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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Posters



World Nursing 2016

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August 15-17, 2016 London, UK

Development and validation of a delirium prediction scoring system for major general surgery

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Purpose: The aim was to develop and validate a delirium prediction scoring system that allows identification of individuals with a high probability of postoperative delirium at the end of surgery based on preoperative and immediate postoperative data.

Methods: This was prospective study and consisted of (1) The development of delirium prediction scoring system and (2) validation of developed system. The first part of the study was included 561 patients and the second part of the study was included 553 patients. Collected hospital information was potential risk factors of postoperative delirium identified by conducting a comprehensive review of the literature.

Results: The risk factors for post-operative delirium included 18 predisposing factors and 15 precipitating factors in univariate analysis. Logistic regression analysis identified the following 9 risk factors: old age, reduced physical activity, heavy alcoholism, previous history of delirium, hearing difficulty, emergency surgery, open surgery, C-reactive protein >10 mg/dL and ICU admission. The delirium prediction score was developed with these 9 risk factors and the maximal score was 16. A high risk of postoperative delirium was defined as a score of more than 7. Validation of the delirium prediction scoring system resulted in the following values: AUC 0.943; sensitivity, 84.2%; specificity, 86.8%; PPV, 57.1% and NPV 96.3.

Conclusion: The delirium prediction scoring system is a simple predictive model for postoperative delirium based on 9 risk factors. Patients at higher delirium risk need to be monitored closely to prevent or mitigate post-operative delirium after major general surgery.

Biography

Minyoung Kim has completed her PhD and is an Assistant Professor from Ulsan University School of Nursing. She is the Adult Health advanced practice nurse for 10 years. She has published 9 papers in reputed journals.

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August 15-17, 2016 London, UK

Sleep disturbance and epilepsy in developmental disorders

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Objectives: In pharmacotherapy for developmental disorders, not only anti-psychotic drugs, but a combination of anti-epileptic drugs are effective for sleep disturbance. Evidence of sleep disturbance in developmental disorders associated with abnormal EEG has not been established. We evaluated the EEG abnormalities and usefulness of anti-epileptic drugs for sleep disturbance in developmental disorders.

Methods: A total of 202 children (146 males, 46 females, mean 12.7 years) were included in this study. EEG had been recorded every 6 months under sleep conditions. We examined the therapeutic effect of behavioral and psychiatric improvement and sleep disturbance.

Results: EEG abnormalities were present in 76.7%, sleep disturbance was complicated in 33.3% of whole; 41.4% in autism spectrum disorders and 16.4% in attention deficit hyperactivity disorders respectively. Epilepsy was present in 53.3%. Almost patients showed EEG abnormalities on frontal areas. Although, there is no statistical difference in the effectiveness of anti-psychotic drugs or anti-epileptic drugs, in the both combined patients were more improved.

Conclusions: Anti-epileptic drug is effective for sleep disturbance in developmental disorders who showed EEG abnormalities. In cases of EEG abnormalities, anti-epileptic drugs may be an alternative treatment for sleep disturbance in developmental disorders.

Biography

Pediatrics, Child Neurology, Epilepsy, developmental disorder

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Development of follow-up protocol for constipated children and assessment of its effect on patient management

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Objective: This study was designed to develop a functional constipation follow-up protocol and to assess its impact on patient management.

Materials & Methods: The sample of the study comprised of children, who were referred to the Department of Paediatric Surgery with the complaint of functional constipation and its complications, and their families (n=26), all willing to participate in the study. The protocol was developed by discussing with specialist nurses and doctors. The children comprising the study sample were monitored according to the developed protocol. The children were assessed by using Rome III constipation criteria on the 1st and 12th month interviews.

Results: There was a statistically significant difference in the Rome III criteria of 2 or fewer bowel movements per week, at least one episode of fecal incontinence per week, history of retentive habits or excess voluntary stool retention, history of painful or hard bowel movements, presence of a large fecal mass in the rectum, history of large calibre stools that may obstruct the toilet were observed when the results of the 1st and 12th month interviews were compared.

Conclusions: The results of the study revealed that regular care and monitoring have a positive impact on the treatment of children with functional constipation problem.

Biography

Eda Dolgun graduated from Ege University School of Nursing in 1998. She completed her Master's degree in the field of Nursing in Department of Surgical Nursing at Ege University Institute of Health Sciences in 2003 and completed her PhD in 2010. She served as a Nurse in Pediatric Surgery Units of Ege University Faculty of Medicine Hospital between 1998 and 2002, as a Researcher and Lecturer at Odemis Health School of Ege University between 2002 and 2013. She is working as an Assistant Professor at Ege University Nursing Faculty Department of Surgical Nursing since 2013. She has published several papers in journals.

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Nurse prescribing in Poland: Opinions expressed by doctors, nurses and patients receiving primary care

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The Act of 22 July 2014 amending the Nurses and Midwives Act, permits individuals performing these professions to prescribe medication in Poland as of 2016. Experience of numerous countries worldwide shows both a great need for introducing the above competences and benefits resulting from expanding nurses' rights. To identify and examine the differences in opinions held by health care professionals and the general public concerning the right to administer and prescribe medication which has been awarded to nurses and midwives in Poland.

The study was conducted from 1 December 2014 to 1 July 2015, in randomly selected primary health care clinics, among 2,227 individuals, including 849 subjects representing medical personnel of primary health care and 1,378 patients receiving primary care services. The study employed two versions of a questionnaire. The data was processed with the use of analytic software package STATISTICA 11.0. The relationships were examined with chi-square test for independence and Kruskal-Wallis test. The findings show that the health professionals do not believe the new rights awarded to nurses and midwives will reduce the waiting time for medical consultations ($p < 0.001$). Nurses' qualifications for the new tasks were most highly rated by patients, while the least favourable opinion was expressed by doctors ($p < 0.001$) who also most frequently emphasized the obligatory requirement for nurses to complete second-degree university course and acquire professional specialization (49.5%). Majority of the health professionals and patients agree it is necessary for nurses and midwives to be able to legally issue prescriptions, including renewed prescriptions, for selected medications and specified medical products. To introduce nurse prescribing it is necessary to develop a suitable strategy enabling implementation of the government's initiative and facilitating the process of taking up the new task by nurses. The statutory assignment of new responsibilities to nurses will not improve effectiveness of medical care, despite the public approval for nurse prescribing of medication, selected medical products and foods for special medical purposes.

Biography

Monika Binkowska-Bury is a Vice-Dean at the Faculty of Medicine, the University of Rzeszow. She successfully completed her Ph.D. at the Medical University of Lublin and in 2015 she obtained a degree of an Assistant Professor of Health Sciences. She was a Vice-Director at the Institute of Nursing and Midwifery in Rzeszow between 2004 and 2012. She has published over one hundred articles in reputed medical journals. Eleven years of experience have allowed her to broaden the interests in the field of nursing and public health as well as conduct numerous scientific researches.

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Parents' experiences of living with children with intermittent exotropia

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Background: Intermittent exotropia typically occurs during early childhood. Most children undergo corrective surgery before 7 years of age to avoid negative reactions from their classmates. Parents are responsible for maintaining their child's visual acuity and for making decisions regarding disease treatment. Few studies have addressed the experiences of parents living with children with intermittent exotropia, particularly during early childhood.

Purpose: This study examined the experiences of parents living with children with intermittent exotropia in early childhood.

Design: A descriptive phenomenological design was adopted for this study.

Participants: Fifteen parents of children with intermittent exotropia (age, 5-7 years; age mean, 5.4 years), were recruited by purposive sampling from an ophthalmology clinic at a medical center in North Taiwan. Data were collected through semistructured interviews and analyzed using a descriptive phenomenological method developed by Giorgi.

Results: The parents observed the impact of the disease on their child's life. Uncertainty and worry about the disease caused them to be highly vigilant regarding their child's eye position and daily life. To assist their children in coping with intermittent exotropia, the parents maintained positive and active coping strategies and assured them that the disease would resolve itself. Four themes were observed: (a) Perceptions: the effect of the disease on the physical, psychological, and social aspects of the child's life; (b) Uncertainty: inability to perceive and comprehend the world from the child's perspective; (c) Considerable worry: insufficient information on the disease, concerns regarding the child's future visual acuity, negative reactions by others, concerns regarding surgical outcomes, the child's safety when engaging in daily activities; (d) Active and positive behaviors: reassurance and reminders, preventative strategies for developing children's positive social relationships, the construction of the child's and parents' psychological self, and active treatment.

Conclusions: Parents of children with intermittent exotropia must learn about their child's disease, attempt to imagine and understand the world from their child's perspective, and develop positive strategies for assisting their child in coping with the disease. The findings of this study elucidate the experiences of parents who have children with intermittent exotropia and provide valuable insights into and directions for the clinical care of children with intermittent exotropia.

Biography

Hsing-Yi Yu has completed her PhD from National Yang-Ming University and is a full Assistant Professor in Chang Gung University, School of Nursing in Taiwan. She is responsible for both undergraduate and graduate programs. The focuses of her studies include 3 main categories: "pediatric nursing", "quality of life", and "nursing career development". As to her professional and scientific research publication, over 15 research papers had been published in SCI/SSCI journals. She also has been serving as a Reviewer Board Member of reputed.

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Nursing students' experiences of providing care during a pediatric practicum

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Background: Pediatric practicum is an essential course for nursing students. Thus, pediatric clinical practice can be highly stressful for nursing students and it might affect their subsequent professional development.

Purpose: The purpose of this study was to describe the experiences of nursing students' providing care during a pediatric practicum.

Method: Qualitative research method was applied for this study. A semi-structured interview guide was used to interview 20 participant nursing students who had completed a pediatric nursing practicum in their junior-year at a university in the southern area of Taiwan. The verbal and non-verbal behaviors expressed by the students during interviews were, then, audiotaped and recorded during narrative process. Following, the collecting data was systematically analyzed and categorized.

Results: The results show that experiences of the students can be categorized as the following: 1) developing proper relationship with children and their families (appropriate communication with children and families, being seen as a friend with child, rather than being treated as a nursing staff); 2) developing appropriate care strategies for different age level of children (using creative therapeutic play); 3) taking a good look at children's interests and following with child care theories (children's favorite television program, nursery rhymes, and cartoons; learning child development theories to promote children's physical, and psycho-social status; and knowledge of childhood disease); 4) gentle and calm to cope with uncertainties during clinical practice situation. The roles expressed by these students can be categorized as follows: being a friend, a teacher, a brother or a sister.

Conclusion: The result of this study can be used as references for guiding students during first stage of pediatric nursing clinical practice.

Biography

Hwey-Fang Liang has completed her Ph.D. at the age of 38 years from Duquesne University School of Nursing in USA. She is an Associate Professor in the Department of Nursing in Chang Gung University of Science and Technology in Taiwan. She has published more than 40 papers in reputed journals with English and Chinese.

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Health service use of woman of advanced maternal age in Japan

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The number of pregnant woman aged 35 and older accounts for an increasing proportion of births in Japan. According to the statistics of “Declining Birthrate (White Paper 2015 issued by Cabinet Office)”, the average maternal age of woman who gave birth to her first child was 30.4 years old in 2014. The average maternal age in Japan has been increasing yearly. The objective of our study is to investigate health service use and selection of the medical institution by advanced maternal age in Japan by comparing pregnant women group aged less than 34 years with pregnant women group aged over 35 years. We conducted the questionnaire survey at mother’s class in Osaka, second populated city in Japan between November 2014 and February 2015. A total of 312 valid responses: 185 (59.3%) women aged less than 34 years; 127 (40.7%) women aged over 35 years. Our questions included women’s sociodemographic characteristics: age, country of birth, marital status, educational and occupational background; self-reported physical health; experience of fertility treatment; and experience of counseling service use. We focused on what evaluation items are preferred in the selection of the medical institution. Our results show that pregnant women group aged over 35 years is having more experience of fertility treatment and experience of counseling service use compared with pregnant women group less than 34 years. The difference between groups about self-reported physical health is not observed. We found the significant difference in evaluation factors between two groups in selecting medical institution.

Biography

Yukari Ito completed her PhD from Osaka School of International Public Policy. She is working as an Associate Professor at Center for International Education and Exchange, Osaka University.

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Effects of the health literacy mobile app on females' self-learning, self-efficacy, health promoting behavior and health literacy

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The purposes of this research were to: (1) develop the Female Health Literacy Mobile App, (2) implement and evaluate App effects on females' self-learning, self-efficacy, health promoting behavior and health literacy. The research was a pre-experimental design with pre- and post-test. Snowball sampling was used to recruit participants. A total of 443 multi-ethnic females (Taiwanese, aboriginal, Vietnamese) participated in the study: 326 of them completed pretest and 118 completed both pretest and posttest. Instruments used including demographic information sheet, the General Self-Efficacy Scale, Self-Directed Learning Instrument, Adolescents' Health-Promoting Behavior, and Health Literacy Vocabulary Scale for Taiwanese Women. Mean age of the participants was 32.19 years. Large proportion of the participants were Taiwanese, single, employed or owned a home business, had an educational level equal or higher than senior high school, had a family income between 30,000 and 50,000 NTD. Participants who graduated from high school or above scored higher on scales measuring self-learning, health promoting behavior, and health literacy. In the pretest, no significant differences were found among different ethnicities in self-learning, self-efficacy, health promoting behavior, and health literacy. From the posttest, Hakka females scored significantly higher on self-learning, self-efficacy, and health literacy than other ethnicities. Paired t tests showed that female of any ethnicity group scored higher on self-learning, self-efficacy, health promoting behavior, and health literacy after using the Female Health Literacy Mobile App ($p < .01$).

Biography

Hsiu-Min Tsai received her PhD from the University of Texas at Austin, School of Nursing in 2005. After graduating from the University, she went back to her country and served in Chang Gung University of Science and Technology, Taiwan as the Dean of Academic Affairs for 9 years. In 2013, she was promoted to Professor and meanwhile was inducted as Fellow of the American Academy of Nursing in the United States. Tsai's research interests focus on multiethnic women's health. She authored more than 35 papers in reputed journals and has been serving as an chief editor of reputed.

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Management functions of discharge planning nurses in an integrated community care system

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By 2025, Japan will become a super-aged society. Therefore, the health and welfare bureau for the elderly is working to establish an integrated community care system that enables people to continue to live in their hometowns until the end of their lives with a sense of security from knowing that their long-term care needs will be met. This study aimed to clarify the management functions of discharge planning nurses (DPNs) in an integrated community care system. Data were collected through face-to-face semi-structured interviews using open-ended questions and analyzed qualitatively. DPNs respect the different hopes of each client/family and try to provide care that meets these hopes. To provide such care, DPNs participate in interprofessional collaboration on discharge plans that include possible conditions or problems clients may encounter in the future and describe care systems for clients in their communities. DPNs inform clients about their choices and support the decision-making of the client/family. When adjusting discharge plans, DPNs consider the strength of the client/family. Analysis of interview data revealed 8 categories of management functions of DPNs in an integrated community care system, including adjusting hopes between the client and family, supporting the decision-making of the client/family, collaborating with primary nurses in wards, participating in interprofessional collaboration in the community, and adjusting their roles. Japan has limited social resources and informal support includes the family. Furthermore, hospital stays are becoming shorter. These factors complicate DPNs' work. To promote integrated community care systems, DPNs need support that enhances their management skills.

Biography

Mihoko Ryoha completed her DNS at Chiba University. She is working as a Professor in the Department of Management in Nursing at the Gifu College of Nursing, Japan. She is a qualified RN and PHN.

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August 15-17, 2016 London, UK

E-SPUI- Experiences of stroke patients regarding urinary incontinence according to the health belief model

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This study intended to examine the experiences of poststroke patients in terms of urinary incontinence on the basis of Health Belief Model. The study was conducted during October-November 2014 in Izmir, Turkey. The study was conducted on a total of 15 patients. The age average of participants was 67.93 ± 1.23 . Data was collected by means of a personal information form and a semi-structured interview form. Four main dimensions were obtained in relation to patients' experiences during the study, which are (i) Perception of urinary incontinence, (ii) Effects of urinary incontinence, (iii) Application of pelvic floor muscle exercises, and (iv) Coping with urinary incontinence. Perception of urinary incontinence; while majority of patients did not indicate urinary incontinence as a problem that developed after stroke, they related it to the treatments applied, menopause, past urination related experiences, sneezing and excessive water consumption. Effects of urinary incontinence; This dimension consists of three sub-dimensions, which are: psychological effects, effects on daily life, and effects on caretakers. Application of Pelvic Floor Muscle Exercises (PFME); This dimension consists of four sub-dimensions, which are: Knowing the exercise, considering its benefits, obstacles in execution of exercises, and reminders. Coping with urinary incontinence; This dimension consists of two sub-dimensions, which are: Changes in lifestyle and treatment methods. As a result of the study it was found that all patients and caretakers experienced negative consequences in physiological, psychological, social and economical terms due to the urinary incontinence occurring after stroke and therefore had certain needs.

Biography

Ayşe Beşer has completed her PhD in Department of Public Health Nursing from Ege University. She has been working as a Professor at the Koc University School of Nursing. She has published more than 40 papers in reputed journals and has been serving as an Editorial Board Member of reputed.

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August 15-17, 2016 London, UK

The effects of animal-assisted therapy intervention program on the primary caregivers who take care of dementia patients

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In Taiwan, the prevalence of dementia for over 65 years is 3.7-4.4%, and almost 90% of patients with dementia stay in their own homes and are taken care of by their families. Heavy caring load causes caregivers' stress in physical, psychological, social, and economical levels. This research explored the effects of an Animal-Assisted Therapy (AAT) program on health status of dementia patients' caregivers. 12 primary caregivers who were average 51.5 years old, female (83.3%), patients' children (75%), mandarin Chinese spoken (83.3%), participated in this research. A 9-week structured AAT group program was held once a week, 2 hours per each. A well-trained therapeutic dog teams were applied every time. Blood pressure, autonomic nervous system function evaluation (frequency domain analysis of heart rate variability, HRV), caregiving loading scale, positive emotion scale, and Chinese happiness scale were used for assessing the effectiveness. The results showed that: AAT can significantly improve caregivers' feeling of care loading ($p=0.013$); AAT can significantly improve caregivers' feeling of positive emotion ($p=0.002$); AAT can significantly improve caregivers' feeling of happiness ($p=0.003$); AAT can significantly alleviate caregivers' heart rate ($p=0.004$), but no significantly influence on blood pressure; only the SD, TP, LF, Var of HRV have significant difference and; AAT can significantly improve the Parasympathetic activity, which relax people and reduce their HR. This study suggested that AAT can be prompted to improve the function of autonomic nervous system, psychological and emotional quality for the primary caregivers of patients with dementia.

Biography

Ming-Lee Yeh is an Assistant Professor in the National Taipei University of Nursing and Health Sciences. She is also the Founder of the Professional Animal Assisted Therapy Association of Taiwan. This NGO proposes the concept of "Golden Triangle AAT model", and also creates the first AAT specialist training program in Taiwan

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August 15-17, 2016 London, UK

Association between body mass index and recurrent stroke in ischemic stroke patients

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An association between body mass index (BMI) and recurrent stroke outcome have been reported, but there was an inverse result. We therefore conducted a meta-analysis to see if there is an increased risk of recurrent stroke for obese or underweight stroke patients. PubMed and Embase from January 1966 to March 2016 were searched to identify relevant studies. Inclusion criteria were case control studies, patients with first ischemic stroke. The major outcome was recurrent stroke event. The pooled relative risks with the corresponding 95% confidence intervals were calculated by using random-effects model. The systematic search identified 3 studies, with a total of 44, 578 participants. Pooling the results showed that recurrent stroke was significantly lower in obesity patients (OR=0.875; confidence interval, 0.753–1.016) and overweight patients (OR=0.901; confidence interval, 0.85–0.956) while significantly higher in underweight patients (OR=1.662; confidence interval, 0.777–3.556) compared with normal weight ischemic stroke patients. The meta-analysis shows that ischemic stroke patients who are obese or overweight have a better prognosis when compared with ischemic stroke patients with underweight or normal weight. We suggest that the body weight management was recommended in patients after first time ischemic stroke because the assessment of body weight seems often undervalued.

Biography

Ya-Wen Kuo is an Assistant Professor of Department of Nursing at Chung Hwa University of Medical Technology. She received her PhD in Nursing from National Cheng Kung University of Taiwan. Her research focuses on the issue with long-term care and community health care. She has served as Supervisor of Community Medical and Nursing Department for the past 15 years in the medical centre of Changhua Christian Hospital (1999-2014) in Taiwan. In 2013, she was awarded with Medical Contribution Award of Changhua County for outstanding contribution in promoting community health. In 2014, she was also awarded the Health Promotion Contribution Award of Health Promotion Administration, Ministry of Health and Welfare, Taiwan.

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Evaluating the effects of an empowerment-based self-management program on T2DM patients with early stage CKD

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Introduction: Diabetes is the most common cause of chronic kidney disease (CKD) in Taiwan and also an increasing same cause worldwide. Studies show one third of patients with type 2 diabetes mellitus (DM) have concomitant early stage CKD. Self-management for patients with both of these chronic conditions is conflicting, complex and often inadequate. With proactive interventions, CKD-related self-management behavior may be improved and the progression of the CKD may be delayed.

Objectives: The purpose of this study was to evaluate the effectiveness of an empowerment-based self-management program (EBSM) on CKD self-efficacy, CKD self-management behavior and biomedical measures in T2DM patients with early stage CKD.

Methodology: The study adopts a quasi-experimental design, 71 patients (52% men, mean age 54.97 years) were assigned to the group-based EBSM program or usual care group based on their availability to attend the intervention. The EBSM group which used the empowerment approach to help patients aware self-management problems, set goals and make evaluation to their CKD self-management plans. All of the patients underwent testing at baseline (T0), 3 (T1) and 6 (T2) months after a 6 weeks intervention. A generalized estimating equation (GEE) models was conducted to determine the effectiveness of the intervention.

Results: After adjusting for baseline and covariate, the EBSM intervention resulted in improvements in CKD self-efficacy scores ($p < 0.001$ at 3 months; $p < 0.001$ at 6 months), CKD self-management behavior scores ($p < 0.01$ at 3 months; $p < 0.01$ at 6 months); body weight ($p < 0.05$ at 3 months); BMI ($p < 0.05$ at 3 months), waist ($p < 0.001$ at 3 months; $p < 0.001$ at 6 months); systolic blood pressure ($p < 0.001$ at 3 months; $p < 0.01$ at 6 months), diastolic blood pressure ($p < 0.01$ at 3 months; $p < 0.05$ at 6 months), Haemoglobin A1c levels ($p < 0.01$ at 3 months; $p < 0.01$ at 6 months); blood lipid levels ($p < 0.01$ at 3 months) as compared to the usual group. No group differences but maintain in GFR and UCAR were observed.

Conclusion: A EBSM program for T2DM patients with early stage CKD resulted in greater improvements in self-efficacy, self-management behavior and positive effect in biomedical measures but no difference in GFR and UACR levels up to 6 months after intervention. Future studies testing empowerment-based interventions in larger samples with longer follow-up, and randomized controlled trial design were warranted.

Biography

Chiu-Chu Lin has completed her PhD degree from University of Michigan, Ann Arbor, USA. She is a Professor of School of Nursing, Kaohsiung Medical University, Kaohsiung, Taiwan. Her major is Adult Health Nursing and the specialty focus on the Nephrology Nursing. Her research interests include self-management of chronic illness, instrument development and testing, and intervention study. In recent years, she have been conducting theory-based intervention study. In the teaching area, she is responsible for the courses of adult health nursing and intervention study in the graduate institution and the course of medical-surgical nursing in the undergraduate program.

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August 15-17, 2016 London, UK

Factors associated to self-efficacy for social participation of patients with mental illness in Taiwan

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Background: Social participation is a part of psychiatric rehabilitation program that connect mental illness person to community. Self-efficacy is an essential factor among social participation to lead patient. Self-efficacy for social participation needs to be more fully examined.

Purpose: The purpose of this study was to examine the associated factors of mental illness self-efficacy for social participation.

Methods: Cross-section designs and convenience sampling were used in this study. Participants' ages above 20 years with schizophrenia or affective schizophrenia from community and outpatient Department of hospital in central of Taiwan were included in the study. Self-efficacy for social participation scale (SESP) was used to measure self-efficacy in social participation among mental illness persons. The SESP scale consisted of four dimensions with 27 items. Internal consistency of the overall SESP was measured by Cronbach's $\alpha=0.96$ in this study. Three hundred valid questionnaires were analyzed.

Results: The participants were 300 severe mental illnesses patients. There are no significant differences between demography data with SESP, i.e., onset age, gender, education, diagnosis in SESP. One-way ANOVA analysis of group mean scores showed significant differences among employed status ($F=8.33$, $p<0.000$). Employed participants reported significantly greater SESP than patients who are unemployed. Employed participants who underwent psychiatric rehabilitation reported significantly greater SESP than patients who are unemployed.

Conclusion: This study clinical implications shows that self-efficacy for social participation significantly affects SMI in work participation but not significance with demography. Working persons experience interaction with others and this leads higher social participation. In clinical, professional should encourage patients to participate in work training to increase social interaction.

Biography

Mei-Ling Lin has completed her PhD from Institute of Allied Health Sciences of Medical College of National Cheng Kung University in Taiwan. She is a psychiatric Head Nurse in Tsaotun Psychiatric Center of Ministry of Health and Welfare in Taiwan and Assistant Professor of Nursing Department in Central Taiwan University of Science and Technology. Her research interest is in psychiatric nursing and clinical ethics issues.

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Sexual knowledge and sexual attitudes in women after gynecological cancer treatment

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Background: Recent studies have demonstrated that women treated for gynecological cancer experience long-term sexual problems. Although several studies have described physical sexual dysfunction among gynecological cancer survivors, there is a relative dearth of research related to sexual knowledge, sexual attitudes and related factors treated for this disease.

Purpose: This study explores sexual knowledge, sexual attitudes and related factors of Taiwanese women who have undergone gynecological cancer therapy.

Methods: For this cross-sectional study, the authors sampled 139 women with gynecologic cancer from gynecologic cancer outpatient service of a medical center in northern Taiwan. The authors gathered data on sexual knowledge, sexual attitudes toward sexuality with gynecological cancer and background information using a self-report, structured questionnaire, and were analyzed using the one way ANOVA, t Test, Pearson's correlation coefficient and multiple regression.

Results:

1. Women after treatment for gynecological oncology showed insufficient sexual knowledge, particularly management of sexual problems, sexual well-being effects after oncology treatment.
2. Women after treatment for gynecological oncology showed positive attitudes regarding sex while negative ones are revealed in sex repulsive after treatment, worse sex lives after treatment, and influence on sexual relationship after treatment.
3. There was a positive correlation between sexual knowledge and sexual attitudes.
4. Women with younger, higher educational level, more sexual activities and having previous sex health education, would have higher sexual knowledge and sexual attitudes.

Conclusions / Implications for Practice: Study findings can help healthcare professionals understand and educate patients about the potential sexual health implications of gynecological cancer treatment. Healthcare professionals can focus particular attention on patients who are lower educational level, older, or without previous sex health education.

Biography

Jian Tao Lee has completed her Ph.D. at the age of 38 years from National Taiwan Normal University Institute of Health Education. She is the associate professor of school of nursing in Chang Gung University and director of the Sex Education Association of Taiwan and executive editor of the *Formosan Journal of Sexology*. Dr. Lee had studied women's sexual health and sexual health education for more than 20 years. She has also reviewed numerous manuscripts for a variety of nursing and sexual health journals and now an invited reviewer for several peer-reviewed, professional journals in Taiwan.

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August 15-17, 2016 London, UK

Effectiveness of the standardized protocol for prevention and management of oral mucositis

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Background: Despite advancements in cancer treatment increase survival rates for head and neck cancer (HNC), the therapy also induce serious side effects. It is important to apply more evidence base approaches to deal with the side effects of oral mucositis (OM) caused by chemotherapy.

Objective: The purpose of this study was to test effectiveness of the OM guideline for the quality of life (QOL) in Taiwanese patients with HNC.

Methods: This research involved a prospective, repeated measure, quasi-experimental design with a control group. A convenience sample of 60 patients with HNC was recruited from one medical centre in Taipei area. The experimental group received the clinical practice guideline of OM (CPGOMCP), the control group maintained on their routine care. The QOL was measured with the Chinese version of European Organization for Research and Treatment of Cancer (EORTC) QLQ-HN35 at baseline and on day 10 and day 14 after the intervention.

Results: The generalised estimating equation showed statistically significant group-by-time interactions in QOL. Using the control group as the reference group and baseline as the reference time, the experimental group had significantly reducing the impact of mucositis on patients' QOL than the control group after the intervention: on day 10 ($\beta = -0.91$, $p < 0.001$) (Likert 4-point)/($\beta = -2.73$, $p < 0.001$) (dichotomy) and day 14 ($\beta = -1.10$, $p < 0.001$) (Likert 4-point)/($\beta = -3.57$, $p < 0.001$) (dichotomy).

Conclusions: The study findings support the effectiveness of the OM guideline in alleviating the impact of OM on patients' QOL.

Biography

Shu-Yuan Liang has completed her PhD from Queensland University of Technology. She is the Professor of National Taipei University of Nursing and Health Sciences. She has published more than 60 papers in reputed journals.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Effects of an educational program on BSE competency: A quasi-experimental study

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Background & Aim: Breast cancer is a leading killer of Taiwanese women. The aim of this study was to investigate the net effects of innovative community-wide breast self-examination (BSE) program that we designed and administered to promote Taiwanese women's BSE competence.

Methods: A quasi-experimental pretest and posttest were conducted on 203 women participants aged 50 or less. The data collected was direct measurement of the examinees' BSE performance.

Results: At a four-month follow-up after training, the experimental group mean scores of outcome measures were all of significantly higher than those of the control group (all $p < .001$). An average of BSE monthly frequency was 0.7 versus 0.4, proficiency of BSE was 91.3% versus 16.6%, sensitivity was 70.0% versus 20.0%, and positive predictive value (PPV) was 92.8% versus 18.6%. The coefficient shows the effect of treatment, those women in the experimental group comparison to the control group: frequency increase by 105% ($e^{0.72-1}=1.05$), sensitivity increase by 249% ($e^{1.25-1}=2.49$), PPV increase by 371% ($e^{1.55-1}=3.71$), and proficiency increase by 74.5%; all of above remove of the potential confounders in the model.

Conclusions: This study has yielded valuable information about the net effects of an experimental BSE instruction program on competency. The results indicate that the treatment, as administered, had strong, positive, and significant effects on BSE behavior in terms of practice and accuracy. Worthy of special note is that BSE teaching can be highly effective if it involves model breasts as a necessary auxiliary aid to self-examination practice.

Biography

Rea-Jeng Yang has completed her PhD from National Taiwan University School of Medicine. She is working as Associate Professor of National Taipei University of Nursing and Health Sciences, a premier nursing school in Taiwan. She has published 29 papers in reputed journals and has been serving as an Editorial Board Member of reputed.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Development and psychometric testing of the suicide caring competence scale (SCCS) for family caregivers in Taiwan

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The competence of family members in caring for their suicidal relatives plays a key role in preventing these relatives from committing suicide. However, a scale to assess the caring competence of caregivers for suicidal individuals is not available. The purpose of this study was to develop and test the psychometric properties of the Suicide Caring Competence Scale (SCCS) for family caregivers in Taiwan. This study was a cross-sectional questionnaire survey. A preliminary 20-item SCCS was developed and tested on 165 caregivers of people who attempted suicide in 2009 and 2010. Item analysis was used to delete redundant items. Exploratory factor analysis (EFA) and confirmatory factor analysis (CFA) were used to examine the construct validity. The association between educational level and the SCCS was used to examine the concurrent validity of the SCCS. Cronbach's α and test-retest reliability were examined to understand the reliability of the SCCS. A second-order factorial model with 5 subscales and 19 items best fit the data. The 5 subscales were proactive prevention, daily living care, seeking assistance from professional resources, seeking assistance from laypersons, and seeking assistance from religious resources. The higher the educational level the higher is the competence. The Cronbach's α , test-retest reliability of the total scale and the subscales ranged from 0.67 to 0.90 and from 0.62 to 0.82, respectively. The SCCS had acceptable validity and reliability. Nurses can use the SCCS to assess the suicide caring competence of family caregivers and to provide proper education to improve their suicide caring competence.

Biography

Fan-Ko Sun is working as a Professor at the I-Shou University in Taiwan. She completed her PhD degree at the University of Ulster, Northern Ireland, UK, in 2004. She has published more than 45 papers in reputed journals and has been serving as an Editorial Board Member of repute.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Effectiveness of exercise for anxiety in patients with lung cancer: A randomised controlled trial

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Background: Lung cancer is a highly symptomatic disease, involving symptoms such as anxiety during the treatment period and in the follow-up stage. Although exercise has been addressed as an adjuvant treatment for anxiety, few studies have evaluated the efficacy of exercise in patients with lung cancer. Walking is strongly recommended for patients with pulmonary diseases by American College of Sports Medicine; because it is involved in most activities of daily living (ADL).

Aim: The purpose of this study was to determine the effectiveness of a 12-week home-based walking-exercise program in managing anxiety in Taiwanese patients with lung cancer.

Methods: We recruited 116 patients from a medical centre in northern Taiwan, and randomly assigned them to either a walking-exercise group (n=58) or a usual-care group (n=58). We conducted a 12-week exercise program that comprised home-based, moderate-intensity walking for 40 min per day, 3 days per week, and weekly exercise counselling. The outcome measures included were measure with Hospital Anxiety and Depression Scale (HADS-anxiety subscale).

Results: We analysed the effects of the exercise programme on anxiety by using a generalised estimating equation method. The patients in the exercise group exhibited a significant improvement over time in their levels of anxiety ($P=0.007$) compared with those in the usual-care group. A cut off point of 8 was used to investigate the clinical significance of the observed changes; the walking-exercise and usual-care groups revealed similar numbers of definite and suspicious (scores ≥ 8) anxiety cases at baseline (13 vs 8, $P=0.288$). Although a significant difference was observed from the baseline to the 3rd month (a decrease of 4 patients in the walking-exercise group vs an increase of 9 patients in the usual-care group, $P=0.014$), no significant differences were observed from the baseline to the 6th month (a decrease of 8 patients in the walking-exercise group vs no decrease in the usual-care group, $P=0.118$). A significant interaction term (group difference \times time) in the GEE model (Wald $\chi^2=6.04$, $P=0.049$) verified that the walking exercise program effectively reduced the number of patients with anxiety over time.

Conclusion: The home-based walking exercise can reduce anxiety and elucidate the critical role of exercise in the rehabilitation of patients with cancer. Health care team members must comprehend and consider exercise as a supportive care intervention for lung cancer survivors.

Biography

Hui-Mei Chen obtained her PhD from Taipei Medical University. She is working as an Assistant Professor at the National Taipei University of Nursing and Health Sciences. She has practiced clinical nursing for 10 years and been involved in nursing education and research for 18 years. She has published several papers in *Cancer Nursing* as well as in the *British Journal of Cancer* and also serving as a reviewer for a nursing journal in Taiwan.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

The psycho-social factors toward weight control efficacy in young adults of the university in Southern Taiwan

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Background & Purpose: The high prevalence of obesity is a major public problem worldwide. Hence, the needs to explore the factors, not only the physiological but psycho-social factors, have been merged. The aim of this study was to explore the factors affecting the efficacy of weight control in young adults.

Methods: A questionnaire consists of external and internal environment and sub-questionnaires to measure the factors affecting weight control efficacy in young adults. Participants were 300 college students, including 3 domains of professionals (nursing, nutrition, and non-health-related) from the university in southern Taiwan. The self-administered questionnaire was collected successfully for univariate statistical analyses.

Results: The major sex of this sample was female (74%; n=222). 212 (70.7%) individuals intended to loose weight recently, yet, 131 (37.7%) of this sample were actually to execute their weight control plan, and 2 majority of methods to loose weight were exercise or exercise with diet (n=92, 31.7%; n=80, 27%, respectively). In executing a weight control plan prospect, body weight, BMI, and body shape content were major determinants ($p=0.005$, $t=-2.806$; $p<0.001$, $t=-4.935$; and $p<0.001$, $t=6.459$, respectively). Furthermore, the more positive psycho-social supports, such as positive colleagues relationships ($p=0.036$, $t=2.108$) have the more social support to weight control motivation. And the higher belief of weight control, more attempt of weight loss, and good diet behaviors ($p=0.002$, $t=3.135$; $p<0.001$, $t=11.827$; and $p=0.04$, $t=3.199$, respectively) have more consistency for weight controlling. There was no association between individual professions and intended to loose weight recently, yet, health related professions likelihood to more actually to execute their weight control plan than non-health-related profession.

Conclusion: Psycho-social factors for successful weight control are determined by body shape content, positive colleagues relationships, higher belief of weight control, more attempt of weight loss, and good diet behaviors.

Biography

Shih-Hsien Kuo has completed his PhD from College of Pharmacy, Kaohsiung Medical University. He is a registered Pharmacist of Taiwan R.O.C.. He is working as Associate Professor of School of Medical and Health Science, Fooyin University, Kaohsiung, Taiwan. He has published more than 30 papers in scientific journals in the field of clinical care of special populations such as pregnant women, elderly, and DM patients, etc. In addition, he is also interested in the foods for treating symptoms, such as pitaya for constipation or ginger for nausea and vomiting.

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August 15-17, 2016 London, UK

Self-monitoring of blood glucose in noninsulin-using type 2 diabetic patients: A qualitative study

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To explore the fundamentals of self-monitoring of blood glucose (SMBG) experiences in patients with noninsulin-treated type 2 diabetes. The role and value of SMBG regarding the care of type 2 diabetes are undetermined. Clinically, although SMBG is widely applied among patients of noninsulin-treated type 2 diabetes, discussions about patients' views of SMBG are insufficient. The phenomenological method was applied. Purposive sampling was conducted to recruit participants from Taiwanese medical institutions. The selection criteria are as follows: (a) being medically diagnosed with type 2 diabetes, (b) having not been on insulin, (c) having performed SMBG at least once within the previous 6 months, (d) being at least 20 years old, and (e) not having any major mental or cognitive disorders. In-depth interviews were conducted to collect data from a total of 16 diabetic patients. Interview transcriptions were analyzed in accordance with the Colaizzi (1978) process for phenomenological data analysis. The rigor of data collection and analysis was established using the trustworthiness criteria proposed by Lincoln and Guba (1985). The themes encompassed included: the variability of the SMBG frequency, lifestyle reflection and adaptation to self-care behavior with blood glucose level variation, and SMBG continuation factors. The patients' feelings, knowledge, and emotions regarding blood glucose variation and healthcare professionals' (HCPs) attitudes affect their SMBG behavior. The empirical findings illustrated SMBG experiences and recommended that HCPs closely attend to patients' feelings, requirements, and emotional adaptations and response measures to diabetes, and incorporate SMBG into therapy plans.

Biography

Chen-Mei Chen is currently working as an Assistant Professor at Chang Gung University of Science and Technology, but she is also a Doctoral candidate at National Taiwan University. She has published more than 10 papers in reputed journals. Her main research area is diabetes care.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Is use of micro-RNA-containing food feasible for nutrition and health?

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Micro-RNAs (mi-RNAs) are a class of small non-coding single-strand RNA molecules (22 nt in length) that play an important role in inhibition of translation or degradation of targeted messenger RNAs (mRNAs) by binding 3'-untranslated region (UTR) of target mRNAs. mi-RNAs are involved in diverse physiological and pathological processes, including apoptosis, cell proliferation, the cell cycle, carcinogenesis and skeletal muscle function. On this basis, mi-RNAs can be used to combat disease and maintain health. mi-RNAs may also facilitate development of enhanced food or feed. We assessed 3 factors required for use of mi-RNAs in food: stability, safety, and efficacy. This review highlights emerging evidence in the use of mi-RNAs as ingredients in food or animal feed. Dietary mi-RNA, such as plant mi-RNAs and milk mi-RNAs, we confirmed the possibility of their application in food or animal feed. mi-RNAs stable under harsh conditions (pH 1, RNase, 37°C) which is associated with their packaging into vesicles, including exosomes and micro vesicles. In addition, ingested mi-RNAs can regulate human gene expression with cross-kingdom activity. We also discuss the challenges to, and perspectives for, the application of mi-RNAs. As found, additional role of nutrients on the indirect inhibition of the gene via mi-RNA, synergic effect between nutrients and dietary mi-RNA would also be possible. The relationship between foods and mi-RNAs is highly associated at the epigenetics mechanistic support. Therefore, mi-RNAs or mi-RNA-containing biomaterials (anti-sense oligonucleotides or mimic nucleotides) may be useful functional food ingredients to prevent and treat various diseases.

Biography

Lee Jeong-Sang has completed his PhD from Seoul National University College of Pharmacy (Biochemistry major) and Post-doctoral training from Yale University School of Medicine (Comparative Medicine and Pharmacology). He is now serving as the Director of M F Laboratory of Jeonju University. He has published 45 papers in reputed journals and has been serving as Editorial Board Members of *Journal of Food Chemistry & Nanotechnology* and *Frontier in Bioscience*. He has been studying cancer prevention research especially focusing on gastro-intestinal inflammation. He expanded his expertise to translational research, utilizing human patient samples (gastritis, colitis, gastric and colon cancer).

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Performance clinical competence of pregraduate nursing students and hospital nurses measured by a computerized model of performance-based measurement system

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Traditionally, clinical competence was measured using self-report scales; however, whether those measurements can reflect actual competence is questioned in literatures. The study was to explore performance-based clinical competence of pregraduate nursing students and hospital nurses using a Computerized Model of Performance-Based Measurement (CMPBM) system. The study was a cross-sectional research design. 52 nurses and 50 students completed the CMPBM that was built based on the Clinical Reasoning Theory with case scenarios and questions to assess performance competence including critical thinking, conflict resolutions, and common clinical technical problems. Results showed that both nurses and students were not highly competent with 53.85% and 32.0% respectively met the satisfactory level of competence of the CMPBM (higher than 70% of the total score). Participants especially had low scores on “collecting data from onsite physical assessment,” “processing information,” “recognizing and prioritizing problems,” and “arranging a course of action for patient care.” They were not competent in solving common technical problems and conflicts as well. Nurses were more competent than students in “considering the patients’ situations,” “collecting data from onsite physical assessment,” “processing information,” “arranging a course of action for patient care,” and “evaluating and reflecting.” The top-three difficult technical skills to perform were performing CPR, reading EKG, and performing venipuncture/starting intravenous lines. The study revealed level of performance competence and deficiencies in competence of nurses and nursing pregraduates. Current academic curriculum/course design for nursing students and orientation/training programs for nurses need to be reviewed to meet the competence needs of nursing pregraduates and nurses.

Biography

Professor Ching-Yu Cheng has completed her PhD from the University of Texas at Austin, USA. She is currently teaching at the Chang Gung University of Science and Technology in Taiwan. She has been teaching for more than 20 years and has published more than 30 papers in reputed journals and conducted many researches. Her researches focused on women’s health including biobehavioral studies

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Effects of simulation-based learning on nursing student competences

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Background: To bridge nursing education and the clinical practice setting, simulation-based learning (SBL) has blended with nursing curricula. However, evidence as to whether SBL affects student competences is controversial.

Purpose: The aim of this study is to explore the effects of SBL on student perception of nursing competences.

Research Design: Kolb's (1984) Experiential Learning Theory is the theoretical base for implementation of SBL. A pre-test-post-test group design was used with students undertaking self-report surveys at the onset and end of the semester. This study was conducted at a university of science and technology, located in the northern part of Southern Taiwan. A total of 170 sophomore students who has taken basic medical-surgical nursing curricula were invited to participate in this study. Three simulated scenarios were added to the basic medical-surgical nursing curricula, and the effects of simulation training on student perception of nursing competence were examined. Each scenario was required approximately 1.5 hours to complete. A Chinese version Simulation-Based Learning Evaluation Scale (SBLES) that consisted of 5 subscales: professional knowledge, nursing process, patient safety, communication, and attitude of reflection was distributed to the participants before and after the course. Data analyses included descriptive statistics and Student's t test.

Result: 130 students completed and returned questionnaires (response rate=80%). The participants were predominantly female (99%) with an average age of 19.04 years (SD=0.28). They had an average of 3 weeks clinical practice experience in hospital. The finding showed that nursing process, patient safety, and attitude of reflection were significantly different between before and after three scenarios.

Conclusions: These findings suggest simulation-based learning (SBL) might increase nursing students' particular competences. This study also reflects Kolb's (1984) Experiential Learning Theory. The authors recommend that whether SBL could be applied in different curricula needing further examination.

Biography

Chang-Chiao Hung was born in Kaohsiung, Taiwan. She received her BSN from Emory University, USA, in 1997, MSN from University of South Alabama, USA, in 1999, and her Ph.D. in Nursing from University of North Carolina at Chapel Hill, USA, in 2011. She is currently an Assistant Professor of Nursing at the Chang Gung University of Science and Technology. Her research interests have been in the areas of patient safety, organizational behavior, and nursing education

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Factors influencing renal anaemia in patients with long-term haemodialysis

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The incidence and prevalence of end stage renal disease in Taiwan are ranked first in the world. Renal anaemia in chronic renal failure can be due to multiple causes. Resolving these controversies and thus providing more efficacious management of renal anaemia might reduce morbidity and mortality. Objectives of this study were to identify factors influencing renal anaemia in patients with long-term haemodialysis according to patient characteristics and to provide basic data to develop nursing interventions for renal anaemia in these patients. The study was designed by cross-sectional and the data were collected from the haemodialysis status and dialysis treatment parameters and biochemical profile under dialysis and nursing evaluation data of hospital chart. This study subjects were the cases of haemodialysis that treated by the region hospital centre of dialysis in southern Taiwan. Total cases were 104 in hospital and there were 99 case samples which recruited were fit in this research. Mean age was 62 (27-91) and male:female ratio was 45:54. The underlying diagnosis for CKD most commonly was diabetic nephropathy (45.5%) and chronic glomerulonephritis (22.2%). Findings from this study indicate that nursing professionals should provide proper management for renal anaemia for patients with long-term haemodialysis, as well as factors influencing renal anaemia, including erythropoietin, total bundle volume, anticoagulant, active clotting time and nutrition support. There is also a need for training programs for these patients and new staffs.

Biography

Jing Juin Huang is an Assistant Professor of Nursing at Chung Hwa University of Medical Technology. She is also an Executive Director at Formosan Association of Care and Education for the seniors in Taiwan. Primary areas of her research include women's health, long-term haemodialysis and long term care.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

The effectiveness of using a systematic assessment tool for hospital discharge planning

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Background: Discharge-planning services are aimed at meet the post discharge care requirements of patients. Thus, an effective method for assessing their care requirements is critical.

Objective: This study was to explore the effectiveness of using a systematic assessment tool for hospital discharge planning.

Methods: This research adopted a longitudinal two-group comparison study design, and a convenience sampling method was adopted to recruit patients requiring discharge-planning services at 8 wards in a regional teaching hospital in Southern Taiwan. The post discharge care requirements of the patients were evaluated using a traditional assessment tool or a systematic assessment tool as an alternative. 68 patients were matched with similar age and with similar activity in daily living index scores to compare the effectiveness of the tools.

Results: The systematic assessment tool exhibited significantly higher assessment integrity and lower rates of re-hospitalization and mortality within discharge of 14 days. The two groups exhibited no significant difference in inappropriate hospital days, and primary decision-makers' satisfaction. However, the differences in 3 items of satisfaction exhibited moderate-to-large effect sizes, which may be of clinical importance.

Conclusions: To meet the needs of primary decision-makers in a family, enhance their satisfaction, and provide effective discharge-planning services, clinicians should adopt the systematic assessment tool to assess the post discharge care requirements of patient, and the hospital should provide relevant facilities to assist in implementing all plans.

Biography

Huey-Shyan Lin is an Associate Professor of Department of Health-Business Administration, School of Nursing at Fooyin University in Taiwan. She received her PhD in Health Services Policy and Management from University of South Carolina, USA. She now serves a Consultant of Research and Development, Department of Health, Kaohsiung City Government, and research consultant of several hospitals, Taiwan, R.O.C. She also possesses a good publication record in nurse depression, stress management, health promotion, instrument development, and clinical medicine. Her biography was included in Who's Who in the World 2014-2016, and Who's Who in Science and Engineering® 2016-2017.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Maternal and perinatal outcomes in adolescent primigravidae in Turkish women in a rural area

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Various studies documented that teenage pregnancies are on the rise in different cultures and it has been found an increased risk of complications among adolescents. The aim of this study was to evaluate the maternal and perinatal outcomes and complications in adolescent primigravida. A case-control study was conducted on 300 women (Group 1: 150 primiparous women aged 15-19 and Group 2: 150 primiparous women aged 20-29) attending obstetric outpatient clinic at the public hospital of the Batman province, a rural area of South-eastern Turkey, between June and November 2014. Analysis of the data revealed that there was significant correlations between ages of the women with their education level, working status, settlement location for the longest time, marital status, consanguineous marriage, family type, and mother's age during pregnancy ($p < 0.05$). Additionally age did not significantly effect on occurrence of the mild and severe preeclampsia ($p = 0.564$). Prevalence of the episiotomy and oxytocin induction was 1.9 folds and 1.7 folds greater in Group 1 than those of Group 2, respectively. However, prevalence of the oligohydramnios, blood incompatibility, congenital anomaly, vaginal delivery preference, and postpartum hemorrhagea was 70%, 44%, 69%, 46% and 84% lower in Group 1 than those of Group 2, respectively. We hypothesized to observe bad perinatal outcomes and greatest complications in adolescent mothers. However both episiotomy and oxytocin induction rates were greater in adolescent primigravida. Therefore we think that further studies should be carried out to understand factors related maternal and perinatal outcomes in rural areas and cultures.

Biography

Filiz Okumus completed her PhD in 2011 with the thesis entitled "The effect of vaginal douching on vaginal infection" from the Marmara University in Istanbul. After 12 years experience as a midwife in South-eastern Turkey, she was promoted as assistant professor in 2012 at the Istanbul Medipol University. Her position in the university is head of the Midwifery Department. Her specific research areas were holistic health, integrative medicine and women's health.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Development and psychometric testing of osteoporosis prevention self-efficacy scale – Adolescent form

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The advanced cancer treatment for pediatric cancer has increased adult survivors of childhood cancer. These survivors have reduced bone mineral density (BMD) while beginning to age. Self-efficacy is crucial for enhancing individual health behavior in osteoporosis prevention. There is a paucity of valid and reliable scales to capture the self-efficacy for adolescents with cancer either in Taiwan or other countries. The purpose of this study was to develop and examine the psychometric properties of the Osteoporosis Prevention Self-Efficacy Scale – Adolescent Form (OPSES-AF). In the first stage, the content validity was established by six experts. In the second stage, confirmatory factor analysis (CFA) was performed. Data was collected from 120 adolescents who aged 13–20 and who were treated with cancer in the two medical centers from February to July 2015. The finalized OPSES-Af was a 7-item scale through CFA. Item responses were on a 5-point Likert scale ranging from 1 to 5 with total scores ranging from 7 to 35; higher scores reflected higher confidence to complete osteoporosis prevention activities. Construct validity was established through CFA that revealed a good fit of the model: RMSEA=0.042 and p value of RMSEA=0.51; NFI=0.96; NNFI=0.98; CFI=0.99; IFI=0.99; RFI=0.93. Cronbach's alpha was 0.80. Guttman split-half coefficient was 0.80. Spearman-Brown coefficient was 0.81. The OPSES-AF showed appropriate results for describing the self-efficacy of osteoporosis prevention for adolescents with cancer.

Biography

Wu W W completed her PhD degree in 2009 from University of Washington. Currently, she is the Assistant Professor of School of Nursing, University of Nursing and Health Sciences. She has published more than 15 papers in reputed journals.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

The reliability and validity of prostate cancer fatalism inventory in Turkish language

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This study aimed to conduct the reliability and validity study of the prostate cancer fatalism inventory in Turkish language. The study was carried out in methodological type and consisted of 171 men. The age of the participants ranged between 40 and 82. The content validity index was determined to be 0.80, Kaiser-Meyer-Olkin value 0.825, Bartlett's test $X^2=750.779$ and $p=0.000$. Then the principal component analysis was applied to the 15-item inventory. The Inventory consisted of one dimension and the load factors were over 0.30 for all items. The explained variance of the inventory was found 33.3%. The Kuder-Richardson-20 coefficient was determined to be 0.849 and the item-total correlations ranged between 0.335-0.627. The prostate cancer fatalism inventory was a reliable and valid measurement tool in Turkish language. Integrating psychological strategies for prostate cancer screening may be required to strengthen the positive effects of nursing education.

Biography

Zuhal Bahar has completed his PhD from Ege University in 1983. She became professor in 1997. She is the Director of Community Health Nursing, has published more than 30 papers in reputed journals and has been serving as an editorial board member of reputed.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Design and initial evaluation of visual-based intuitive aids for dietary food size description on mobile devices

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One critical issue in effective intake record is the prescriptive report of the amount of food. This process is frequently subjected to errors which can negate the effect of dietary control. Food size description can be conducted timely with the use of app where the food or the unfinished food presented in front of the user, mental activities in user's recall on the amount of food eaten are thus avoided. To come up with an intuitive dietary food size description on mobile devices, the user-centered innovative design of SBI (sketching-based interface) is proposed. SBI does not require the use of predetermined photos or the process of photos taking. The user simply describes the regular food shape e.g., round, and square by shading comparator (e.g., credit card) through clicking, dragging, or scribbling to scale. Three design alternatives based on different user-interactions are designed. The initial usability evaluation upon the accuracy of size description and time consumed for each design alternative are presented. Discussions include the further enhancement of SBI and whether or not SBI strengthens the user's awareness and conceptualization of food items through long-term use.

Biography

Ying-Chieh Liu, PhD, is an Assistant Professor in the Department of Industrial Design at Chang Gung University. He received his PhD in Engineering Department, Cambridge University, UK. He is familiar with nutrition informatics and new product design.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Study on the development of quality of communication for elderly (QOCE) Scale

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Purpose: Verbal communication between elderly person and caregivers are of two types: Type I, associated with nursing care tasks, and Type II, daily conversations in social life. This study aimed to develop a QOCE scale for evaluating type-II communication

Study Method: The survey participants were 56 persons from geriatric health care facilities and home care. The average age was 84.6 years (SD 7.26). The survey contents were basic participant attributes, utterance duration type per day by older adults, QOCE, motor function (FIM), cognitive function (HDSR), depression score (CESD), and life satisfaction (PGC). We used the statistical software SPSS ver. 21 for analysis.

Results: As the interim QOCE, we chose 16 items consisting of topic (9), older adult spontaneity (3), and conversation prompt by staff (4) and created a four-point Likert scale. We excluded two items and made a 14-item QOCE scale following item analysis by item distribution, inter-item correlation, and item-total correlation. Internal consistency was observed, and Cronbach's $\alpha = .87$. However, the stability of test-retest ($r = .55$, $p < .001$) was poor. Construct validity was examined by factor analysis, from which three factors were extracted, and the cumulative contribution was 59.6%. For criterion-related validity, significant correlations between QOCE and type-II utterance duration ($r = .53$, $p < .001$) and between QOCE and type-II spontaneous utterance ($r = .48$, $p < .01$) were observed and confirmed.

Discussion: Although internal consistency was observed in QOCE reliability, a few problems were observed in stability.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Association study between milk composition and birth factors

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Background: The macronutrient composition of human milk is affected by premature delivery and postpartum age. However, only small numbers of studies investigated the effects of other maternal and infantile factors.

Objectives: The purpose of this study is to analyze the macronutrient of human milk and to find out the various maternal and infantile factors that can affect the composition of human milk.

Methods: 478 healthy and exclusively breast feeding mothers who visited a breast feeding center between February 2014 and September 2014, and who delivered healthy term neonates within 3 months were enrolled. The birth data including maternal age, delivery mode, birth weight and height, gender of infant, and postpartum age were collected. Macronutrient of the samples was analyzed using Semisolid-state mid-infrared milk analyzer (MIRIS[®] Human Milk Analyzer, HMA, Miris AB, Uppsala, Sweden).

Results: In multivariate logistic regression analysis, various maternal and infantile factors were found to be associated with the milk composition; higher fat content with Cesarean section (OR=2.47, CI 1.5-4.05, $p<0.001$) and birth height (OR=0.84, CI 0.75-0.95, $p=0.004$); higher protein content with postpartum age (OR=0.89, CI 0.86-0.93, $p<0.001$); higher carbohydrate content with vaginal delivery (OR=0.50, CI 0.31-0.82, $p=0.005$) and male infant (OR=0.56, CI 0.36-0.88, $p=0.012$); higher water content with birth height (OR=1.18, CI 1.07-1.31, $p=0.001$); higher calorie with postpartum age (OR=0.95, CI 0.92-0.98, $p=0.003$), male infant (OR=0.33, CI 0.13-0.82, $p=0.017$), and birth height (OR=0.74, CI 0.62-0.88, $p<0.001$).

Conclusion: In the present study, various maternal and infantile factors were found to affect milk composition. Interestingly, delivery mode, gender of infant, and birth height were found to be associated with the changes in human milk composition as well as postpartum age.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Effect of childcare activities on the neck and shoulders: Visualization of specific muscle activity

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The awkward movements and postures associated with childcare activities can lead to musculoskeletal symptoms in the neck and shoulders. To our knowledge, the relationship between childcare activities and the physical load on the neck and shoulders is poorly understood. Topography can be used to produce a visual expression of a physiological phenomenon and image processing is the most useful method for evaluating the amplitude, or localization. Elucidating the myogenic potential topography of the human trapezius muscle may provide the foundation for visually assessing childcare worker's physical conditions. Using myogenic potential topography, the physical load on the neck and shoulders was verified through simulations of lifting up and setting down a child. From repetition of these movement loads, high-potential changes were observed in regions of the trapezius on myogenic potential topograms. By projecting myogenic potential topograms on a model of the neck and shoulders, high-potential regions were observed not throughout the entire trapezius but only in limited areas of the neck or scapular region. Examination of, the relevance between the myogenic potential topograms and actual complaints of musculoskeletal symptoms showed that the distribution of high-potential changes and subjective symptoms were in agreement. These results suggest that the high-potential changes indicate specific muscle activity from the physical load associated with the childcare activity, and that the myogenic potential topogram is able to visualize individual loads on the neck and shoulders. The understanding of physiological symptoms related to musculoskeletal disorders will help personalized interventions.

Biography

Saori Yoshinaga has completed her PhD from Miyazaki University. She is an Assistant Professor of Miyazaki University, Department of Fundamental Nursing, and studies the development of the evaluation method for the physical load.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

The state of mothers with preschool children in a province in eastern Turkey to choose safe toys

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This descriptive study was conducted in order to determine the states of mothers with preschool children in a province in eastern Turkey to choose safe toys for their children.

The study was carried out in December 2014 in a kindergarten randomly selected from eight kindergartens located in the city center of Tunceli in Turkey. No sampling was performed on the study population. The sample consisted of 73 mothers of preschool children. The data was gathered by using a questionnaire, containing 17 items on the socio-demographic characteristics and security of toys and evaluated by SPSS programme. This study based on ethical issues.

It was found that 57.1% of the children, who had an age average of 4.73 ± 0.67 , were girls. 65.5% of the mothers were in the age range of 30-39 years and 46.4% were high school graduates. 39.2% of the mothers bought toys for their children with a time interval less than 3 months and 63.1% bought toys from toyshops.

While buying toys, 46.6% of mothers ignored paying attention to physical and mechanical features of toys, 14.3% having toys with features that would not cause a physical injury, 19.2% having large enough toys so that their children would not swallow them, 31.5% having toys with no risk of choking, 78.9% having toys with features that would enable children to float on shallow water and support them, 80.8% having solvable toys, 75.3% having toys with a motion control, 46.6% having toys without inflammability, 16.4% having toys without hazardous chemicals, 27.4% having toys without explosive features, 50.7% having toys with an electric voltage of maximum 24 volts, 37.0% having toys with no risk of infection, 38.4% having toys without radioactive particles, and 47.9% having toys with the marking of safe toys (CE).

It was observed that the mothers in the sample group did not pay sufficient attention to safety suggestions while buying toys for their children, which poses a risk for child health. Thus, it is recommended for pediatric nurses to inform mothers with preschool children about safe toys.

Biography

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Structured SIM training in an emergency department to improve staffs use of non-technical skills

Diana Due¹, Christina Oersted¹ and Niklas Ingemann²¹Nykoebing Falster Hospital, Denmark²University of Copenhagen, Denmark

Technical skills are highly depending on Non-Technical Skills (NTS) when treating acute critical ill patients. A vital role in safety is the ability to adapt information, to maintain focus in decisions making. Furthermore, staffs have to be able to anticipate, identify and prevent errors. In our study, we investigated, if SIM training could improve the NTS in teams of physicians and nurses from a relative newly established department (ED) with 120 health workers. The goal was to investigate the effects of SIM training with NTS. The study was a prospective interventional study using “in situ” simulation scenarios inspired from cases with acute critical ill patients. Staff (N=70) were trained in the use of the ABCDE approach, closed loop and structured communication. Mixed groups of 5-7 physicians and nurses worked in three simulation scenarios on manikin for 6-7 hours. Each scenario was debriefed using the description, analysis and application method. The staff made a pre- and post self-evaluation on their NTS, rating the ability to use the NTS on a 5 step Likert scale. Data were tested with paired double-sided students T-test. After SIM, most of the participants reported an increase in self-efficacy with significance in 6 out of 12 questions, among these increased awareness of their role in teams. The facilitators observed that the teams became aware of the tools implicit in the NTS. We conclude that SIM training, for a majority of the participants, was an efficient tool to train Non-Technical Skills.

Biography

Diana Due graduated from Nykoebing Nursing School in 1989. She was a specialist nurse anesthetist in 1996, teaching at the ATCN- and Star program in Denmark. She is a Facilitator from CAMES1. She is currently working as a nurse in the Department of Anaesthesiology at Nykoebing Hospital.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Structured SIM training in an emergency department to improve staffs use of non-technical skills

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Technical skills are highly depending on Non-Technical Skills (NTS) when treating acute critical ill patients. A vital role in safety is the ability to adapt information, to maintain focus in decisions making. Furthermore, staff have to be able to anticipate, identify and prevent errors. In our study, we investigated if SIM training could improve the NTS in teams of physicians and nurses from a relative newly established department (ED) with 120 health workers. The goal was to investigate the effects of SIM training with NTS. The study was a prospective interventional study using “in situ” simulation scenarios inspired from cases with acute critical ill patients. Staff (N=70) were trained in the use of the ABCDE approach, closed loop and structured communication. Mixed groups of 5-7 physicians and nurses worked in three simulation scenarios on manikin through 6-7 hours. Each scenario was debriefed using the description, analysis and application method. The staff made a pre- and post-self-evaluation on their NTS, rating the ability to use the NTS on a 5 step Likert scale. Data were tested with paired double-sided students T-test. After SIM, most of the participants reported an increase in self-efficacy with significance in 6 out of 12 questions, among these increased awareness of their role in teams. The facilitators observed that the teams became aware of the tools implicit in the NTS. We conclude that SIM training, for a majority of the participants, was an efficient tool to train Non-Technical Skills. Planning a follow-up study.

Biography

Christina Oersted graduated from Nykoebing nursing school in 2000. Facilitator from CAMES. Diploma in health professional education. Working as an educational nurse in the ED at Nykoebing Hospital.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Predicting pressure ulcer risk with the Braden Q Scale in Chinese pediatric patients in ICU

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Objective: The purpose of this study was to: observe the value of the score of Braden Q Scale in predicting the pressure ulcer in pediatric ICU patients in China; determine the critical cutoff point for classifying patient risk; and describe the pressure ulcer incidence.

Methods: A prospective cohort descriptive study with a convenience sample of 198 patients on bedrest for at least 24 hours without pre-existing pressure ulcers were enrolled from a pediatric intensive care unit (PICU). The Braden Q score and skin assessment were independently rated and data collectors were blind to the other measures. Patients were observed for up to 3 times per week for 2 weeks and then once a week until PICU discharge.

Results: Fourteen patients (7.1%) developed pressure ulcers; 12 (85.7%) were Stage I pressure ulcers, 2 (14.3%) were Stage II pressure ulcers, and 3 were Stage III or IV pressure ulcers. Most pressure ulcers (64.3%) were present at the first observation. The Braden Q Scale has an overall cumulative variance contribution rate of 69.599%. Using Stage I + pressure ulcer data obtained during the first observation, a Receiver Operator Characteristic (ROC) curve for each possible score of the Braden Q Scale was constructed. The area under the curve (AUC) was 0.57, and the 95% confidence interval was 0.50~0.62. At a cutoff score of 19, the sensitivity was 0.71 and the specificity was 0.53. The AUC of each item of the Braden Q Scale is 0.543~0.612.

Conclusions: The PICU patients are susceptible to the pressure ulcer. The value of the Braden Q Scale in Chinese pediatric population is relatively poor and it should be optimized when used in Chinese pediatric patients.

Biography

Ye-Feng Lu has completed his MSN from the School of Nursing Shanghai Jiao Tong University. He serves the nursing specialists, who're in charge of the follow-up visit and management of pediatric Living Donor Liver Transplantation patients in Renji Hospital. He has published more than 15 papers in reputed journals.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Refusal treatment and therapy discontinued and its predictors in colorectal cancer

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The incidence of colorectal cancer in Taiwan continues to increase. The treatment and thus survival of colorectal cancer patients can be improved by a complete therapy. We aimed to investigate the status and associated factors of treatment refusal and discontinuation in colorectal cancer patients. A total of 3441 cases of colorectal cancer from 2010 to 2012 were retrieved from the system of a medical institute in northern Taiwan using the secondary analysis method in order to investigate patients who refused or discontinued treatment. A total of 68 (1.97%) and 278 patients (0.08%) refused and discontinued treatment, respectively. On multivariate logistic regression analysis of patients who refused the treatment, the probability of treatment refusal in rectal cancer patients ($p=0.02$) was 2.194 fold higher than in colon cancer patients. The probability of treatment refusal was 1.071 fold higher with each additional year of age ($p<0.001$). On multivariate logistic regression analysis of patients who discontinued treatment, the probability of treatment discontinuation was 1.016 fold higher with each additional year of age ($p=0.004$); the patients living outside northern Taiwan ($p<0.001$) was 0.506 fold higher than the probability of treatment completion; the patients with advanced cancer ($p<0.001$) was 3.606 fold higher than the probability of treatment completion. We found that treatment refusal in cancer patients was significantly associated with rectal cancer diagnosis and age, while treatment discontinuation was associated with age, location of the resident, and cancer stage.

Biography

Ting-Yu Chiang has completed his BS from Yuanpei University of Medical technology in Taiwan. She is the case manager of colorectal cancer.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Mindfulness for men with pregnant partners

Donovan Jones

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The emotional wellbeing of men with pregnant partners is central to support both the woman and the child. There is a substantive evidence to support that high levels of stress are as prevalent for men as women in the perinatal period, with men being as likely to suffer stressors associated with pregnancy as their pregnant partners. Depressive or anxious episodes experienced by men as a result of stressors in pregnancy increase the possibility of anger being expressed physically. Negative results of anger experienced during pregnancy can then lead or contribute to a decrease in physical and emotional wellbeing of the woman that has a cascade effect on the child, family and community. The use of mindfulness interventions for men with pregnant partners provides the possibility to change emotions and behaviour that unchallenged might otherwise have the potential to manifest into stress, anger and violence. An improved ability to cope with stressors is postulated to improve wellbeing and decrease the chance of stress and anger becoming uncontrollable. Escalation of unmanaged anger during the perinatal period can also potentially lead to domestic violence; mindfulness interventions postulate a potential pathway for primary intervention in reducing intimate partner violence toward women during the perinatal period. Current literature on mindfulness interventions establishes positive outcomes across a variety of clinical and non-clinical populations. Reduction in the emotions of anger, anxiety and depression has been reported in literature on mindfulness interventions. However, there is currently a gap in the literature regarding whether mindfulness interventions can be used to support the emotional regulation and emotional wellbeing of men with pregnant partners. Accordingly, a pilot research project is currently underway at the University of Newcastle in conjunction with Smiling Minds to trial the benefits of mindfulness for men with pregnant partners in an online environment.

Biography

Donovan Jones, with the current position of Deputy Program Convenor for the Bachelor of Midwifery, has been actively involved in the development of new curriculum starting in 2016 for the Bachelor of Midwifery at University of Newcastle. The new curriculum brings teaching innovation, not previously used in undergraduate midwifery programs such as cadaveric anatomy labs, 3rd year clinical viva's and the use of technology to deliver midwifery teaching across a wide demographic context. In addition to this, he is the Chair of the Bachelor of Midwifery Simulation Committee and is responsible for strategic planning for continuing advancement of midwifery teaching simulation programs, ensuring students become leaders in the field of obstetric emergency hi-fidelity simulation and learning. He is also an integral team member of the iLive project, looking at the integrated learning that meets the needs of individual students, clinical venues and universities.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Preventing STD in adolescents from a deprived community in Alagoas-Brazil: A health education activity

Thaise Marques da Silva

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Health education is an important instrument which facilitates community empowerment, helping in health-promotion. Thus, it is necessary to have knowledge about educational practices, whereas it is essential to recognize this other's gaze, interact and collectively reconstruct knowledge and daily life practices. The aim is to report the experience of nursing students during the conduction of an educational activity with adolescents from a deprived community of Brazil. The educational activity was done with teenagers who are registered in a Family Health Unit- a practice in Brazilian Public Health System. The activity plan was guided by Charles Marguerite in order to contribute to teaching-learning process which prioritizes and encourages critical and reflective thinking in a movement of action-reflection-action, concurrently with the appreciation of prior knowledge and exchange of experiences with the local community. It was organized in 3 moments i.e., 1) A mime dynamic to stimulate union and participation, also valorize dreams and expectations about the future. 2) Discussion about STD, safe ways to prevent them, the importance of the health team to answer questions and diagnose, treat and prevent. 3) An educative quiz about STD, which was served as an educational activity evaluation. This way, the educational activity has shown that the use of participative educational strategies and appreciation of positive aspects of health are essential for raising awareness. It was possible to learn about the role of the nurse when performing health actions in impoverished areas, respecting and valuing individual projects, however, looking for a better quality of life and well-being.

Biography

Thaise Marques da Silva is a Nursing Undergraduate student from Universidade Federal de Alagoas in Brazil. She has a project named Family Carers: Enabling the family carer to promote elderly health in the Family Health Strategy and presented that at several international congresses. At present, she is studying Adult Nursing in the University of Salford as a visiting student.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Didactic methodology for training in cardiopulmonary resuscitation in kindergarden

Ismael Martinez Villegas
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The training of cardiopulmonary resuscitation given to children was criticized in a study published in the *British Medical Journal* 2007, based on lack of sufficient strength in children to carry out effective chest compressions and the right depth. This study concluded that even though the best age to carry out an effective cardio pulmonare resuscitation was front 13 yers of age. The training of younger children give them the knowledge and perspective to achieve greater skills in future. With our work, we wanted to present didactic guidance for teaching cardio pulmonary resuscitation to children based on the sequence, repetitions and frequency, adaptating the content to the age of the child. Having trained in cardiopulmonary resuscitation, the whole environment of the child (teachers, parents and family) felt the learning is of greater use. The result of the work made us consider the simple game techniques that involve repetition and songs as diffusion tools with greater acceptance by the child and his/her environment.

Biography

Ismael Martinez Villegas studied nursing in Valme's Hospital in seville, in 2001. He later joined the primary care District Emergency Nursing Team of Cadiz Bay la Janda. His research focuses on Emergency - giving greater importance to training the first aiders, which took him to take part in training the police, fireman and nursing colleagues, but it was in the training of school children where he found his bigger challenge.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Academic stress, psychological adaptation, and sociocultural adaptation of undergraduate international students in the University of Santo Tomas

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Introduction: International students (IS) are vulnerable individuals that often experiences challenges in adaptation, which leads them to experience anxiety and depression. The Philippines has become a popular choice for international study, but there is a lack of knowledge about adaptation status of international students in the country. This study aims to fill the gap of knowledge regarding the adaptation status of international students in the Philippines by determining the level of academic stress (AS), psychological adaptation (PA), and sociocultural adaptation (SCA) experienced by international students enrolled in a metropolitan university in Manila, Philippines and to find a significant correlation among the 3 variables.

Method: Using a descriptive-correlational design, the researchers combined two survey tools to determine the level of AS, PA, and SCA. Pearson correlation was used to determine if there is a significant difference between the 3 variables. Convenience sampling was used to gather the participants. A total of 59 undergraduate international students participated in the study. The rights of the participants were upheld throughout the entire study.

Results: Results showed that the participants experience moderate levels of academic stress (mean=3.83, SD=1.49), moderate levels of psychological adaptation (mean=3.43, SD=1.49), and high levels of sociocultural adaptation (mean=4.42, SD=1.38). The results also showed that AS is significantly correlated to PA, PA is significantly correlated to SCA, and AS is not significantly correlated to SCA.

Discussion: Undergraduate IS experienced moderate stress in school, adapted moderate usage of various coping patterns, and adapted highly to other people and their surroundings. IS become more psychologically adapted as they experience more stress, while they become less stressed when they build relationships and explore their surroundings. Interventions for specific concerns should be addressed individually.

Biography

Carla Maries I Ricafort is a Level IV student of the University of Santo Tomas College of Nursing, Manila, Philippines. She finished her Primary and Secondary Education in United States 2003-2011. Inspired by her own experiences of becoming an international student and the relentless care demonstrated by nurses, she aspires to seek higher education and health care profession in other continents such as Europe and North America. Because of her love for culture, she continues to strive for the acculturative needs of her fellow international students by leading the university's international student organization as the President of the UST International Students Association from 2014-2016.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Nurse prescribing in Poland: Opinions expressed by doctors, nurses and patients receiving primary care

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The Act of 22 July 2014, amending the Nurses and Midwives Act, permits individuals performing these professions to prescribe medication in Poland as of 2016. Experience of numerous countries worldwide shows both a great need for introducing the above competences and benefits resulting from expanding nurses' rights. To identify and examine the differences in opinions held by health care professionals and the general public concerning the right to administer and prescribe medication which has been awarded to nurses and midwives in Poland. The study was conducted from 1st December 2014 to 1st July 2015, in randomly selected primary health care clinics, among 2,227 individuals, including 849 subjects representing medical personnel of primary health care and 1,378 patients receiving primary care services. The study employed 2 versions of a questionnaire. The data were processed with the use of analytic software package STATISTICA 11.0. The relationships were examined with Chi-square test for independence and Kruskal-Wallis test. The findings showed that the health professionals do not believe the new rights awarded to nurses and midwives will reduce the waiting time for medical consultations ($p < 0.001$). Nurses' qualifications for the new tasks were most highly rated by patients, while the least favourable opinion was expressed by doctors ($p < 0.001$) who also most frequently emphasized the obligatory requirement for nurses to complete second-degree university course and acquire professional specialization (49.5%). Majority of the health professionals and patients agree it is necessary for nurses and midwives to be able to legally issue prescriptions, including renewed prescriptions, for selected medications and specified medical products. To introduce nurse prescribing it is necessary to develop a suitable strategy enabling implementation of the government's initiative and facilitating the process of taking up the new task by nurses. The statutory assignment of new responsibilities to nurses will not improve effectiveness of medical care, despite the public approval for nurse prescribing of medication, selected medical products and foods for special medical purposes.

Biography

Paweł Więch is a Doctor of Health Sciences and a Specialist of Emergency Nursing. He works at the Nursing and Health Sciences Institute at the Faculty of Medicine, the University of Rzeszów. Between 2007 and 2012 he was gaining experience while working on Intensive Care Unit at Clinical Hospital in Rzeszów. He has published more than twenty articles in reputed journals.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Developing cultural competence as part of nursing studies: Language, customs and health issues

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Introduction: Developing nurses' cultural competence begins with their basic training, and requires them to participate in an array of activities which raises their awareness and stimulates their interest, desire and curiosity to know about different cultures. Students need to be given opportunities for inter-cultural meetings which promote the concept of "culture" and its components, including recognition of cultural diversity and the legitimacy of the other. Importantly, professionals need to acquire specific cultural knowledge and thorough understanding of the values, norms, customs, beliefs and symbols of different cultures. Similarly, they need to be given opportunities to practice the verbal and non-verbal communication skills of other cultures according to their cultural codes.

Such a system is being implemented as part of nursing studies at Zefat Academic College in three study frameworks: firstly, a course integrating nursing theory and practice in multicultural nursing; secondly, a course in learning the languages spoken in Israel focusing on medical and nursing terminology; and lastly, a research seminar on health issues arising from cultural differences.

Methods: Students participating in the "Transcultural Nursing" course come from a variety of backgrounds: Jewish, Arab, (religious, or secular); Muslim, Christian, new immigrant, Ethiopian or other cultural affiliation. They are required to present and discuss cultural practices that affect health. In addition, as part of the language course, students learn and teach their friends 4 spoken and one signed languages (Arabic, Russian, Amharic, Yiddish, and Sign language) focusing on therapeutic interaction and communication using the vocabulary and concepts necessary for the therapeutic encounter.

A qualitative and quantitative evaluation of the process and the results were done using a structured questionnaire which includes a series of questions relating to the contributions of the courses to their cultural knowledge, awareness and skills. 155 students completed the questionnaire.

Results: An improvement in cultural awareness and knowledge among the students as well as in their willingness to recognize the other's difference was noted. Students reported on attitude changes mainly towards other cultures and creation of a positive atmosphere of multiculturalism which was reflected in students' mutual interest and respect. They also reported a deeper understanding of cultural issues relating to health and care (consanguinity and genetics, food customs; cultural events, reincarnation, traditional treatments etc.). The qualitative evaluation raised 3 themes: attitude change, cultural intelligence improvement and exploring cultural similarities.

Conclusions: Nurses' cultural competence needs to be part of their basic training, providing them with the opportunity to be exposed to different cultures especially those which they will probably meet in their work. Nurses' cultural competence need to be based on cultural knowledge and experiential learning methods.

Biography

Mohammad Khatib has completed his Nursing Bachelor (RN & BA) and his Public Health Master (MPH) from the Hebrew University, Jerusalem, Faculty of Medicine. He has completed his Ph.D. at the age of 47 years from Haifa University, School of Education. He is a lecturer at Zefat Academic College, Nursing Department in transcultural nursing, community nursing, and health promotion. He is a community activist through number of health NGO's, health promoter and educator.

His main professional and research interests are Arabs health in Israel, culture and health, community health promotion and health education.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Music therapy with the use of Gospel songs in reducing the anxiety of primigravid mothers during the third trimester

Alyssa Rica A Villanueva and Bernard Joseph Z Villaflores
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Pregnancy can place a woman's life into various instances that can induce anxiety. This anxiety can then cause serious complications that may occur throughout gestation. Hence, this study introduced music therapy as an intervention and evaluated its effectiveness in reducing anxiety among 3rd trimester primigravid mothers. A pre-test and a post-test experimental design was utilized. The participants were chosen using purposive sampling. The study consisted of experimental (n=25) and control (n=25) groups. In the experimental group, music therapy was given. The Beck Anxiety Inventory (BAI), a standardized instrument, was used to assess the pre- and post- anxiety scores of the respondents. Independent t-test, paired t-test, and analysis of covariance were utilized as measures to determine the effectiveness of the therapy. For the pre-test anxiety scores, the control group had a score of 37.64 while the experimental group had 41.32. When post-test scores were collected and interpreted, the control group showed a score of 30.88. Meanwhile, the experimental group acquired 11.44. There was a significant difference in the post test anxiety scores ($p=0.0001$). It is concluded in this study that music therapy especially containing Gospel songs is an effective way in alleviating the anxiety experienced by primigravid women who are in their 3rd trimester of pregnancy.

Biography

Ms. Alyssa Rica A. Villanueva and Mr. Bernard Joseph Z. Villaflores are both graduating nursing students from the University of Santo Tomas, College of Nursing in the Philippines. The undergraduates were mentored and supervised by their respective research adviser, Assoc. Prof. Maria Corazon S. Olayres, RN, MAN.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

The effectiveness of personalized active learning movie (P.A.L.M.) on the level of motivation and cigarette dependence of adult smokers

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Multi-media videos have been used in multiple studies as a means to modify health behaviors such as smoking because of its advantage of being standardized which would decrease the inconsistencies on the information delivered. However, studies conducted relating to this type of intervention had varied results, with video interventions not being able to change the behavior relating to addictions when it was not tailored appropriately. Literature on individualized video interventions is also limited and remains to be unexplored which is why the study focused on assessing the effectiveness of a personalized video intervention to increase the motivation for smoking cessation. A quasi-experimental study among 63 purposively-selected smokers who have previously attempted to quit smoking was conducted in Metro Manila. The tools utilized were Cigarette Dependence Scale (CDS-12) and Motivation to Stop Scale (MTSS). The gathered data was analyzed using paired t-test and 2-way ANOVA. There was no significant difference between the Post-test scores of the control and experimental group. However, the Pre-test score of the experimental group when compared to its Post-test score shows that there was a significant difference. In conclusion, the use of Personalized Active Learning Movie (PALM) is effective in increasing the motivation of the smokers to stop smoking and in decreasing their dependence to cigarettes.

Biography

The authors are current undergraduates in the University of Santo Tomas College of Nursing and is in their last semester for their baccalaureate degree. Their adviser Maria Corazon Olayres, RN, MAN, is an expert in the field of qualitative research in the Philippine setting.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

The effects of fluid on the acid–base and electrolytes status and renal function after kidney transplantation

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Purpose: The purpose was to elucidate the effects of Normal saline solution (NS) versus Hartmann's solution (HS) on the acid–base and electrolytes status and renal function after kidney transplantation.

Methods: We retrospectively analyzed 103 patients who underwent kidney transplantation (KT). Analyses were performed separately according to the donor type (living=52, deceased=51). In the living donor KT group, 28 patients received NS and 24 received HS. In the deceased donor KT group, 27 patients received NS and 24 received HS. In each group, we compared the acid–base and electrolyte status, urine volume, and renal function between patients receiving NS and patients receiving HS.

Results: Regardless of donor type, there were no difference in potassium, pH, base excess, PCO₂ and HCO₃ between HS and NS on immediate postoperative and postoperative day 1. However, changes to neutral acid–base balance in terms of pH, HCO₃, and base excess were significantly higher in HS than in NS. In living donor KT, NS increased serum potassium and chloride significantly during fluid therapy. On postoperative day 7, renal function showed no difference between two groups but urine volume was significantly larger in NS than in HS.

Conclusion: HS does not increase the incidence of hyperkalemia after KT. The use of HS resulted in less metabolic acidosis than the use of NS. Renal function was similar but polyuria was more severe in patients who received NS than in those who received HS.

Biography

Minyoung Kim has completed her Ph.D. at the age of 33 years and Assistant Professor from Ulsan University School of Nursing. She is the Adult Health advanced practice nurse for 10years. And she has published 9 papers in reputed journals.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Breast cancer fatalism scale: Validity and reliability study in Turkey

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Purpose: The aim of this study is to carry out the validity and reliability test of Powe's Breast Cancer Fatalism Scale in Turkish language.

Method: This methodological study was carried out in January - June, 2014. The sample of the study consisted of 136 women from four different regions of Turkey who were not previously diagnosed with breast cancer. The data of the study were collected through a socio-demographic information form and Powe's Breast Cancer Fatalism Scale. The scores obtained from the scale ranged between 0-11, and increased scores indicated increased fatalism. After the translation process and content validity steps were completed, Kuder-Richardson 20 coefficient and item-total correlations were analyzed.

Results: The ages of the participants ranged between 19 and 80 and the average age was 37.51 ± 14.69 . The content validity index in the study was 0.80. Kuder-Richardson 20 coefficient was 0.797 and item-total correlations ranged between 0.264 and 0.530.

Conclusions: After the psychometric evaluation, Powe's Breast Cancer Fatalism Scale was determined to be a valid and reliable instrument in Turkish language. It is recommended that Powe's Breast Cancer Fatalism Scale can be used in the evaluation of the perception of fatalism, one of the factors affecting women's breast cancer early detection attitudes.

Biography

Ayşe Beşer has completed her PhD in Department of Public Health Nursing from Ege University. She has been working as a Professor at the Koc University School of Nursing. She has published more than 40 papers in reputed journals and has been serving as an Editorial Board Member of reputed.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Effects of the Yuan Chi dance program to improve the perceived exercise barriers, self-efficacy and regular exercise behaviours of Taiwanese women

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Physical inactivity is a modifiable risk factor for cardiovascular disease and other chronic diseases. The purposes of the study were to evaluate the effectiveness of the Yuan Chi Dance Program (YCDP) of regular exercise for women. One group, pre and post-test design was applied in this study. We recruited community health volunteers and community women (n=51) to receive a 12-week training courses and Yuan Chi dance exercise. A program evaluation study through collaboration between community and school of nursing was designed. Structured questionnaires (demographic information, perceived exercise barriers, self-efficacy and regular exercise behaviours) were used to collect data and measured before and after the YCDP. Blood pressure, body weight, body mass index (BMI), waist circumference, hip circumference, total body fat ratio, muscle weight, lower-body strength, upper-body strength, aerobic endurance, lower-body flexibility, upper-body flexibility, dynamic balance, and aerobic endurance index also were measured before and after the trainings and statistically analysed in paired t-test. After end of 3 months, the overall regular exercise rate increased. Engaged Yun Chi dance (100.0%), aerobics (52.9%), and brisk walking (43.1%) were the most popular exercise. In addition, the perceived exercise barriers, self-efficacy, and regular exercise behaviours were significantly improved than basic data. Dual collaboration between community and School of Nursing could establish a cost effective YCDP to improve regular exercise behaviours and health status of Taiwanese women.

Biography

Jing Juin Huang is an Assistant Professor of Nursing at Chung Hwa University of Medical Technology. She is also an Executive Director at Formosan Association of Care and Education for the seniors in Taiwan. Her primary areas of research include women's health, women empowerment, community health promotion, exercise barriers, and long term care. She has currently conducted action research that explored the experience of using the Yuan Chi Dance Program to support community women to maintain regular exercise. She aims to develop community-based exercise program that will contribute to improve the exercise behaviours of community women.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Music therapy with the use of Gospel songs in reducing the anxiety of primigravid mothers during the third trimester

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Pregnancy can place a woman's life into various instances that can induce anxiety. This anxiety can then cause serious complications that may occur throughout gestation. Hence, this study introduced music therapy as an intervention and evaluated its effectiveness in reducing anxiety among 3rd trimester primigravid mothers. A pre-test and a post-test experimental design was utilized. The participants were chosen using purposive sampling. The study consisted of experimental (n=25) and control (n=25) groups. In the experimental group, music therapy was given. The Beck Anxiety Inventory (BAI), a standardized instrument, was used to assess the pre- and post- anxiety scores of the respondents. Independent t-test, paired t-test, and analysis of covariance were utilized as measures to determine the effectiveness of the therapy. For the pre-test anxiety scores, the control group had a score of 37.64 while the experimental group had 41.32. When post-test scores were collected and interpreted, the control group showed a score of 30.88. Meanwhile, the experimental group acquired 11.44. There was a significant difference in the post test anxiety scores ($p=0.0001$). It is concluded in this study that music therapy especially containing Gospel songs is an effective way in alleviating the anxiety experienced by primigravid women who are in their 3rd trimester of pregnancy.

Biography

Ms. Alyssa Rica A. Villanueva and Mr. Bernard Joseph Z. Villaflores are both graduating nursing students from the University of Santo Tomas, College of Nursing in the Philippines. The undergraduates were mentored and supervised by their respective research adviser, Assoc. Prof. Maria Corazon S. Olayres, RN, MAN.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

The effectiveness of personalized active learning movie (P.A.L.M.) on the level of motivation and cigarette dependence of adult smokers

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Multi-media videos have been used in multiple studies as a means to modify health behaviors such as smoking because of its advantage of being standardized which would decrease the inconsistencies on the information delivered. However, studies conducted relating to this type of intervention had varied results, with video interventions not being able to change the behavior relating to addictions when it was not tailored appropriately. Literature on individualized video interventions is also limited and remains to be unexplored which is why the study focused on assessing the effectiveness of a personalized video intervention to increase the motivation for smoking cessation. A quasi-experimental study among 63 purposively-selected smokers who have previously attempted to quit smoking was conducted in Metro Manila. The tools utilized were Cigarette Dependence Scale (CDS-12) and Motivation to Stop Scale (MTSS). The gathered data was analyzed using paired t-test and 2-way ANOVA. There was no significant difference between the post-test scores of the control and experimental group. However, the pre-test score of the experimental group when compared to its post-test score shows that there was a significant difference. In conclusion, the use of Personalized Active Learning Movie (PALM) is effective in increasing the motivation of the smokers to stop smoking and in decreasing their dependence to cigarettes.

Biography

The authors are current undergraduates in the University of Santo Tomas College of Nursing and is in their last semester for their baccalaureate degree. Their adviser Maria Corazon Olayres, RN, MAN, is an expert in the field of qualitative research in the Philippine setting.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Competency framework for mental health nurses in the Philippines: A delphi study

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Introduction: It is stated in Article III, section 9 of Republic Act (R.A.) No. 9173, otherwise known as the Philippine Nursing Act of 2002, that the Professional Regulatory Board of Nursing (BON) has to maintain quality of nursing practice complying with the standards of Philippine nursing. Thus, the office of the BON is incumbent in leading to significantly promote and effectively implement the core competencies. Moreover, these competencies ensure safe quality care and maintain the integrity of nursing profession in the Philippines. In the absence of competencies for mental health nursing in the Philippines, there are only a few number of attributes to reflect competent nursing practice and effective application of theories in the actual clinical scenarios. Hence, this study determined the competencies and attributes for mental health nurses in the Philippines.

Methods: This study utilized a sequential exploratory mixed-method design through a Delphi technique. Purposive expert sampling was used in the convenience of 12 panel of experts from the National Center for Mental Health. In the first round of the study, a qualitative data collection was done through a semi-structured interview. In the second round, a questionnaire was developed using the qualitative data and integrating the 2012 Nursing Core Competency Standards and other literature. Median and Interquartile range was used to indicate their level of agreement.

Results: During the first round of the study, 101 competency statements were derived. There were a total of 62 attributes identified and were classified according to knowledge, skills, and attitude. In the second round of the study 91 competency statements were added and taken from the 2012 NCCS. 187 out of 192 competency statement had reached consensus while 61 out of 62 attributes had reached consensus.

Conclusion: There were 187 competency statements validated by panel of experts which resulted to the development of the Mental Health Nursing Competency Framework. Furthermore, 61 attributes in terms of knowledge, skills and attitudes were identified as part of the attributes of mental health nurses.

Biography

Hannah Mae N Shi is an undergraduate nursing students from University of Santo Tomas, who will be graduating this coming June.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Academic stress, psychological adaptation, and sociocultural adaptation of undergraduate international students in the university of Santo Tomas

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Introduction: International students (IS) are vulnerable individuals that often experiences challenges in adaptation, which leads them to experience anxiety and depression. The Philippines has become a popular choice for international study, but there is a lack of knowledge about adaptation status of international students in the country. This study aims to fill the gap of knowledge regarding the adaptation status of international students in the Philippines by determining the level of academic stress (AS), psychological adaptation (PA), and sociocultural adaptation (SCA) experienced by international students enrolled in a metropolitan university in Manila, Philippines and to find a significant correlation among the 3 variables.

Method: Using a descriptive-correlational design, the researchers combined two survey tools to determine the level of AS, PA, and SCA. Pearson correlation was used to determine if there is a significant difference between the 3 variables. Convenience sampling was used to gather the participants. A total of 59 undergraduate international students participated in the study. The rights of the participants were upheld throughout the entire study.

Results: Results showed that the participants experience moderate levels of academic stress (mean=3.83, SD=1.49), moderate levels of psychological adaptation (mean=3.43, SD=1.49), and high levels of sociocultural adaptation (mean=4.42, SD=1.38). The results also showed that AS is significantly correlated to PA, PA is significantly correlated to SCA, and AS is not significantly correlated to SCA.

Discussion: Undergraduate IS experienced moderate stress in school, adapted moderate usage of various coping patterns, and adapted highly to other people and their surroundings. IS become more psychologically adapted as they experience more stress, while they become less stressed when they build relationships and explore their surroundings. Interventions for specific concerns should be addressed individually.

Biography

Jescel Mari C. Rivera is a fresh graduate of Bachelor of Science in Nursing at the University of Santo Tomas, Philippines. She finished her Primary Education in Central Luzon State University on 2008. One year after the graduation, she migrated to Qatar with her family. She finished her Secondary Education in the Philippine School Doha, State of Qatar. In 2012, she came back to Philippines to study nursing in University of Santo Tomas. She aspires to work as a registered nurse in abroad like western countries such as Germany and United States of America. She also plans to continue her studies to pursue a Masters of Science in Nursing.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Current status of the integrated community care of rural clinic nurses

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The population of rural areas in Japan is aging rapidly and few social resources are available. To allow the inhabitants of rural areas to live in their hometowns until the end of their lives, it is essential to establish integrated community care through collaboration among medical facilities. Therefore, this study was conducted to clarify the current status of the integrated community care of rural clinic nurses. Questionnaires were sent to 100 rural clinics in Japan (including 2-3 from each prefecture). Data were collected using an anonymous questionnaire on the attributes of the rural clinics and open-ended questions about nursing and collaborations. Thirty-one clinics responded. The population of the medical care zone was rated as “≤1000” by 38.7%, “1001-2000” by 29.0%, and “≥2001” by 35.5%. Clinic staff included nurses at 30 clinics (96.8%) and doctors at 31 clinics (100%). In terms of location, 19 clinics (59.4%) were in mountainous areas, 11 clinics (35.5%) were in areas with heavy snowfall, and 8 clinics (25.8%) were on islands. While 15 clinics (46.9%) practice integrated community care, 15 clinics (46.9%) do not because the staff are unfamiliar with its implementation and there is a shortage of experts. The clinics with integrated community care share information with a community general support center and a social welfare council. They improve inhabitants’ awareness about cooperation that allows them to live in their hometowns until the end of their lives. This awareness helps inhabitants to live a full life including hobbies, going out, and being friendly with other people.

Biography

Mariko Hyakutake completed her MNS from Gifu College of Nursing. She is a Research Associate in the Department of Management in Nursing at Gifu College of Nursing, Japan. She is a qualified RN and PHN.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Results of training desferrioxamine administration by intrasubcutaneous in thalassemic patients

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Thalassemia is a genetic disease. The most side effect in thalassemic patients are iron overload, prevention by Iron chelator. Desferrioxamine have proved effective but needs administered by parenteral route several days a week. Follow through the patients if they use Desferrioxamine once a week, no problem but if more than once a week. The patients can't hold because of poor compliance. Then in 2011, our team researchers have pilot study of desferrioxamine administration by intrasubcutaneous in thalassemic patients. Each injection needle was used twice thus reducing the number of needle sticks. The study show that this method can reduce pain, no fever, no edema and non complication of the patients. In 2014, our team researcher want to follow the thalassemic patients who use this method, they have problem or can have activity for example can exercise, can do their homework, how to protect the needle withdraw, and this method appropriate for their live style or not. This investigation aims to determine 30 thalassemic patients on Desferrioxamine infusion more than once a week. It was found that, the patients can prepare and correct inject, no blood in needle line, no one to hunt the inject site, the patients can have activity, a little problem about sleeping, middle to height satisfaction level, prevent from contamination when take a bath by elevates the injection site, prevent from needle withdraw in night by sticky transpose and not lay down the injection site. In part of caregiver, This method should be highly recommended.

Biography

Ruenrudee Kaennak has completed her BS in nursing from Nursing Faculty of Khon Kaen University, now she is pursuing her Master's degree of Nursing Administration in Nursing Faculty of Khon Kaen University. She is the Head Nurse of out patient pediatric unit at Srinagarind Hospital, Khon Khane University, Thailand. She has experience in caring the thalassemic patients more than 30 years, especially teaching how to use iron chelator both orally and through injection in the iron overload thalassemic patients.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Construct validity and reliability of the Korean version of the environmental reality shock

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The first year of a newly graduated nurses' practice has been identified as the most difficult time in their career. Newly graduated nurses have experienced a distorted perception of reality. At that time, they have feelings of anger, disappointment, anxiety, and depression. Reality shock describes a process of professional acculturation to nursing practice. Reality shock is a form of culture shock specific to newly graduated nurses adjusting to the environment of a hospital. The purpose of this study was to develop and test the validity and reliability of the Korean version of the Environmental Reality Shock (ERS) instrument measuring reality shock of newly graduated nurses. The Korean version of ERS was developed through forward-backward translation techniques, and revision based on feedback from in-depth interviews with newly graduated nurses. Content validation of the items was established by nurse professors and nurse administrators. An internal consistency reliability and construct validity using exploratory and confirmatory factor analysis were conducted by SPSS WIN (21.0) and AMOS (10.0). Survey data were collected from 216 newly graduated nurses who worked at 15 acute care hospitals in Busan, Ulsan, Daegu, South Korea. The findings of this study demonstrate that the Korean version of ERS has reliable internal consistency with a Cronbach's alpha of the total scale of 0.91. From the factor analysis, 20 significant items in 5 subscales were derived. The subscales were named job, relationship, expectation, private life, and performance. Factor loadings of the 20 items of 5 subscales ranged from 0.444 to 0.867. The 5 subscales model was validated by confirmatory factor analysis (SRMR=0.06, GFI=0.87, AGFI=0.83, NFI=0.82, NNFI=0.86, CFI=0.88, RMSEA=0.075). This study confirms that the Korean version of ERS has satisfactory construct validity and reliability to measure reality shock of newly graduated nurses of hospitals in Korea. Nurse professionals may use the ERS for newly graduated nurses both in practice and research.

Biography

Eun Young Kim has completed her MPH and PhD from Seoul National University and Post-doctoral studies from Johns Hopkins University School of Nursing. She is working as an Associate Professor in Dong-A University in South Korea. She is a visiting scholar in University of North Carolina. She has published more than 20 papers in reputed journals.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Health literacy and health behaviors among Southeast Asian immigrant women in Taiwan

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The purposes of this study were to investigate the association between health literacy and health behaviors among Southeast Asian immigrant women, and analyze the effects of sociodemographic characteristics and health literacy on health behaviors. This study since March 2013 to April 2014, it was a cross-sectional research design. We used purposive and snowball sampling methods to recruit 223 Southeast Asian immigrant women living in Northern Taiwan. The survey included the measurements of functional, interactive, and critical health literacy, health promotion behaviors (exercise, eating, Pap smear), and sociodemographic characteristics. Among 223 Southeast Asian immigrant women, 182 were Vietnamese and 42 were Indonesian. 19.3% reported engaging regular exercise, and 64.6% undergoing a Pap smear within the past 2 years. The findings show that healthy eating behavior was significantly associated with interactive and critical health literacy ($p=0.010$, $p<0.001$ respectively). No significant association was found between health literacy and regular exercise and Pap smear. Residential location, age, and years of residence were significant predictors of regular exercise. Critical health literacy, age, and employment were significant predictors of healthy eating behavior. Ethnicity, age, and years of residence were significant predictors of Pap smear screening. Health literacy was an important factor influencing Southeast Asian immigrant women's healthy eating behavior. Developing health literacy interventions are recommended to promote their healthy eating behaviors. More studies should be conducted to understand factors that influence Southeast Asian immigrant women's exercise and Pap smear screening behaviors in addition to health literacy.

Biography

Chin-chi Tsai has completed her Master's degree at National Yang-Ming University in Taiwan. She is majoring in Women health

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

The lived experiences of aboriginal adolescent survivors of childhood cancer during the recovering process in Taiwan

Cheng,Ya-Chun

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Purpose: The purpose of this study was to understand the lived experiences of Taiwanese aboriginal adolescent survivors of childhood cancer in the recovering process.

Method: Snowball sampling strategy was used to recruit participants from the pediatrics unit of a medical center in the east region of Taiwan. In-depth interviews were conducted to 11 aboriginal adolescent childhood cancer survivors. The data were analyzed using content analysis.

Results: The results revealed three major themes with sub-themes under each theme. The three major themes are: roots of resilience, transformation and growth, and impact of traditional tribal rituals on resilience. The three sub-themes under “roots of resilience” include: “feeling secured from family accompany, care and financial support”, “received support from the significant ones and religion” and “learned self-adjustment”. The three sub-themes revealed under “transformation and growth” are: “restructure the relationship with peers”, “appreciate parents’ hard-work”, and “learned to seize the moment”. The two sub-themes found under “impact of traditional tribal rituals on resilience” include: “feel blessed by the power of ancestral spirits and clansmen”, and “strengthened ethnic identity”.

Conclusion: This study provided insight into the experiences of aboriginal adolescents as they recovered from childhood cancer. The experiences made positive impacts by inspiring growth in maturity and consolidating the aboriginal ethnic identity. The adolescents were empowered by the support from family, friends and clansmen, and their participation in the aboriginal rituals. As healthcare professionals care for the aboriginal adolescents, it is critical to consider these culturally and ethnically specific knowledge/experience of surviving cancer to improve quality of care

Biography

Cheng,Yachun is completed her Master's degree at the age of 36 years from National Taipei University of Nursing and Health Sciences of Pediatric Nursing. She is headnurse of Hualien Tzu Chi Hospital.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

A qualitative study of exploring the understanding of postpartum depression in postpartum women

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Postpartum depression, a common complication of childbearing in many countries, affects more than 10% postpartum women. As a public health issue imposes a great burden on families, society and postpartum women. Many scholars contribute the efforts in the diagnosis, mechanism and management of problem, also the stress it may cause. Different from prior concerns, this study tried to listen to postpartum women to see how much they know about postpartum depression, in order to develop knowledge and prevent the strategies related to postpartum depression. Purposive sampling with open-end questions was applied in this study. Qualitative analysis was applied to achieve the target of this study. The results of this study indicated that postpartum women believed that postpartum depression is a negative emotion, emotional instability and loss of pressure and also generates depression. Moreover, in postpartum women's point of view, postpartum depression leads to poor children health status and less family support. The results of this study not only provides several useful recommendations for health workers regarding education to pregnant women, but also contribute to the literacy of postpartum depression among postpartum women.

Biography

Shan-ju Shen has completed her Master's degree at Taipei Medical University in Taiwan. She is majoring in community nursing, especially in women health.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

The current development of active aging learning programs in Taiwan

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In Taiwan, the senior population will reach to 4.75 million (20.3% of total population) by 2025 and the will-be elder age group of 55-64 is 2.7 million in a decade. How to maintain elder people's health, help them engage in social activities after retirement and living without special medical care are the lifelong education objectives of Taiwan's Education Ministry. The Active Aging Learning Programs intends to utilize high education resources to provide seniors with diverse learning experience in later life. 103 higher education institutes were linked up in 2015 to provide the elder people a chance to learn with young adults and promoted understanding and interaction of different generations better. The program arrangement is the same as normal university program scheduled by two semesters a year, 10-18 weeks a semester with a total of 216 hours a year. The curriculum covers topics on aging, healthy entertainment, the latest knowledge and each university's specialization. In the case university study, issues like active aging and new information technology are arranged as well as special physical fitness and nursing application. To sum up, seniors of 55 years old or more under fair health condition without caring need are all welcome in a hope of helping them realize high-education dream by the implementation of the "active aging learning" program.

Biography

Hui-Chen Huang has been studying Master's program of Nursing at Fooyin University since 2014. Her research focuses on lifelong learning and health promotion. She has accumulated a plenty of clinical experiences as an instructor of nursing interns of Kaomei Healthcare Junior College and Hsin Sheng Medical College for 6 years and as a lead nurse at Puzih Hospital for 25 years. These well-grounded practices enabled her to well intergrade active aging learning and health promotion and their future advancement.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Risk factors for mortality in hospitalized elderly patients at 6 months after discharge

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Background: As the population ages, the percentage of elderly hospitalized patients also increases. In Taiwan, 26.93% of hospitalized patients consist of the elderly population. However, the literature pays low attention to physical functional change and mortality for hospitalized elderly patients after discharge in Taiwan.

Purpose: The purposes of the study were to explore the incidence rate of mortality in hospitalized elderly patients at 6 months after discharge and to explore the risk factors for mortality in hospitalized elderly patients at 6 months after discharge.

Methods: A cohort study design and convenience sampling were used at a medical center in southern Taiwan. The subjects comprise of hospitalized 65 and over elderly people. The tools used for data collection include: demographic data sheet, geriatric syndrome, modified Katz activities of daily living, instrumental activities of daily living, mini-mental status examination, geriatric depression scale and Charlson comorbidity index. Data was collected from each participant and followed survival condition until 6 months after discharge by telephone.

Results: A total of three hundred and eight (308) participants met the inclusion criteria. 37 participants died until 6 months after discharge. Mortality rate was 12%. Cox regression found that body mass index, two weeks before admission in IADL score, and CCI could significantly predict mortality 6 months after discharge.

Implications for Practice: Predictors of mortality included IADL score two weeks before admission, body mass index, and comorbidities. Clinical nurses can integrate the findings of this study and apply comprehensive geriatric assessment to tailor intervention during hospitalization to prevent older patient's functional decline and early mortality after 6 months discharge.

Biography

Hui-Tzu Huang has completed her PhD from Institute of Allied Health Sciences, College of Medicine, National Cheng Kung University in Taiwan. She is the Director of Department of Nursing, Chung Hwa University of Medical Technology. Her research focus is on elderly nursing. She has published more than 12 papers in reputed journals and has been serving as an Editorial Board Member of repute.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Breastfeeding attitudes of women in postpartum period and factors which effect the breastfeeding attitude in Turkey

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Aim of the research is, determine attitudes of women in postpartum period about breast-feeding and analyzing the factors that affect these attitudes. This research having cross sectional and descriptive qualities has been held in Maternity and Gynecology Training and Research Hospital of Ege in İzmir between the dates of November 2014-June 2015. The sample of this study was consisted 218 volunteer women in postpartum period. The data has been gathered by using Individual Description Form and Breastfeeding Attitude Scale. It has been designated that the age average of the women is 27.45 ± 5.98 , 39.9% of them are primary school graduate, 89.9% of them are housewife, 59.2% of them have equal income and expence, 76.6% of them have nuclear family, 52.3% of them is living in the city centre. 38.9% of women' number of pregnancy and 28.5% of their number of living children are three and more, 55.5% of them got epidural anesthesia at the birth and 59.6% of them is cesarean section. 85.8% of the women wanted to be pregnant and 69.3% of them planed, 53.7% of their baby is boy, 93.2% of their baby is between 2500-4000 grams. At the time that we analyze women' knowledge about breastfeeding they expressed that, 33.9% of them got information about breastfeeding and breast milk and 37.8% of these information retrieved at the first pregnancy and 66.2% of them retrieved the information from medical personnel, the retrieved information is about breastfeeding technique (50%) and 65.5% of their breastfeeding duration is 12 months and more; 32.6% of them feed their baby one hour later after the birth at first, 83.7% of them think about breastfeed their baby along 12 month and more, 26.6% of them breastfeed their baby when crying, 68.8% of them hold their baby fifteen minutes on the breast, 64.7% of them are using teat or feedingbottle, 50.5% of them are giving another food and they are using 69.1% recipe baby food, 21.8% water, 9.1% sugared water and 26.4% of their reason for giving extra food is lack of breast milk. Breastfeeding attitude of the women in postpartum period evaluation tool's mean is $X=100.38 \pm 18.88$. According the to family type, getting knowlage about breast feeding and breast milk before, using teat or feeding bottle situation and the time that planed for breastfeeding; the difference between breastfeeding attitude points gained meaning. The women which had three and more pregnancy and living child, got boy baby, experienced breastfeeding before, breastfeed their baby within the thirty minutes after the birth, breastfeeds her baby once at half an hour, university graduated, are working, have more income than expence and are living in the country side has high average at the breast-feeding attitude point averages. In this study; it is determined that one-third of the women retrieved information at their first pregnancy and the information that they retrieved is just about breast-feeding techniques, in the postpartum period one-third of women could breastfeed their baby after one hour and frequency and duration of their breastfeeding is effecting their breastfeeding attitude point. Moreover it is determined that women are consulting some ways (teat, feding bottle, additional food ect.) to remove the breast milk from their baby. And it concluded that although most of the mothers are thinking about breastfeed their baby 12 month and more, they have not enough knowlage about breastfeeding, have a boy baby, their level of income, aducational level and their living place is effecting their breastfeeding attitude point.

Biography

Ekin Dila Top is currently a PhD Student, Department of Obstetric and Gynecology Nursing at the Ege University Health Sciences Institute, Turkey. She is also a Lecturer at the Kâtip Çelebi University in Obstetric and Gynecology Nursing Department since 2014.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Physical activities during pregnancy: Associations with sleep quality, depression and stress

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Background: Pregnant women often experience physical and psychosocial change and have poor sleep quality compared with non-pregnant women due to fetal movements, urinary frequency, hormones change, uterine contraction and back pain. The prevalence of sleep disturbance in pregnant women is 66%-94% and prenatal depression rate is 9%-44%. Prenatal depression can cause poor maternal and infant outcomes. Pregnancy could be a life stressor which can cause sleep disorder, low birth weight, and premature labor. Regular physical activity contributes positively to physical and psychological health and reduce the risk of illnesses, including heart disease, stroke, diabetes mellitus, obesity, osteoporosis, and depression. Reductions in physical activity and a worsening mood are common during pregnancy. Prior correlation research with non-pregnant women has demonstrated a consistent relationship between physical inactivity and mood disturbances. However, physical activity's relation to sleep quality, depression and stress remains unclear in pregnant women during their three trimesters.

Purpose: The purpose of this study is to explore physical activity in healthy pregnant women in relation to sleep quality, depression and stress during the three trimesters.

Methods: This is a cross-sectional research design. A purposive sampling technique will be used to recruit 600 participants from three certified prenatal centers in southern Taiwan. The inclusive criteria are pregnant women who are in their first, second or third trimester, normal pregnancy and single fetal pregnant. Pregnant women who can read Chinese will fill out the questionnaires. Each participant will complete questionnaires, including demographic data, International Physical Activity Questionnaire (IPAQ), Pittsburgh Sleep Quality Index (PSQI), Edinburgh Perinatal Depression Scale (EPDS), and Perceived Stress Scale (PSS). Data entering will be double checked by a trained assistant before performing analysis. Statistical analysis will be performed using SPSS 20.0 statistical software. Individual categorical variables will be described in terms of frequency and percentage, whereas continuous variables will be described in terms of mean and standard deviation. Pearson correlation will be used to investigate factors associated with the physical activity and physical activity's relation to sleep quality, depression and stress.

Expected result: Our findings will provide information in current status of physical activity, sleep quality, perinatal depression and stress in health pregnant women during their three trimesters. We will also describe factors related to pregnant women's physical activity, sleep quality, depression and stress, as well as relations among physical activity, sleep quality, depression and stress. The knowledge of this study can serve as a foundation for developing health-promotion interventions in health pregnant women in response to each trimester.

Keywords: physical activity, sleep quality, perinatal depression, stress, pregnant women

Biography

Yu-Hsiang Liu had worked in obstetrics and gynecology clinic nursing for 14 years. She had completed her master at the age 36 years from Kaohsiung Medical University and Ph.D is studying from National Cheng Kung University. She is also a faculty in fooyin University, a lecturer school of nursing. She has published some papers in reputed journals about women health.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Health status of residents in northern Thailand

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Objective: The purpose of this research was to report the health status of local residents dwelled in Northern Thailand (border of Thailand and Burma). This very remote area of Thailand had very unique geographic site and historical past in World War II.

Methods: A cross-sectional questionnaire survey was used to collect health status, medication used, and nutrition intake of adult residents and anthropological review of children (age from 8 to 13 years old).

Results: We collected 157 adults in this remote area of Northern Thailand. The average age was 56.8 years old. The average blood pressure was 135.2/83.6 mmHg, which was higher than normal range. The rate of abnormal BMI of male and female were 44.6% and 55%, respectively. Notably, the frequency of protein intake, such as meat, fish, and egg was lower than seven times per week. A total of 139 children (age from 6 to 11 years old) data was collected. The average of body weight, and body height were 35.5 kg and 140.6, respectively. Eye vision was obtained from a vision exam. The average of right and left eye vision were 1.65 and 1.60, respectively.

Conclusions: The data revealed that protein intake was likelihood insufficient, yet, blood pressure was high since their very high salt consumption in adults. It is critical that health education related to health promotion and nutrition should be involved to eliminate this potential health risk.

Biography

Lee-Han Kuo is a Dietician student of College of Public Health and Nutrition, Taipei Medical University, Taiwan. He also pay much attention at the residents of the rural area in the Northern Thailand, specially in public health of nutritional status and diseases condition.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Validation of weight control efficacy evaluation scale (WCEE Scale)

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Background & Purpose: The rising prevalence of chronic diseases, such as cardio-vascular diseases, hyperlipidemia, diabetes, osteoarthritis is all associated with obesity, which is the major public health problem worldwide. The need of a comprehensive instrument to evaluate the success of individual weight control is merged. This study aimed to construct the internal reliability and validity of the Weight Control Efficacy Evaluation Scale (WCEE Scale).

Methods: A questionnaire, based on regulatory focus theory (RFT), including “external and internal factors toward weight control”, “diet behaviors of weight control”, and attempts to weight control” was constructed. Participants are 300 young adults (18-25 years old) recruited from a university of southern Taiwan. Construct validity was evaluated using a principal axis factoring method with varimax rotation. Reliability and constructive validity was also evaluated.

Results: After factor analysis for “external and internal factors toward weight control” and “attempts and diet behaviors of weight control” (KMO 0.8 and 0.79, respectively), 6 factors were included: barrier of exercise (6 items); colleague relationships (3 items); belief of weight control (7 items); content of body shape (5 items); self-efficacy of weight control (9 items) and; levels of self-esteem (7 items). Factor 1 and Factor 2 are categorized as the external domain of weight control and factor 3 to 6 are categorized as internal domain of weight control. WCEE Scale and its subscales showed good reliability values (Cronbach's α were between 0.672 and 0.847). Other statistical analyses were proceeded to evaluate the availability and validity of this questionnaire.

Conclusions: Results showed that this theory-based weight control measurement, WCEE scale, is performed for good availability and validity and has adequate psychometric properties to support both research and the clinical practice.

Biography

Wan-Ru Wu is a dietician student of School of Medical and Health Science, Fooyin University, Kaohsiung, Taiwan. She carries out an independent study for weight control in college adults. She is also very interested in developing the healthy food specially for weight loss and dysmenorrhea.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Medication review and constipation in long-term care institute residents

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Background & Objectives: Elderly in long-term care institute are suffering from constipation and most of them are using psychological medication to treat insomnia, anxiety, or even psychotic conditions as well. This study is one of pilot studies of “Medication review and constipation problem solving for elderly with chronic disease” research. The purpose of this pilot study was to evaluate the prevalence of psychological medication used and the association of constipation among the elderly residents of a nursing home.

Patients & Methods: A total of 48 residents older than 65 years were enrolled in this study. The following variables were gathered: age, gender, body mass index (BMI), length of stay, functional level of ADL, somatic and psychiatric diseases, number of medications, and medication use. The use and dosage of laxatives were also recorded. Bowel function was collected on Bristol Stool Form Scale.

Results: Constipation prevalence is high in this sample of 48 elderly subjects (n=26, 54.2%). The amount of total daily drug used was 10.4±6.5. The items and amount of drugs used were correlated to constipation incidence. Prevalence of psychological medication is high (n=28, 58.3%). The most used psychological drug is sedatives (n=22, 45.8%). Other categories of drugs, such as CV drugs, were most used drugs. Usage of laxatives were also high by the residents due to constipation (n=26, 54.2%). The most frequently used laxatives were senna glycoside, and magnesium oxide. Furthermore, quantity of physical activities were also correlated to constipation incidence ($p=0.023$, $\chi^2=5.185$) and CV diseases was correlated to constipation.

Conclusions: This study suggested that amounts and items of drugs used, quantity of physical activities, diseases and CV drugs likelihood have some association with residents' constipation. To improve constipation condition, a coordinated approach with involvement of physicians, nurses, dieticians and pharmacists is needed.

Biography

Chi-Wen Peng is a pharmacy student of College of Pharmacy and Health Care, Ta-Jen University of Technology, Taiwan. Her research interest is on natural products analysis of Chinese herb medicines for her independent study, and recently, she proceeds the pharmaceutical care of elderly in the long-term care institute.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Use of systematic literature review to investigate the effectiveness of E-health management for glycemic control of teenagers with T1DM

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With the widespread convenience of internet and extension of service range, the development of internet-based provision of health management model has become the currently most convenient chronic illness management model for improving learners' self-control. This model of operational independence and decision-making is also popular with teenagers. This study used systematic literature review to investigate the application of E-health management for glycemic control of teenagers with T1DM. This study searched 6 electronic databases from 1995 to December 2015. After screening the studies according to the inclusion and exclusion criteria, this study used modified Jadad scale to evaluate literature quality. The research subjects were mainly teenagers with T1DM whose HbA1c was higher than 8.0%, and their average age was from 12.3 (SD = 1.1) to 15.9 (SD = 2.9). The research results showed that, E-health management did not have a statistically significant influence on the decrease in HbA1c. However, diabetes self-care and problem solving abilities of participants in the experimental group improved significantly, which significantly improved their self-efficacy and quality of life. The research results showed that, diabetes care knowledge and emotional stress problem-solving program offered by E-health management intervention could improve the psychosocial functions of teenagers with T1DM. However, the effectiveness for indices, such as online registration and frequencies of self-monitoring of blood glucose, diet, and execution of insulin therapy is unclear. Future studies may add warning system to motivate patients to take actions, in order to improve the effectiveness for glycemic control

Biography

Li-Chen, HUNG is currently an Lecturer, Department of Nursing, at Chang Gung University of Science and Technology, but she is also a Doctoral Student, School of Nursing, National Taipei University of Nursing and Health Sciences, Taipei, Taiwan. She main research areas is pediatric care

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Exploration study of the beliefs of postpartum depression in postpartum women's relatives

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Emotional instability is quite common in the group of postpartum women; it sometimes can be a sign of postpartum depression. This illness is not only a disaster event happened on individual postpartum women and it also bring significant negative effect within the relatives even in the family. However, their relatives usually receive less care in this period of time although they are the key persons taking care of pregnant women after delivery. The aims of this study were to explore: what are the beliefs of postpartum women's families in relation to the causes of postpartum depression and; mental health literacy regarding postpartum depression among relatives of postpartum women in order to develop knowledge and prevent the strategies related to postpartum depression. Snowball sampling with open ended interview combines with qualitative analysis to achieve the target of this study. The results of this study indicated that families believed that postpartum depression related to mental health issues, family conditions, including the understanding of postpartum depression, family and social support and the relationship with families, were also believed as risks of postpartum depression. The results of this study are not only providing several useful recommendations for health workers regarding the education to pregnant women and their family, but also contribute the literacy of postpartum depression among postpartum women and their relatives.

Biography

Chia Hsing Wu has completed her Master's degree at Royal Melbourne Institute Technology University in Australia. She is majoring in Women Health. She is currently centertrating in the area of the care of postpartum depression.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

The relationship of religiosity toward life satisfaction and depression among elder population in Taiwan

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The issues on aging have been drawing attention since Taiwan became an aging society. Literature on those issues to date were more physiologically rather than psychologically focused therefore this study attempted to fill the void by probing the role of religiosity in alleviating the impact of aging related stressors on life satisfaction and depressive moods among elderly people in Taiwan. The purposes of this study were to analyze the current states of religiosity, life satisfaction, and depressive mood in a nationally representative sample of the elderly people in Taiwan, and to investigate the buffering effect of religiosity on alleviating the impacts of stressors on life satisfaction and depressive moods, as well as to draw the implications for practices from the results of this study. This research employed a cross-sectional design with secondary analyses using the data from Taiwan Longitudinal Study of Aging (TLSA), including descriptive and bi-variance, and multi-variate hierarchical regression statistics through SPSS version 22.0. The results showed a positive effect on religiosity in buffering the stressors toward depressive moods but not in alleviating negative impact of life stressors on life satisfaction when demographic variables and main effects were controlled. The results also showed that life satisfaction was higher in cases with less physical pains, IADL difficulties, and lower religious or spiritual trust while more severe depressive moods were found among those having more IADL and ADL difficulties, physical pains, and higher religious trust. The academic and clinical application principles were also purposed based on study results.

Biography

Chao-Chi Wang is the Leader of Telehealth & Home Health Care in MacKay Memorial Hospital where he is working for around 25 years. His working experience include home health care, discharge planning, telehealth and elderly day care center. He is also interested in long term care field. He got his Master's degree from the Institute of Long-term Care at National Taipei University of Nursing and Health Sciences in 2015.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Proactive approach: Developing and implementing guidelines for treating patients with orally-administered anti-cancer drugs (OAACD) in the home care setting: Experience of a comprehensive cancer center

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Introduction: The ongoing trend of using orally-administered instead of intravenously-administered anti-cancer drugs improves patients' quality-of-life and reduces costs. However, as this trend facilitates transition of patients to the home-care setting, issues such as adherence, patient monitoring, and addressing adverse events (AEs), become more challenging. Thus, this trend requires remodeling patient care and the communication between the ambulatory care staff and the patients.

Objectives: To describe the development and implementation of guidelines related to the treatment of cancer patients with orally-administered drugs in a comprehensive cancer center.

Methods: Guideline development included several steps such as performing a literature review identifying safety issues, evaluating the number of patients treated with orally-administered drugs, developing patient capabilities assessment tool, and creating relevant documents (E.g., information and contacts orders for each treatment and checklists/follow up sheets for the staff).

Results: Guidelines were developed and implemented among 2013-2014. At present, the ambulatory care nurses proactively monitor the treatment of approximately 70 patients (per week), who are being treated at home. The monitoring is performed by phone/email/meetings, and includes confirming appropriate drug handling and administration (E.g., issues related to storage, dosage, drug-drug and drug-food interactions), follow-up on blood tests, symptoms assessment, and hospitalization, if needed. Guidelines adoption by staff members improved patients' adherence and decreased the rates of AEs (E.g., renal failure) and hospitalizations (will be presented).

Conclusions: Proactive approach by developing and implementing guidelines for managing patients treated with OOACD was associated with improved patient care and represents the commitment of the oncology staff to patients' quality-of-life and safety.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Top, bottom, or versatile? Sexual role, sexual risk behaviors, and prevalence of HIV and syphilis among men who have sex with men seeking HIV testing in Changsha, China

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The HIV infection rate in China among men who have sex with men (MSM) is high due to the high prevalence of high-risk sexual behaviors. This study aims to explore the association of high-risk sexual behaviors and the prevalence of HIV and syphilis among MSM with different sexual roles in Changsha, China. A convenience sample of 601 MSM, who came to a gay organization for voluntary counseling and testing has completed a pencil-and-paper survey from April to December, 2014. At the same time they also accepted for HIV and syphilis testing. Results showed that 27.3% (164/601) of the participants self-identified as “top”, 15.3% (92/601) as “bottom”, and 57.4% (345/601) as “versatile”. The overall prevalence was 13.3% (80/601) for HIV and 7.3% (44/601) for syphilis. HIV prevalence was significantly greater for MSM identified as bottom (16.3%, 15/92), and versatile (15.9%, 55/345) than top (6.1%, 10/164). Prevalence for syphilis infection was not significantly different among different roles. Multivariate analyses indicated that MSM who were married (OR=2.125, 95% CI 1.004~4.500), with a receptive role (OR=5.289, 95% CI 1.821~15.362) and a dual role (OR=3.551, 95% CI 1.371~9.200), had no oral sex in recent 6 months (OR=0.065, 95% CI 0.010~0.420), did not have sex with woman in recent 6 months (OR=0.218, 95% CI 0.058~0.817) were more likely to be HIV positive. MSM of different sexual roles had different characteristics of high-risk sexual behaviors and different HIV infection rates. Targeted interventions should consider their characteristics of the sexual roles in future.

Biography

Jia Chen, is an Associate Professor and Vice Dean for undergraduate education in Xiangya Nursing School of Central South University. She is now pursuing her PhD program on HIV prevention among men who have sex with men in China. She is the PI of 5 projects founded by Chinese different resources, and has published more than 10 papers in reputed journals in China and abroad.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Demographic factors associated with primary health care nurses' knowledge about diabetes

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Background: Diabetes incidence in Saudi Arabia is among the highest in the world. Given the important role of nurses in diabetes care, their relevant knowledge is of significance. This study, while assessing the diabetes knowledge of primary care nurses in Saudi Arabia, also investigated the relationships between demographic variables and knowledge level.

Methods: A sample (N=172) of nurses employed at 35 primary-healthcare centers in the Al-Qasim province, was studied, according to a quantitative research design. The study used a 23-item purpose-designed diabetes knowledge test (DKT).

Results: The overall mean DKT score was 61%, which was below the required score (70%) to be considered as adequate knowledge. Those with longer nursing experience, and female nurses, displayed significantly better knowledge in diabetes care compared with those with fewer years of experience and male nurses, respectively. Expatriate nurses and those who are of non-Arabic ethnicity scored higher than the Saudi national nurses. In both groups, those with degree level nursing qualification performed significantly better. However, knowledge varied significantly dependent on country of nurse-training, with Saudi-trained nurses scoring lower compared to overseas-trained. The length of time since graduation was significant only for the 11–15 year and more than 20 year groups who had higher DKT scores than the rest.

Conclusion: Diabetes knowledge inadequacy among nurses, in a country of high diabetes prevalence, is alarming, and calls for remedial actions. Results indicating significant variation in knowledge among demographically distinct groups enable the identification of groups that should get priority in such remedial, knowledge-enhancing interventions.

Biography

Talal Alharbi is a Clinical Specialist Nurse obtained a Bachelor of Nursing degree from the University of Southern Queensland in 2013. Following by Master of Nursing focus on Education from Monash University, Australia in 2015. His experience in diabetes related work was gained while working as a Diabetes Educator at the University Diabetes Centre of King Saud University for 10 years. His research interests are in the field of nursing education.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Situation analysis of regulatory framework for professional nursing in low-middle income countries Southeast Asia

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Objectives: To clarify current situation and analyze regulatory framework for professional nursing in low-middle income countries Southeast Asia.

Design: This study used a cross-sectional descriptive design. A semi-structured interview was conducted. The participants were national nursing leaders; administrative nursing officers and executive board members of nursing association and or nursing council if the organization exists from Cambodia, Lao PDR, Myanmar and Vietnam.

Findings: Cambodia, Lao PDR and Vietnam plan to establish licensing system aiming for ASEAN Mutual Recognition Arrangements on Nursing Services by 2015. These three countries developed legal basis in last decade rapidly. Vietnam enacts the Law in 2010 and started to issue license for nurses from 2013. Cambodia and Lao PDR advanced the preparation for licensing with Law. Myanmar has established regulatory framework since 1920's. Licensure with renewal has implemented from 1995. The renewal does not have specific requirements. The Licensing Body is the Nurses and Midwives Council, however, the Ministry of Health has the power to suspend and revoke the issued license.

Conclusions: The ASEAN Economic Community accelerates to establish licensing system for nursing in low-middle income countries Southeast Asia. Next step is functional activities of regulatory framework to nursing professional practice.

Biography

Mayumi Hashimoto has completed her Master of Science Nurse from National Institution for Academic Degrees and University Evaluation in Japan. She has been actively involved as a Technical Advisor on Nursing and midwifery education system and legal framework for human resources for health in low-middle income countries especially in Southeast Asia.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Predictors of nurses' and midwives' intentions to provide maternal and child healthcare services to adolescents in South Africa

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Background: Adolescent mothers are at a much higher risk for maternal mortality compared to mothers aged 20 years and above. Newborns born to adolescent mothers are also more likely to have low birth weight, with the risk of long-term effects such as early onset of adult diabetes than newborns of older mothers. Few studies have investigated the determinants of adequate quality maternal and child healthcare services to pregnant adolescents. This study was conducted to gain an understanding of nurse-midwives' intentions to provide maternal and child healthcare and family planning services to adolescents in South Africa.

Methods: A total of 190 nurses and midwives completed a cross-sectional survey. The survey included components on demographics, knowledge of maternal and child healthcare and family planning services, attitude towards family planning services, subjective norms regarding maternal and child healthcare and family planning services, self-efficacy with maternal and child healthcare and family planning services, and intentions to provide maternal and child healthcare and family planning services to adolescents.

Results: Self-efficacy to conduct maternal and child healthcare services ($\beta = .55, p < 0.01$) and years of experience as a nurse-midwife ($\beta = .16, p = 0.05$) were associated with stronger intentions to provide maternal and child healthcare services. Family planning self-efficacy ($\beta = .30, p < 0.01$) and positive family planning attitudes ($\beta = .19, p = 0.05$) were associated with stronger intentions to provide family planning services.

Conclusions: Self-efficacy has a strong and positive association with the intention to provide both maternal and child healthcare and family planning services, while there is a moderate association with norms. There is a need to address nurses and midwives' psychosocial determinants of maternal and child healthcare and family planning services in order to improve quality of maternal and child healthcare and family planning services and its utilization by adolescents in South Africa.

Keywords: Nurse, Midwife, Intention, Knowledge, Attitude, Subjective norms, Adolescents, Maternal healthcare, Child healthcare, Family planning, Psychosocial determinants

Biography

Kim Jonas has completed her undergraduate studies and MA from the University of the Western Cape (SA). She is currently a PhD student at Maastricht University (NL), at the School for Public Health and Primary Care (CAPHRI). She is an enthusiastic young researcher who recently published her very first authored paper from her masters' thesis and a few co-authored papers with colleagues from the HSRC. Her research interests are centered on adolescent health, maternal and child healthcare, and healthcare systems. She is also interested on the use e-Health technologies for improving access to and utilization of maternal and child healthcare services.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Quality of nursing care provided for preterm infants suffering from respiratory distress syndrome

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Preterm infants are at risk for respiratory distress syndrome which is defined as a breathing disorder resulting from lung immaturity. The aim of the current study was to assess quality of nursing care provided to preterm infant with respiratory distress syndrome. A descriptive research design was utilized in this study. The study was carried out at the neonatal intensive care units of El-Nasr, El-Tadamon, and Port-Fouad General hospitals in Port Said City. The subjects comprised of 48 neonatal nurses and 71 preterm infants. The data were collected using an interview questionnaire sheet for nurses and data sheet for preterm infants. The study's results indicated that less than two-thirds of the studied nurses had poor level of knowledge and more than half of them had poor level of practice. There was a highly statistical significant relation between the studied nurses' total knowledge mean scores and total practice mean scores with their educational level with $p \leq 0.001$. The study concluded that there was a highly statistical significant correlation between the studied nurses' total knowledge mean scores and their total practice mean scores. It was recommended that educational and training programs should be provided to neonatal nurses to improve their level of knowledge and practice about nursing care which provided to preterm with respiratory distress syndrome.

Biography

Ahmed Loutfy has completed his Master's thesis from Port-Said University. He has five years of experience as a clinical instructor at Pediatric Nursing Department and is an Assistant Lecturer at Faculty of Nursing, Beni-Suef University.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Depression and its related factors of infertile women

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Prevalence of depression of infertile women varied among reports. Studies pointed out that women who seek infertility treatment had poorer mental health and more emotional problems related to role functioning. Infertile women who seek for infertility treatment experience psychological distress easily. Understanding depression might help improve quality of life of infertile women. This preliminary analysis was part of a larger study that purposed to establish a website to moderate negative emotions and stress of infertile women. The purpose of this report was to explore infertile women's depressive symptoms and their related factors. The study was a cross-sectional design. Eight-nine infertile women completed a set of questionnaires including the Center for Epidemiologic Studies-Depression (CESD), Fertility Problem Inventory, State-Trait Anxiety Inventory. Results showed that the mean CESD score of the participants was not high ($M=13.63$, $SD=9.27$); however, 40.4% of them experienced depressive symptoms. Except for menstrual regularity, none of surveyed demographic variables including maternal age, length since infertility was diagnosed, living with in-laws, educational level, employment, income, having child(ren), BMI, menstrual amount, and infertility treatment, were related to CESD. Depression was however related to infertility stress, state anxiety and trait anxiety (r ranged .44-.69). In addition, menstrual regularity and trait anxiety had predictive relationship with depression ($R^2=54.6\%$). The study found that infertile women regardless of their personal characteristics had high potential for experiencing depression. While screening for depression, stress and anxiety need also to be screened. Those who felt anxious easily need to be counseled to decrease the possibility of depression.

Biography

Professor Shwu-Ru Liou has completed her PhD from the University of Texas at Austin, USA. She is currently teaching at the Chang Gung University of Science and Technology in Taiwan. She has been teaching for more than 20 years and has published more than 30 papers in reputed journals and conducted many researches. Her researches focused on nursing education, nursing administration, and women's health.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Attitudes toward using complementary and alternative therapies of cancer care between patients and health care professionals in Taiwan

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The purpose of this study was to explore the attitudes toward using complementary and alternative (CAM) therapies among cancer patients in Taiwan. A qualitative design based on in-depth interviews was conducted with participants treated at the oncology outpatient department of a teaching hospital in Northern Taiwan. In total, 26 cancer patients completed the interviews. A content analysis of the interviews revealed four themes: the items of selected CAM, the purpose for using CAM, factors affecting patients' attitude in using CAM, and the dialogue between patients and health professionals in using CAM. In this study, 58% and 81% of the patients used CAM before and after cancer diagnosis. The major CAM methods chosen by the patients included: religious rites (38.5%), natural products (34.6%), acupuncture (23.1%) / natural products (80.8%), and Chinese herbs (57.7%). The major purpose of using CAM for the patients was to decrease the side effects of chemotherapy and reduce physical discomfort. Health care professionals' recommendations, evidence of the CAM's efficiency, and costs were the major factors affecting patients' attitudes towards using CAM. Patients hoped for health care professionals to treat them like family when the professionals communicated their attitudes towards using CAM. However, only 4 of the 26 participants (15.4%) communicated with health care professionals about the use of CAM. Health care professionals should understand patients' status and attitudes toward using CAM and establish an effective dialogue with them.

Biography

Hung-Ru Lin, has completed her PhD from University of Massachusetts Amherst. She is a professor and director of school of nursing at National Taipei University of Nursing and Health Sciences in Taiwan. Besides teaching and professional services, she continued to participate in research studies. She has published more than forty articles in Taiwan and international journals.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Intuition: An important tool in the practice of nursing

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Intuition is a quality that nurses have traditionally valued, but nowadays evidence-based research climate is often denigrated. Because it is difficult to investigate and quantify, intuition has tended to be seen as unreliable, unscientific and unsuitable for nursing practice. However, intuition, like caring, cannot be subjected to measurement and should not be overlooked as an important tool.

Intuition is identified as a useful tool that needs to be recognised in nursing. At the same time, intuition is described as an important type of nursing knowledge and a valid way of knowing in clinical nursing practice. It is knowing something or deciding to do something without having a logical explanation. Intuition in practice has been linked to enhanced clinical judgement, effective decision making and crisis aversion. The inability to provide rationale for an action or decision makes intuition challenging for nurses to describe, explain or openly acknowledge. In the nursing literature, intuition is recognised as an important component of decision-making theories. Thompson (1999) outlines the two predominant theoretical approaches to decision making: the systematic positivistic approach and the intuitive humanistic approach. Both approaches are valuable and Thompson (1999) emphasises the need to investigate quantitatively the intuitive humanistic approach in decision making. To understand the intuitive approach to decision making, nurses need to first identify intuitive feelings and intuition use in their clinical practice. Qualitative studies demonstrate intuition use in expert decision making and label it as a source of knowledge coming from feelings, sensations and connections.

Intuition is a component of decision-making models applied in nursing practice. Empirical research which requires nurses to recognize intuition and utilize it effectively in nursing practice.

Biography

Aysel Özşaban is studying PhD programme in Fundamentals of Nursing Department at Istanbul University Florence Nightingale Nursing Faculty. She is working at the same department as research assistant. She worked as nurse at intensive care unit three years. She interests nursing philosophy, nursing education and intensive care nursing. She is member of Turkish Nurses Society, and Turkish Neurosurgical Nurses Society.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Applying parse's theory to a female patient suffering from a pneumothorax

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A case study applying Parse's theory of human becoming to a pneumothorax female patient that had experienced a car accident is presented. The three principles of Parse's theory are structuring meaning through the articulation of the patient's values and experiences; cocreating rhythmical patterns of relating in a mutual process with the universe, such as revealing-concealing, enabling-limiting, and connecting-separating; and powering unique means of being recreated through the process of transformation. Three health problems of pain, anxiety, and posttraumatic stress disorder (PTSD) were identified through communicating with the patient. Nursing interventions entailed using the communication applications Line and Facebook to conduct therapeutic communication with the patient to empower her positive thinking. The interventions also involved applying individualized music to encourage the patient to originate her transformation process and teaching rehabilitation skills. All of these methods facilitated overcoming the three health problems. The author experienced a connecting-separating relationship with the patient in a paradoxical unity while practicing the nursing interventions. Parse's theory can be recommended to be applied to people who have experienced accidents or tragedies that result in PDST.

Biography

Bi Shia Pan currently is a master student in the School of Nursing, Fooyin University, and she has worked as the anesthesia nurse in Taipei and Kaohsiung Chung Gang Memorial Hospital for 13 years, the anesthesia nurse in the Chungjen Orthopedics Hospital Kaohsiung for 6 years, and the current anesthesia nurse in Shin Huey Shin for 14 years. Although she is an anesthesia nurse in the hospital for a long time; however, she is still interested in the academic study and hope to apply the music therapy into the pregnancy women for her Master thesis.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

The effects of gynecological cancer on sexual life

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Introduction: During the diagnosis and treatment of gynecologic cancers, other cancers, as well as body image problems experienced in the type of women and their families about sexuality and fertility affect the quality of life in a negative way is emerging major health problems.

Objective: The aim of this study is about sexual life changes experienced by women undergoing treatment for gynecological cancer and the change is determined to describe the impact on sexuality.

Methods: In this study, endometrial, ovarian and cervical cancer has been diagnosed with cancer and had surgery for the treatment of 20 women was conducted to determine changes on sex life. As the study was a qualitative study using the phenomenological method. Data on forms, consisting of identifying information form prepared after cancer treatment and women by researchers in the literature according to open-ended questions, questioning the changes in sexual life was filled with face to face. Then, data were coded and themes about the topic were emerged by content analysis method.

Results: Ages of cases were between 29 and 62 (mean±sd: 47.70±10.12). 10 women participated in the study over 8 endometrial and cervical cancer was 2. Sixteen cases undergone bilateral salpingo total abdominal hysterectomy and oophorectomy (TAH + BSO), 1 total abdominal hysterectomy (TAH) and 3 had undergone radical hysterectomy operations.

Conclusions: The loss of experienced women with pelvic organ cancer treatment, treatment-related sudden and enter menopause at an early age with the dilemma of experienced sexual problems makes it more intense and complex.

Biography

Çigdem Bilge had worked in the Oncology Clinic of Amerikan Hospital in the years of 2007-2010 and then worked in the intensive care unit of the Haydarpaşa Numune Training and Research Hospital as a Nurse in the years of 2010-2013. She has been working as a Research Assistant in the Istanbul University Florence Nightingale Nursing Faculty, Department of Women's Health and Diseases Nursing. She graduated from the Women's Health and Diseases Nursing Master Programme of Istanbul University Institute of Health Sciences in June 2010 and has been awarded the title of Specialist Nurse. She is still a PhD student at the same university.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Determination of men's knowledge level concerning the breast cancer seen in women

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While coping with breast cancer women need support from men in their families and around. This study aims to determine the knowledge level of men concerning the breast cancer seen in women.

This descriptive study is formed by 290 men living in Istanbul. The data were collected with a questionnaire form about concerning men's individual characteristics and knowledge. In the analysis of data frequency and percentage tests are employed.

50.8% of participants' age ranged from 18-25 years, 59.4% of them are married, 64.6% of them are university graduates. 44.9% of men expressed that breast cancer can be seen in men also. 74.3% of participants' expressed their mothers or sisters weren't examined by a doctor. 65.7% of participants stated breast pain and 62.3% of them stated palpable mass in the breast were among the first symptoms. 52.7% of participants suggested mammography is used in the early diagnosis, 46.4% of them stated giving birth reduces the risk of breast cancer, 68.3% of men expressed breast cancer is seen much more frequently in women who have first and second degree relatives. 79.1% of participants acknowledged that all women should do breast self-examination, and the fact that long-term use of contraceptive drugs may increase the risk (48.8%).

Conclusion: To increase the level of knowledge with a variety of educational and support programs, extensive research is suggested to be done. It's expected men would help women in coping with breast cancer by increasing their knowledge and awareness, so their family relationships would be positively affected.

Biography

Pinar Dogan is 34 years old and living in Istanbul, Turkey. She is PhD graduated from fundamentals of nursing at Istanbul University Health Sciences Institute. She is lecturer at Istanbul Medipol University Health Sciences Faculty, Nursing Department. She has articles about simulation education in nursing, nursing informatics.

Pinar Irmak Vural is 27 years old and living in Istanbul, Turkey. She is women health nursing doctoral student at Istanbul University Health Sciences Institute. She is lecturer at Istanbul Medipol University Health Sciences Faculty, Nursing Department. She has articles about sexual health, women health, birth and menopause.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Influence of kangaroo care in birth to behaviors of newborn baby breastfeeding and comfort level of mother

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Research was carried out to determine influence of kangaroo care in healthy infants to behaviours of newborn baby breastfeeding and comfort level of mother in experimental species of randomized controlled trial. The sample occurred as determined by 117 hospitalized women for childbirth (57 controls, 60 experiments) with the vaginal route at a private hospital with randomized method. Mother Information Form, Labour Process Diagnostics Form, Baby Information Form (the group of kangaroo with care at birth and without), LATCH Breastfeeding Scale, State-Trait Anxiety Inventory, and General Comfort Scale were used to collect the data. Kangaroo care of female to babies in the experimental group was performed at this study while routine hospital care was given to the control group. Data was collected from women during hospitalization, in the labour process, an hour after birth, at discharge; from the newborns immediately after birth, in baby observation room, the first encounter with the mother in hospital room, and during discharge. Therefore, it is investigated firstly whether the experimental and control groups have equivalent properties in terms of the behaviours of newborn baby breastfeeding and the features that may affect the physiological parameters. Then, influence of kangaroo care was examined to behaviours of newborn breastfeeding, to physiological parameters, and as well as to maternal comfort level. No significant difference was found between characteristics of women in the experimental and control groups regarding individual, labour and delivery process, and trait anxiety ($p>0.05$). On the other hand, there was no significant difference between the groups in terms of features of birth weight of newborns and length etc. ($p>0.05$) whereas significant differences were detected breastfeeding behaviour and some physiological parameters in favour of the direction of the experimental group ($p<0.05$). State anxiety of women in the research received one hour after birth were examined, and women in the experimental group had significantly lower levels of anxiety than the control group ($p<0.05$). But, there was no significant difference between women in the experimental and control groups at General Comfort Scale during discharge ($p=0.05$). The obtained data showed Kangaroo care of the baby at birth increased the success of breastfeeding behaviour, affected positively to newborn physiological parameters, and decreased the level of anxiety of mother; but did not create differences on the level of comfort.

Biography

Nurten Kaya has completed her PhD from Istanbul University, Institute of Health Sciences, Nursing Programme. She worked at Florence Nightingale Faculty of Nursing, Department of Fundamentals of Nursing between from 1993 to 2013 and she has worked at the Health Sciences Faculty since 2013. Her areas of interest are intramuscular injection, complementary therapy, nursing informatics, nursing theories and models, nursing process and nursing care. Author and co-author of articles, books and other publications on fundamentals of nursing and leader of statutory research projects. She is member of Turkish Nurses Society, Nursing Education Society, and Graduates Florence Nightingale School of Nursing Society, Health Sciences Faculty Midwifery Department Members And Graduate Association.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Reflection of mobile technologies on nursing: Systematic Review

Nuray Turan¹ and Nur Güven Özdemir¹, Hatice Kaya¹¹Istanbul University, Florence Nightingale Nursing Faculty, Istanbul, Turkey

The rapid technological advances and the developments in medical science experienced since the mid-twentieth century have affected nursing. The technologies used in nursing practices and education have become quite diverse. Learning can be made permanent by presenting training materials to students at the desired location and at any time through the mobile technologies, an innovation that emerged along with the developments in educational technologies. Today, the mobile learning applications can be developed in nursing by using many features of smartphones and tablet computers such as downloading software, file storage, music and video streaming and sending e-mail over the internet. This systematic review has been planned to systematically examine the researches which can guide the nursing education and practices in terms of mobile technologies. A systematic approach to searching the literature was undertaken using identified academic databases Pubmed, Cochrane, Current Controlled Trial CINAHL and Web of Science from 2006 to 2016. The search was performed using both MeSH terms and keywords by the option 'search all text'. Within the scope of the study, a total of 169 studies were reached in the scanning performed using the keywords "nursing", "mobile technology", "mobile health" and "mHealth". Systematic reviews studies, books chapters and thesis are excluded in studies. 57 studies which were English language and full text published met the search criteria. The results obtained were collected in two groups as the effect of mobile technologies on nursing education and nursing practices. It was determined that the mobile technologies used in nursing education facilitated students' access to the evidence-based practices, ensured them to learn their existing knowledge/skills by critical thinking, and increased their motivation to learn. Within the scope of nursing practices, it was observed to be effective in extending mothers' duration of breastfeeding in the postnatal period, decreasing the pain in cancer patients, post-op patients and individuals with chronic pain, keeping obesity, diabetes, blood pressure and the infection rates of HIV under control, decreasing the use of smoking, ensuring cost effectiveness and decreasing the hospital admission rates. Furthermore, it was determined that mobile applications increased the quality of care of patients and family members, decreased nurses' diagnostic and therapeutic mistakes and increased their motivation. Mobile technologies are regarded as an innovation in nursing. The readiness levels of nurses to use information technologies have an important role in the development of nursing science. However, the small number of studies for mobile applications in nursing education is attention-grabbing. The need for increasing the number of studies regarding the use of mobile technologies in nursing education and different application areas will provide to achieve effective results in the training of students and patient care

Biography

Nuray Turan has completed her Ph.D at the age of 30 years from Istanbul University, Institute of Health Sciences. She is graduated from Istanbul University, Florence Nightingale School of Nursing. She is working at Florence Nightingale Faculty of Nursing, Department of Fundamentals of Nursing since 2005. Her areas of interest are intramuscular injection, complementary therapy, nursing informatics, nursing process and nursing care. Author and co-author of articles, books and other publications on fundamentals of nursing and leader of statutory research projects. She is member of Turkish Nurses Society, Nursing Education Society, and Graduates Florence Nightingale School of Nursing Society.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Determining caregiving burden for mothers of children with autism diagnosis and affecting factors

Lale Buyukgonenc* and Elif Candir

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This study is determined to analyze caregiving burden for mothers of children with autism diagnosis and affecting factors. The research sample group is consisted of mothers of children with autism diagnosis who are monitored by a private educational institute in Avcılar, İstanbul. The sample group included 92 mothers who have an autistic child within age group of 0-18 and agreed to participate in the study.

The research data was gathered in between August 14th – October 14th 2015 by using Zarit Burden Interview Scale and creating socio-demographic form through scanning related literature. As a result of research; numbers, percentage, and arithmetic mean was used for specifications by transferring gathered data to SPSS 22.0 software. The difference between socio-demographic characteristics and child's autism level scale score was determined by using single direction analysis of variance, significance test for difference of two means, and correlation methods. Also non-parametric Kruskal Wallis U tests were used along with parametric T test.

It is determined by evaluating the data that caregiving burden has increased for mothers of children with autism diagnosis in correlation with mothers' ages, incomes, health issues, time after autism diagnosis, existence of health issues other than autism, and child's autism level ($p < 0.05$). On the other hand, it is found that mother's education and occupation, marital status, social security and sense of health, family type, knowledge on autism, and having an assistant for care were irrelevant to caregiving burden ($p > 0.05$).

The major issues for mothers on caregiving were listed as financial issues caused by education expenses, troubles on behavioral control caused by repetitive and obsessed behaviors along with incapability of communication and social skills which were observed in case of autism, and inability communicate with the child. Also, travelling with the child by using public transportation causes trouble hence the child's behaviors. Mothers also addressed issues on insufficient time for both child and other family members, along with insufficient time caused by their work. They also mentioned that they do not have time for themselves due to insufficient time. Child's dependency and mothers' psychological fatigue are listed along mothers' issues as well.

In accordance with gathered results, pediatric nurse's aim on autism should be focused on improving speaking and social skills, reducing behavioral issues, supporting and educating the family, child, and caregiving mothers. Nurses, by undertaking many functions, will be essential on reducing caregiving burden for mothers.

Biography

Prof Lale Buyukgonenc (Algier), is the director of Koc University College of Nursing and Semahat Arsel Nursing Education and Research Centre. She obtained her PhD degree in paediatric nursing. She has certifications related the quality assessment, and she has published researches regarding quality improvement and development. She has taken an active role in developing and revisions of the curriculum in schools of nursing. Also she has actively involved in planning and further development of master and doctorate programs in health science institutes. Prof Lale Büyükgöncü (Algier) has a great number of national and international publications and presentations in children's health, quality of life, nursing education, nursing ethics and oncology nursing.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Determination of the level of exposition to mobbing of health employees working in a medical faculty hospital

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Introduction: It is a workplace issue that psychological harassment in the workplace, which is extremely harmful and devastating consequences for workers and a major source of stressful work environment. With the start of the process of psychological harassment in the workplace, various groups are affected by this process. The most affected part of the process, the side exposed to harassment. However, institutions and colleagues of the victims along with aggravation and the process of progress can be affected

Objective: This study was conducted in order to determine the perception of psychological harassment cases at the workplace of assistant doctors and nurses which are work in Celal Bayar University Hafsa Sultan Hospital

Materials and Methods: The target population of the study is the assistant doctors and nurses working in Hafsa Sultan Celal Bayar University. The sample space of the study consists of 110 staff members accepting to participate in the study between the dates October 2014-January 2016. The data is collected through an information form and Workspace Mobbing Scale. Percentage, T-test, mann whitney U test, kruskal wallis test are used in the evaluation of data.

Result: 110 health employees have participated in the study. The average age of the participants is 29.92 ± 5.47 , 73.6 percent female, 60.9 percent nurse/midwife, 32.7 percent assistant doctors, 59.1 percent were married, 46.4 percent were undergraduate, 38.0 percent graduate and post graduate, 61.8 percent income balanced. 26.4 percent of the employees were exposed to mobbing cases. The employees that needed psychological consulting due to the hostile behaviours they experienced is 22.5 percent. To the question "do you feel being a victim of psychological mobbing" 16.9 percent of the staff responded positively and 18.3 percent had stated that they had no opinion. 13.6 percent of those exposed to mobbing from 6 months to 11 months were exposed to mobbing, 21.8 percent stated that Mobbing applied to themselves by 3 or more people. 42.7 percent of health workers stated that they witnessed mobbing applied to someone else. The employees that needed psychological consulting due to the hostile behaviours they experienced is 24.5 percent. Health employees which is psychological support needed and high the level of education in the study has been determined to be higher. The difference was statistically significant $p < 0.05$.

In order to prevent or stop mobbing it is necessary to understand the essence of the issue. Consequently the duties of the employees must be well defined and the irresponsibilities must be obvious. An consistent and coherent employee policy must be defined which states the expected behaviours and ethical standards.

Keywords: Mobbing, workplace, employees.

Biography

Sevgi Turkmen has completed Ph.D at the Ege University-Turkey, in 2011. She was born in 1978. She is working as an assistant professor at Department of Mental Health and Diseases Nursing in Celal Bayar University School of Health-Turkey. She is the president of Department of Mental Health and Diseases Nursing. She has published more than 20 papers in reputed journals.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Onset of dysgeusia in cancer patients receiving outpatient chemotherapy (review)

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Many cancer patients on outpatient chemotherapy complain of dysgeusia. Thus, we searched the literature database of four journals that publish articles related to anti-cancer chemotherapy and taste perception, and reviewed knowledge useful for nursing care of cancer patients. We found that dysgeusia frequently occurred at a relatively early stage when FOLFOX/FOLFIRI combined with 5-FU, or regimens involving a taxane and related agents were used. This can be explained by the formation of a chelate between 5-FU and zinc, which in turn elevates urinary excretion of zinc, leading to zinc deficiency. Perception of all basic tastes (saltiness, sweetness, sourness, and umami), except bitterness, tended to be impaired. The frequency of impairment of saltiness perception appeared to be relatively high. Taxanes and related regimens were associated with a high occurrence rate of impairment of umami perception and with severe changes in saltiness perception. Considering the report showing the link between the impairment of saltiness perception and low plasma zinc levels, regimens involving 5-FU is likely to cause disorders in saltiness perception. Possible causes of dysgeusia attributed to anti-cancer agents include inhibition of taste bud metabolism, lingual nerve disorder and zinc deficiency. It is likely that dysgeusia in patients receiving a taxane and related agents is attributed to peripheral nerve disorders, since these agents do not cause zinc deficiency. Experimental S-1 administration in rats suggested the possibility that dysgeusia is caused by damage to the gustatory nerve but not mucosal epithelia and taste buds.

Biography

Yoshiko Hasebe has been working at Nayoro City University School of Health Science. She is a professor of Adult Nursing. She has published many textbooks and DVDs about nursing arts in Japan.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Influence of anger expression on nursing students' smart-phone overuse responses in South Korea

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Purpose: The purpose of this study was to investigate influence of anger expression on Smart-phone overuse of Nursing students.

Methods: The subject were 283 nursing students. The data were collected using demographics, smart-phone overuse(), communication competence and anger expression questionnaires. The data were analyzed using descriptive statistics, t-test, ANOVA, Pearson correlation coefficient, and multiple regression.

Results: The multiple regression model explained 16.5% of Smart-phone overuse among Nursing students. The significantly influencing factors were grade, communication competence, anger in and anger out among anger expression. Sub-domains of smart-phone overuse such as disturbance of adaptive and withdrawal were influenced by grade, communication competence, anger in and anger out among anger expression. Also, sub-domain of smart-phone overuse such as tolerance was influenced by grade, communication competence and anger out. Communication competence and anger out were factors influencing virtual life orientation in sub-domains of smart-phone overuse.

Conclusions: These results revealed that it is necessary to develop education program on anger control and communication competence including early screening from freshman to reduce Smart-phone overuse.

Key words: Nursing Student, Smart-phone overuse, Anger expression, Communication competence

Biography

Soonyang Jang has completed her Ph.D. form Keimyung University, South Korea. She is Assistant Professor from Daegu University Department of Nursing. She has published 11 papers in reputed journals.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Validity and reliability of the Turkish version modified falls efficacy scale

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This study was carried out in order to determine the validity and reliability of Turkish language version of the Modified Falls Efficacy Scale (MFES) which has been developed to define fear of falling of old individuals. The study sample included 141 volunteers with an age 65 years and over to assess the test-retest reliability of the Turkish MFES, questionnaire was applied again 15 days after the first interview (interclass correlation: ICC) MFES was compared with Barthell indeks (BI), Rivermead Mobilitate Indeks (RMI), and Falls Behavioural Scale (FaB) for construct validity. The internal structure of the MFES was examined by factor analysis. Cronbach's alpha value of Scale was .98. Test-retest stability coefficients ranged between .73-.99 for each item. The Turkish MFES total scores were correlated with RMI and BI positively and FAB negatively. It was found that the Turkish version of the MFES was a reliable and valid measure of fear of falling in Turkish older people.

Key words: Fear of falling, Modified Falls Efficacy Scale, Validity and reliability, Elderly.

Biography

Canan Birimoglu is an Research Assistant at Gazi University, Department of Public Health Nursing. She has almost finish her PhD. She is interested in gerontological and geriatric nursing, health promotion, school health and nursing research. Her thesis about Tai Chi Chuan excersize with elderly people.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Factors associated with HIV testing among youth in the UNITED STATES (US): A systematic review

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This study synthesized existing literature on the factors that are associated with HIV testing among youth aged 13 to 24 years in the United States (US), using the four levels of social-ecological model (i.e., personal, relationship, community, and society). Four popular search engines (i.e., PubMed, CINAHL, PsycINFO, and Google Scholar) were used to identify potential original research studies. Findings from 45 original research studies revealed conflicting findings. Gender, African-American race, age, and physical illness were some of the factors more consistently associated with HIV testing in the literature. Some modifiable factors that could be targeted to increase rates of testing such as fear, drug use, poor condom use, partner communication, and multiple sexual partners are noted. The systematic review revealed some gaps in the literature that needs to be explored and provide evidence of ways to improve testing rates among youth. Future additional implications for research, practice, and policy are discussed.

Biography

Ms. Adebayo is in the dissertation phase of her PhD at the age of 23 years from University of Miami, School of Nursing and Health Studies. During her stay at University of Miami, she has worked with: a faculty member on an NIH-R01 grant for a culturally tailored HIV prevention intervention among Hispanic women, an evaluation of Miami-Dade County Human Trafficking Collaborative Project, and created a measure for Community-Based Organization Engagement (CBOE). Her greatest aspiration is to be leader and researcher, who will challenge the state of HIV/AIDS research positively.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Promoting utilization of the clinical nurse leader

Jason T Garbarino

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In 2001, the Institute of Medicine (IOM) highlighted a growing complexity for individuals receiving care in the United States healthcare system. Policy, legislation, system changes, and various initiatives targeted to address this complexity have fallen short in improving the ease in which patients navigate the care they receive. Nursing has been, and will continue to be, an instrumental leader in adopting change within healthcare. A nursing role with a demonstrated ability to improve the delivery of patient care is the Clinical Nurse Leader (CNL). As a skilled, master's-prepared nurse who works directly at the patient bedside, the CNL possesses the required skills to influence the quality, safety, and delivery of healthcare while markedly reducing its complexity and fragmentation. The purpose of this project was to deliver consultative services to health care institutions in the State of Vermont explaining the role of the CNL and how they can be effectively implemented into current healthcare organizational systems. The desired outcome of providing an understanding of the role was to gain interest by these organizations to recruit and implement CNLs into pre-existing models of practice. Qualified and interested Registered Nurses within these targeted organizations were encouraged to pursue the CNL role by enrolling in the Graduate Nurse CNL program at the University of Vermont. The ultimate aim of the project was to improve the quality of care provided to patients receiving care in various organizations throughout the State of Vermont.

Biography

Jason Garbarino completed his DNP from the University of Vermont at the age of 30. Jason has been a Registered Nurse since 2008. Jason joined the University of Vermont as full-time faculty in 2013 and is currently a Clinical Assistant Professor. Jason teaches Gerontological Nursing and Medical-Surgical Nursing and enjoys working with students in the hospital setting. Jason holds certifications as a Clinical Nurse Leader, Gerontological Nursing, and holds his National Firefighter I Certification. Jason enjoys traveling to explore health care systems outside of the United States including travels to Bangladesh, Mexico, Cuba, Haiti, and the Dominican Republic. Jason serves as an American Nurses Credentialing Center Gerontology Content Expert.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Public involvement in nurse education: Students experiences and perceptions

Chiedza Kudita

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In the UK public involvement in health education has become an important part of pre-registration nursing programs. This involvement is predicated on a belief that it can provide these students with opportunities to learn from 'service users' of health and social care services about their experiences of health and illness. Despite this belief little is known about how students engage with public members and patient groups within their education. Thus the presented study aims to explore, describe and explain pre-registration nursing students' experiences and perceptions of public involvement in their education. Public involvement ensures and brings a valuable alternative perspective to a discussion or a decision making process that will influence future practitioners.

The ongoing research is a three phase sequential multiple method study. Phase 1 and phase 2 are informed by grounded theory, and located within the Interpretivist paradigm whereas phase 3 is located within the positivist paradigm, and this will involve the use of an online questionnaire survey.

The potential outcome of this study is the development of model/s of public involvement to inform pre-registration nursing programs at all levels of the curriculum. It is also envisaged this study will contribute to experiential learning theory.

Findings derived from data collected from one cohort of pre-registration student nurses will inform pre-registration nurse education in the UK and beyond as to the best methods to adopt in public involvement within nursing education.

Biography

Chiedza Kudita is currently a Ph.D student at UWL. She is a Registered Learning Disabilities Nurse and also the Public Involvement Coordinator with the College of Nursing, Midwifery and Healthcare.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

The effects of a burnout prevention program on mental health nurses in the Kingdom of Saudi Arabia (KSA)

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Introduction: Burnout is a common problem among mental health professionals, particularly among nurses. High levels of burnout result in job dissatisfaction, rapid turnover of staff, physical and psychological discomfort, and reduction in the quality of patient care. Burnout affects the individual and the organization by reducing productivity and compromising the quality of service provision. While burnout among mental health nurses has been extensively researched, burnout prevention among mental health nurses is less well researched. Likewise, while there is an abundance of research relating to burnout, there is a lack of studies regarding burnout among mental health nurses in Saudi Arabia.

Aim & Objectives: This study seeks to evaluate the effectiveness of an educational program designed to decrease the level of burnout among mental health nurses working in Saudi Arabia. The study objectives are to (1) measure the level of burnout among mental health nurses working in KSA (2) identify the characteristic variables that may predict burnout among this group (3) evaluate the effectiveness of a burnout prevention program on mental health nurses one month following the intervention and at intervals of 3 and 6 months.

Methods: A quasi-experimental design has been used to test the effectiveness of a two days' burnout prevention workshop among mental health nurses working in KSA. The sample (n=302) has been drawn from two large psychiatric hospitals in Riyadh, with participants being assigned to either the intervention (n=154) or the control group (n=148). The workshop consisted of basic concepts about burnout, as well as strategies to decrease stress among mental health nurses. Demographic information was collected and the Maslach Burnout Inventory (MBI), an instrument with three subscales, emotional exhaustion, depersonalisation and personal achievement, was used to collect data immediately before attending the workshop and currently at one and three month follow-up. Data has been analysed using the latest version of SPSS. Means, standard deviations, frequencies and percentages have been used to describe the level of burnout.

Results: The bar chart below illustrates the scores of the MBI questionnaire for both groups before, and after the intervention.

Conclusion: Mental health nurses in KSA reported a high level of burnout. Whilst the Burnout Prevention Programme had a major positive impact at one month, its effects decreased at 3 months. Further education and research is needed to identify factors that contribute to sustaining a decreased level of burnouts among mental nurses in Saudi Arabia.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

A systematic review of evidence regarding the knowledge of Critical Care Nurses for preventing ventilator associated pneumonia in Kingdom of Saudi Arabia

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Background: Ventilator associated pneumonia (VAP) persists as one of the greatest Intensive Care Unit (ICU) acquired infections. VAP is described as a lung infection that develops following a minimum of 48 hours post-intubation in critically unwell patients who are receiving mechanical ventilation. VAP is usually associated with major morbidity, mortality and health care facility costs, which are estimated to be about 40,000 US Dollars per case. The incidence of VAP were approximately 15.5% internationally, 19.3% in Europe, 16.1% in Asia, 13.7% in Latin America and 13.4% in USA. Indeed, the VAP mortality rates have been reported by several countries, ranging approximately from 23% to 75%.

Objective: The aim of this study is to review the evidence regarding critical care nurses' knowledge of evidence-based guidelines for the Prevention of VAP in Kingdom of Saudi Arabia (KSA).

Methods: Data were reviewed regarding this the topic by using a number of online databases. The findings were narrowed again by reading the abstract of each study to ensure that their content reflected their titles and related to this matter. Hawker's Assessment Tool was applied to critically appraise the studies.

Conclusions: Many studies shows that knowledge of critical care nurses of evidence based guideline for preventing VAP is low in many countries. Knowledge also was found to be varies according to experience of the nurses and the size of the ICU. It is crucial to ensure that critical care nurses obtain continuous education programme and are included in updating guidelines.

Key words: Nurses knowledge, Critical Care, Evidence-based guidelines, Prevention, VAP. evidence-based guidelines.

Biography

Husain has completed his Bachelor Science of Nursing at the age of 33 years from Sydney University of Technology. He is infection control nurse in General Directorate of Health Affairs of Riyadh Region in KSA. He is now studying Master of nursing Education in Salford University Manchester.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Liquid and vapour phase antibacterial activity of *Eucalyptus globulus* essential oil = susceptibility of selected respiratory tract pathogens

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Essential oils (EO) produced by medicinal plants have been traditionally used for respiratory tract infections, and are used nowadays as ethical medicines for colds. Although several studies of *Eucalyptus globulus* essential oil (EGEO) have been reported, there are no reports describing vapour activity of EGEO against bacterial respiratory tract pathogens. The aim of this study was to test the efficacy of the Algerian EGEO against some respiratory tract pathogens by disc diffusion and vapour diffusion methods at different concentrations.

Chemical composition of the EGEO was analysed by Gas Chromatography-Mass Spectrometry. Fresh leaves of *E. globulus* on steam distillation yielded 0.96 % (v/w) of essential oil whereas the analysis resulted in the identification of a total of 11 constituents, 1.8 cineole (85.8%), α -pinene (7.2%), and β -myrcene (1.5%) being the main components.

By disc diffusion method, EGEO showed potent antimicrobial activity against Gram-positive more than Gram-negative bacteria. The Diameter of Inhibition zone (DIZ) varied from 69 mm to 75 mm for *Staphylococcus aureus* and *Bacillus subtilis* (Gram +) and from 13 to 42 mm for *Enterobacter sp.* and *E.coli* (Gram -), respectively. However, the results obtained by both agar diffusion and vapour diffusion methods were different. Significantly higher antibacterial activity was observed in the vapour phase at lower concentrations. *A. baumannii* and *Klebsiella pneumoniae* were the most susceptible strains to the oil vapour with DIZ varied from 38 to 42 mm. Therefore, smaller doses of EO in the vapour phase can be inhibitory to pathogenic bacteria. Else, the DIZ increased with increase in concentration of the oil.

There is growing evidence that EGEO in vapour phase are effective antibacterial systems and appears worthy to be considered for practical uses in the treatment or prevention of patients with respiratory tract infections or as air decontaminants in hospital. The present study indicates that EGEO has considerable antimicrobial activity, deserving further investigation for clinical applications.

Keywords: *Eucalyptus globulus*; Essential oils; Respiratory tract pathogens; Antimicrobial activity; Vapour phase.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Assessment of physical health status and quality of life among Saudi older adults

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Purpose: This study investigated physical health status and quality of life among older Saudi adults.

Subjects and Methods: Participants included older adults (N = 55) aged 60–90 years (mean = 67.9± 7.71) from a major hospital in Jeddah. Subjects completed surveys and evaluations including assessments of personal and sociodemographic characteristics, caregiver presence, personal habits, perceived health, primary physical and psychological complaints, physician-diagnosed chronic diseases, and functional capacity (i.e., activities of daily living).

Results: Results showed a significant positive correlation between age and ADL (activity daily living); age and memory problems, anxiety, and loneliness; and sleep disturbance and falls. Main factors contributing to quality of life decline were chronic disease, falls, sedentary lifestyle, sleep disturbances, and financial concerns. Participants with diabetes mellitus (58.18%) and hypertension (29.0%) had a very high fall rate. Participants engaged in minimal physical activity (63%), often due to bone and joint pain (90.0%), and led sedentary lives (69%). Single sensory impairments were significantly and independently linked to high depression risk and decreased self-sufficiency. [Conclusion] Healthy lifestyle and behavioral changes should be promoted through community-based health education programs for older Saudi adults. Chronic disease screening programs for the elderly population (especially diabetes and hypertension) are recommended.

Key words: Elderly, Falls, Depression

Biography

Dr. Samira Alsenany BSc (Hons), RN, MSc, PGCert ANP, Mphil, PhD graduated with a BSN Bachelor degree in Nursing from the Faculty of Medicine and Allied Sciences, King Abdul Aziz University, with an honors degree grade, followed by masters' degrees from the UK: firstly, an MSc in Health Care Management from the University of Wales, Swansea, UK, and a MPhil in Nursing Research from the University of Sheffield, UK. She then achieved a PhD degree in Gerontology Education from the University of Sheffield, UK, where she developed an interest in the care of older people and has undertaken research focusing on issues associated with Gerontology education and quality of life in elderly people. Recently research interests include the areas of caring for older people and education, including Clinical competence evaluation such as OSCE. Dr Samira is a Member of the British Society of Gerontology and has published several papers in refereed journals.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

A systematic review on exploring the burnout among nurses working in intensive care areas

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Background: Intensive care units in hospitals provide treatment and support to the critically ill individuals. Healthcare staff mainly nurses working in these units manifest dissatisfaction with their jobs termed as burnout due to stressful environments and continued working hours necessary for the care of severely ill people. Several studies manifest that nurses relatively faces more burnout when compared with doctors or allied staff. In the past couple of decades, this issue has been recognized as a major factor impacting nurses overall performance and programs aimed at reducing burnout have been proposed.

Objective: The objective of this study is to evaluate burnout conditions among nurses all across the globe and available strategies/programs aimed at mitigating this issue.

Methods: Scientific publications relevant to nursing burnout were retrieved from Cumulative Index of Nursing and Allied Health Literature (CINAHL) and MEDLINE. All these publications were categorized based on geographical location of the study and measures being used to mitigate nursing burnout.

Conclusions: A careful evaluation of studies revealed that nursing burnout is a universal phenomenon and there is a need for devising a highly integrated global strategy to control this issue. Mitigating burnout among nurses will boost their morale in the discharge of their duties ultimately improving the level of care provided to critically ill patients in the intensive care units.

Keywords: nursing, burnout, intensive care unit, intensive treatment unit, intensive therapy unit, high dependency unit

Biography

Shabab has completed his BSN at the age of 27 years from Flinders University and his master study at the age of 30 from King Abdul-Aziz University School of administration. Currently, he is doing his second master in nursing education at Salford University. He is acting as ICU supervisor at literature hospital with 22 ICU bed capacity from 2011 till September 2014 under General Directorate of Health Affairs in Riyadh Region in KSA.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Management of chronic lung disease in infants

Tendai Nzirawa

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Revue of infants cared for in the community with Chronic Lung Disease in the last 5 years. The review will discuss how Chronic Lung disease infants are managed both in neonatal unit and in the community. It will highlight the importance of having a clear oxygen weaning guideline in order to minimize confusion within the health care setting. Furthermore, the review will address the needs of infants and the parents in dealing with a chronic health condition. In conclusion, the specialist services need to share knowledge and experience in order to have a uniform oxygen weaning programme. It is important to acknowledge that management of chronic lung disease is not only about weaning, however the ability to support the emotional issues of the parents caring for an infant with chronic lung disease.

Biography

Tendai Nzirawa completed Undergraduate Diploma in Nursing studies (Adult) in 2005 (City University, London). Completed Bachelor of Science with Honours in Nursing Studies (Neonatal Care) in 2012 (City University, London). Currently, studying a Master of Science in Nursing Studies (Neonatal Care) London Southbank University, London. Since 2010, have been involved in setting up and running a Neonatal Parent Support group with other health professionals. Also in June 2015 set up a Down Syndrome Parent Support Group, run it with the assistance of two mothers who have children with Down Syndrome. In 2012, participated at the European academy of Pediatric Societies, Turkey (Poster Presentation) – The experiences of parents of infants on Home Oxygen. Won the Tony Fuller Cup – Clinical Audit Competition 2016 (Quality of Life of Families with Babies on Home Oxygen Therapy).

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Exploring factors influencing the nursing role during asthma management of children in Saudi Arabia

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Asthma is the third most common cause of hospital admissions in Saudi Arabia today. Asthma prevalence in Saudi Arabia is reflected in the number of hospitalizations, school absenteeism, as well as morbidity and mortality in children. These factors are exacerbated by lack of knowledge and insufficient education on programs about asthma management, and the unavailability of community nursing services in the country to provide asthma management education for families after discharge. The Saudi government is therefore faced with a big challenge in dealing with asthma. Saudi Arabia has always been dependent on non-Saudi nurses. Indeed, Saudi nurses make less than 30% of the total nursing workforce Kingdom wide. The Saudi literature links the shortage in Saudi nurses to socio-cultural factors found to influence the prevailing negative images and perceived low status of nursing. Hence, this research is a contribution to the knowledge pertaining to the role of cultural and contextual factors that influence nursing in the management of asthma in Saudi. Particularly researching nursing care in Saudi Arabian hospitals, this research explores the processes, factors and specific issues related to asthma among children. It studies in-depth the issues surrounding nursing practices in Saudi Arabia and highlights the changing care management scenario and aims to understand the role of various stakeholders.

Key words: Asthma, asthma management, nursing role, children

Biography

Abeer Saeed Alatawi is a lecture in Tabuk University which gave the researcher the opportunity to get a scholarship and complete my post-graduate education in one of the British Universities to both expand on her knowledge in the this field and to qualify herself to be a good educator since the future career will be mainly teaching in an institution. Abeer has completed her Master degree in Nottingham University. She is doing her Ph.D. at the University of Edinburgh. She also worked as registered nurse in NICU in Royal commission medical centre in the kingdom of Saudi Arabia.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

We were, we are & we will be: Overview of nursing in Saudi Arabia throughout more than 5 decades

Amina Bargawi

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Throughout more than five decades, nursing profession in Kingdom of Saudi Arabia has been facing remarkable changes. Nursing in Saudi Arabia is considered a young profession, as just in 1960 the first Nursing School has been established. However, its development is not accelerating fast, as it was handicapped by limited educational opportunities, restricted by inadequate recruitment process, uncontrolled by weak regulation system and bonded by cultural & customs' restrains. Not surprisingly, the inspiration of new Millennium (21st century) worked very well in advancing the nursing career in Saudi Arabia, and the development is going on. Practical steps toward advancing the nursing education are taking place, Nursing qualification is given a high priority and collaborative effort for re-designing the Saudi nursing image is continuing. In aspiration, given the currently effort of improvement, Nursing in Saudi Arabia is expected to be moved in to a bright future. the challenges in education, recruitment, management & nursing image will be overcome and all opportunities to reach Nursing excellence locally, regionally and globally will be grabbed. As a Conclusion; we were in gloomy eras restricted by challenges and hidden under Saudi desert's sand, we are now in promising era struggling for rising up and planning the nursing road map & we will be on bright era moving upward, forward toward the light of recognition and accreditation.

Biography

Amina Bargawi is graduated from Nursing College, King Abdul-Aziz University in 1992, later she pursued her journey in academic learning, as she has got MSN in community health nursing from King Saud University, MSc in Research Methodology & Statistics from Manchester University and MSc & PhD in Health Care Management from Wales University. She is a Co-Chairperson of Saudi Nursing Scientific Society since 2007 and Chairperson of Saudi Nursing advancement committee, since 2003. Currently, she is working at the Community and Preventive Medicine center and is holding several responsibilities, which include; coordinating of community health nursing services, coordinating of health informatics and statistics and coordinating the professional development of PHC nurse.

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August 15-17, 2016 London, UK

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Aeromedical retrieval of acute psychiatric patients

Jodie A Mills, Lee Soomaroo and Mark A Ross
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The aim of this study is to review the characteristics of acute psychiatric patients requiring aeromedical retrieval across the Top End of the Northern Territory (NT), to assess the sedation requirements and incidence of in-flight complications, and to review the optimal flight crew composition required for safe retrieval. Retrospective data were collected for all psychiatric patients retrieved by CareFlight Aeromedical Retrieval Service for the Top End of the Northern Territory of Australia over a 12-month period between 1st February 2012 and 31st January 2013. 262 patients were retrieved using fixed-wing transport, 90% were indigenous with a male: female ratio of 1.45:1. Mean age was 31 yrs. 5% of patients were under the age of 18. 81% of retrievals occurred during the day averaging approximately 4 hours 40 minutes. A flight doctor was tasked with a flight nurse to retrieve 79% of patients. 89% of patients received sedation in the healthcare centre prior to flight, while 39% of total patients required further in-flight sedation. Eight patients required intubation before transport. 4% of patient's developed hypotension with the use of propofol. This review highlights the characteristics of psychiatric patients retrieved by an aeromedical retrieval service in the NT of Australia. The majority of patients retrieved had a background psychiatric history and also a history of violence. Given the nature of the retrieval and the risk to crew and aircraft, a flight doctor was tasked on a high number of cases. The complication rate was negligible.

Biography

Jodie A Mills has completed her Master in Public Health majoring in Aeromedical Retrieval and concurrently holds a Post Graduate Diploma in Critical Care Nursing and Bachelor of Midwifery. She is a Senior Flight Nurse specialising in Research and Quality and has been working for CareFlight Northern Territory Operations in Australia for 5 years. She has interest in employing best practice research to continue improving prehospital care in remote Australia, with a focus on developing strategic management pathways that emphasises supportive and responsive aeromedical retrieval of acute psychiatric patients. She will be commencing an RCT in February 2016 comparing the safety of Ketamine versus Propofol in the aeromedical retrieval of acute psychiatric patients.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

The effects of nursing practice environment and self-esteem on critical thinking competencies among clinical nurses

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Purpose: This study is a cross-sectional study to determine the relevance and impact factors to critical thinking competencies by nursing practice environment and self-esteem for clinical nurses.

Methods: The survey was conducted from March 2015 to May 2015 with self-report questionnaire. Participants were 281 registered nurses working in one tertiary hospital. Data were analyzed with descriptive statistics, t-test, ANOVA, Pearson correlation, and multiple regression using SPSS/WIN (21.0).

Results: The factors affecting the subjects' critical thinking competencies included their age ($F=7.234$, $p<0.001$), educational background ($F=7.820$, $p<0.001$), position ($F=14.949$, $p<0.001$), clinical career ($F=7.658$, $p<0.001$). And critical thinking competencies represented a positive correlation with nursing practice environment ($r=0.595$, $p<0.001$) and self-esteem ($r=0.408$, $p<0.001$). Critical thinking competencies were affected by factors of clinical career, nursing foundations for quality of care, collegial nurse-physician relations and self-esteem with an explanatory power of 45.1%.

Conclusion: Based on the study findings, critical thinking competencies were influenced by nursing foundations for quality of care and collegial nurse-physician relations of nursing practice environment. Therefore, it is necessary to improve continuing education for clinical nurses and to reconstruct the organizational culture for partnerships with nurse-physician. In addition, the rise of self-esteem by mentoring and individual coaching raise critical thinking competencies.

Biography

Insil Jang has worked as a staff RN and Clinical Nurse Specialist of cardiovascular surgery part for 13 years in Asan Medical Center. He received his PhD and became an Assistant Professor at the Department of Nursing in University of Ulsan. His speciality is adult health nursing. His research interests include cardiovascular patient care, clinical nurse specialists and nursing management. He has published several papers.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

The effectiveness of personalized active learning movie (P.A.L.M.) on the level of motivation and cigarette dependence of adult smokers

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Multi-media videos have been used in multiple studies as a means to modify health behaviors such as smoking because of its advantage of being standardized which would decrease the inconsistencies on the information delivered. However, studies conducted relating to this type of intervention had varied results, with video interventions not being able to change the behavior relating to addictions when it was not tailored appropriately. Literature on individualized video interventions is also limited and remains to be unexplored which is why the study focused on assessing the effectiveness of a personalized video intervention to increase the motivation for smoking cessation. A quasi-experimental study among 63 purposively-selected smokers who have previously attempted to quit smoking was conducted in Metro Manila. The tools utilized were Cigarette Dependence Scale (CDS-12) and Motivation to Stop Scale (MTSS). The gathered data was analyzed using paired t-test and 2-way ANOVA. There was no significant difference between the Post-test scores of the control and experimental group. However, the Pre-test score of the experimental group when compared to its Post-test score shows that there was a significant difference. In conclusion, the use of Personalized Active Learning Movie (PALM) is effective in increasing the motivation of the smokers to stop smoking and in decreasing their dependence to cigarettes.

Biography

The authors are current undergraduates in the University of Santo Tomas College of Nursing and is in their last semester for their baccalaureate degree. Their adviser Maria Corazon Olayres, RN, MAN, is an expert in the field of qualitative research in the Philippine setting.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

A study to determine the knowledge and practice regarding Kangaroo mother care among postnatal mothers of preterm babies at rural centres in India

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Introduction: Kangaroo mother care has often been used as a treatment for premature or preterm babies. As the 21st century is in the threshold of challenging preventive healthy interventions, the evidence based practice of newborn care must be efficiently adopted for applying in the operational milieu of rural care facilities and the awareness on KMC should be taught, among the expected mothers in all country wide, perinatal-neonatal care units.

Aim: To determine the level of knowledge and practices regarding KMC among the mothers with preterm babies. To find out the association between the knowledge and practices regarding KMC among the mothers with preterm babies. To determine the association between the knowledge and practices regarding KMC among the mothers with preterm babies with their selected demographic variables. To develop a self-instructional module for rural health Centers for the selected rural maternity health centers.

Materials and Methods: The conceptual framework of this study was based on Pendersons Health Promotion Model. Descriptive survey approach was adopted, where the structured interview schedule was conducted to collect the data to assess their knowledge and their practices on KMC.

Sampling Technique: Purposive sampling Technique was used for this study where 60 postnatal mothers with pre-term babies were included in the research.

Findings: Majority of the mothers had inadequate knowledge (65%), none of them had adequate knowledge. The mothers who belonged to moderate practices of KMC were 76.66%, in comparison with 23.33% of mothers with adequate practices. In association of knowledge with practices, it was revealed that, the mean knowledge scores of subjects were found to be 39.48% only, with the SD of 3.1, which fall in the category of average knowledge, further to this, it was found that the mean practice scores of subjects were 66.12, with a SD value of 1.54, which concluded that the respondents had higher level of practices as compared to the level of knowledge on KMC. There was a positive correlation between knowledge and practices of postnatal mothers regarding KMC. There was a positive association found between level of knowledge and practices with demographic variables such as age, education and parity.

Conclusion: It was concluded that there is a need to improve the knowledge and the practices with regard to KMC, hence the self-instructional module was developed for the maternity centre's to promote the wellbeing of neonatal care of preterm babies.

Keywords: Knowledge, Practices, KMC (Kangaroo mother care), Post-natal mothers with preterm babies, Self-instructional module.

Biography

Working as Professor at College of Nursing at Umm Al Qura University, Makkah, Saudi Arabia. She holds Doctor of Philosophy in Nursing from India and she pursued her Post-doctoral Nursing administration degree from USA. With more than twenty years of experience in nursing education, she held national credentials as a Member, Inspection committee in Indian Nursing Council, State Nursing Council and the T.N.Dr.M.G.R.Medical University from 2001 to 2012. She was awarded as best teacher in Nursing education in 2012 from the T.N.Dr.M.G.R.Medical University. She published more than 30 of her Article in national and international reputed Journals.

Research Interest: Major interest focusing on promoting quality nursing care among rural mothers in collaboration with national health programs

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Examination of nurses' state anxiety and their tendency to medical error in different working hours

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Ege University, Faculty of Nursing**

This prospective, descriptive and cross sectional study research was implemented with the aim to compare the state anxiety and the tendency for nursing medical mistake during day working and night shift. Research has been made in Aydın State Hospitals between 30 November 2012 - 30 May 2013 with 317 nurses. Data were collected by using "Individual Identification Form", "Trait Anxiety Inventory" and "Nursing Medical Mistake Scale". Trait Anxiety Inventory" and "Nursing Medical Mistake Scale" were applied to the same nurses during both their day and night shift. It was determined that nurses were experienced state anxiety during day and night shift. It was determined that the error tendency was related to "The medication and Transfusion administration", "Nosocomial infections" and "Patients monitoring and Equipment Safety" of the most nurses during night shift according to day shift. It was founded that the error tendency changed "Communication" of the nearly half of the nurses during night shift according to day shift. There is difference between the medical error tendencies and state anxiety during day and night shift. State anxiety and the error tendencies are higher within day shift.

Biography

Telli Sevil graduated from Süleyman Demirel University School of Health in 2004. Her Master's Degree has been completed at Ege University Faculty of Nursing in the Department of Fundamentals of Nursing in 2013. She worked as a nurse in the Ministry of Health between the years 2005-2013. 2014 – Still, She has been working as a lecturer in Izmir University of Economics Health Services Vocational School Elderly Care Program.

Prof. Dr. Leyla Khorshid graduated from Ege University School of Nursing in 1981. She worked as a nurse teacher in the Ministry of Health between the years 1982-1983. She has completed her Ph.D. at the age of 33 from Ege University School of Nursing. She has been worked as instructor in Ege University Faculty of Nursing

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Healthcare improvement science learning evaluation framework for european healthcare workers

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Healthcare Workforce is very well positioned to improve the system in which they perform. However, training curricula have not always equipped them. ISTEW European Project (Improvement Science Training for European Healthcare Workers) aimed to fill this educational gap. The Faculty of Health Sciences at the University of Alicante led the Work Package (WP) related to develop and pilot a Healthcare Improvement Science (HIS) Learning Evaluation Framework. Mixed Methods such as Minimum Data Set (MDS) and Case Study were used. Kirkpatrick's Model was utilized as the reference model. The piloting was conducted in HIS modules from seven European countries to achieve a content validation. Afterwards, a new piloting centered on the tool usability took place in Spain. Five stages in the professional life-long HIS learning were identified and considered as the tool's five evaluation levels. Pilot testing proved that the Evaluation Framework was acceptable and feasible across different European contexts. The ongoing evaluation was difficult to follow level by level in terms of sample participation. Consequently, a transcultural adaptation into Spanish was developed reducing the number of levels though maintaining the same contents, towards using the tool once the HIS Learning Process had finished and obviously avoiding the lack of sample participation during the process. Consistent use of a common HIS evaluation framework across different European institutions would avoid duplication of effort and allow cross-course comparisons. Through this instrument the HIS content of the modules developed and every course containing HIS will be ensured.

Biography

MCristina Sierras has completed her Master Degree in Nursing Research at the age of 23 years from University of Alicante. Nowadays she is working as Registered Nurse at Intensive Care Unit in Clínica Vistahermosa and also as Study Coordinator at Dermatology Area in Hospital General de Alicante. During her studies she achieved one research grant from the University of Alicante and another one from the Spanish Education Ministry both of them associated to ISTEW European Project. She is also the Co-Editor in Chief of IMPACT Journal.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Factors contributing to nosocomial anemia in the critically ill patients

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Background: Nosocomial anemia in critically ill patients may be the result of a variety of causes including RBCs losses and insufficient RBCs production. Therefore, critical care nurses should prevent nosocomial anemia through identifying the risk factors group, minimizing the factors contributing to nosocomial anemia, using of blood conservation strategies in the ICU, and monitoring of oxygen status as well as hematological one. Aim of this study was to identify factors contributing to nosocomial anemia in the critically ill patients.

Methods: Three tools were used for data collection. Tool one “Factors contributing to nosocomial anemia assessment”, tool two “Indicators of nosocomial anemia” and tool three “Estimation of blood loss volume tool”.

Results of the study: More than three-quarters of the studied patients developed nosocomial anemia (76.9%) by the third day while the rest of them did not develop nosocomial anemia.

Conclusion: Critically ill patients were highly susceptible for exposure of multiple iatrogenic factors which can contribute to nosocomial anemia during ICU stay. The volume of blood withdrawn for laboratory tests and malnutrition are among the factors that contribute to nosocomial anemia in the critically ill patients.

Biography

Fatma Refaat I-Fattah Ahmed has completed her MSC at the age of 27 years from Alexandria University and now she is about finishing her PhD from Alexandria University Faculty of Nursing. She is an assistant lecturer, Critical Care & Emergency Nursing Department-Faculty of Nursing Alexandria University. She has published more than 2 papers in reputed journals.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

The lived experience of Jordanian mothers with a preterm infant in the neonatal intensive care unit

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Objective: The purpose of this phenomenological study was to describe the lived experience of Jordanian Muslim mothers having their preterm infants admitted to the neonatal intensive care unit at a large Jordanian hospital in Amman, the Hashemite Kingdom of Jordan.

Methods: Twenty Muslim mothers participated in audio-taped narrative interviews describing the lived experience of having their preterm infant at the neonatal intensive care unit.

Results: Mothers described feeling emotional instability; living with challenges in family relationships and often feeling isolated; experiencing challenges in religious observances; finding strength through spiritual beliefs; and trying to normalize life.

Conclusions: Attention should be given to cultural and spiritual dimensions of the lives of mothers with infants in the newborn intensive care unit. Family centered developmentally appropriate interventions should be implemented to promote positive psychosocial outcomes and enrich the family perspective.

Biography

Hala Mahmoud Obeidat, RN, PhD, is working as an assistant professor of Maternal Child Health Nursing and Assistant Dean of academic affairs at Mutah University/ Princess Muna College of Nursing, Royal Medical Services, Amman, Jordan. He has around 10 publications in the field of maternal child health nursing and nursing education.

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August 15-17, 2016 London, UK

Missed nursing care, patient outcomes and care outcomes in selected hospitals in Southern Nigeria

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Background: Nurse Shortages cause omission of less critical nursing tasks by nurses.

Aim: To examine the nature and prevalence of missed care; and assess relationship between missed care and selected care outcomes.

Methods: Mixed method was used (descriptive and intervention) in this study. 186 nurses providing direct adult care in 4 hospitals, and 120 patients were enrolled. Ethical clearance was obtained from the HREC of Cross River State Ministry of Health. Nurses identified activities omitted in part or whole, or delayed in the previous seven days from a validated list of required care activities. Intervention comprised capacity building on certain care issues. Data were collected through researcher-developed and validated questionnaires. Descriptive and inferential statistics were used to analyse data on SPSS 18.0.

Results: Most nurses (83.9%) reported they had left one or more care activities undone. At post-test experimental group mean reduced significantly. Care most missed were routine bath (34.9%), spiritual support (33.9%), assessing effectiveness of pain medication (28.0%), patient education (26.3%), pain assessment before administering medication (25.8%), etc. Others like chronic wound care and updating care plans were delayed but not totally missed. After intervention both prevalence and overall Means of missed care for experimental group reduced significantly ($p=0.001$). Missed care was significantly related to all outcomes. Higher mean scores on missed care related with poor rating of outcomes, while lower means related with good outcomes. Study did not consider staffing levels.

Conclusion: Nurses reported frequently leaving “non-critical” care activities undone. Closer supervision is required to reduce missed care in staff.

Biography

Mary Ach Mgbekem has completed her PhD (Human Nutrition) from University of Calabar and Master of Science in Nursing (MSN) from Walden University School of Nursing. She is the Ag Head of Department of Nursing Science, one of the Universities in the South-South Geo-political Zones offering Nursing and Midwifery education for undergraduate and postgraduate students. She has published more than 20 papers in reputed journals and has been serving as a faculty board and N & MCN member of the repute.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

The knowledge, view and practice of nurses and midwife's in term of oral and dental health during pregnancy

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This study which was conducted in Istanbul, Turkey was to determine nurses and midwives' knowledge, views and practices about oral and dental health (ODH) during pregnancy. A cross-sectional survey was conducted on nurses/midwives who work at a maternity services during in-service education courses attended in Istanbul. Anonymity and confidentiality were explained to the participants, before the study. Of health professionals, 420 accepted to participate in the study. As they were not fully completed, 42 forms were not taken into consideration. 378 participants' forms (172 nurses, 206 midwives) were assessed. Participation rate was 84%. The data was collected using the self-administered questionnaire developed by the researchers. The questionnaire included 15 questions related to the socio-demographic characteristics of the participants and 23 questions related to the knowledge, attitudes and practice in relation to ODH during pregnancy. The analysis of the data gathered from the study was performed with the SPSS for Windows. The descriptive characteristics of participants analyzed with the percentages. The mean age of the participants was $32,89 \pm 8,25$ years (min 17- max 60), 97.0% of them were female, 54.3% midwife, and 45.7 % nurse. 92.1% participants stated that pregnant should be guided on ODH and 86.8% of participants reported that ODH for pregnant should be a part of prenatal care but 78% of them did not provide information to pregnant. 56.3% participants believed that nurses and midwives have limited contribution to ODH of pregnant. 28.8% participants said that they have sufficient training to inform pregnant about ODH.

Biography

Nevin Sahin has completed Ph D in 1996 from Istanbul University. She received the title of associate professor in 2010, became professor in 2015. She has been the Chairwomen in Department Women Health and Disease Nursing in Florence Nightingale Nursing Faculty in Istanbul University. She has published more than 20 papers in reputed journals and also the author of internationally printed books and book chapters. She has been serving as an editor in Journal of Women Health Nursing (in Turkish).

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Point Prevalence of pressure ulcer among admitted patients in a tertiary spinal cord injury care hospital

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Introduction: Pressure ulcer (PU) is a global problem concerning the bedridden, debilitated and malnourished patients in hospital setting and a most serious health issue for patients with spinal cord injury. As per NPUAP of US, incidence of bedsore varies from 0.4% to 38% in hospitals.

The object of the study is-

- To estimate the point prevalence of PU in a tertiary care hospital.
- To assess the functional dependence in the activity of daily life amongst the admitted patients with pressure ulcer in a tertiary care hospital.

Material & Methods: A cross sectional survey was conducted using a structured questionnaire on 29th March, 2016. One hundred and forty five patients were studied from spine, orthopedic, neuro medicine, Neurosurgery, medical and surgical units. Katz Index of Independence in activities of daily living was used to evaluate the level of functional dependence of patients in their various activities of daily life. Braden scale was used to assess the risk factors for the formation of PU.

Result: Sixteen percent (23) patients were found to be having PU in different areas with different stages. Most of the patients (87%) were brought with PU from outside. Mean age of the patients was 47.16 yrs. with the range of 22 - 87 years. Most (82.6%) of the patients were admitted through OPD. Maximum patients (87%) with PU were with spinal cord injury. Katz Index of Independence in Activities of Daily Living (ADLs) score was 0.91 with the range of 0 - 6. Mean Braden Scale score was 13.17 with the range from 8 - 17. Sacrum (87%) was the commonest site of development of PU. 17% patients had more than one ulcer. Most of the patients (78%) require assistance to change position whereas 2 hourly position change was done for all the patients (100%). Alternating air mattress was used for all patients with PU (100%). Dressing was done commonly with Betadine (95%), others are Hydrogen peroxide, Autolyzing Cream, Oxum Spay, NS.

Conclusion: Sixteen percent prevalence of PU indicates the need to improve the quality of care in the hospital.

Biography

Ipsita Shee has completed her Master Degree in Nursing at the age of 25 from Rajkumari Amrit Kaur College of Nursing under Delhi University. She is having 4 years of teaching experience. Now she is the educator in Halyard Health, formerly Kimberley Clark.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Morphologic characteristics of precancerous processes of uterine cervix at colposcopy

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Introduction: In recent 5 years increasing of uterine cervix cancer at women of different age categories has been detected. Among risk factors of cancer developing are early beginning of sexual life, large amount of pregnancies, long-term administration of hormonal contraceptives. Special role in development of precancerous conditions has Human Papilloma Virus (HPV) belonging to A subgroup of Papoviridae family, which infests mucous of uterine cervix and causes inflammation and epithelium dysplasia development. Mild dysplasia (cervical intraepithelial dysplasia I, squamous intraepithelial damage of low degree) – moderate epithelium proliferation of basal and parabasal layers. Mild dysplasia disappears after specific anti-inflammatory treatment. At moderate dysplasia (cervical intraepithelial dysplasia II) – pathologic changes occupy whole inferior half of epithelial layer, at severe dysplasia (cervical intraepithelial dysplasia III, carcinoma in situ) – cellular changes occupy whole layer of squamous epithelium and significant cell proliferation of basal and parabasal layers, persisting of hyperchrome cells and disruption of nuclear-cytoplasmic ratio in favor of nucleus enlarging in cells are detected.

Materials and methods: Materials were collected at 3rd clinic of TMA (Tashkent Medical Academy) for period of 2014/2015. Biopsies after preliminary cytological examination for Papa Nikolaou tests with high titers of HPV and iodine-negative zone at colposcopy of 150 women were studied. At histological examination 90 cases of dysplasias of different degrees were detected, part of them in combination with endocervicosis, 26 cases of adenomatous polypus, 24 cases – stationary (hospital) endocervicosis. Average age of women was from 25 to 55 years old. In contrast to 2014 when frequency of uterine cervix damaging was 143 cases from 410, in 2015 this index increased to 175 cases.

Conclusion: Considering the above, it is necessary to increase mandatory Papa Nikolaou tests examining at gynecological rooms at women with uterine cervix changes and subsequent histological damaging.

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August 15-17, 2016 London, UK

A 'learning curve' for nurse interns in clinical practice in Saudi Arabia

Grace Lindsay and Hayam Asfour

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Introduction: Following successful completion of diploma and degree nursing programmes, prospective qualified nurses require to complete a hospital-based, clinically supervised practice programme as an 'intern', 'apprentice' or 'mentee'. In common with many countries across the World, nurse interns in Saudi Arabia join specifically designed programmes, provided across a range of clinical settings and guided by clinical learning objectives with mentorship from qualified nurses.

Feedback on the experience of interns as they begin to apply their previous learning in a range of clinical areas is important for understanding their challenges in practice, the learning gaps and the needs for preparation of future nurses.

Aim: To explore interns' experience of clinical practice following a six month Internship programme for newly graduated nurses.

Setting: An acute care hospital setting, in a selected hospital, Saudi Arabia.

Participants: Diploma prepared nurses in final month of six month internship programme.

Methods: A qualitative method, using one-to-one interviews, was used to explore the views of interns learning experience in clinical practice, focussing on their learning experiences as they prepare to be clinical competent new nursing practitioners. Thematic analysis of accounts of their insights and experiences was performed.

Results: Pilot data are presented from initial interviews (n=4).

Six preliminary main thematic areas were identified namely; *'interactive nature of health education with patients'*; *'using lay terminology'*; *'recognition of patient information boundaries'*; *'more therapeutic communication/engagement with patients during care delivery/procedures'*; *'complexity of real-life care'*; *'participating in team care delivery'*

Conclusions: The accounts from interns highlighted their new experiences being grounded in the application of knowledge and classroom learned practice, to real life care; dealing with patients as interactive recipients of care, the complexity of more than one procedure being undertaken within a single episode of care and working as part of a team.

Biography

Grace Lindsay is a member of academic staff at the College of Nursing, Umm Al Qura University. She has worked for a period of more than 20 years as a nurse educator and researcher in the UK, North America and is currently based in Saudi Arabia. Her research interests are drawn from naturalist perspectives using both qualitative and quantitative methods in a range of nursing education and practice contexts.

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A learning curve for nurse interns in clinical practice in Saudi Arabia

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Aim: To explore interns' experience of clinical practice following a 6 month internship programme for newly graduated nurses.

Setting: Study was conducted at an acute care hospital setting, in a selected hospital, Saudi Arabia.

Participants: The study include, diploma prepared nurses in final month of six month internship programme.

Methods: A qualitative method, using one-to-one interviews, was used to explore the views of interns learning experience in clinical practice, focussing on their learning experiences as they prepare to be clinical competent new nursing practitioners. Thematic analysis of accounts of their insights and experiences was performed.

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Biography

Hayam Asfour is a member of academic staff at the College of Nursing, Umm Al Qura University. She has worked for a period of more than 19 years as an Educator and Researcher in the Faculty of Nursing, Alexandria University, Egypt.

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August 15-17, 2016 London, UK

Quality of life and self-esteem of Egyptian children with type I Diabetes

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Background: Diabetes mellitus (DM) is one of the most common chronic diseases in child & adolescence and requires special self-care behaviors throughout life. Living with the requirements related to glycemic control, insulin therapy, diet plan and physical activity may have a significant impact on the psychological functioning of not only the patients but their families as well.

Aim: The present study had the purpose for the evaluation of the health related quality of life (HRQoL) and self-esteem (SE) of children & adolescents with diabetes mellitus type 1, analyzing the relation between these constructs in this population and comparing these results with those of non-diabetic ones, and finding if there is association between metabolic control (Hb A1c) and these psychosocial correlates (HRQoL & SE).

Materials & Methods: Study participants included parents and their children/adolescents with type 1 diabetes who were 10–18 years old. The participants have had T1DM for more than two years. The control group consisted of 42 healthy children 10 – 18 years old. Peds QL 4.0 Generic Core Scales (GCS) were designed to measure the core health dimensions in both healthy and patient populations. PedsQL 3.0 diabetic module (DM) was developed to measure diabetes-specific HRQoL, for youths with T1DM. Hare Area-Specific Self-Esteem Scale, measures adolescents' feelings about their worth and importance among peers, as students, and as family members.

Results: The mean total HRQoL scale scores (child self-report and parent-proxy reports) were 75.42, 72.37 for diabetics and 94.80, 96.83 for healthy ones, with significant difference (<0.001). Also, diabetics showed lower self-esteem (2.31) than healthy ones (2.05) as higher scores indicate lower self-esteem. However, there were significant negative correlations for Peds QL 4.0 (GCS) both child and parent report and self-esteem scale scores in diabetics (table 4). While, table 5 shows positive correlation between HbA1c levels and self-esteem scores and insignificant negative correlation between HbA1c levels and school function scores in Peds QoL among diabetics.

Conclusion: Children with diabetes had lower quality of life than healthy ones in the physical, emotional and social domains. The SE and QoL concepts were correlated, i.e. the better the quality of life of diabetic children the higher the self-esteem. Uncontrolled diabetes (increased level of HbA1c, 8.4%) did not affect Peds QoL except for school function domain, but with insignificant statistical level. While, this suboptimal metabolic control affect self-esteem of children and adolescents.

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August 15-17, 2016 London, UK

Education to smokers through various alternative strategies to control the problem of smoking

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Introduction: We all know cigarettes smoking is one of the commonest problem in the community. Since smoking is a worldwide epidemic, it requires co-ordinated political and non-political approaches at local national and international levels to control the smoking epidemic.

Aims: Assessment of the consequence of smoking.

- To find out attitude towards quit smoking
- Education through various alternative methods to quit smoking.
- Assessment of effectiveness of the education.

Materials and methods: The conceptual framework of this study was based on Henderson's health problem model; self-administered questionnaire was used to collect the data simple percentage technique used to find out the consequences of smoking problem sampling technique.

The random sampling technique was used for this study where 100 patient taken from both inpatient and outpatient wards.

Findings: Most of the smokers comes under moderate economic status class 82% of respondents were educated, 79% of smokers married, 70% smokers from urban and 30% of smokers from rural, 75 % of smokers above age of 18 and 25 % below 15-18 years. 42% moderate smokers and 63% occasional type 5 % chain smokers, result of combined habit shows that 55% have this problem without any combination like alcohol betel chewing etc.,

The result indicates specific causes for not able to quit this habit 95% smoke immediately after food, 90% stress from people.

Conclusion: The present study was aims to attempt to see the effectiveness of non-medical strategies for quit smoking lack awareness and quit of education was the main causes which prevent them not to utilize various methods. Hence further study can done in the area of creating awareness and then to concentrate on treatment modalities.

Keywords: Education, Smokers, Alternative, Strategies, Smoking.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Accepted Abstracts



World Nursing 2016

6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Global benchmarking on the role of the advanced practice nurse (APN) using the behavioral intervention team (BIT) as a model of care

Jasper L Tolarba

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Background: Advanced practice nursing (APN) is broadly defined as nursing interventions that influence health care outcomes, including the direct care of individual patients, management of care for individuals and populations, administration of nursing and health care organizations, and the development and implementation of health policy (AACN Position Paper, 2004). APN has been widely successful and well received in the United States, Canada, Singapore, Japan, etc., and its practice is steadily on rise internationally. This paper describes the emerging trend of advanced practice nursing worldwide. It discusses the significant contributions of advanced practice nurses and how they positively impact patients' clinical outcome and explains why they are beneficial members of the health care team.

Purpose: The goal of this paper was to describe the BIT model of care and the role of the APN. This was achieved through 4 specific aims: (1) Describe the overall context and structure of the BIT, (2) Describe the BIT members' clinical and operational responsibilities, (3) Describe the collaborative relationships among stakeholders, and (4) Validate the overall BIT model of care and the role of APNs with a group process.

Design: The conceptual framework used in this project to describe the overall framework of the BIT model of care was the Donabedian Model of Quality Health Care.

Methods: An initial description of the overall structure of the BIT and the roles and responsibilities of advanced practice nurses was written. The multifocal roles of the APNs were also described as they function within the BIT model of care. The draft was validated via a group process involving all members of the BIT.

Results: The draft of this paper was distributed to all members of the BIT and the group process of content validation showed an accurate description of the role of the APN in the BIT program with minor revisions.

Conclusions: The BIT model of care is an evidence-based, proactive approach in providing psychiatric services to patients in a general medical inpatient setting. It has been proven effective and innovative, which has fueled replication of the BIT program in other hospitals in the United States. Results from this study can be used as template for other healthcare insitutions to replicate the program and utilize the APN role for its success.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Accuracy and efficiency of recording Paediatric Early Warning Scores (PEWS) using electronic hand-held devices compared with traditional paper-based documentation

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Introduction: Paediatric Early Warning Scores (PEWS) are advocated to assist healthcare professionals to identify early signs of serious illness or deterioration in hospitalised children. A weighting is applied to score components reflecting deviation from a pre-determined 'norm'. Higher aggregate scores trigger an escalation in care-delivery aiming to prevent adverse events. Knowledge to improve PEWS performance is evolving. Most published studies are from single sites using paper-based documentation, which limits the quantity and quality of data that can be collected and subsequently modelled. Process errors in documentation including missing data, illegible recording, plotting or calculation errors have potential to impede the reliability of the PEWS assessment.

Purpose: To determine the reliability of the PEWS assessment, we measured the accuracy of data recording, PEWS calculation and time to complete documentation for five clinical vignettes, using a hand-held electronic physiological surveillance system (VitalPAC®Paediatric) compared to traditional paper-based methods. We also explored the user acceptability of both methods.

Materials & Method: A mixed method controlled exercise of documenting paediatrics vital signs and clinical observations, and calculating the PEWS score was undertaken. A web based survey was also conducted to determine user acceptability.

Results: Twenty-three clinical staff participated in the controlled exercise. Using VitalPAC®Paediatric the accuracy of documentation improved from 85.6% to 98.5%, $p < 0.001$. The time required to document vital signs and PEWS improved from 98 to 68 seconds, $p < 0.001$. The accuracy of PEWS calculation was also superior using EPSS documentation compared with traditional paper charting: 94.6% vs 55.7%, $p < 0.001$. Web-based survey of user-acceptability was completed by twenty-nine staff. 55% respondents stated their preference of recording data was using VitalPAC®Paediatric. Staff perceived that this technology offered clinical safety benefits including less likelihood of errors in documenting vital signs and clinical observation. Immediate visibility of recorded data to the entire clinical team contributed to situational awareness. However, it was highlighted that good technical support, Wi-Fi connectivity, and device reliability were essential.

Conclusion: In a controlled exercise, the VitalPAC®Paediatric prototype reduced human factor error in vital signs documentation and PEWS score calculation, and saved time.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

The effects of transformational leadership and interpersonal interaction on mentoring function

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Mentoring functions will improve new nurses' job performance, provide support with new nurses, and then reduce the turnover rate of them. This study explored the impact of transformational leadership and interpersonal interaction on mentoring functions. We employed a questionnaire survey to collect data and selected a sample of new nurses from three hospitals in Taiwan. A total of 306 valid surveys were obtained. Multiple regression model analysis was conducted to test the study hypothesis. Inspirational motivation, idealized influence, and individualized consideration had positive influence on overall mentoring function, but intellectual stimulation had positive influence on career development function only. Perceived similarity and interaction frequency also had positive influences on mentoring functions. When the shift overlap rate exceeded 80%, mentoring function experienced a negative result. Transformational leadership of mentors actually would improve the mentoring functions among new staff nurses. Perceived similarity and interaction frequency between mentees and mentors also had positive influence on mentoring functions. Managers should enhance transformational leadership of mentors by designing leadership training and motivation programs. Furthermore, nursing managers should promote the interaction between new staff nurses and their mentors, but the shift overlap rate should not exceed 80%.

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Health belief model scale for human papilloma virus and its vaccination: Adaptation and psychometric testing

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The human papilloma virus (HPV) is one of the most common sexually transmitted disorders. Primary protection from HPV includes the elimination of sexual risk factors and prophylactic vaccine administration. The US Food and Drug Administration has approved 3 safe and effective vaccines that prevent infection by the most prevalent cancer-causing HPV: the bivalent HPV vaccine, the quadrivalent HPV vaccine and, a new 9-valent HPV vaccine. To identify the barriers and factors that facilitate HPV vaccination of individuals, the use of standard tools enables more accurate comparison of these factors across groups. The HBM has been applied to numerous screening behaviors and has been used for predicting HPV vaccine acceptability. The literature on the role of HBM constructs is limited with regard to HPV vaccination acceptability. The aim of this study was to adapt the Health Belief Model Scale for Human Papilloma Virus and Its Vaccination among women. (HBMS-HPVV) into Turkish, to explore its construct validity and reliability, and to evaluate health beliefs toward HPV and its vaccination, HPV-related knowledge, and the HPV vaccination intentions of female college students. The study was an instrument adaptation and psychometric testing study. The sample consisted of 302 nursing students at a nursing school in Turkey between April and May 2013. Questionnaire-based data were collected from the participants. Information regarding HBMS-HPVV and HPV knowledge and descriptive characteristic of participants was collected using translated HBMS-HPVV and HPV-KS. Test-retest reliability was evaluated and Cronbach alpha was used to assess internal consistency reliability, and exploratory factor analysis was used to assess construct validity of the HBMS-HPVV. The scale consists of 4 subscales that measure 4 constructs of the Health Belief Model covering the perceived susceptibility and severity of HPV and the benefits and barriers. The final 14-item scale had satisfactory validity and internal consistency. Cronbach alpha values for the 4 subscales ranged from 0.71 to 0.78. Total HPV-KS ranged from 0 to 8 (scale range, 0-10; 3.80 + 2.12). This scale can be used to investigate the health beliefs of young women in relation to HPV and its vaccination and to evaluate the effectiveness of intervention strategies to promote HPV vaccination intentions and use. Understanding of how knowledge and health beliefs predict HPV vaccination will help health care professionals in the development of effective interventions to increase intentions to receive the HPV vaccine.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Evaluation of a biomarker of pain for patients in a coma undergoing nursing intervention bath bed

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Objective: To determine whether patients in a coma hospitalized in an intensive care unit feel pain when subjected to bath nursing intervention in bed.

Method: This is a quasi-experimental research which were collected 25 samples of which perform quantitative analysis of substance P (SP) in saliva by ELISA and correlated with clinical signs and signic.

Results: You can tell that there is evidence that when we take care of patients in a coma or add provoke painful stimuli by an increase in score of Behavioral Pain Scale with $\Delta=1.0$ ($p=0.0001221$) and the score on the scale for Changes facial with $\Delta=1.0$ ($p<0.0001$). The Spearman correlation test showed that there is a correlation between the SP variables and blood pressure ($r=1.000$).

Conclusion: Our findings suggest that SP may be considered a biomarker of pain for the patient in a coma.

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Exploring the definition of spirituality and accompaniment from the perspective of BSN students

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A structured spiritual care by the nurses may differ from that of a nursing student. Therefore, this study explored the definition of spirituality and accompaniment from the perspective of Bachelor of Science in Nursing (BSN) students. A spiritual course was offered to 36 BSN students from August 2014 to July 2015. The categories for the definition of spirituality included the students themselves; other people; faith; soul; integration; and the skills of empathy, listening, accompaniment, and care for understanding the empty feelings of other people and for striving to empathize with such feelings. The final definition of spirituality obtained from the BSN students was the relationship among themselves; other people; faith; soul; and the ability to understand the inner spiritual needs of other people by assisting them in attaining true spiritual contentment through the skills of empathy, listening, accompaniment, and caring. Furthermore, two categories of perceived and functional definitions of accompaniment were identified by the 36 BSN students. Regarding perceived accompaniment, nursing students could feel the happiness and harmony of their families, recall their memories of chatting with their grandfathers with the tendency to cry, and celebrate worthwhile things with the person being accompanied. Functional accompaniment provides happiness to the person being accompanied. Additionally, the person being accompanied can disclose emotions by chatting with the accompanier; through accompaniment, relationships can also become even closer. The authors suggest that future studies develop a protocol for nursing students for learning how to accompany clients through the skills of empathy, listening, and caring, thus sincerely satisfying the spirituality of clients by fulfilling their inner spiritual needs.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Maternal nutrition and the risk of congenital malformations in the tea garden community of Assam, Northeast India

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Aims: Iodine deficiency during pregnancy causes wide spectrum of disorders and congenital malformations (CM) in the fetus. Previous studies have shown higher prevalence of endemic goiter in Dibrugarh district of Assam. The present study aims to evaluate the iodine status among pregnant women of the tea garden community and its effect on the fetus.

Methods: We conducted a cross-sectional study to estimate urinary iodine (UI) level in each trimester for 156 pregnant women (age 18-35 years) and 160 age-matched apparently healthy non-pregnant women from the same community. The WHO reference medians were used to classify iodine intake as deficient, adequate or excessive. Anthropometric, obstetric and socioeconomic data including information regarding food habits, source of drinking water, type of salt consumed was obtained from each participant.

Results: The Median urinary iodine concentration (MUIC) of pregnant women in their 1st trimester was 170 µg/l (IQR 100 µg/l) which increased to 275 µg/l (IQR 166 µg/l) during the 2nd trimester and decreased to 265 µg/l (IQR 160 µg/l) at the 3rd trimester. Among primigravida MUIC <150 µg/l was notable in 1st and 2nd trimester as compared to 1st and 3rd trimester among multigravida women. The UI levels were significantly higher in the test population than the control group. Malformations were noted in 16 babies. One baby was stillborn. 12 babies were born preterm. Univariate analysis indicated that a MUIC <150 µg/l during the 1st trimester was significantly associated with CA (OR 3.59, 95% CI: 1.20-10.79). Within the cohort, maternal BMI <18.5 (OR 2.68, CI: 1.25-5.74), age <20 years (OR 1.39, CI: 0.22-8.70), iodine unawareness (OR 1.68, CI: 0.72-3.95) and illiteracy (OR 1.12, CI: 0.55-2.30) elevate risk of having MUIC <150 µg/l during the 1st trimester. The overall prevalence of Goitre was 14.1%.

Conclusion: Significant association was observed between low iodine status during early part of pregnancy and congenital malformations. Other notable risk factors of congenital malformations low maternal BMI, younger age, illiteracy and unawareness among mothers regarding iodine nutrition etc.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Prevalence of “HIV/AIDS related” parental death and its association with sexual behavior of secondary school youth in Addis Ababa, Ethiopia: A cross sectional study

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Background: Human immunodeficiency virus infection is a global crisis that represents a serious health threat, particularly among younger people. Various studies show that both orphan and non-orphan adolescents and youths experience vulnerability to HIV. Nevertheless, the findings hitherto are mixed and inconclusive. The aim of this study, therefore, was to assess the prevalence of parental death and its association with multiple sexual partners among secondary school students for evidence based interventions.

Methods: A cross-sectional study was conducted among secondary school youth in Addis Ababa, Ethiopia. A multistage sampling technique was used to select a representative sample of 2,169 school youths. Sexual health behavior related data were collected using self-administered questionnaire. Binary logistic regression was employed to examine the relation between parental death and multiple sexual partners.

Results: Among the 2,169 eligible study participants 1948(90%) completed the self-administered questionnaires. Of those 1,182(60.7%) were females. The overall prevalence of parental death was 347(17.8%) with 95% CI (16.2%, 19.6%). The HIV/AIDS proportionate mortality ratio was 28% (97/347). A multivariate logistic regression analysis showed that high HIV/AIDS related knowledge (AOR=0.39; 95% CI, 0.18-0.84), positive attitude towards HIV prevention methods (AOR=0.48; 95% CI, 0.23-0.97), being tested for HIV (AOR=0.52; 95% CI, 0.31-0.87) and chewing Khat (AOR=2.59; 95% CI, 1.28-5.26) were significantly associated with having multiple sexual partners among secondary school youths.

Conclusions: Significant proportion of secondary school youths had lost at least one parent due to various causes. High knowledge of HIV/AIDS, positive attitude towards 'ABC' rules for HIV prevention, being tested for HIV and chewing khat are more likely to be factors associated with multiple sexual partnership among secondary school students in Addis Ababa. Therefore, the school based interventions against the HIV/AIDS epidemic should be strengthened with particular emphasis on the effects of HIV/AIDS related knowledge, attitude towards preventive measures, mechanisms for improving HIV Counseling and Testing coverage and the associated prevailing risk factors.

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The reliability and validity of prostate cancer fatalism inventory in Turkish language

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This study aimed to conduct the reliability and validity study of the Prostate Cancer Fatalism Inventory in Turkish language. The study carried out in methodological type and consisted of 171 men. The ages of the participants ranged between 40 and 82. The content validity index was determined to be 0.80, Kaiser-Meyer-Olkin value 0.825, Barlett's test $X^2 = 750.779$ and $p=0.000$. Then the principal component analysis was applied to the 15-item inventory. The Inventory consisted of one dimension and the load factors were over 0.30 for all items. The explained variance of the inventory was found 33.3 %. The Kuder-Richardson-20 coefficient was determined to be 0.849 and the item-total correlations ranged between 0.335-0.627. The Prostate Cancer Fatalism Inventory was a reliable and valid measurement tool in Turkish language. Integrating psychological strategies for Prostate Cancer screening may be required to strengthen the positive effects of nursing education.

Key words: prostate cancer, fatalism, validity and reliability, nursing

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Quality of nursing work life among nurses working in selected government and private hospitals in Thiruvananthapuram

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Purpose: The quality of nursing care, a major influence on the quality of health care, is directly linked to the quality of nurse's work life. The study compared the Quality of Nursing Work Life among nurses across government and private sectors and examined the factors associated with differences, if any.

Methodology: A cross sectional comparative survey done among nurses working in selected government and private hospitals in Thiruvananthapuram, Kerala, India. The QNWL scale was used to collect information on quality of nursing work life and a structured interview schedule to collect information on demographic profile, work related information and work environment. Analysis was done in SPSS version 17.

Findings: There was a significant difference between the two groups in mean age, proportion of males, proportion with higher qualifications and in mean salary levels. Nurses working in the government hospitals had significantly higher mean total QNWL score (156.45 ± 33.86) as compared to nurses in the private sector (137.18 ± 37.58). Mean scores for each of the four domains between government and private sector nurses were significantly different. Educational status was significantly associated with QNWL of nurses in the government sector while the QNWL of private sector nurses was significantly associated with the monthly salary earned.

Conclusions: The majority of nurses in both government and private hospitals had a moderate quality of nursing work life, with government nurses faring significantly better than their counterparts in the private sector. Poor work-life balance, lower salary levels despite higher qualifications appear to be contributing to these differences.

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A Hospital Collaborative: Bundle Compliance Form Use in the Reduction of Central Line Associated Bloodstream Infections (CLABSI) and Catheter Associated Urinary Tract Infections (CAUTIs)

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Background: CLABSI affect 80,000 patients in the ICU each year and are associated with 24,000 deaths annually. A patient's length of stay can double due to development of a CLABSI. CAUTIs account for more than 15% of infections reported by acute care hospitals and it is estimated that more than 13,000 deaths are attributed to CAUTIs. CAUTIs can increase a patient's length of stay by 1 to 3 days.

Methods: The Nursing and Infection Prevention teams collaborated in the development of a bundle compliance form that is utilized every 12 hour shift 7 days a week by the direct patient care nurses. The form is then faxed to the Infection Prevention department while making twice a day rounds on the Nursing units. This form is used in conjunction with an electronic report that lists patients by Nursing unit with central lines and indwelling catheters.

Results: Our infection prevention plan monitors and reports CLABSI and CAUTIs for each Nursing unit. In 2015, there was a 100% reduction in CLABSI in the intensive care units and a 59% reduction in CLABSI for all Nursing units. In 2015, there was a 65% reduction in CAUTIs in the intensive care units and 33.3% reduction in CAUTIs for all Nursing units.

Conclusions: A combination of education of the Nursing unit staff in best practice elements via a bundle compliance form, every shift assessment to reduce device utilization, review of indications for central lines and indwelling urinary catheters, in conjunction with daily rounds by the infection preventionists resulted in a significant decrease in healthcare associated infections in our healthcare facility.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Baccalaureate minority nursing students' perceptions of high-fidelity simulation

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To date, a gap exists in understanding the role demographic variables may have on student outcomes in simulation, although the prevailing theory suggests that simulation can accommodate diverse learning styles and teaching methods and allow students and groups with varying cultural backgrounds to benefit from the experience. The landmark 2014 National Council of State Boards of Nursing (NCSBN) study determined HFS to be effective in adequately preparing nursing students; however, it remains unclear if simulation is an effective method of teaching minority students as simulation studies have primarily included as a homogenous sample of both students and manikins. A major limitation of the 2014 NCSBN study was that more minority students dropped out of the 50% substitution with simulation group than the 25% substitution with simulation group and traditional clinical group, and this was statistically significant. In addition, a large number of the minority students in the 50% substitution with simulation group withdrew from the study because of no longer wanting to participate. Currently, no studies exist either examining directly or indirectly the minority nursing students' perception of simulation. This qualitative study examined baccalaureate minority nursing students' perceptions of high-fidelity simulation. Three focus groups assigned by race were conducted in junior and senior students who have previously participated in high-fidelity simulation. Three themes and two subthemes emerged: a need to keep the peace, pressure to perform, and demographics as a factor in simulation with subthemes: isolation and discrimination and faculty role. Results confirmed that current simulation practices in nursing education may exist as barriers to minority students.

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Back to the future: Online OSCE management information system for nursing OSCEs

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Background: The Objective Structured Clinical Examination (OSCE) is an established tool in the repertoire of clinical assessment methods in nurse education. Identified benefits of OSCE assessment include development of students' confidence in their clinical skills and preparation for clinical practice.

Objectives: To explore electronic OSCE delivery and evaluate the benefits of using an electronic OSCE management system. To explore assessors' perceptions of and attitudes to the computer based package.

Design: This study was conducted using electronic software in the management of a four station OSCE assessment with a cohort of first year undergraduate nursing students delivered over two consecutive years (n=203) in one higher education institution in Ireland. A quantitative descriptive survey methodology was used to obtain the views of the assessors on the process and outcome of using the software.

Methods: OSCE documentation was converted to electronic format. Assessors were trained in the use of the OSCE management software package and laptops were procured to facilitate electronic management of the OSCE assessment. Following the OSCE assessment, assessors were invited to evaluate the experience.

Results: Electronic software facilitated the storage and analysis of overall group and individual results thereby offering considerable time savings. Submission of electronic forms was allowed only when fully completed thus removing the potential for missing data. The feedback facility allowed the student to receive timely evaluation on their performance and to benchmark their performance against the class.

Conclusions: Assessors' satisfaction with the software was high. Analysis of assessment results can highlight issues around internal consistency being moderate and examiners variability. Regression analysis increases fairness of result calculations.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Yoga practices and student nurses emotions

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Yoga is amongst the top 5 of various alternative and complementary therapies to impact stress, and it is one of the most popular practices that have the potential to promote positive emotions and diminish the negative emotions among the human beings. The aim of this study was to assess the effect of selected yoga practices on emotions among first year student nurses. In this randomized controlled study, 72 under-graduate student nurses underwent yoga practices. The selected yoga practices were systematic relaxation, diaphragmatic breathing, and stretching exercises that were performed in a progressive manner. The intervention was carried out for the minimal duration of 90 minutes per day, twice in a week for a period of four and half weeks followed by supervised practice in the hostel 6 days a week. Assessment was carried out on the baselines for both control and experimental groups; completion of intervention for experimental group and completion of intervention for the control group, assessment included 2 standardized tools i.e. Perceived Stress Scale (PSS) and Positive Affect and Negative Affect Scale (PANAS). Since the data was tested and depicted a normal distribution, repeated measures ANOVA was used for statistical analysis. In experimental group, the positive emotion (PSS) mean score of baseline data was 27.7 ± 4.5 and after intervention increased to 30.5 ± 3.7 with significance ($p=0.0001$). Follow up after 4.5 weeks, there was a fall in the mean score from 30.5 ± 3.7 to 25.8 ± 4.5 with significance ($p=0.0001$) due to the noncompliance of supervised yoga practices. In the negative emotion (PSS) mean score of baseline data was 20.3 ± 4.4 and after intervention decreased to 18.9 ± 4.4 with significance ($p=0.0001$). Follow up after 4.5 weeks, there was an increase in the mean score from 18.95 ± 4.4 to 22.1 ± 4.6 with significance ($p=0.0001$) due to the noncompliance of supervised yoga practices. In control group (PSS) there is no significant changes in the positive emotion ($p=0.57$) mean score but significant ($p=0.030$) mean score difference was found in negative emotion of the PSS at various levels. In experimental group the positive emotion (PANAS) mean score of baseline data was 33.2 ± 4.9 and after intervention increased to 37.3 ± 3.6 with significant ($p=0.0001$). Follow up after 4.5 weeks, there was a fall in the mean score from 37.3 ± 3.6 to 34.0 ± 5.8 with significant ($p=0.0001$) due to the noncompliance of supervised yoga practices. In the negative emotion (PANAS) mean score of baseline data was 20.1 ± 6.7 and after intervention decreased to 15.1 ± 5.9 with significant ($p=0.001$). Follow up after 4.5 weeks, there was an increase in the mean score from 15.1 ± 5.9 to 16.1 ± 6.7 with significant ($p=0.001$) due to the noncompliance of supervised yoga practices. In control group (PANAS), there is no significant changes in the positive emotion ($p=0.850$) mean score but significant ($p=0.038$) mean score difference was found in negative emotion of the PANAS at various levels. The co-relational statistics between PSS and PANAS shows that domains of both tools were significantly correlated each other. Students undergoing yoga practices on regular basis have significantly lesser negative emotions and enhanced the positive emotions.

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End-of-life (care) perspectives and expectations of patients with schizophrenia

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Background: Schizophrenia is a disabling and life-shortening psychiatric disorder due to disease, medication and lifestyle-related factors. It is therefore not unreasonable to assume that existential themes are important for these patients.

Methods: Transcripts of 20 patients were coded and analyzed thematically using a modified grounded theory approach in the exploration of perspectives and expectations of end-of-life (care).

Results: No fear of death, skilled companionship and preserving quality of life were major themes in the interviews.

Conclusion: This study showed that patients, despite emotional flattening and cognitive deficits, find the possibility to discuss end-of-life topics reassuring and some even therapeutic.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Home-boundness experiences of low-income elderly in Korea

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This study was to explore and conducted attributes of home-boundness experienced by low-income elderly people. We studied using qualitative research method with individual interviews. The participants were 23 adults with above 65 years. The data were analyzed using the inductive method, based on a threshold frequency of going out of the home once a week; participants were categorized into two groups. When the data from the two groups were compared, the following attributes of low-income elderly people's home-boundness were derived: 'concern about expenses', 'being unable to move about as one wants', 'distress due to lasting symptoms', 'feelings of wretchedness in life', 'loneliness', 'lowered self-esteem', 'difficulty in relationships' and 'restrictive environment'. The findings of this study are expected to help improve health professionals', including community nurses', understanding of home-boundness in low-income elderly people and to contribute to develop the care guide for them.

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Reflective practice meetings as an aspect of inter-professional education: A cross pollination of multi-disciplinary perspectives within Health, Education and Social care

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Reflective practice has gained prominence within the health, education and social care sectors in particular within the United Kingdom (UK). This prominence has been driven and shaped by differing assertions and counter-assertions about the relevance of reflective approaches in shaping collaborative enterprises that may help meet patient satisfaction and outcomes agendas. Given the competing assertions within the literature discourse, an emerging model is proposed in order to make a connection between the significance and relevance of reflective practice meetings (RPMs) as an aspect of inter-professional education and its application within clinical contexts. Emphasis is placed on how professionals engage with the cross-disciplinary viewpoints in order to help understand the nature of caring in differing caring contexts. Notably, some contributors within the literature sources posit that a divergence of opinion about the contribution of RPMs as an aspect of inter-professional education exists. For example, some note that inter-professional education (IPE) represents a particular challenge for those engaged with the task of facilitating knowledge construction and knowledge transfer due to the social power issues, real or perceived, as reflected within different professional disciplines. Advocates for IPE postulate that individuals have to utilize IPE as something that helps professionals from diverse and distinct disciplines to identify the different lenses that help to foster a collaborative ethos within a context of shifting priorities. Consequently, engaging with the differing viewpoints within an RPM context may contribute to how IPE is conceptualized for example is it about informing, conforming or transforming professional discourse. This paper reports on a Qualitative study conducted within a Secure Forensic Adolescent Mental Health setting in the UK. The study offers findings that have a potential to aid an understanding of the theoretical and practical implications of utilizing Reflective Practice Meetings as an aspect of IPE. The study explored the processes that occur during the weekly inter-professional reflective practice meetings within a Secure Forensic Mental Health Adolescent Unit. The study was informed by a case study approach underpinned by ethnographic tenets. Data collection methods utilized included discursive methods complemented by Participant Observations (PO). Additionally, data was gathered through Reflective logs and one-to-to semi-structured interviews. Data collection triangulation methods for completeness of the phenomenon were utilized. An eclectic data analysis process was utilized notably; the analytical lens utilized within this study was informed by a combination of grounded theory approaches with social-psychology discourse analysis framework.

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6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Nurses' experiences of caring for dying patients

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Palliative care is included in education for nurses in Sweden. However, the training content varies at the universities. A lack of preparation among newly graduated nurses regarding dying and death could lead to anxiety, stress and burnout.

A qualitative descriptive study was carried out to improve knowledge regarding end-of-life situations. The aim of the study was to describe nurses' experiences (>two years) of caring patients in surgical wards.

The results shows that nurses were personally affected and felt unprepared to face dying patients due to a lack of knowledge about the field of palliative care. Their experiences could be described as processes of transition from theory to practice by trial and error. Supervision is a valuable tool for bringing the gap between theory and practice during the transition from novice to expert.

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Clinical nurse education: Optimising nursing practice within interdisciplinary healthcare

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The dynamic of clinical education has changed immensely without responsive change in nurse clinical teaching pedagogy or skills. The context for clinical teaching is gradually shifting from universities back to hospitals with nurse teachers swirling in this change professionally and industrially. The teaching skills required have rarely been described or evaluated but assumed present alongside clinical experience. The professional development and leadership potential of this role has been neglected despite the complexity and demand for high-level clinical teaching and assessment skills, for an increasingly diverse student group.

This paper will present the progress of a program of educational research that has included several components. This paper will present the results of a pilot survey with two aims: to identify the required skills of a nurse clinical teacher and to explore the professional issues challenging the clinical learning environment. This work has tested the results of a previous study and laid the foundation for a systematic review currently underway with some early findings to present.

Disciplinary and interdisciplinary clinical education is undergoing significant change in both context and pedagogy. Nursing needs evidence to contribute and position itself effectively to influence this change. This research work will make a significant contribution to enable a nursing contribution to clinical education reform into the future.

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