



4<sup>th</sup> International Conference on

# MEDICINE, NURSING AND HEALTHCARE

June 22, 2022 | Webinar

**ABSTRACTS**

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**Profiling The Health Behaviors of University Students****Dercan Gencbas***Department of Nursing, Atilim University, Turkey*

**Background:** Physical activity, adequate & balanced nutrition, stress management, healthy sexual behaviors decrease morbidity & mortality in chronic diseases. Course loads, being away from family, self-realization, job-seeking may lead university students to have risky health behaviors. The study is aimed to find out lifestyle behaviors related to exercise, nutrition, addictions, stress coping, some health issues of university students.

**Methods:** The study was aimed to reach 323 freshmen among 2044 in a university. A Data Collection Form, Healthy LifeStyle Behavior Scale-II, Stress Coping Styles Scale, Social Media Addiction Scale, and Health Outcomes Form measuring students' health problems were implemented to 136 students (42% of the sample) after ethical approval. Their risky health behaviors were determined with a Risk Assessment Tool. The results of the analysis were presented as mean±standard deviation and percentage. Independent sample t-test was used to compare independent variables and scale scores. The study was the first part of a project funded by the University. From now on, students at risk will be given training modules and individual counseling for 4 months.

**Results:** 61 of 136 were assigned as at risk for Addiction, 135 for Adequate&Balanced Nutrition and Regular Physical Activity, 54 for Reproductive Health, and 121 for Stress Management. The average age was 20.2. Out of 136, 25.7% use cigarettes, 62.5% use alcohol occasionally, 5.2% use substances, 18.6% were sexually active, 20.8% had multi-partner and 31.9% of them used contraception before. 27.2% were overweighted. Healthy Lifestyle Behavior Scale was scored 130.1±20.3, Stress Coping Styles Scale was 51.51±6, Social Media Addiction Scale was 66.7±17.6. A significant difference is found between the physical activity subscale and all scales by gender (p=0.032).

**Conclusions:** Almost all were found to be at risk in terms of health behaviors within the scope of nutrition, physical activity and stress coping. Students must acquire healthy behaviors to prevent future diseases. Training modules related to healthy lifestyle behaviors should be applied to students throughout the university.

**Keywords:** nutrition, stress management, chronic diseases, addictions, stress coping

**Biography**

Dercan Gencbas, Msc, RN, PhD, is an Assistant Professor in the Faculty of Health Science in Atilim University. Her research focus on community health promotion, especially adolescents and elderly. She also is interested in using international standard classification systems in nursing care. She has 7 international and 3 national publications and she contributed 30+ national&international meetings as speaker/panelist/presenter.

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**Telenursing and E-health****Eva Kajti***Cardiovascular ICU Head Nurse, Kocaeli University, Turkey*

Teleservices use telecommunication technology to transmit information from one site to another. Applications in clinical practice, research, and administration include telephone consultation, triage, follow up, e-mail inquiries and advice, distance learning, videoconferencing, videomonitoring, and digital photography. The delivery of health services over distances, has replaced telemedicine as the inclusive term used to describe the wide range of services delivered by all health-related disciplines is broadly defined as medicine practiced at a distance. Telemedicine can be defined as the electronic transfer of medical information to remote sites in order to support patient care and medical education. The delivery of nursing care and services using telecommunications, increases access to nursing care interventions for clients in remote or distant locations. Telephone Nursing- is the use of the nursing process to provide care to patients over the telephone. The Picasso Still-Image Videophone was used to capture and send images from the patients' homes to the clinic. Findings from the exploratory study demonstrated that pressure ulcers can be successfully managed via telerehabilitation. Since 1986 we can find publications about Telemedicine for learning, what it could be called nowadays online classes. The technology may be used to supplement and enhance clinical education, but not to replace actual patient interactions in clinical rounds presentations. According to old studies: teachers, nurses and administrators, Once they had experienced it at first hand, almost all concerned began to see telemedicine as an effective and important asset to the delivery of health-care. Although there are limitations that cost may be a major deterrent in some schools of nursing, it is a fact that technology has invaded today's health care delivery system and the society, and is here to stay. Telehealth is and will be an important means of providing communication links and healthcare to clients and providers alike. The age of information is now here, and the age of communication is beginning. Healthcare professionals need to be aware of important concepts related to telehealth for their current and future practice.

**Keywords:** teleservice, videoconferencing, videomonitoring, digitalphotography, telecommunication, nursing

**Biography**

Eva Kajti is an experienced Nurse with a demonstrated history of working in the hospital & health care industry. Skilled in Multilingual, Research, Nursing, Clinical Research, and Translation. Strong healthcare services professional with a Master's degree focused in Surgical Nursing from Kocaeli Üniversitesi.

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**The Survey On Adherence Rate Of Breathing Exercises In Patients With Chronic Obstructive Pulmonary Disease****Le Thao***Tay Nguyen University, Vietnam*

**Background:** Chronic obstructive pulmonary disease is one of the highest causes of death in the world. Compliance with breathing exercises is a key in disease management.

**Objective:** To determine patient adherence with breathing exercises and predictors of adherence in patients with chronic obstructive pulmonary disease.

**Methods:** A cross-sectional descriptive study was performed on 100 patients with chronic obstructive pulmonary disease indicated in the general department of the Tay Nguyen regional general Hospital and District 11 Hospital in 4 months from December 2020 to April 2021.

**Results:** The percentage of patients who adherence to breathing exercise was determined to be very low 16%. The results have many predictive factors for this breathing practice adherence rate and are statistically significant such as Education level ( $p = 0.034$ ), occupation ( $p = 0.000$ ), time of disease ( $p = 0.044$ ). Adherence and quality of life were statistically significant ( $p = 0.000$ ).

**Conclusions:** The adherence rate of breathing exercise in patients with chronic obstructive pulmonary disease is 16%. There are three groups of factors that predict adherence rates, namely education level, occupation, and duration of illness.

**Keywords:** adherence, breathing exercises, chronic obstructive pulmonary disease.

**Biography**

Le Thi Thao graduated with a major in Nursing from Tay Nguyen University. Currently working at the Department of Nursing, Faculty of Medicine and Pharmacy, Tay Nguyen University. I am also studying for a master's degree in Nursing at the University of Medicine and Pharmacy in Ho Chi Minh City. In the context of the complicated development of the Covid-19 epidemic, the prevention of non-communicable diseases is an issue that needs attention. My colleagues and I are focusing on researching and supporting the best care for these subjects.

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**A Qualitative Analysis Of The Kind Of Support Needed By Family Members Regarding Reintegration Of Male State Patients Into Their Families In South Africa****Dr Lavhelani NR***Lecturer at University of Pretoria, South Africa*

**Background:** State patients are admitted to a psychiatric hospital after being declared as such by the magistrate courts as a result of not found fit to stand trial for the offence they had committed. Despite continued care, treatment and rehabilitation of state patients in the psychiatric hospitals: there is limited evidence about the kind of support that family members need during reintegration of male state patients into their families in South Africa. The kind of support needed by family members regarding reintegration of male state patients into their families is not largely explored in the scientific body of knowledge.

**Aim:** The aim of the study was to determine the kind of support needed by family members to reintegrate the state patients into their family, and to.

**Setting:** This study was conducted in Vhembe District of Limpopo Province, South Africa.

**Method:** A qualitative approach using explorative, descriptive and contextual designs was adopted. In-depth interviews were conducted with 10 family members who were purposefully sampled, and data were thematically analysed using Tech Open Coding method.

**Results:** Four themes emerged during analysis of data, namely; support needed by family members from the hospital regarding reintegration, family members' kind of support they needed from the community relating to reintegration, and family members' kind of support they needed from the government relating to reintegration.

**Conclusion:** Data revealed that family members require support from hospitals, community and govern regarding re-integration. This kind of support was based on the type of family and patients who need to be reintegrated into their families. The study recommends that a model need to be developed regarding re-integration of state patients into their families.

**Keywords:** family, family member, state patient, support and model

**Biography**

Dr. Lavhelani NR is a Lecturer at the University of Pretoria in South Africa. He has a Doctoral Degree in nursing and various other qualifications. He has taught for many years at both public nursing colleges and universities. He also served as a nurse manager in public hospital for more than 15 years. His research thesis focused on the development of a model to reintegrate state patient into their families thus reducing usable bed utilization rate. His research interest on nursing management and leader ship, mental health and nursing education.

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## **Life Style Management in Ayurveda and Yoga**

### **Vilas Ladhe**

*Ayurvedic Doctor in Dombivali, Thane*

As a team head, I have been spearheading the cause of health and life style management through the Ayurveda and Yoga-Pranayam. along with the help of modern medicines So far, I have given more than 100+ Powerpoint presentations in promoting the basic approach to the health and the importance of life and stress management. The presentations, with the help of, inter alia, Powerpoint, chiefly gives insight into the basic approaches to our day-to-day activities, stresses, lifestyle, visà-vis what Ayurveda and Yoga have to offer to ensure that the health is not taken for granted. We seldom appreciate that the most marvellous piece of engineering is our own body. We, through our interactions with the various age groups of both the sexes, make them recognize the need to align our daily rituals and approaches to ensure that the need to maintain the supreme engineering is respected. We, as a mission, have been undertaking vigorous efforts to enlighten the people on: Lifestyle management in Ayurveda and YOGA .Stress management for students, working classes and senior citizens. Stay fit without medicines. Bypass the bypass surgery. How to increase concentration which eventually results into better performance with more efficiency at work. How to stay healthy for the lifetime All with the help and practice of Ayurveda and Yoga and modern medical science. On a lighter note, and to make the subject palpable and appealing, we have also developed a presentation captioned Medical Humor (comedy in medical practice or say comedy of medical events) which mostly contains interesting happenings in and around the consulting room of the medical practitioner. In day to day medical practice It, inadvertently, subtly but equally clearly delivers the dos and don'ts even to the common man.

**Keywords:** yoga, ayurveda, stress management, bypass surgery

### **Biography**

Dr. Vilas Ladhe is a popular Ayurvedic Doctor in Dombivali, Thane. He has been a successful Ayurvedic Doctor for the last 34 years. He has done BAMS, CCH, CGO, AMRSH (Association Member of Royal Society Health). You can meet Dr. Vilas Ladhe personally at Rachana Clinic in Dombivali, Thane.

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