealed that majority of women had lack of knowledge regarding Pelvic Organ Prolapse. **Recommendations:** The study recommended the importance of developing Pelvic Organ Prolapse guidelines aiming for improving women's knowledge and awareness regarding symptoms and proper management.

Keywords:

Pelvic Organ Prolapse, women's knowledge regarding Pelvic Organ Prolapse.



Anxiety Related to Pregnancy in Chronically Ill Women

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Abstract:

Pregnancy is a time of great joy, excitement and anticipation for most women. Unfortunately, for many it can also be a time of serious problem, even for women who have never had problems. Chronic diseases represent a major problem and public health burden in developing countries. It represents 73.0% of mortality and 60.0% of global morbidity burden. In Egypt about 26.0% of all deaths related to chronic diseases. Its risk comes higher during pregnancy. **Aim:** the current study aimed to describe pregnancy related anxiety among chronically ill women. **Design:** Descriptive research design was used to achieve the aim of this study. **Setting:** This study was conducted at Antenatal outpatient unit at Mansoura University Hospital in Mansoura city over a period of five months from July 2017 to November 2017. **Subjects:** A purposive sample was used to select sixty five pregnant women with chronic illness. **Tools:** two tools were used for data collection; the first tool was **Structured Interviewing Questionnaire**. It consisted of three parts to measure the following; general characteristics, the past and present Obstetrical history, and the chronic condition during pregnancy. Tool two was **Pregnancy-Related Anxiety Questionnaire-Revised (PRAQ-R2)**. The **PRAQ-R2** is composed of 11 items that are used to assess and identify pregnancy-specific anxiety in nulliparous and parous women. **Findings:** Slightly more than half of the women have DM. Nearly half of them experienced severe anxiety. More than two fifths of the studied women reported that they are afraid of giving birth. More than half of them were severely worried about bearing a handicapped child, more than two fifths of them were severely concerned by their own appearance. There was a highly significant relation between the anxiety level according to PRAQ-R2 and its three subdomains, number of children, level of education of the women, gestational age and women's duration of illness. **Recommendations:** Simple handouts as booklets and brochures about chronic diseases and anxiety pattern should be developed and distributed at antenatal clinics. Evidence-based anxiety and chronic disease care guidelines should be integrated in maternity courses curriculum for nursing students. Finally, anxiety management enhancing educational session should be applied at the maternity hospitals and centers.

Keywords:

Pregnant, Chronic Illness, Anxiety, Women Health.



Extra Virgin Olive Oil on Nipple Trauma among Lactating Mothers in Early Puerperium

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Abstract:

Background: Nipple trauma is among the challenges that a puerperal woman may face during early postpartum period. **This study aimed to** evaluate the effect of extra virgin olive oil on nipple trauma among lactating mothers in early puerperium. **A Randomized Controlled Clinical Trial design** was utilized in the current study. The study was conducted at three private obstetric centers in Menyat El-Nasr City in Dakahlia governorate from January, 2017 to July, 2017. A Block randomized sample of 116 lactating mothers who suffered from nipple trauma were allocated equally into two groups; study group who used extra virgin olive oil and control group who used routine pharmacological management. Two tools were used to collect the data; interview questionnaire schedule, and nipple trauma score. **Results of the present study** showed that, the majority of lactating mothers who used extra virgin olive oil had faster recovery of nipple trauma on the fourteenth day post intervention more than control group with statistical significant ($P < 0.05$). **Conclusion;** extra virgin olive oil is a natural method that can be used to treat nipple trauma among early puerperal women.

Keywords:

Breastfeeding, Nipple trauma, Extra virgin olive oil.



Comparison of Teaching Strategies about Drug Dosage Calculation Skills among Pediatric Nursing Students

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Abstract

Background: Accurate calculation of medication dosages can be challenging for nursing students. Nurse educators are in a position to design and develop effective methods that consider the cognitive structures and how the mind processes information to teach pediatric medication content to nursing students. **The aim of our study** was to determine if there was a difference in mean dosage calculation test scores among nursing students who participated in a low fidelity simulation scenario in the clinical lab versus students who participated in a traditional case study in a classroom setting. **Research design:** A quasi experimental study research design was utilized in this study. **Sample** Ninety nursing students in the third academic year who were studying pediatric nursing course who were divided equally into two groups: low fidelity simulation (group I or the study group) and traditional classroom (group II or the comparison group). Setting: this study was conducted in the faculty of nursing in the South Valley University. **Tools of data collection:** two tools were used in this study: tool 1 sociodemographic questionnaire and tool 2 which is Pre-Dosage Calculation Test and Post-Dosage Calculation Test. **Results:** statistical significant difference between mean score of knowledge of nursing students who participated in the low-fidelity simulation experience (Group I) P -value 0.000 and statistical significant difference in the score of performance of nursing students who participated in the low-fidelity simulation experience (Group I), use instruments of calculation drug dose mean score of performance of nursing students who attended in the traditional classroom experience (Group II) P -value 0.001, 0.001 respectively. **Conclusion:** nursing students who participated in the low-fidelity simulation experience (Group I) had significantly higher mean score of drug dosage calculation and performance than students in the traditional classroom group. **Recommendations:** Replicate the study with a larger sample size of students within each demographic group. Conduct a longitudinal study to measure retention of skills. Research could be conducted to see if the actual rates of dosage calculation errors are reduced in the clinical setting.

Keywords:

Simulation, Traditional Classroom Method, Drug Dosage Calculation Skills.





Verifying Application of WHO' Checklist for Safe Surgery from Patient's Perspective at Mansoura University Hospitals.

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Abstract:

There is strong evidence supporting the effectiveness of WHO checklist for safe surgery. WHO study demonstrated that use of this checklist during major operations can lower the incidence of deaths and complications by more than one third. **Aim:** this study aims to evaluate the application of WHO' checklist for safe surgery from patient's view at Mansoura University Hospitals. **Methods:** Evaluative study conducted at Mansoura University Hospitals was done. This study was carried out on 88 patients undergoing different surgical procedures. Data were collected by using WHO' checklist for safe surgery in which questions were addressed on patient-verifiable aspects. **Results:** The results of this study illustrates that the majority of patients (92%) report that the operating room team confirm the patient's identity, and 78% of participants signed the informed consent prior the operation. The lowest performing item was regarding follow up instructions by anesthesiologist post-surgery. **Conclusion,** the results showed that the most of checklist items were verified, but there is a need for more compliance of some items. It is recommended to ensure that important safety steps are followed for each and every operation

Keywords: Safe surgery; Surgical procedures, WHO' Checklist for Safe Surgery



The Integration of Cloud Computing and Internet of Things for the Future of Healthcare Systems

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Abstract:

Cloud Computing (CC) and the Internet of Things (IoT) have emerged as new platforms in the ICT revolution of the twenty first century. The adoption of the CloudIoT paradigm in the healthcare field can bring several opportunities to medical IT, and experts believe that it can significantly improve healthcare services and contribute to its continuous and systematic innovation. This talk presents a comprehensive review of the current literature on integration of CC and IoT for solving various problems in healthcare applications such as smart hospitals, medicine control, and remote medical services. Also, a brief introduction to cloud computing and internet of things with an application to health care is given. This talk presents also a new concept of the integration of CC and IoT for healthcare applications, which is what we call the CloudIoT-Health paradigm. The term CloudIoT-Health and some key integration issues are presented in this talk to offer a practical vision to integrate current components of CC and the IoT in healthcare applications. Also, this talk aims to present the state of the art and gap analysis of different levels of integration components, analyzing different existing proposals in CloudIoT-Health systems. Finally, Challenges to be addressed and future directions of research will be identified, and presented.

Keywords: *Cloud Computing, Internet, Healthcare Systems*



Effect of Kegel Exercise on Urinary Incontinence among Institutionalized Elderly in Lattakia, Syria

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Abstract:

Urinary incontinence is a prevalent, costly, yet ignored problem among elderly. Kegel exercise is an effective, non-harmful, of very low complication rates, and a very highly successful treatment for urinary incontinence. **Objective:** To determine the effect of Kegel exercise on urinary incontinence among institutionalized elderly in Lattakia, Syria. **Setting:** The study was carried out in the three available residential homes for elderly people in Lattakia, Syria. These were Dar Al Raha, Dar Al Mowasat, and Dar Al Ber. **Subjects:** The study comprised 30 elderly persons with urinary incontinence. They were divided randomly to two equal groups (group -1-: experimental group and group -2-: control group. Elders in group -1- performed the Kegel exercise for three months in four sessions per day for fifty contractions (5 seconds for each contraction) followed by fifty resting phases (10 seconds for each one) in each session with a total of 200 contractions per day. Elders in group -2- were left to their routine treatment. **Tools:** Participants were interviewed individually to collect the necessary data using a structured interview sheet and the revised urinary incontinence scale (RUIS) which was repeated after 3 months for both the control group and those who performed Kegel exercise to evaluate its effect on the urinary incontinence status. **Results:** The Kegel exercise had a positive effect on the urinary incontinence status of elders who practiced it. Four of the 15 (26.7%) elders in group 1 were cured completely and five (35.7%) showed improvement in their symptoms. Among the control group the condition of three elders worsened (20.0%) while for the rest the condition did not change. This improvement was related significantly with age, gender, duration of stay in the home, and incontinence duration. **Conclusion:** The Kegel exercise improved urinary incontinence status significantly. **Recommendations:** Early identification of elders with urinary incontinence. Educate and motivate elders with urinary incontinence to perform Kegel exercise regularly in order to improve their condition

Keywords: Kegel Exercise, Urinary Incontinence



Issues of Search Engine

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Abstract:

Search engine' is a software system that is designed to search for information on the World Wide Web. The search results are generally presented in a line of results often referred to as search engine results pages (SERPs). The information may be a mix of web pages, images, and other types of files. Some search engines also mine data available in databases or open directories. Unlike web directories, which are maintained only by human editors, search engines also maintain real-time information by running an algorithm on a web crawler.

Every search engine uses different complex mathematical formulas to generate search results. The results for a specific query are then displayed on the search engine results pages. Search engine algorithms take the key elements of a web page, including the page title, content and keyword density, and come up with a ranking for where to place the results on the pages. Each search engine's algorithm is unique, so a top ranking on Yahoo! does not guarantee a prominent ranking on Google, and vice versa. To make things more complicated, the algorithms used by search engines are not only closely guarded secrets, they are also constantly undergoing modification and revision. This means that the criteria to best optimize a site with must be surmised through observation, as well as trial and error and not just once, but continuously.

The first search engine ever developed is considered Archie, which was used to search for FTP files and the first text-based search engine is considered Veronica. Today, the most popular and well-known search engine is Google. Other popular search engines include AOL, Ask.com, Baidu, Bing and Yahoo.

Keywords: *Search Engine, Search Engine Algorithms, Search Engine Results*



Evidence-Based Guidelines for the Prevention and control of vaso – occlusive crises in Children with sickle cell anemia

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Abstract

Sickle cell anemia is an inherited form of anemia a condition in which there aren't enough healthy red blood cells to carry adequate oxygen throughout the body. Normally, red blood cells are flexible and round, moving easily through blood vessels. In sickle cell anemia, the red blood cells become rigid, sticky and are shaped like sickles or crescent moons. These irregularly shaped cells can get stuck in small blood vessels, which can slow or block blood flow and oxygen to parts of the body. The sickle cell gene is passed from generation to generation in a pattern of inheritance called autosomal recessive inheritance. Sickling crisis may be used to describe several independent acute conditions occurring in children with sickle cell anemia, which results in anemia and crises that could be of many types including the vaso-occlusive crisis, aplastic crisis, sequestration crisis, hemolytic crisis. The vaso-occlusive crisis is caused by sickle-shaped red blood cells that obstruct capillaries and restrict blood flow to an organ resulting in ischemia, pain, necrosis, and often organ damage. The frequency, severity, and duration of these crises vary considerably. There's no cure for most children with sickle cell anemia. But evidence-based guidelines can relieve pain and help prevent problems associated with the vaso- occlusive crises. Evidence-based guidelines to manage pain in children should be based on scientific facts or agreed best practices, not on personal beliefs or opinion. The burden of proof lies on the healthcare professionals especially the nurse, which has a vital role in preventing and controlling the vaso-occlusive crisis. Prevention and control of the vaso-occlusive crisis are dependent on education and awareness of nursing staff towards the crises and on the application of evidence based guidelines.

KeyWords: Evidence-based guidelines, the vaso-occlusive crisis, SCA, children, knowledge.



Assessment of Nutritional Status for Middle Adolescent's through Anthropometrics Measurement in Shendi Secondary School,Sudan

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Abstract:

This is a descriptive cross sectional, community base study, aiming to assess nutritional status for middle adolescents through anthropometric measurement was carried out at Kamel Ibraheem Model School for Girls and Abdullah Ibn Abbas School for Boys in August to November 2016. The sample composed of eighty one respondents they were selected with stratified random sampling. Structured questionnaire and Body mass index (BMI) equation was used to collect data and analyzed by SPSS.

The study represented that more than third of study group (37%) were knowledgeable about the important element of nutrition during the adolescent period according to priorities; proteins, Carbohydrate and fats. Also more than half of study group were underweight and there are differences between both sex in nutritional status; in addition to that there was no significant relationship between the Body Mass Index (BMI) and number of meals; with (**P value 0.881**). The study recommended that establishing right system diet for adolescents in school noshery and adopt the total responsibility of this system .

Keywords: Nutrition, Adolescent, Respondent, Anthropometrics and body mass index (BMI).



Knowledge of immunization technicians in health centers about Rota Vaccine in Al Matama Locality, River Nile State, Sudan

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Abstract:

Many diseases are prevented through immunization. Expanded program on immunization (EPI) Introduced Vaccination in Al Matama locality since 1986. Rotavirus is the most common cause of acute gastroenteritis and is the leading cause of severe diarrhea and dehydration in infants and young children. A descriptive cross-sectional health facilities base study, conduct aimed to identify knowledge of immunization technicians in immunization health centers about rotavirus vaccine, in Al Matama locality, north Sudan, during the year 2017. 20 immunization technicians in the locality of EPI work in 10 health centers were interviewed. Data on the study variables were collected using a pre-prepared closed questionnaire for this purpose. Collected data were analyzed using software the statistical package for social sciences (SPSS), and then results were presented in tables and graphs.

The results of the study revealed that 45% of the technicians have a primary certificate, 90% of whom have been trained in the Rotavirus vaccine, and all the technicians give the basic messages to the beneficiaries during the sessions. 75% of the vaccinators know Rotavirus vaccine consists of live attenuated virus. All vaccinators know the number of doses for Rotavirus vaccine. 60% of the vaccinators said that the Rotavirus is prevented by washing hands, vaccination and Avoid overcrowding during the season of spread of the disease.

The study recommended that continue to give basic messages by the technicians to mothers and beneficiaries during the sessions, and the study also recommended that immunization technicians trained more by local health officials to improve their skills.

Keywords: *Immunization, Technicians , Health centers, Vaccine*



Morbid Obesity Surgery: Single Use Era

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Abstract:

Bariatric surgery proved to be the most effective treatment for morbid obesity and its associated co-morbidities. Despite the excellent outcomes achieved by bariatric surgery, complications of the procedures and the cost of surgical instruments used are still a matter of concern. After marked development of surgical instruments used in minimally invasive surgery, including bariatric procedures, attention has now diverted toward more cost-effective approaches. The cost and environmental impact of reusable versus single-use laparoscopic instruments have been evaluated in a number of studies. The main emphasis was on comparing the quality, functionality, and clinical outcomes of each type of instruments. However, still there is paucity of data regarding the cost difference and quality of reusable versus single-use instruments.

One of the most commonly used instruments in laparoscopic bariatric surgery are vessel sealing devices, particularly ultrasonic shears. Use of ultrasonic shears is currently the standard for advanced laparoscopic bariatric surgery. A recent study evaluated cost-effectiveness of single-use and reusable instruments and demonstrated comparable operation time, equipment failure rate, and blood loss in both groups. Interestingly, using and processing of ultrasonic shears yielded a total cost saving of more than 196\$ in 85 patients which conclude that the use of reusable scalpel resulted in significant cost savings without impact on complication rate and ease-of-use.



Keywords: *Morbid, Obesity, Surgery, Era*

Effectiveness of Nutritional Guidelines Before, During and After Therapy

Pediatric Cancer Patients "Research under Development"

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Abstract:

Childhood cancer is the second leading cause of death in children age 1 to 14 years following accidents. Malnutrition in cancer children is prevalent varying from 8% to 43% in developing countries. Children with cancer are at greater risk for malnutrition at the point of diagnosis or may develop during the course of treatment. This due to increased needs of nutrients to obtain appropriate growth and they increased their needs due to cancer and its treatment. Children who suffer from malnutrition have multiple



poorer outcomes than well-nourished children at diagnosis. Furthermore at diagnosis malnutrition is more commonly seen in children with solid tumors, such as sarcomas, neuroblastomas, and Wilms' tumors than in children with hematological malignancies. The form of protein calorie malnutrition is associated with increased infection rate, decreased tolerance of chemotherapy, and diminished quality of life. Malnutrition is still prevalent even after the disease is in the remission stage and the children have discontinued cancer therapy. Children who are underweight and overweight present challenges for the long-term complications of the disease and its treatment. Thus early assessment, screening and nutritional support strategies are the main points to improve nutritional status in these children. Nutritional intervention is necessary to promote normal development and increase functional status as a child receives intensive treatment. Oral nutritional supplements are effective for preventing weight loss in malnourished children. Therefore, there is a need to give more attention to the families of pediatric cancer patients who required to improve their dietary beliefs, knowledge and practices through formulating guidelines for nutritional advice and avoid unnecessary dietary restrictions. These guidelines must be available to utilize home based, commonly available sources of nutrition. It is very important to conduct regular interactions of health professionals and families of children with cancer to correct misconceptions and support a healthy diet in children. This would go a long way in improving nutritional status and outcomes in children with cancer.

Keywords: *Pediatric cancer, Nutritional Guidelines, Malnutrition, Therapy*

Barriers to safe pediatric anesthesia delivery among anesthetists of Murtala Muhammed specialist hospital

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Abstract

Pediatric anesthesia is one of the most challenging subspecialty of anesthesia due to the fact that these categories of patients require special consideration to their anatomical, physiological, pharmacological, and psychological variation as well as specifically designated equipment's. **Aim:** was to assess Barriers and potential solutions to practice change involving quality and safe pediatric anesthesia delivery. **Materials and Method:** A descriptive survey study was conducted on 18 anesthetists (15 nurse anesthetists, 1 resident anesthetist and 2 consultant anesthesiologists) and total population sampling (purposive type) were used, and statistical procedure use in data analysis is simple percentage. **Setting:** the study was conducted in anesthesia department of Murtala Muhammad Specialist hospital Kano State Nigeria from 25 of December 2017 to the 17th of February 2018. **Tool:** A structured Interviewing questionnaire was utilized. **Result:** The study discovered that half of the study 50% had Barriers and 66.7% is due to equipment failure, 44.4% of most adverse event is airways problem despite the fact that 94.4% use pediatric equipment's. 72.2% not implemented the use WHO safety checklist and none of the participant use safe medication preparation. 77.8% have never undergone a continue education programs after their initial training. **Conclusion:** The study discovered barriers mostly equipment's failure, non-utilization of WHO safety checklist and lack of continue education program. **Recommendation:** Management Should be supportive to Provision of well functional pediatric equipment's, implementation of WHO safety checklist, Employers support to ongoing continue education programs. Further research also on medication errors in pediatric anesthesia and its relation with adverse events is recommended.

Keywords: Anesthetists, Barriers, Adverse event, safe anesthesia, pediatrics



Automatic Dispensing Cabinets: Improving Patient Safety

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Abstract:

Nurses' key role in improving medication safety. Patient safety is a fundamental principle of health care. World Health Organization calls patient safety an endemic concern. One of international patient safety goals in 2018 is improve the safety in medications administration. Technologies can be designed to minimize opportunities for medication errors, consideration of the use of automated dispensing cabinets. Automated Dispensing Cabinets is a computerized drug storage device or cabinet designed for hospitals. Automated Dispensing Cabinets (ADCs) allow medications to be stored and dispensed near the point of care while controlling and tracking drug distribution. Automated dispensing cabinets are widely used in large hospitals and healthcare facilities to improve patient safety. There are many benefits of using automated dispensing cabinets as nurses have increased access to drugs in patient-care areas and can facilitate administration in a timely way and lower rates of dispensing errors in filling automated dispensing cabinets compared with manual filling of traditional unit-dose cassettes. Safety Practice Recommendations as Nurses then acted as a final independent check of the dispensed medications. The immediate implementation of all elements in the physician order is an ambitious goal. All steps can be taken to improve safety associated with automated dispensing cabinets and the nursing team also produced a self-assessment for technology, which is available free to all health care providers are very important guidelines for promoting safe practices for the using of automated dispensing cabinets technology. Six factors influence patient safety with using of automated dispensing cabinets, as patient profiling. Safety checks by the organization should have a written plan for ensuring the accuracy of medications stored and accessed through an automated pharmacy system and machine-readable identification on medication labels.

Keywords: *Automatic, Dispensing Cabinets, Improving, Patient Safety*



Ethical Aspects of Nursing Research

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Abstract:

Ethics refers to, a method of inquiry that helps people to understand the morality of human behavior the practices or beliefs of a certain group and the expected standards of moral behavior of a particular group as described in the groups' formal code of professional ethics. Bioethics is ethics as applied to life. Ethical Principles in Research include, the principles of beneficence, the principles of respect for human dignity and the principles of justice . **Nursing ethics** is a branch of applied ethics that concerns itself with activities in the field of nursing. Nursing shares many principles with medical ethics, such as beneficence, non-maleficence and respect for autonomy. It can be distinguished by its emphasis on relationships, maintaining dignity and ethics collaborative care. The nature of nursing means that nursing ethics tends to examine the ethics of caring rather than 'curing' by exploring the relationship between the nurse and the person in care.

Keywords: *Ethics, beneficence, dignity and justice*



Bullying Behaviors and Coping Strategies among Nursing Students at Clinical Setting

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Abstract:

Bullying in nursing was recognized as a work-based stressor that negatively affects not only the nurse, but also patient care that nurse provide. Nursing students who experienced bullying behaviors feel anger and missing their concentration and their capability to achieve a desired outcome. Coping is defined as “constantly changing cognitive and behavioral efforts to manage specific external and/or internal demands that are appraised as taxing or exceeding the resources of the nursing students. **Aim:** Study aimed to identify bullying behaviors experienced by nursing students and their coping strategies with it at clinical setting. **Methods:** Descriptive correlational design. **Setting:** All nursing students in final year at faculty of nursing Mansoura University



(n=206) and Technical Health Institute at Mansoura city (n=132). There was one tool was used for data collection, namely; Bullying in nursing education questionnaire. It consists of four parts: the first part includes student personal characteristics; the second part includes 12 items to assess the frequencies and sources of bullying behaviors; the third part includes 10 items describe student behavior used to cope with bullying and the fourth part includes 4 items describe the resources provided by the nursing school (faculty or institute) to cope with bullying behaviors. **Results:** More than one third of faculty nursing students were exposed to moderate degree of bullying (38.8%) while technical health institute nursing students (23.1%). The highest coping strategies used by both faculty of nursing students and ministry of health institution nursing students (58.3% ,62.4%) were respectively with: Pretending not to see the behavior. The highest source of coping strategies as perceived by faculty nursing students to cope with bullying behavior was: Education programs / pamphlets on coping with bullying behaviors (35.4%). While Health Institute students was: Encouragement or suggestions for coping with bullying behaviors (47%). **Conclusion:** The majority of nursing students at faculty of nursing students were exposed to moderate degree of bullying than health institute nursing students. On the other hand, clinical instructor was the most frequent source of bullying behaviors as perceived by the faculty nursing students.

Keywords: *Bullying Behaviors, Coping Strategies, Nursing Students, Clinical Setting*

Exploring a New Role in Case Management

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Abstract:

4th International Scientific Nursing Conference Toward a Bright Future in Nursing and Health Care



Nursing is a wonderful profession that presents a plethora of work settings to pursue our calling. This profession allows many opportunities for work with the patient, family, and community promoting well-being and healing to all that we serve. Moving towards a brighter future enhanced through innovative technology advancements allows us to stay connected through telehealth, electronic records, and patient portals to provide up to date results for necessary delivery of care. Moving into the future learned as a clinician to become more mindful and adaptable to all the changes in healthcare while promoting continued advocacy and coordination of care for patient's needs to be met. Communicating with case managers in the hospital, community and even home settings to connecting with the insurance side for members to provide such essential care is key in our current world of practice. Case management is one opportunity for nurses to put all their knowledge, skills and abilities to work.

Keywords: *Moving Nursing, Brighter Future, Case Management.*



Neonatal Nursing- Yesterday, Today and Tomorrow: Embracing the Future

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Abstract:

Neonatal nurses now a day's serves a variety of roles, from teaching in various setting to rendering hands-on care in hospitals or clinic. Taking care of children involves self-awareness that one must be patient enough about kids as well as consider the fundamentals of child psychology especially the developmental stages. Since children could not sometimes utter what they really felt whenever they are sick, careful assessment and an experienced "clinical eye" must be employed. Neonatal nursing yesterday, typical work activities that the neonatal nurses were doing may vary, such as: Assessing, observing, reporting and recording on the condition of neonates; preparing children for procedures; administering drugs; assisting with tests; responding to emergencies; supporting, advising and educating patients and close relatives. Today neonatal nurses should be trained to meet the growing demand of the health care industry. Therefore there is a need to train the nurses in the area of neonatal nursing. Neonatal nurse has a variety of roles, these roles are beyond the traditional boundaries of nursing, but also, are involved and performing a great job independently with the collaboration of pediatrician. Some of the roles overlap but these roles are really challenging. Skills of a neonatal nurse are assessment, safety risks, learning the right approach, communicating well and working under pressure. The roles of neonatal nurse can be categorized into extended and expanded roles. The healthcare environment is changing rapidly and dramatically. How our healthcare system responds to the changes will predict the future, so that, neonatal nursing tomorrow should be work at their best for the pediatric patients. There will be more roles that they will be serving in future such as; nurse entrepreneur, telenurse, forensic nurse, peace corps nurse, independent neonatal nurse practitioner and independent neonatal nurse consultant. At the end, neonatal nurses are highly skilled health care providers who are equipped to fill the void on inpatient hospital teams. Neonatal nursing is a challenging and rewarding career.

Keywords: *Neonatal nurses, Embracing, Challenging, Yesterday, Tomorrow, Future.*



Evidence-Based Shaken Baby Syndrome/Abusive Head Trauma Prevention Program

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Abstract:

Shaken baby syndrome is a form of child abuse that occurs when an infant is violently shaken by a much larger person. It is the most devastating form of child abuse as 30 % of all infants who are shaken die and upwards of 80 % who survive suffer permanent life-long brain abnormalities. Shaken baby syndrome and pediatric abusive head trauma continue to be the leading cause of child abuse death and most common causes of mortality and morbidity due to the physical child abuse in the United States. Shaken Baby Syndrome is 100% preventable through the proper education to our medical professionals, who then individually educate new parents about the risks, dangers, and needless consequences.

Infant crying is the primary stimulus of a potential shaken injury, as it relates to the stress and coping mechanism of new parents and caregivers. Parent or caregiver becomes so frustrated with a baby's crying that they lose control and just shake them. All infants go through a stage in their development when they cry more than any other time in their lives. This period, which begins at about two weeks of age, is referred to as the *Period of PURPLE Crying*. This period can be one of the most frustrating times in your child's development, mostly because many parents don't know anything about it and consequentially it is the time when most infants are shaken and abused. The *Period of PURPLE Crying* program is an evidence-based shaken baby syndrome/abusive head trauma prevention program that aims to; support parents and caregivers in their understanding of early increased infant crying and to reduce the incidence of shaken baby syndrome/abusive head trauma.



Keywords: *Shaken Baby Syndrome; Abusive Head Trauma; Period of PURPLE Crying*

Effect of Dry Cupping therapy on the Intensity of Acute Renal Colic among Patients in the Emergency Room

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Abstract:

Cupping therapy is an excretory form of therapy. It has many benefits in treatment of various medical conditions, as pain relief from musculoskeletal conditions such as low back, neck and shoulder pain and cancer pain. The present study **aimed** to investigate the effect of dry cupping therapy on the intensity of acute renal colic among patients in emergency room. **Methods:** A randomized controlled trial was conducted in emergency room at Mit Gamer nephrological and urological hospital on thirty one patients who were complained of acute renal colic. They were selected by simple random sample. The study sample divided in to intervention and control groups. The intervention group consisted of nineteen patients who received dry cupping therapy. But the control were twelve patients who received the routine care which are non-steroidal anti-inflammatory drugs. Pain score was measured by using visual analogue scale before intervention, immediately after and after thirty minutes after intervention. **Results:** According to



visual analogue scale, the mean intensity of renal colic in the intervention group decreased from 7.2 ± 1.6 before the intervention to 2.4 ± 1.6 , immediately after intervention. In contrast 8.4 ± 1.4 to 7.5 ± 1.9 immediately after routine care. On the other hand the pain intensity after thirty minutes after intervention was 2.4 ± 2.2 in intervention group versus 4.9 ± 2.8 in control group. **Conclusion:** Dry cupping therapy is safe, easy, cheap and effective method for decreasing acute renal colic. It has immediately effective in relieving pain, so it provides comfort with minimal side effect and minimal resources and the patient avoided the side effects of non-steroidal anti-inflammatory drugs. **Recommendations:** Ministries of health worldwide should encourage and apply the cupping therapy in hospitals to decrease renal colic.

Keywords: *Cupping therapy, renal colic*

Accreditation in higher education: opportunities and challenges

Prof. Dr Adel Darwish

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Abstract:

Accreditation is a creation of colleges and universities that dates back more than a century. Its fundamental purposes are quality assurance and quality improvement in higher education. A process of self-regulation through peer and professional review, it is the oldest such system in the world. Today more than seven thousand colleges and



universities and more than twenty thousand programs serving some twenty-four million students willingly undergo periodic accreditation review by nineteen institutional a creditors and sixty-one programmatic a creditors. Accreditation is nongovernmental by design and relies on funding from colleges, universities, and programs. Accreditation depends heavily on volunteers from higher education who participate in self-studies, serve as peer and professional reviewers, and serve on accrediting organizations' decision-making bodies. Accreditation reflects three core values of higher education, all essential to academic quality: institutional autonomy, academic freedom, and peer and professional review. What happens to accreditation will happen to institutions. Moreover, accreditation has some opportunities to achieve its goals. However, these are some obstacles and challenges in the accreditation process.

Keywords: *Accreditation , Opportunities , Challenges*

Self-reported Knowledge on Type 2 Diabetes and its Risk Factors among University Students in Dammam, Kingdom of Saudi Arabia



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Abstract:

Diabetes mellitus is now globally considered as a leading cause of morbidity and mortality. It is associated with high rates of microvascular and macro vascular complications. **The aim of this study** is to assess knowledge and risk factors of type 2 DM among university students in Saudi Arabia regarding T2DM. **Methods:** A cross-sectional survey using a pre-tested, structured questionnaire was conducted in October 2017. The study was conducted in the Colleges from Dammam University. The sample size used in the study is 400 college students and the tool used for study is structured self-administered questionnaire. **Results:** A total of 200 students returned completed questionnaire, response rate was 89%. Among the study sample, 110 were females and 90 were males from all the colleges. Regarding the BMI of the students, most of the students (63%) were in normal level. **Results:** The results revealed that most students have sufficient knowledge about type 2 diabetes. 54% of students felt that type 2 diabetes was curable, 89% thought that the type 2 diabetes can be preventable and curable, and 81% of students felt that diabetes is associated with abnormal insulin. An excessive intake of sugar (68%), intake of fatty food (51%), obesity (69%), family history (81%), life style (74%), hypertension (61%), and diabetes during pregnancy (48%) were identified as risk factors of type 2 diabetes by most of the respondents. Also excessive eating (21%), frequent urination (81%), excessive feeling of thirst (60%), and weight loss (78%) were identified as symptoms by most of the respondents. Regarding the knowledge about the diagnosis and treatment, most of the students (62.5%) were aware all the listed prescribed items. In this study we got moderate response from the knowledge about complications: Cerebrovascular stroke (67%), Kidney problems (78%), Eye problems (87%), Diabetic neuropathy (77%), Heart problems (62%), and Diabetic foot problems (87%). Students were using, to varying extents, many different sources of information to gain knowledge regarding diabetes. The majority of the participants got information from friends and relatives (90%), internet (79%), and Broachers (79%). Television (40%) was the least identified sources of information. **Conclusion and Recommendation:** Overall, the participants have more than the average knowledge regarding type2 diabetes, but still the respondents need to aware some specific areas. So we recommend that health professional and television sectors become involved to create more awareness about health related knowledge and include healthy lifestyle practice among students.



Keywords: *Dietary habits, sedentary life style, type 2 diabetes mellitus, Kingdom of Saudi Arabia.*

Pediatric Palliative Care and Quality of Life

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Abstract:

Death of a child has been acknowledged as one of the greatest tragedies that can befall a family. In recent years, discipline of pediatric palliative care has appeared in response to awareness of distinct needs of dying children. Pediatric palliative care is defined as 'an active and total approach to care, embracing physical, emotional, social and spiritual elements. It focuses on enhancement of quality of life for the child and support for the family and includes the management of distressing symptoms, provision of respite and care through death and bereavement'. It is also active total care of the child's body, mind, spirit and involves giving support to the family. This begins when illness is diagnosed and continuous regardless of whether or not a child receives treatment directed at the disease. Awareness of the importance of quality palliative care services appears to be growing. Pediatric nurses have a unique opportunity to not only help prepare the child and family for the time of death, but also assist with the actual journey of how they get to that final moment. They have complex role in providing care required in the quality delivery of palliative care to include pain and symptom management, ethical decision making, psychological and spiritual issues, staff support, and use of a hospital-based program.

Keywords: *Pediatric palliative care, quality of life.*





Nursing Students' Clinical Evaluation: Objective Structured Clinical Evaluation versus Observational Checklist

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Abstract:

Clinical nursing education is the heart of a nurse's professional practice. Effective and exact clinical evaluation should be the first aim for all nursing faculties and clinical instructors. Objective Structured Clinical Evaluation is one form of objective evaluation method that includes both summative and formative evaluation components. Therefore the application of objective structured clinical evaluation in nursing students' clinical evaluation increase their competencies.

Aim of the Study: To compare between objective structured clinical evaluation versus observational checklist in nursing students' clinical evaluation. **Methodology:** A quasi-experiment design was utilized. A convenience sample of fifty students from third year, Faculty of Nursing, Neelain University, Sudan, **Tools;** divided into two parts; first part includes Scio-demographic characters and student's clinical evaluation score by both methods and second part included the Student's Opinion regarding advantages of both clinical evaluation methods. **Results:** Mean of Student's Clinical Evaluation score by Objective Structured Clinical Evaluation was (24.42%), while by Observational Checklist was (20.72). The more than half participant students (66.0%) preferred Objective Structured Clinical Evaluation than traditional observational checklist in clinical evaluation. There was a statistical significance between the Student's Opinion regarding Clinical Evaluation by Objective Structured Clinical Evaluation and Observational checklist in many questions. **Conclusion:** The findings of the present study concluded that clinical evaluation by Objective Structured Clinical Evaluation more objective method of assessment than the traditional method. **Recommendation:** Objective Structured Clinical Evaluation should be incorporated with other methods for evaluating undergraduate nursing students in all studying years.



Keywords: *Objective Structured Clinical Examination, Traditional observation checklist, Clinical Examination.*

Efficacy of constraint-induced movement on improving upper functional ability motor skills among patients after stroke

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Abstract:

Stroke is a common cause of death and long-term disability. Neuro rehabilitation is a process to promote recovery and/or compensate for functional alterations especially if initiated early after stroke. Constraint induced movement therapy (CIMT) is deemed as an excellent therapy effectively applied on acute stroke stage for restoring motor function of upper extremities. Therefore, the **aim of the study** was to examine the efficacy of constraint induced movement (CIM) in improving functional ability / status among patients after stroke. **Patients and Methods:** Quasi-experimental research design was conducted in neurology department (stroke unit) at Mansoura University Hospital. A purposive sample of 100 adult patients of both sexes with cerebrovascular stroke, who corresponded to inclusion criteria were assigned randomly into two equal groups (study and control). the study group was 50 adult patient received CIMT after one week post stroke and control group was consisted of 50 adults with stroke received the routine hospital care. **Results:** The patients in study group showed significantly greater improvement in functional ability one month after baseline $P < 0.05$ & also as in control group . **Conclusion:** constraint induced movement therapy (CIMT) applied for patients early post stroke produced statistically significant improvements in their functional ability /status.

Keywords: *Constraint-Induced Movement therapy, stroke*



Maternal Preeclampsia and Neonatal Outcomes

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Abstract:

Preeclampsia is a condition that is associated with pregnancy. Main diagnostic symptoms of preeclampsia are high blood pressure, edema and proteinuria, occurring after 20 weeks of gestation. Preeclampsia is often precluded by gestational hypertension. While high blood pressure during pregnancy does not necessarily indicate preeclampsia, it may be a sign of another problem. The incidence is believed to be even higher in developing countries. Preeclampsia affects at least 5-8% of pregnancies and affects functions of many systems and considering among the leading causes of maternal and fetal/neonatal morbidity and mortality. Optimal strategies in the care of the women with preeclampsia have not been fully illustrated, leaving physicians with incomplete data to guide their clinical decision making. However, the need for premature delivery may be indicated in certain conditions with the negative impacts on neonatal outcomes. So,



updating the health care providers' knowledge about new strategies about preeclampsia management is very important issue.

Keywords: *Preeclampsia, Incidence, Neonatal Outcomes.*

Iatrogenesis among Old Adults: Prevention and Management

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Abstract:



Iatrogenic events commonly occur among hospitalized older adults and refer to any pathologic alteration caused by the practice of health professionals, which originates harmful consequences for the patients' health. The most common types of iatrogenic committed by the nursing team are related to medications, followed by pressure ulcers, falls, fractures, suction and infection through nasogastric or nasointestinal tubes, phlebitis in peripheral venous catheters, infection in central catheters and others. Older adults are specially subject to the occurrence of iatrogenic cascades as they are treated without considering the singularity of the senescence and senility process. Given that iatrogeny is an indicator of gerontological nursing and hospital care service quality, notification should be encouraged in case an iatrogenic event occurs, and continuing education should be used to update the professionals and reduce the number of errors, aimed at improving the quality of the service delivered.

Keywords: *Iatrogenic events, Older adults, Gerontological nursing*

Role of the nurse in Caring for Children undergoing Plasmapheresis



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Abstract:

Plasmapheresis or Therapeutic Plasma Exchange (TPE) refers to an extracorporeal procedure where one or more plasma volume are removed from a patient and replaced with albumin solution plus crystalloids or fresh frozen plasma. Plasmapheresis is the treatment of choice for hematological, neurological, kidney and immunological diseases and in diseases in which the effectiveness of this procedure has been established. Plasmapheresis is not a complication free. The adverse side effects are clotting disorders, cardiac arrhythmias, hypotension, fluid & electrolyte disturbance, septic complications, catheter-associated infections, and complication related to transfusion of blood and blood products.

In clinical practice, plasmapheresis nurse has to be an effective practitioner able to establish and maintain high quality evidence based nursing services and to work with the multidisciplinary team to ensure that pediatric patients receiving plasma exchange have access to specialist care, knowledge and expertise. Also, the nurses have several roles in TPE; before the procedure, during and after the procedure. Before the beginning of therapeutic plasmapheresis, the nurse confirm the identity of the patient, the patient's informed consent, taking a full history, taking blood sample, checking for an appropriate vascular access, preparation of plasmapheresis machine & liquids of substitution. During the procedure, the role of nurse is focused on monitoring of the child and the plasmapheresis machine with regular intake of vital signs, updates of the patient's care sheet (vital signs, side effects, medication administered, blood flow, blood pump, amounts of ingested and secreted substitution, replacement fluids and anticoagulants used) and appropriately correspondence to any complications of the treatment. After the completion of the plasma exchange session and the removal of the needles, great care must be given to the management of venous access and periodic inspection for any bleeding. The patient is informed about the feeling of tiredness for one or two days, he is recommended to rest and avoid strenuous activities and he is informed to avoid crowding and close contact with people who are sick.

Keywords: *Caring , Children ,Nurse,Plasmapheresis*



The Effect of Cryotherapy on Chemotherapy Induced Oral Mucositis in Egyptian Cancer Patients: A Randomized Controlled Trial

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Abstract :

Oral Mucositis (OM) is a common adverse side-effect caused by cancer treatments (chemotherapy and/or radiotherapy). And can lead to mucosa toxicity. Patients with (OM) may experience extreme pain and may not be able to eat, drink and talk and, as a result, their quality of life is impaired. Prevention and management of (OM) in adult patients who received chemotherapy are challenging issues for health care professionals.

Objective: The aim of this study was to evaluate the effect of Cryotherapy on incidence and severity of chemotherapy-induced Oral Mucositis and Oral Mucositis related pain in patients treated with combined chemotherapy (Fluorouracil and Leucovorin) . **Materials**

and Methods: This study a randomized controlled trial with a random assignment to Cryotherapy and control groups. The study was conducted on 40 cancer patients who underwent chemotherapy .The 20 patients in Cryotherapy group were received instructions for sucking ice cubes in their mouth for five minutes before during and shortly after chemotherapy. The 20 patients in control group received routine care. Oral Mucositis and pain severity were evaluated at 7th, 14th and 21st days of the study after chemotherapy using WHO Mucositis grading and - Numeric Pain Rating Scale. **Results:** In The majority of patients in Cryotherapy group.Oral Mucositis was not detected (Grade0) at 7th ,14th and 21st days Similarly incidence of Grade 1and 2 OM in Cryotherapy group significantly lowered when compared with control group where ($p < 0.001$).Patients in the control group showed significantly higher oral discomfort during the study period ($p=0.001$).

Conclusion: Oral Cryotherapy due to its simple application, tolerability and lack of side effects makes it a very important resource for reducing the incidence and severity of oral



Mucositis and oral Mucositis associated pain. The role of oncology nurses is crucial to the application and success of oral Cryotherapy.

Keywords: Cryotherapy , Chemotherapy, Ice ,Mucositis, pain.

Effect of Reflexology Training for Family Caregivers on Health Status of Cancer Patients

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Abstract:

Patients with colorectal cancer experience physical, psychological and social challenges and family caregivers are usually not prepared for these new challenges. Foot reflexology is one of the most frequently used complementary therapies and has been shown to be effective for cancer patients. **The aim:** Determine the effect of reflexology training for family caregivers on health status of elderly patients with colorectal cancer. **Design:** Quasi-experimental design was used in this study. **Setting:** This study was carried out at Mansoura University hospital (Oncology Center). **Subjects:** A purposive sample of 50 elderly patients diagnosed with colorectal cancer and their family caregivers attending in the above mentioned settings within a period of six months.



Tools: Six tools was utilized in this study; socio demographic and clinical data structured interview schedule, the short form (36) health survey, hospital anxiety& depression scale, memorial symptom assessment scale, foot reflexology knowledge structured interview schedule and foot reflexology training observational checklist.

Results: Family caregivers' reflexology training has a significant positive effect on their knowledge and practices and on elderly patients' health status, anxiety & depression and symptoms management. **Conclusion:** This study concluded that, the implementation of foot reflexology training for family caregivers was successful in improving their knowledge and practice regarding foot reflexology and in improving the health status of elderly patients with colorectal cancer.

Keywords: *Elderly, Colorectal cancer, Family caregivers, Reflexology.*

Effects of New Technique on Oral Mucositis

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Abstract:

Background: Cancer and chemotherapy are amongst leading health problems influencing the quality of life of the individual. The complications of many treatment



regimens appear frequently in the mouth and cause serious problems. Although mucositis has been a subject of interest to scientists for more than 20 years, this has not resulted in development of standard procedures for prevention and management. **Aim:** The aim of this study was to examine the effect of oral cryotherapy on the development of mucositis in patients receiving Chemotherapy. **Methods:** This quasi experimental study was conducted at the respiratory disease clinic, at the National Cancer Institute in Cairo on 60 patients with bronchogenic carcinoma under chemotherapy; 30 randomly allocated to study group with oral cryotherapy, and 30 allocated to the control group. Data collection tools included demographic data sheet, patient-judged mucositis grading, physician-judged mucositis grading, and oral pH measurement. Data were collected before the first chemotherapy course, and for 21 days. Physician-judged mucositis was done on days 2, 3, and 21. Oral pH measurements were done on days 1, 2, 3, and 21 using Merck Universal Indicator. Cryotherapy was done using special ice cubes with rounded corners. **Results:** Patient-judged mucositis grading was highest on day 6 in the study (40.0%) and control (80.0%) groups, The differences between the study and control groups in the changes in pH values after chemotherapy were statistically significant at the four days of assessment, $p < 0.001$. **Conclusion:** It is concluded that oral cryotherapy shifts the pH of saliva to alkaline, and thus can prevent mucositis development and it's severity in patients undergoing chemotherapy.

Keywords: Cancer, Chemotherapy, Cryotherapy, Oral mucositis,



Introducing Moodle as a New Path for Nursing Education: Students' Perception, Experience and Barriers

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Abstract:

The Moodle represents one of the most widely used open-source e-learning software platforms in higher education. It enables educators to create online courses to encourage interaction and collaborative construction of learning content. It has many capabilities such as interaction, feedback, conversation and networking. **Objective:** The objective of the study was to explore students' perception, experience and barriers towards using Moodle. **Methods:** A descriptive research design was used among 221 first level nursing students in Faculty of Nursing, Mansoura University. Questionnaires regarding students' perceptions, experience, motivation and barriers were completed at the end of the second semester. **Results:** the results of this study revealed that 77.8% of student had computer with internet availability. Less than half of Students (42%) agreed with the easier and effectiveness of Moodle. The students who had a good perception to Moodle were 39.8% with mean score 66.06. The study also showed that the average students' experience score was 31.17 ± 9.36 , while the average students' barriers score was 82.19 ± 17.02 . **Conclusion:** The results indicate that students' perception related to Moodle affected by their experience and motivation. There was a negative correlation between students' perception and barriers.

Keywords: E-learning, Learning management systems, Moodle, Modern teaching strategies



Quality and Patient Safety

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Abstract:

Human beings will always make errors. Errors are common in medicine, killing tens of thousands. Naming, blaming and shaming have no remedial value. The reduction and mitigation of unsafe acts within the health-care system, as well as through the use of best practices shown to lead to optimal patient outcomes. In developed countries as many as 1 in 10 patients is harmed while receiving hospital care. The harm can be caused by a range of errors or adverse events. At least 50% of medical equipment in developing countries is unusable or only partly usable. Often the equipment is not used due to lack of skills. As a result, diagnostic procedures or treatments cannot be performed. This leads to substandard or hazardous diagnosis or treatment that can pose a threat to the safety of patients Patient's Rights. The patients have the right to receive quality care delivered in a competent, respectful and cost effective manner. It is the responsibility of every employee to ensure that patient rights are maintained. The mission of the health organization system is to improve the quality and safety of health care around the globe. This can be met through follow Standards, Evaluation Methodology, Patient Safety Goals, Data on Performance and Benchmarks and Education. About half of nursing standards today focus on patient safety and ways to anticipate and prevent error. The standards encourage a culture of safety. They support open communication, reporting and learning and encourage patients to become active members of the health care team. The standards alone weren't sufficient drivers for safety. The establishment of national and international patient safety goals was also a significant outcome as part of this endeavor and focus on safety as practices organizations should comply with. These goals are requirements for accreditation and raised the bar for accreditation.



Keyword : *Patient, Quality, Safety*

Health of psychiatric patients

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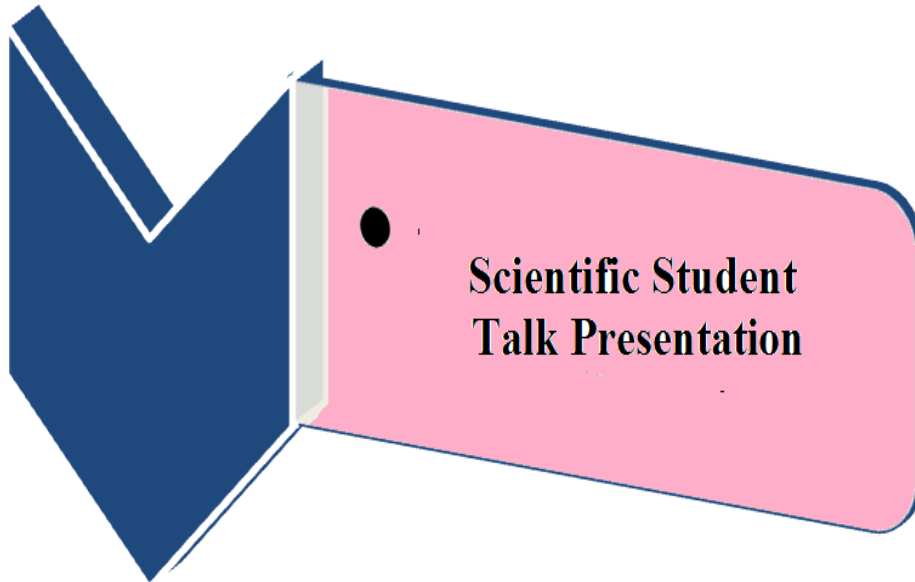
Abstract:

The term, mental illness, is used to describe clinically recognizable pattern of psychological symptoms or behavior causing acute or chronic ill health, personal distress or others. Patients with mental illness are prone to develop dental problems. This may be owing to general self-negligence associated with mental illness, fear of treatment, inability to access dental health services and side effect of various medication used in psychiatry. Many patients suffering from long-term psychiatric illness are on medication for long periods. These medications frequently cause xerostomia leading to an increased risk of caries, gingivitis, periodontitis and stomatitis. Oral hygiene is therefore of the utmost importance for these patients. Nurses interact with patients on a daily basis, and therefore they are the psychiatric caregivers of choice to support these patients. Considering the high



prevalence of oral health problems in psychiatric patients, the present study is conducted to assess the health problems of psychiatric patients attending the psychiatric outpatient department.

Keyword : *Health , psychiatric patients*





Cervical cancer; a fatal woman's malignancy

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Abstract:

Cervical cancer is the second leading cause of maternal mortality all over the world. A woman dies of cervical cancer every two minutes. However this disease is still killing up to 8,000 women annually. Cervical cancer is termed the silent killer in which the symptoms may not appear until the condition been worse. Symptoms which may appear for some women include bleeding especially after sexual intercourse, loss of appetite, general malaise and colored offensive vaginal discharge. Fortunately, this cancer is preventable by screening for premalignant lesions. But, badly, in our developing countries screening is much neglected in our medical culture, women didn't seek medical help unless affected with severe symptoms which affect her ability to care for family. So, we have a great role in spreading awareness among women to prevent themselves from this fatal disease and give them all necessary information about new screening and management approaches for cervical cancer.

Keywords : *Cervical cancer, maternal mortality, symptoms of cervical cancer.*



Stem Cells; A new Challenge

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Members of nursaway team

Abstract:

Stem cells are biological cells that can differentiate into other types of stem cells and can divide to produce more stem cells. They are found in multicellular organisms. There are two broad types of stem cells; the first is embryonic stem cells, which are isolated from the inner cell mass of blastocysts; the second is adult stem cells, which are found in various tissues. There are three known accessible sources of autologous adult stem cells in humans: Bone marrow, adipose tissue, blood, and it can also be taken from umbilical cord blood just after birth.

Stem cell therapy is the use of stem cells to treat or prevent a disease or condition. Bone marrow transplant is the most widely used stem-cell therapy, but some therapies derived from umbilical cord blood are also in use. Research is underway to develop various sources for stem cells to apply stem-cell treatments for neurodegenerative diseases and conditions such as diabetes, heart disease, and other conditions.

Keywords: *Stem Cells, Embryonic Stem Cells, Bone Marrow Transplant.*



Heart Transplantation and Changes on Recipient's Personalities

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Abstract :

It is generally assumed that learning is restricted to neural and immune systems. However, the systemic memory hypothesis predicts that all dynamical systems that contain recurrent feedback loops store information and energy to various degrees. A heart transplant replaces the patient's heart with a donor heart. Physician remove the patient's heart by transecting the aorta, the main pulmonary artery and the superior and inferior vena cava, and dividing the left atrium, leaving the back wall of the left atrium with the pulmonary vein openings in place. The most common reason is that one or both ventricles have aren't functioning properly and severe heart failure is present. Unfortunately, the number of heart donors has reached a plateau despite an increasing number of potential recipients. Allover the world, More than 5000 cardiac transplants occur each year, although it is estimated that up to 50,000 people are candidates for



transplantation. Sensitive transplant patients may evidence personal changes that parallel the history of their donors. The objective of this presentation was to describe whether changes following heart transplant surgery parallel the history, memory and behavior of the donors. There are many cases which had changes in food, music, art, sexual, recreational and career preferences, as well as specific instances of perceptions of names and sensory experiences related to the donors. The incidence of recipient awareness of personal changes in cardiac transplant patients is unknown. Scientists suggest that cellular memory, possibly systemic memory, is a plausible explanation for these parallels.

Keywords : *Heart Transplant, , Change Cellular ,Personality.*

Oral Health

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Abstract:

Oral hygiene is vital and very important issue, in which every human being should always keep on practicing. Oral cavity is the main entrance of food, drinks, oral drugs, and even smoking for those who are smoke. Dentist identified that there are so many



activities takes place in the oral cavity by hundreds of microorganisms which known as normal flora. As result of that activities a white film tiny substances formed on the teeth, if care not be taken that substances which was called plaque will later become a brownish substances in between teeth interproximal area and gingival margin of the teeth which is called calculus. Later on can be etiology of so many diseases in the oral cavity such as; gingivitis, periodontitis, dental caries, oral cancer, halitosis which mean bad breath. Many preventives measure can be taken such as brushing teeth twice a day, visiting dental clinics for oral checkup at least every six months and daily routine using natural cleansing mechanism.

Keywords: *Oral health, Dental care, Preventive measures.*



Application of Expert Systems Technology in Nursing Field

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Abstract:

Expert systems (ESs) or knowledge based systems is one of the largest areas of applications of artificial intelligence, it requires embedding the knowledge of a human expert in a computerized consulting service that because such systems do not get bored, or tired, or old preserve and disseminate the knowledge. Delta (Δ) project, is a nursing project based on expert system technology, it includes health education program which is aiming at enabling everyone to get focused detailed health education information that fits with needs, age, sex and other variables that is not shared with others. Another program included in Delta (Δ) project which is attendance based evaluation program that makes students' attendance registration process easier and less time consuming especially for students who studying with credit policy. Delta (Δ) project can be widely used not only in the form of desktop application but also as android.

Keywords: *Expert Systems, Expert Systems in nursing, Students' attendance expert system.*



How to deal with acne vulgaris?

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Abstract:

Acne Vulgaris is one of the most common skin disorders which need special concern. It mainly affect adolescent. In recent years, due to better understanding of the pathogenesis of acne, new therapeutic modalities and various permutation and combinations have been designed. In topical agents; benzoyl peroxide, antibiotics, retinoids, are the common medical regiment and can be given in combinations. While systemic therapy includes oral antibiotics, hormonal therapy, and isotretinoin, depending upon the need of patients has to be selected. Physical treatment in the form of lesion removal, phototherapy is also helpful. Since various old and new topical and systemic agents are available to treat acne,

physicians and researchers worked together as a global alliance to improve outcomes in acne treatment. They have tried to give consensus recommendation for the treatment of acne. Successful management of acne needs careful selection of anti-acne agents according to clinical presentation and individual patient needs.

Keywords: *Acne Vulgaris, New modalities in acne care.*



Stressors and Coping Strategies

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Abstract:

Stressors; all the adversities that a person may face in his life. *Always* stress has been associated with unsupportive social relationships or dissatisfaction with social relation. Stress may affects several aspect of humanlife such as social, marital, sexual, and personal aspects. The one's perception that there are many people who may face the same stressors or more can alter the one's experienceand attitudes during dealing with stressful events. Many strategies can reduce the perception of stress and stressors. The best coping is to name stressors as challenges that require the power to be competing for a solution. Also to consider the stress as a gift from Alaah which require a special concern to be replaced with thanks and satisfaction. Furthermore, special attention to others stress will let the person feel that his stress equal nothing comparing to others.

Keywords: *Stress, coping strategies with stress.*







Challenges to the Delivery of End-of-Life Care

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Abstract:

End-of-life care presents many challenges (e.g., the management of pain and various sufferings) for nurse, as well as for patients and their families. Moreover, the care of the dying patient must be considered within the context of the psychological, physical, and social experiences of a person's life. The challenges faced by the terminally ill patient are substantial and potentially overwhelming. These challenges include physical pain, depression, a variety of intense emotions, the loss of dignity, hopelessness, and the seemingly mundane tasks that need to be addressed at the end of life. Thus, an understanding of those patients experience helps nurses to improve their care of the terminally ill approach. For a subset of terminally ill patients, maintaining a sense of control is a central task of the End of life care.

Keywords: *Care, Challenges, Delivery, End of life, Terminally ill*



Maternal Obesity and Pregnancy Outcomes

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Abstract:

Obesity is a major public health concern in the world which is in a rising rate and is considered a significant predictor for neonatal & maternal morbidity and mortality. Maternal obesity has emerged as an important risk factor in modern obstetrics worldwide, however the proportion varies from country to country and within geographical areas in the same country. Increasing maternal body mass index (BMI) was proved to be associated with many pregnancy worth outcomes. Obese pregnant women were liable to pregnancy induced hypertension more than the non-obese. Also, gestational diabetes mellitus and preterm delivery more occurred among obese than normal and overweight women. Moreover, obesity among the pregnant women also, increase the risk of macrosomia and congenital anomalies among their delivered babies compared to normal and overweight pregnant women.

Keywords: *Body mass index, Gestational Diabetes. Maternal Obesity, Pregnancy Induced Hypertension, Pregnancy Outcome*



Gerontological Nursing Students' Perception of Objective Structure Clinical Examination

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Abstract:

Objective Structured Clinical Examination is a modern type of evaluation and often used in the medical sciences to measure clinical skills and is increasingly being used as a method of assessment in nursing and allied health curricula. Nowadays there is a focus on competencies rather than on knowledge acquisition. One attempt at measuring clinical competency is the use of Objective Structured Clinical Examination. **Aim:** The aim of the study was to investigate the gerontological nursing students' perception of objective structured clinical examination. **Methods:** A descriptive exploratory design was used. A purposive convenient sample of 289 of undergraduate gerontological nursing students was involved in this study. Self-administered questionnaire sheet was used to assess nursing students' evaluation of the attributes, the quality of performance, and the objectivity of Objective Structured Clinical Examination. **Results:** The results of this study indicate that, Objective Structured Clinical Examination has been accepted by the majority of nursing students as an evaluation tool for their clinical performance. For most students Objective Structured Clinical Examination was fair (77.9%), covered a



wide range of knowledge and clinical skills (85.5% & 76.5%), minimized the chance of failing (68.2%) and well administered (81.0%). **Conclusion:** The Objective Structured Clinical Examination, evaluation of clinical skills is essential feedback and an acceptable method for evaluation as viewed by participating students and their overall acceptance of the instrument.

Keywords: Gerontological Nursing, Objective Structure Clinical Examination, Students' perception.

Multidisciplinary Approach in Health Care: Benefits and Barriers

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Abstract:

Multidisciplinary care is an integrated team approach to healthcare. The evaluation of treatment options and treatment planning are collaborative processes involving medical and allied healthcare professionals. Patient-specific treatment plans are developed, and delivery of care becomes a shared responsibility. The beneficial impact of a multidisciplinary team approach has been well documented across a wide range of clinical applications, including multidisciplinary wound care, management of diabetes and chronic lung disease, prevention of cardiac, vascular disease (CVD), as well as the



management of patients with breast disease, colorectal cancer and heart failure. Evidence indicates that Multidisciplinary care (MDC) can reduce mortality and improve quality of life, and that therapeutic decisions made by multidisciplinary teams are more in accord with evidence-based guidelines than those taken by the individual healthcare professional. A multidisciplinary care also results in greater patient satisfaction with the treatment, improved financial performance, a reduction in the mean duration of hospitalization and a significant reduction in the number of unplanned hospital readmissions. However, despite the strong evidence to support the positive outcome of a multidisciplinary healthcare approach, several barriers to its wider adoption have been identified: Resistance to change by the clinicians; A lack of funding to support the multidisciplinary care model; A lack of time on the part of clinicians to attend multidisciplinary meetings; The differences between the public and private healthcare sectors; Issues of patient ownership; Workforce issues and pressures on disciplines, e.g. pathologists who may need to attend several meetings each week; The unknown cost of multidisciplinary care; The difficulty of establishing multidisciplinary care in rural and remote areas because of a lack of team members.

Keywords: *Barriers, Benefits, Health Care, Multidisciplinary Approach.*

Satisfaction and Self-Confidence among Male Nursing Students with the Use of Simulation in Maternity Courses

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Abstract:

Recently the simulation practice has become the important portion in nursing education due to increasing patients' right and patients' safety need. Simulation is a teaching strategy that provides students with artificial representation of a complex real-life for enabling them to learn in a safe environment; based on its degree of realism it ranges from low to high fidelity. Low fidelity simulation refers to that is used in teaching the physical assessment and psychomotor skills, while medium fidelity reflects more real than that of low fidelity and high fidelity simulation refers to sophisticated computerized simulation of whole patients (patient simulators) or various anatomical parts. Simulations in health professional education take the forms of roleplay, videotaped interactions, case studies, demonstrations, computer-based learning modules, online activities, standardized patients, virtual reality applications, and mannequins or plastic body parts. Simulation experience can be considered to be an educational alternative that can overcome the limitations of the maternity clinical skills. Maternity nursing simulation provides adequate training to make students to obtain the problem solving ability which can substitute the actual clinical practice. Student satisfaction with learning is defined as the degree to which students believe they have the opportunity to be involved in a learning activity and to receive feedback about their learning. Student Self-confidence is defined as "confidence in oneself and in one's powers and abilities". Students with self-confidence believe themselves to have the ability to handle a situation or deliver nursing care in a correct, appropriate and an effective way.

Keyword: Maternity Courses , Satisfaction , Self-Confidence, Simulation.



Effective Communication with Elderly People

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Abstract:

Communication is the process of exchanging information. Problems between individuals, families, or groups, are often the result of bad communication. Each of us who participates in communication is a unique individual with our own personal values, beliefs, perceptions, culture, and understanding of how the world operates. This is particularly important to remember when dealing with older adults. Whatever their background, they have had time to encounter many situations, both good and bad. It is often difficult for a younger person to understand the experiences that have made by them. The most effective way to bridge the gulf between the generations is good communication. Effective communication doesn't mean that we will like or agree with everything with another person says, but rather that we respect the person's right to think and say it. This atmosphere of mutual respect and understanding helps build trust and rapport. Effective communication with elderly requires the following: The need or desire to share information, accept what the older persons to say, understanding common age related physiological changes that affect communication, and factors that interfere with or become barriers with it, and development of the skills and techniques that overcome barriers, and facilitate effective communication.

Keywords: Communication, Elderly people.



Competency-Based Practice in Clinical Nursing Education: The Wave of the Future

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Abstract:

Nursing students require education that integrates evidence-based practice (EBP) knowledge across classroom and clinical settings. This study was conducted to identify and examine the literature related to nursing students' use of evidence in clinical education and to identify associated research gaps.

Keywords: *Competency-Based, Practice, Nursing, Education.*



A Neglected Issue on Sexual Well-Being following Breast Cancer Diagnosis and Treatment

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Abstract:

Breast cancer is one of the most prevalent cancers and the second-leading cause of cancer-related deaths in women worldwide. Because advances in breast cancer screening and treatment have led to a significant improvement in patient survival. Changes in sexual well-being and sexual dysfunction are common following breast cancer diagnosis and treatment. This has led breast cancer researchers to focus on life quality issues, with a particular focus on sexual well-being. Following a diagnosis of breast cancer, patients



are primarily concerned with personal survival and lifestyle changes that may follow the cancer. After successful treatment of breast cancer, patients tend to focus on life quality issues, such as sexual well-being . Changes to sexual well-being can be one of the most problematic issues that a patient can face. It can impact a patient's life for many years and can be associated with serious physical and psychological effects . It is estimated that 15%–64% of women with breast cancer experience symptoms of sexual dysfunction. Although patients often seek help for cancer related services, many may be reluctant to seek help for sexual problems.

Keywords: *Breast Cancer, Sexual Well-Being*

English Language Proficiency as a Predictor of Academic Performance in the College of Nursing, Kuwait

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Abstract:

The English language proficiency of international students has gained considerable attention in the media, but more significantly in the academic realm. Proficiency in the English language is of prime importance and is regarded by numerous researchers as one of the determining factors of academic success. This study aimed to gain insight into the correlation of the English proficiency with the academic performance of all 50 students who have graduated from the College of Nursing, Kuwait in the Academic Year 2015 – 2016. Utilizing a retrospective and correlational research design, students' records in levels one to five were reviewed. Data were collected through record review of graduate students. Data analysis utilized the Minitab version 14. Other tests used were the descriptive statistics, T-test, ANOVA and Pearson Product Moment Correlation, with p value set at less than 0.05. Results of the study revealed that there is a moderate correlation between the overall English language proficiency and the overall academic performance both in nursing courses, with p value of 0.001, and in non-nursing courses, with p value of 0.0. As the student's period of stay in the college increases, there is a negative correlation with the following: English proficiency (- 48%; $p=0.0$); academic performance in nursing courses (-50.6%; $p=0.0$); and, academic performance in the overall courses (-53.6%; $p=0.0$). For both, English language proficiency and academic performance, there is no relationship with other variables such as age, sex, and nationality. Findings of this study may facilitate modifications both in the English Language Program and strategies to make them more responsive to students' needs in nursing and non- nursing courses, thereby leading to an improved academic performance of the students and ultimate enhancement of their productivity.

Keywords: English language proficiency, Academic performance.



A Qualitative Study on Factors Affecting the Clinical Learning of Nursing Students in College of Nursing, Kuwait

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Abstract:

The aims of the study was to identify the factors facilitating and hindering the clinical learning of nursing students in the College of Nursing, Kuwait. A descriptive qualitative research design was used. The study included 120 nursing students selected through convenient sampling technique from level 2 to level 5, Associated Degree in Nursing Program. Data was collected via focus group interviews with five students in each group. All interviews were recorded using an audio recorder and the transcripts of the interviews were coded. Data obtained were categorized under the factors affecting clinical learning of nursing students. Two main themes were recognized through analyzing the data were facilitating factors and hindering factors. The various categories of facilitating factors included clinical practice, clinical supervision, clinical instructors, team factors, client related factors, students' personal factors and laboratory practice. Excellent opportunities for learning, more hands on experiences, educational behavior of clinical instructors, cooperative staff and clinical teachers, client cooperation and acceptance, personal motivation and effective laboratory practice stimulated the clinical learning of students as perceived by the participants of the study. In contrast, the students identified hindering factors like clinical teachers' incompetence, non-supportive staff, rejection, and blaming by the staff. In addition, personal factors such as less English proficiency, family responsibilities, inadequate clinical hours, were the main hindering factors of clinical learning identified by the students. In conclusion, the research results provide an in depth understanding of nursing students' clinical experiences in Kuwait. Deeper understanding of the factors affecting the clinical learning of the students help to draw the attention of various personnel involved in nursing education, practice and administration for the factors which facilitate or hinder the quality of learning experience among the nursing students.

Keywords: Clinical learning, Factors affecting, , Qualitative study, Nursing students



Fall Prevention Strategy in Long-term Care: Practical Advice to Improve Patient Safety

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Abstract:

Fall prevention during hospitalization depends in part on the behaviors of alert patients to prevent falls. Research on acutely ill patients' intentions to behave in ways that help prevent falls and on the patients' perceptions related to falls is limited. Nurses are responsible for identification of patients who are at fall risk, and development of a plan of care to minimize risk in the hospital setting. Therefore, fall rate indicators can be positively influenced by nursing driven safety interventions using an interdisciplinary approach. Barriers to fall prevention and increased fall rates were validated through an assessment of unit nursing practice. Detailed assessment revealed: 1) an inconsistent fall prevention process, 2) lack of fall prevention products and alarm devices, and 3) increased time needed gather fall prevention forms/equipment. This resulted in increased potential risk for harm to patients, and reduced staff compliance. Patient safety is at the forefront of all patients receiving care within a health care organization. Health care team members are responsible for protecting their patients from falls and injuries related to falls. Reducing accidental fall can result from an unsafe environment. To reduce the risk of these falls, maintain a constant awareness of environmental safety and take the following actions, eliminate slipping and tripping hazards, keep the bed at the proper height, don't keep the bed in a low position at all times, use proper room lighting, make sure the patient wears proper footwear. Also, conducting environmental rounds helps nurses identify and modify environmental fall and injury risks. Such rounding provides a structured method for recording when and where risks exist, assigning responsibility to correct them, establishing resolution dates, and setting a follow-up date for resolution.

Keywords: *Fall Prevention, Long-term Care, Patient Safety, Practical Advice.*



Conceptual and theoretical frameworks for nurse practitioner education

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Abstract:

The use of conceptual and theoretical frameworks to organize the educational curriculum of nursing programs is essential to protect and preserve the focus and clarity of nursing's distinct contribution to health care. Conceptual frameworks of nursing provide a means to look at nursing in relationship to external factors, thereby assigning meaning to the practice. Graduate level nursing education in the preparation of Nurse Practitioners (NPs) specifically and Advanced Practice Nurses (APNs) in general, is significantly compromised by the tendency to conceptualize the learning in these complex programs as being primarily related to skills-based tasks and competencies alone.

Keywords: *Conceptual frameworks , Competencies , Theoretical frameworks.*



Strategies for Advancing Evidence-based Practice in Clinical Settings

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Abstract:

Evidence- based practice (EBP) is an approach that integrates the best currently available scientific evidence with the expertise of the health professionals, patient's preferences and values to make decisions about health conditions. EBP provides safe and custom-made care that produces the preferred health outcomes, increases the care satisfaction in care recipients, and reduces the cost of health care. Applying of EBP will facilitate deciding about choosing of the most effective program or intervention, and culturally accepted by a community. EBP as a tool for improving the health care quality will serve the long-term goal of improving the quality of primary care and preventive services as well as curative and rehabilitative services. Clinical practice is about making



choices. Optimal health care requires that clinicians apply the best available evidence to clinical decision making. As regards to the Egyptian society, the Ministry of Health and Population has articulated a long-term goal to improve the quality of primary care and preventive services and the skills of health professionals. This goal could be acquired by integrating the EBP to the other attempts of improving quality of care within a political agenda.

Strategies for advancing evidence-based practice in clinical settings should as much as possible be fine-tuned and tailored to the practical situation. Furthermore, the use of scientific evidence in clinical practice should be facilitated by using pre-appraised evidence (like clinical practice guidelines), and by fostering the culture of lifelong learning. The strategies also include identifying EBP champions, redefining nurses' roles to include EBP activities, allocating time and money to the EBP process, and creating an organizational culture that fosters EBP.

Keywords: *Clinical practice , Evidence- based practice, Quality of care , Strategies.*

The Healthy Settings Approach: For A Health Promoting University

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Abstract:

Health is created and lived by people within the settings of their everyday life; where they learn, work, play and love. Universities represent a valuable opportunity to promote health and well-being. Universities represent an important and large scale setting. Why is Health Promoting Universities important? Healthy students and healthy staff increase levels of achievement, performance and productivity. Universities have the potentials to make a significant contribution to long-term health of the population. The settings-based approach to health promotion can potentially enhance the contribution of universities to improve the health of populations and to add a value in the following ways: 1) by protecting the health and promoting the wellbeing of students, staff and the wider community through their policies and practices, 2) by increasingly relating health promotion to teaching and research and 3) by developing health promotion alliances and outreach into the community. This is achieved through connecting between many aspects as food and diet, physical activity, sexual health and mental well being.

Keywords: Health Promotion, Program Development, Public Health, Universities.



Application of Wearable Technology to Nursing Practice

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Abstract:

Wearable technology is here and nurses are going to be increasingly responsible for patients who use it. Most research in this area has been done in other fields and now is the time for nurses to be more involved in this promising technology to improve patient lives. Nurses have always adopted the newest technologies such as electronic health records, electronic medication administration records, and simulation experiences in education. Wearable technology is the next step in this journey and the possible uses are endless. Involving patients in their own care is a major goal of nursing and more research is needed to connect patients and their caregivers to the benefits of wearable technology. Other areas in health care are already employing wearable technology to improve gait in people with Parkinson's disease, provide automatic defibrillation in cardiac patients, and monitor post stroke rehabilitation. Nurses can be on the front lines of designing and patenting new ideas to improve the lives of their patients.

Keywords: Nurse satisfaction with technology changes , current wearable technology and nursing



Evidence-Based Practice and Quality of Nursing Care

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Abstract:

Applying of evidence-based practice (EBP) it's a very important standard in improving nursing practice and education. Applying evidence-based quality improvement and healthcare transformation underscore the need for redesigning care that is effective, safe, and efficient. The best application of this evidence means integrations between clinical expertise with the best available external clinical evidence from systematic research. In line with multiple direction-setting recommendations from national experts, nurses have responded to launch initiatives that maximize the valuable contributions that nurses have made, can make, and will make, to fully deliver on the promise of EBP. Such initiatives include practice adoption; education and curricular realignment; model and theory development; scientific engagement in the new fields of research. Evidence-based behavioral practice, promote health or provide care by integrating the best available evidence with practitioner expertise and other resources, and with the characteristics, state, needs, values and preferences of those who will be affected. This achieved in a manner that is compatible with the environmental and organizational context.

Keywords: Behavioral practice, Evidence based practice, Quality, Nursing care.



Implementation of a Learning Bundle to Promote End-of-Life Education for Newly Graduated Nurses

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Abstract:

Death is the final life transition through which all human beings pass, and newly graduated nurses have historically stood at the bedside, providing comfort and working to preserve the dignity and wishes of the patient and their family. Yet in the current health care, death continues often to be equated with the failure by the health care team. One of the greatest challenges in nursing education lies in linking classroom content to



the clinical environment. Role play is now an established method for allowing newly graduated nurses to practice the skills and to allow this to occur in a safe, controlled environment before moving into the real world of clinical practice. Multidimensional learning bundles, such as the End-of-Life Nursing Education Consortium Curriculum, provide an opportunity to link theoretical content with practice. It is important that newly graduated nurses provided an opportunity to assimilate the need to provide physical and emotional care while reflecting on their own perspectives on loss and grief.

Keywords: Curriculum, Death and dying, End-of-life, ELNEC, Learning bundles, Nursing education, Role play.



Handover in critical care setting

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Abstract:

The nursing handover process is considered to be a crucial part of providing quality care in a modern healthcare environment and the quality of a report given may delay an individual nurse's ability to provide care for up to 1 to 2 hours. The nursing change of shift report or handover is a communication that occurs between two shifts of nurses whereby the specific purpose is to communicate information about patients under the care of nurses. Currie (2002) in a study undertaken within an A&E department identified the following problem areas of handover; information missed, including patients missed out, poor nurse communication and handover not from the named nurse. Distractions including noise, interruptions and inattention of staff. Lack of confidentiality, including no privacy at the nurses' station, relatives in close proximity. No handover at the start of the shift, and not receiving any handover at all. More recent research suggests that purely verbal type handovers are prone to serious data loss and that note taking plus verbal handover has serious weaknesses not previously demonstrated. There are four main styles of handover reported in the literature; verbal handover, tape recorded handover, bedside handover and written handover. The nursing change of shift report or handover is a communication that occurs between two shifts of nurses whereby the specific purpose is to communicate information about patients under the care of nurses.

Keywords: Critical care setting, Handover, nurses.



Effectiveness of Meditation during Pregnancy on Perceived Stress, Mood, and Perinatal Outcomes

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Abstract:

Pregnancy is the most vital physiological development that ends with childbirth. Physical pain during pregnancy is linked to psychological distress. Stress and negative mood during pregnancy increase risk for poor childbirth outcomes and postnatal mood problems. It is very important for the pregnant woman to balance personal, physical and mental happiness. It has been reported in literature that practicing meditation during pregnancy has certain health benefits like control of stress, maintenance of blood pressure, reduction of anxiety. It also keeps the mind calm and relaxed and thus leads to healthy pregnancy and outcomes. In modern era meditation refers to a large number of diverse techniques, which work at different levels such as the senses, mind, intellect, and emotions. Two forms of meditation extensively studied in health care settings are transcendental meditation in which the participant repeats a silent word or phrase with the goal of quieting the ordinary stream of internal mental dialogue and mindfulness meditation in which the participant observes, without judgment, any thoughts, emotions, sensations, and perceptions, as they arise in the moment. There is increasing scientific evidence to support the therapeutic effect of mindfulness meditation training in pain management and also in enhancing the body's immune system. Study on the long-term mental benefit of meditation show that meditation reduces stress and increases reported levels of happiness, self confidence. Mind-body interventions have shown promise stress and improving mood in many populations, including pregnant women. An integrative approach to stress reduction, which infuses mind-body practices into developmentally appropriate behavioral interventions administered during the perinatal period, may help promote healthier pregnancies and better birth outcomes.

Keywords: Meditation, perceived stress, perinatal outcome



Nutrition; a Basic Health Need during Pregnancy

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Abstract:

A healthy and proper diet during pregnancy plays the most important role for both the unborn baby and the mother. It is very important, since it directly affects the normal physical development of the baby, and also affects the newborn weight at the time of birth which if appropriate will prevent the occurrence of many risks. Additionally, proper nutrition during pregnancy helps to prevent the baby from developing diseases such as heart disease and obesity later in life. Moreover, to maintain proper maternal physical and mental health and prepare the woman to the birth process, it is very essential to maintain a healthy balanced diet during pregnancy. Health care providers should provide health education about the elements of a well-balanced diet during pregnancy and provide examples for approximately 300 additional calories, which required to lay down stores of nutrients required for fetal development as well as for lactation.

Keywords: *Healthy diet, Nutrition, Pregnancy.*



Promising Yoga and Quality of Life in Menopause

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Abstract:

Menopause is a normal part of the ageing process in women. It is defined as the permanent cessation of menstruation which is caused by the loss of ovarian function. A range of physical, psychological and somatic symptoms have been associated with menopause, which subsequently has an effect on quality of life. Moreover, menopause can result in low levels of self-esteem and raise body image concerns. Typical symptoms during menopausal transition are depression, irritability, palpitations, weight gain, sexual dysfunction, urogenital symptoms, reduced cognitive function and fatigue.

Since estrogen deficiency is the cause of perimenopausal symptoms. Hormonal Replacement Therapy (HRT) is the most effective treatment. However, (HRT) has been associated with an increased risk of breast cancer, uterine cancer, thromboembolic heart disease and stroke. Considering the limitation of (HRT), there is a need to find an alternative for the management of menopausal symptoms, health care providers are



searching for different ways to manage discomfort during menopausal transition and to improve the quality of women's life. Yoga is an increasingly popular mind/body therapy which holds promise for reducing menopausal symptoms. Yoga is a philosophy of living that includes physical, mental, moral and spiritual spheres. Practicing yoga may provide a source of distraction from daily life and enhancement of self-esteem, helping women to focus on the simplicity of movement and forget about responsibilities and life demands, thus reduces anxiety and depression. Yoga is associated with numerous positive effects on menopausal symptoms. The integrated approach of yoga therapy can improve hot flushes, night sweats, promote the cognitive functions such as remote memory and concentration. Yoga also reduces climacteric symptoms, perceived stress and neuroticism in perimenopausal women. Conclusion: Yoga is a promising alternative therapy to improve the quality of life for menopausal women.

Keyword: Menopause, Mind Body Therapy, Perimenopausal Symptoms, Yoga therapy.

Benefits of Evidence-Based Nursing Practice

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Evidence-based practice (EBP), a problem-solving approach to patient care that integrates the best evidence from well-designed studies with clinicians' expertise, patient assessments, and patients' own preferences, leads to better, safer care; better outcomes; and lower health care costs. Evidence based practice is (EBNP) the clinical application of the best evidence to guide nursing care, education, administration, and policy. However, the implementation of



basic research discoveries into daily clinical practice remains inconsistent and presents complex challenges.

Every year millions of researches are conducted and findings. Results from such researches are disseminated through various media/ publications. Often these findings only end up in libraries, drawers and the pages of well-designed journals without being effectively used. Research utilization is vital to promoting education, where educational practice continues to grow in complexity and educators have greater responsibility and accountability for learning. It fosters movement from innovation into practice. Thus practicing evidence-based nursing in real time is challenging, as such practice requires efficient searching and appraisal of the evidence in the literature. The latter includes evaluating the quality of the evidence, the magnitude and precision of the effect, any harms or benefits, financial cost, and relevance to the clinical setting.

Evidence-based practice not only enhance the nurse's clinical performance, but also lead to higher job satisfaction and better group cohesion which promote job retention in health care. the purpose of using EBP is to take the latest evidence from research and guide patient care to achieve the best possible outcomes for the patient. Also, another benefit of using evidence-based practice is reducing cost in health care compared with the care that is based in tradition and outdated policies and practices. While Practicing evidence-based nursing in real time is challenging, as such practice requires efficient searching and appraisal of the evidence in the literature. The latter includes evaluating the quality of the evidence, the magnitude and precision of the effect, any harms or benefits, financial cost, and relevance to the clinical setting.

Evidence based practice (EBP) has been promoted as a way for clients to receive the best level of care, reduces cost of health care services, and promotes the individual and professional development of nurses and other health workers. In addition, nurses who practice based on the scientific evidence have been able to make better decisions in services delivery. It is also known that in spite of the large volume of literature and research that has identified the numerous obstacles to a robust evidence-based practice environment, utilizing the latest evidence to inform decision-making remains problematic. Because nurses lack the skills necessary to locate research information, critically appraise or synthesize the literature and then implement evidence based changes in complex healthcare settings.

Key words: *evidence based practice, evidence based nursing practice*



Application of Varieties of Approach on Post Illues Patients after Hysterectomy

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Abstract:

Oral fluids and food are traditionally introduced slowly after total abdominal hysterectomy (TAH). This study examined the effect and tolerance of early oral intake following this surgery. Postoperative ileus (POI) is broadly defined as a temporary impairment of gastrointestinal (GI) motility, it leads to patient discomfort, decrease the mobility and prolongs both convalescence and hospital stay. Traditionally, patients are fed gradually following a total abdominal hysterectomy (TAH), often with holding a regular diet until resolution of the postoperative ileus. General physical nursing care, pre and post operatively, don't differ essentially from that involved in any major abdominal surgery. Nursing measures which insure the patient comfort and promote sleep and rest should be employed, and the possibility of postoperative complications such as shock and hemorrhage, infection, pneumonia, and obstruction must be always kept in mind. In regard to hemorrhage, the nurse must realize that there is always some possibility of vaginal bleeding, regardless of whether the operation has been done by the abdominal or vaginal route . Specific nursing care is directed primarily toward the prevention of urinary retention, intestinal distention, and thrombosis - complications which gynecologic patients are especially like to develop is a major nursing responsibility. Multimodal approach was beneficial for both the patient and the health care system by increasing patient comfort, reducing postoperative complications and decreasing hospital stay. A multimodality approach included early feeding, hydration, mobilization and use of analgesia after major gynecologic surgery results in decreases nausea and vomiting and wound infection, early postoperative diet after major gynecologic surgery, using postoperative bowel stimulation decreases length of hospital stay. The finding illustrates that a multimodal rehabilitation approach result in a major improvement in terms of early resolution of postoperative ileus. Therefore more approaches such as chewing gum, antiemetic drugs and laxatives should be applied to relieve the post operative illues after the total abdominal hysterectomy.



Psychological Abuse of the Elderly

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Abstract:

Background: Psychological elder abuse can happen in any nursing home. This form of abuse can be difficult to identify because there are usually no physical indicators that psychological or emotional abuse has occurred. This type of abuse can also happen within the home, with the perpetrator being a family member or a live-in nursing aid. According to the American Public Health Association (APHA) there are about 2.5 million victims of elder abuse each year in the US. The emotional abuse that occurs in a nursing facility includes any kind of emotional pain or psychological distress perpetrated against the elder by a caregiver in the home. The psychological abuse against the elderly can be of the verbal type or the nonverbal type. Both can be devastating behaviors as blaming, humiliating, and terrorizing the elderly person. The elderly person may show certain behaviors that are indicative of having experienced some kind of emotional abuse. If it has been discovered that elder emotional abuse has taken place, it is important to relocate the resident from their current living arrangements to one where they will feel safer and public education and intervention strategies appear to be the answer to abuse of the elderly. Gerontological nurses, who spend more time with elders than do any other healthcare professionals, are in an ideal position to identify, intervene in, report, and generally lead the way in preventing abuse of the elderly.

Keywords: Psychological abuse-Elderly



Unsafe Undergraduate Nursing Practice: Self Evaluation Study among Female Nursing Students, College Of Nursing-Saudi Arabia

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Abstract :

Unsafe nursing students practice means any act, attitude or behavior that place the patients in physical or emotional harm. Tracking unsafe undergraduate nursing practice is the first step toward safer patient care. By detecting these, powerful guidelines for nursing curriculum can be set and lots of errors can be prevented. **Aim of the study** is to assess the unsafe undergraduate nursing students practice and to raise the awareness of undergraduate nursing student regarding patient safety in University of Dammam – Nursing College in Saudi Arabia. **Methods:** This study was conducted in College of nursing, Dammam University .The study design was a descriptive cross-sectional study. **Sample Size and Technique:** All third and fourth year nursing students who accepted to participate. The study was conducted in one month duration (March 2015); in second semester of academic year 2015/2016. Self-administered questionnaire in English was formulated. The average time needed for filling the questionnaire ranged between 10 and 15 minutes. Results shows that most of nursing students were regular, single & with GPA ranged from 3.1-4 points. Fourth year nursing students has statistically significant higher unsafe score than third year nursing students. More than 50% of fourth year



nurses student reported that they were left alone in clinical and they feel the instructor don't respect them so, they prefer asking friends instead of asking clinical instructor with statistical difference than third year students. Majority of nursing students reported the following unsafe practice :being anxious in clinical area , overconfidence , lack of time to gain adequate knowledge before attending clinical , attend clinical even if not feeling well , asking friends rather than instructor , nervousness in clinical area , lack of chance to apply on real patient , lack of sleep before clinical practice .**Conclusion and recommendation:** Develop mental health program for students support to reduce their anxiety and nervousness in clinical settings. Review and restructure curriculum to give students enough time to gain knowledge before attending clinical setting and allow for more chance for the student to apply skills on real patient. Force policy legislation against using cell phone in clinical settings. Conduct further researches to study the causes behind unsafe nursing student practice.

Keywords: *Student practice, Self evaluation.*



Psychosocial Stress and Coping Patterns among Students in the Faculty of Nursing Mansoura University

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Abstract:

The aim of this study was to assess the source of stress and coping patterns among students in the Faculty of Nursing, Mansoura University. **Setting:** The study was conducted in the faculty of nursing, Mansoura University. **Methods:** Subjects were 320 nursing students, 80 from each grade. Nursing students were subjected to a questionnaire sheet, scales to assess different sources of stress, and coping strategies scale sheet. **Results:** The study revealed that the percentage of academic stressors was higher among first grade students with illiterate mothers, insufficient income, who was feeling ashamed, compared to peers in other faculties and who perceived the role of mass media as downgrading nursing profession. Clinical stressors were higher among students with insufficient monthly income and who had this ashamed feelings. Emotional and problem- focused coping were higher among older age students in grades three and four. **Recommendations:** It was recommended that regular meetings should be held between students and the academic staff members to facilitate expression of feelings and discuss the possible stressful situations. Stress management training should be introduced in the curriculum for students. Academic staff members should be introduced to first year students to assist students in identifying support persons. Counseling services should be offered for students to identify and build up their specific coping strategies.

Keywords: Stress, coping patterns.





Developing Health Educational Program for Primary School Children about Food Borne Disease

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Abstract:

Background: CDC estimates that each year 48 million people get sick from Food borne disease, 128,000 are hospitalized, and 3,000 die. Many different disease causing germs can contaminate foods, so there are many different food borne infections. Researchers have identified more than 250 food borne diseases. Most of them are infections, caused by a variety of bacteria, viruses, and parasites. Harmful toxins and chemicals also can contaminate foods and cause food borne illness. Anyone can get a food borne illness, but people in certain groups are more likely to get sick, These groups of people are Pregnant women, Adults aged 65 and older, younger children than 5 years and People with immune systems weakened due to medical conditions such as diabetes, liver or kidney disease, alcoholism, and HIV/AIDS; or from receiving therapy. Therefore very important to take steps to prevent food poisoning and to know which foods are more associated with illness than others.

Keywords: Food borne disease, Food eating disorder, enteric pathogens, Foodborne poisoning and school children.





Smoking Hazards

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Abstract:

Smoking is a major public health problem throughout the world. It constitutes the single leading cause of preventable death and disease. Smoking is a major cause of premature death worldwide. Smoking in Egypt is prevalent as 19 billion cigarettes are smoked annually in the country making it the largest market in the Arab world. In the past few years smoking in Egypt has reached an all-time high with an estimated twenty percent as fifteen million people regularly using tobacco products.

Nearly forty percent of all men in Egypt smoke. The percentage of the population using any tobacco product elevated to around 23% among the productive age group 25–44 and the prevalence of using any tobacco product among all university graduates is about 16%. Cigarette smoking harms nearly every organ of the body, causes many diseases, and reduces the health of smokers in general. Smoking is the principal causative agent for several lung diseases including COPD, heart diseases and stroke.

The World Health Organization (WHO) has estimated that five million deaths occur annually due to tobacco use. This number of deaths is expected to reach more than eight million by the year 2030, with most of the tobacco-related morbidity and mortality occurring disproportionately in low middle-income countries. Quitting smoking lowers your risk for smoking-related diseases and can add years to your life.

Keywords: Cigarette smoking- smoking hazards-prevalence- quitting smoking.



Exercises and breast reconstruction cancer surgery

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Abstract:

Women with breast cancer may expose to certain forms of surgery especially after breast reconstruction, these surgeries can affect the movement of both shoulders and arms, and daily range of motion activities, like dressing, bathing, and combing hair. Besides, pain and stiffness. Thus, it is important to do exercises afterward to get the arm and shoulder moving flexibility again. Exercises help to decrease any negative impact of breast reconstruction surgery and help the patient to get back to the usual activities. Some exercises should not be done until drains and stitches are removed. But some exercises can be done soon after surgery. Finally, there is a great need to increase the women's awareness concerning post breast reconstruction.

Key Words: Exercises, Breast cancer, Surgery



Medication Safety for Children and Teens

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Abstract:

Medication errors cause appreciable morbidity and mortality in children. In children, factors such as age, weight, height, medical conditions, metabolic characteristics and lack of targeted drugs for the pediatric population contribute to the occurrence of medication errors. Over 7,000 children visit the emergency department every year for problems related to medication reactions and errors in giving medication. National attention has been focused on medication errors resulting from medication formulation issues to medication administration issues. There is a compelling need to improve strategies that will result in reduced risk as well as reduced harm to children from medication mishaps. Opportunity exists to enhance the efforts of national medication



safety groups by identifying teams at every level of care that might best apply research findings to pediatric medication safety processes

Keywords: Medication errors, children, medication safety

Increase Awareness Of Mansoura University Students About Breast Cancer

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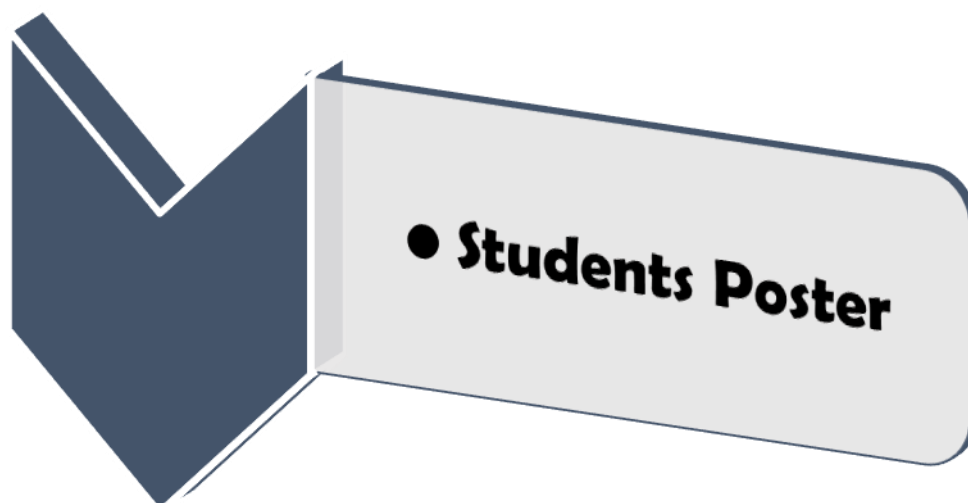


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Abstract:

Breast cancer is one of the most common cancer among women, and the most likely cause that a woman will die from worldwide. This disease is reported as the most frequent cancer among women in 140 of 184 countries. It is notably that, the incidence of breast cancer has increased globally, and Egyptian women have been reported a high incidence of this disease with decreasing the affected age. The study aimed to increase awareness of mansoura university students about breast cancer. According to the National Cancer Institute at Cairo University, 31.5% of their cancer cases are breast cancer. It is estimated that one in nine Egyptian families will be affected by breast cancer. The annual mortality rate from breast cancer in Egypt has increased and reached 5.2 per 100,000 people a year. In Egypt, there is a lack of awareness surrounding cancer and early detection, leading to higher mortality rates, as well as stressful and difficult recovery periods. With this in mind, making access to information and support groups are more crucial. So, it is very important to increase awareness on breast cancer among all age groups especially the young people. The study enhances early detection, and decrease mortality rates in Egypt from breast cancer.

Key words: Awareness, Breast Cancer.





Self-Care Measures for Oral Health Care

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and Sara Al afifi Abdel maksoud

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Abstract:

Oral health care is an important routine for everybody to prevent oral diseases that include gums –teeth – lips- tongue and other components of the mouth. Oral diseases can be prevented with daily brushing and flossing, a healthy diet, and simple preventive measures such as fluoride. Limiting alcohol and avoiding tobacco is important for the prevention of oral cancer. Yet many people do not benefit from available preventive measures because they have not successfully incorporated oral self-care into their daily routine, lack access to dental care, or live in communities without fluoridated water. This “prevention gap” results in an unnecessarily high burden of oral disease nationwide. The American Academy of Dentistry recognizes that oral health is one of the foundations upon which preventive education and dental care must be built to enhance the opportunity for a lifetime free from preventable oral disease.

Keywords: *Hygiene, oral hygiene, dental care, oral diseases, self-care measures.*



Life Style Modification for Patient with Hypertension

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Abstract:

Worldwide, Hypertension is an important public health concern. The World Health Organization's (2012) report, which includes data from 194 countries, indicates that one out of every three people in the world suffers from high blood pressure. In Africa, more than 40% of adults in many countries suffer from high blood pressure, most of whom remain undiagnosed, although most cases can be treated at lower costs, which can reduce the risk of death. High blood pressure is a major problem in the health care system because of its association with an increased risk of cardiovascular disease; the risk for stroke and coronary heart disease increases progressively as blood pressure increases. Nurse has a great role in dealing with hypertensive patients to avoid complications. Many strategies can be used for patients as decreasing salt in diet, daily exercise and the simplest exercise is daily walking, decreasing fats and increase drinking water, have adequate hours of sleep and avoid stress, which considered a life style modification for patient with hypertension.

Keywords: Hypertension , Life styl, Nursing role.



Self- care Measures and Diabetic Foot care

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Abstract:

Foot care is very important issue of diabetic patient care, if neglected, blood flow to feet may be affected and cause nerve damage. Without proper attention and care, a small injury can develop into an open sore that can be difficult to treat. Occasionally, amputation may be needed if an infection severely damages the tissue and bone. The feet contain about 7,200 nerve endings which likely suffer diabetic neuropathy. Many self-care items can be taught to a diabetic patient such as; inspection of feet twice a day and always after any physical activity, application of foot care products which involves diabetic socks, ulcer care, heel repair cream, diabetic and orthopedic foot wear, avoid any contact with harm objects especially during nails cutting and avoid hot water. Beside, proper healthy diet and accurate compliance with medical treatment. So, it is very important to teach a diabetic patient about foot care to avoid any ulceration, infection, gangrene or amputation.



Key words: *Self- care, Diabetic Feet Care, diabetes complications*

Self-care measures for diabetes

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, Eslam Antar Abd Allah**

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Abstract:



Nowadays, Diabetes is one of the most common prevalent disease, it affected all community and even children may be affected with diabetes at birth. Many self care measure must be taught to a diabetic patient related to diabetes such as diet , insulin injection ,life style modification, exercise ,foot care, avoid stressful situations which may an aggravated factor to the high level of glucose in blood which mean hyperglycemia.Compliance with diabetes medical regiments and regular follow up and adherence with accurate self-care measure will lead to avoidance of major complications which may happen.

Keywords: *Diabetes, Self-care measure, Hyperglycemia.*



Burn wound care: Nursing Perspective

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Abstract:

Burn injuries are acutely painful event that may be dramatic in appearance .It is a coagulative necrosis of the cell protoplasm due to exposure to abnormal physical agents associated with vasodilation which cause rapid loss of fluid . Many types of burn can occur, the most common one is thermal burn. The nurse has a great role in burn wound care especially to prevent or reduce infection, promote the healing process, and evaluate the rate of recovery with the provided management. Principles of wound care must be considered when providing burn wound care to have the optimal result, the principles include; maintain the temperature of the bath at 37.8co and temperature of room at 26.6_29.4co, limited hydrotherapy to 20_30 minutes, daily washing of unburned areas, frequent assessment of the burn areas from redness, local infection and breakdown in skin, short the hair around the burn area and applying daily wound care.

Keywords: *Burn, Burn Wound, Nursing care for burn.*



Asthma and Nursing Care

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Abstract:

Asthma; a chronic disease which affects high proportion of people worldwide especially with increasing in the air pollution. Asthma lead to inflammation of the airways, bronchial tubes and the muscles around the airways which then squeeze and triggers the symptoms. The most relevant symptoms are difficult breathing, coughing, wheezing, and shortness of breath or chest tightness. For proper management of these symptoms, timing of these symptoms must be closely related to the management. Nurses had a great role in teaching patient with asthma about coping and compliance with asthma symptoms.

Kywords: Asthma-Bronchial tube- Inflamed-wheezing- coughing.



Palliative and Hospice Care

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Abstract:

Recently, hospice care has been rapid growth, but still lack of consistency among hospices is common, it derived from in compliance with standard of care. The goal of providing this kind of care is to improve quality of life for both the person and their family, improve self- efficacy and preserve dignity and self-worth. Integration of hospice and palliative care is very important to help in providing a pain and symptom-free experience, to support in decisions regarding plan of care, to advocate for wishes regarding care and treatment and assist in achieving the desire to stay at home, whenever possible, under the care of family, friends and visiting profession.



Keywords: *Hospice and palliative care, Standards of care.*

Anaemia; a Common Era Complain

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Abstract:



Anemia considered among the current era complain because of fast food and improper nutrition. Anemia defined as decrease in the total amount of red blood cells or hemoglobin level in the blood, or a lowered ability of the blood to carry oxygen. When anemia occurs gradually, symptoms are often vague and may include feeling tired, weakness, shortness of breath or a poor ability to perform daily life activities. While anemia that comes on quickly often has greater symptoms, which may include confusion, feeling like one is going to pass out, loss of consciousness, or increase thirst. Three main types of anemia are due to blood loss, decreased red blood cell production, and increased red blood cell breakdown. Treatments for anemia depend on cause and severity. Vitamin supplements given orally; folic acid or vitamin B12 or intramuscularly vitamin B12 will replace specific deficiencies. Besides medical regiment, nurses had a great role in prevention of anemia, management of symptoms and providing health education for these patients affected with anemia.

Keywords: Anemia, Signs and symptoms, Nursing role.



Effect of Self-Esteem on Academic Stress among Nursing Students

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Mohamed Ashraf Mohamed .

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Abstract:

Academic stress among college students has been a topic of interest for many years. Stress is defined as a mental or physical tension or strain. Self-esteem is an important personality trait for healthcare professionals including nursing. Self-esteem is overall evaluation of one's worth or value and an important predictor of stress coping. Higher stress levels may result in reduction of self-esteem. High self-esteem results in more active and effective coping. The students' pre-existing level of self-esteem strongly contributes to successful or maladaptive adjustment to problem. Student with high self-esteem shows self-confidence and positive expectations in new situations. A new learning environment may be seen as just another challenge and the student will actively participate in learning new behavior. In contrast, a person with low self-esteem consistently demonstrates negative feelings about one self and is pessimistic in new situations. Producing healthy nursing personnel is a part of human resource planning. But, many factors may be the causes of academic stress and that lead to low self-esteem of students during the study period. Stress in nursing students is an area of growing concern and it may result in psychological distress, physical complaints, behavior problems and poor academic performance accordingly there is no doubt with the significance of the effectiveness of self-esteem on academic stress among nursing students.

Keywords: Academic stress, Nursing students, Self-esteem.



Adolescence' Depression: A Negligent Mental Disorder

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Abstract:

Recently, depression is one of the most common mental health illnesses affecting about 26 percent of adults. Depression is technically a mental disorder, but it also affects physical health and well-being. Feeling sad or anxious at times is a normal part of life, but if these feelings last more than two weeks they could be symptoms of depression. Clinical depression if left untreated can interrupt day-to-day life and cause a terrible effect of additional symptoms. The strongest risk factors for depression in adolescents are family history of depression and exposure to psychosocial stress. Inherited risks, developmental factors, sex hormones, and psychosocial adversity interact to increase risk through hormonal factors. Depression and stress are closely related. Stress hormones speed heart rate and make blood vessels tighten, putting the body in a prolonged state of emergency. Over time, this can lead to heart diseases, difficulties with memory, and reaction time during everyday activities. While depression is often thought of as a mental illness, it also plays a heavy role in appetite and nutrition. Some people cope by overeating. This can lead to weight gain and obesity-related illnesses. So, it is very important to increase the awareness about symptoms and management of depression.

Keywords: Depression. Risk factor of Depression. Effect of depression

Down Syndrome; A Test or a Gift?

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Second Level Student , Faculty of Nursing, Mansoura University*

Abstract

Down syndrome; a common birth defect that is usually result from extra chromosome 21. Down syndrome associated with mental retardation and certain facial appearance and multiple congenital anomalies. It is often occurs in children born to a mother over



the age of 35 years old. Early intervention is very important to develop the mental and physical capacities. Also, Speech therapy and surgery is needed to correct congenital malformation. With appropriate intervention, Down syndrome child can live active and productive for at least middle age. A parent supportive care is very important to cope and deal with their child as a gift.

Keywords: *Down syndrome, symptoms, management.*

Palliative Care in Pediatrics Oncology

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Marwa Mohamed Abd-Eltwab

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Abstract:

Cancer therapies, many children are affected with advanced stage of cancer and the chemotherapy is needed to combat this enemy. Recently, there is a great need for meticulous symptom management, effective and compassionate communication, a great



focus on the whole child, and continuous attention to the needs of the entire family, irrespective of treatment goals or outcome. Through innovation in research, clinical practice, and education, the holistic practice of care for children with cancer will remain responsive to the efforts exerted in palliative care.

Keywords: *Palliative care, Pediatric care, Oncology.*