



Mansoura University



Faculty of Nursing



Woman's Health and  
Midwifery Nursing



Gezert Elward Club

# 1<sup>st</sup> Scientific Conference of Woman's Health Nursing, Faculty of Nursing, Mansoura University



## Woman's Health



*Under Patronage of*

**Prof. Dr. Mohamed Hassan El Kenawy**

President of Mansoura University

**Prof. Dr. Ashraf Sweilam**

Vice President for Graduate Studies and Research

*Under Supervision of*

**Prof. Dr. Amany Mohamed Shebl**

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*Head of Conference*

**Prof. Dr. Amina Elnemer**

Head of Woman's Health and Midwifery Department

*Conference Coordinator*

**Assist. Prof. Dr. Nahid Fekiry**

*9 April 2016*





# *Welcome*

## *Dear Colleagues*

*I'd like to personally welcome each of you at the 1<sup>st</sup> conference of woman's health & midwifery nursing department on Woman's Health organized by the Woman's Health & Midwifery Nursing Department, Faculty of Nursing Mansoura University. It is also my pleasure and honor to welcome the esteemed professors, speakers and guests, who are present to import their experience to the conference; finally we sincerely wish our guests a very pleasant stay in addition to a fruitful participation in the conference sessions.*



## **Conference Committee**

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## **Conference's Program**

<b>Session</b>	<b>Time</b>
<b>Registration</b>	<b>9.00-10.00</b>
<b>Opening Ceremony</b>	<b>10:00-11:00 AM</b>
<b>Coffee break</b>	<b>11:00 – 11:10 AM</b>
<b>First session</b>	<b>11:10- 12.20 PM</b>
<b>Second session</b>	<b>12:40-2:00pm</b>
<b>Lunch break</b>	<b>2:00-2:30</b>
<b>Third session</b>	<b>2:30-3:50</b>
<b>Recommendations</b>	



# Agenda

<b>9:00-10:00AM</b>	<b>Registration</b>
<b>10:00-11:00 AM</b>	<b>Opening Ceremony</b> <b>The Holy Quran</b> <b>Peace Republican</b> <ul style="list-style-type: none"><li>▪ Assist. Prof. Dr. Nahed Fikry (Conference coordinator)</li><li>▪ Prof. Dr. Amina El-Nemer (Chair of conference)</li><li>▪ Prof. Dr. Amany Mohamed Shebl (Dean of Faculty of Nursing, Mansoura University)</li><li>▪ Prof. Dr. Al-Saeed Abd- El Hady (Dean of Faculty of Medicine, Mansoura University)</li><li>▪ Prof. Dr. Ashraf Sweilam (Vice President for post graduate Studies &amp; Research Affairs, Mansoura University).</li><li>▪ Prof. Dr. Zaki Zydan (Vice President of Community Service and Environment al Development Affairs)</li></ul>
<b>11:00 – 11:10 AM</b>	<b>Coffee break</b>
<b>11:10- 12.20 PM</b>	<b>The First Session</b>
	<b>Chair Person:</b> Prof. Dr. Kamilia Abo Shabana Prof. Dr. Nadia Fahmy Prof. Dr. Aziza Attia Prof. Dr. Sahar Mousa
<b>11:10- 11:20 AM</b>	<b>Regional Project for Applying companionship during labour in a three countries Egypt-Syrian, Lapanon</b> <i>Prof. Dr. Amina El-Nemer</i> Faculty of Nursing- Mansoura University
<b>11:20- 11:30 AM</b>	<b>Woman's Health Problems after Cesarean Section</b> <i>Assist Prof. Dr. Entesar Fatouh Abd El-Moneim</i> Maternity and Newborn Health nursing, Faculty of Nursing, Helwan University
<b>11:30 – 11:40 AM</b>	<b>Prevalence and Risk Factors of Intra Uterine Fetal Deaths at Zagazig University Hospital</b> <i>Dr. Faten Ibrahim Elsebeiy</i> Obstetrics & Gynecological Nursing, Faculty of Nursing, Zagazig University



<b>11:40- 11:50 AM</b>	<b>Obesity may affect a common drug that is used as part of the treatment to fight breast cancer in post-menopausal women</b> <i>Dr. Amal Roshdi Ahmed</i> Lecturer in Maternal and Neonatal health Nursing, Faculty of Nursing, Beni-Suef.
<b>11:50- 12:00 PM</b>	<b>Outcome of Multiple Pregnancy Conceived Spontaneously Versus by Assisted Reproductive Therapy (Comparative Study)</b> <i>Dr. Nabila Salim Mohammed</i> Obstetrics & Gynecological Nursing, Faculty of Nursing, Zagazig University
<b>12:0 -12:10 PM</b>	<b>Comparison between Quality of life in Women with Cervical Cancer having either Radiotherapy or both Radiotherapy and Surgery as a line of Treatment</b> <i>Noha Abdel-Aleem</i> Department of Woman's Health & Midwifery Nursing Faculty of Nursing–Mansoura University.
<b>12:10-12:20 PM</b>	<b>Accuracy of visual inspection with acetic acid in cervical ectopy evaluation</b> <i>Doaa M. Sheesha</i> Department of woman's health and midwifery nursing, Faculty of nursing, Mansoura University, Mansoura, Egypt.
<b>12:20-12:40 PM</b>	<b>Recreation Time</b>
<b>12:40-2:30 PM</b>	<b>The Second Session</b>
	<b>Chair Person:</b> Assist. Prof. Dr. Entesar Fatouh Abd El-Moneim, Assist. Prof. Dr. Neama Abd- Elfatah Abd- Elgwad Assist. Prof. Dr. Nagat Salah Assist. Prof. Dr. Enaam Hassan Abd El-Ati Dr. Hanan Elsayed MOhamed
<b>12:40- 12:50 PM</b>	<b>Intimate partner violence during pregnancy and the risk for adverse infant outcomes</b> <i>Assist. Prof. Dr. Fawzia El-sayed Abusaad, Dr. Rehab Abd El Aziz El-sayed</i> Pediatric Nursing, Faculty of Nursing, Mansoura University
<b>12:50- 1:00 PM</b>	<b>Neonatal Near Miss Concept as a Tool for Evaluating Quality of Care</b> <i>Dr. Ohoud Youssef El-Sheikh</i> Lecturer of Pediatric Nursing, Faculty of Nursing, Mansoura University.
<b>1:00- 1:10 PM</b>	<b>Breast Self-Examination; Is it Significant?</b> <i>Dr. Ahlam Mohamed Ibrahim Gouda</i> Lecturer in Woman Health and Midwifery Nursing Department, Faculty of Nursing, Mansoura University



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<b>1:10- 1:20 PM</b>	<b>Post-partum Haemorrhage: Causes and Nursing Role</b> <i>Dr. Omhashim Mahmoud Mahmoud Saadon</i> Lecturer of Woman's Health & Midwifery Nursing Department, Faculty of Nursing, Mansoura University, Egypt.
<b>1:20- 1:30 PM</b>	<b>The effect of Maternal Nutrition on Pregnancy Outcomes</b> <i>Dr. Marwa I. Aborayaa</i> Lecturer of Woman's Health & Midwifery Nursing Department, Faculty of Nursing, Mansoura University, Egypt.
<b>1:30- 1:40 PM</b>	<b>Assessment of Sexual Dysfunction in Female Patients on Maintenance Hemodialysis</b> <i>Basma Wageah Mohamed</i> Woman's Health and Midwifery Department Faculty of Nursing Mansoura University
<b>1:40-1:50 PM</b>	<b>Nursing Intervention as a Measure to Avoid Medication Error in Emergency Department</b> <i>Dr. Fatma Zaki Mohamed Farahat</i> Lecturer of Maternity, Gynecological and Obstetrics, Faculty of Nursing, Port Said University
<b>1:50-2:00 PM</b>	<b>Labor outcomes among passive smoking pregnant women</b> <i>Ayat Saad Abdel Samad Ragab</i> Faculty of Nursing, Maternity, Obstetrical and Gynecological Nursing, Port Said
<b>2:00-2:30 PM</b>	<b>Lunch break</b>
<b>2:30- 3:50 PM</b>	<b>Third Session 2:30-3:50</b>
	<b>Chair Person:</b> Assist. Prof. Dr. Wafaa Gameel Mohamed Assist. Prof. Dr. Fawzia El-sayed Abusaad Assist. Prof. Dr. Mona Ahmed Elbelsha Assist. Prof. Dr. Tyseer Mohammed Fathy Assist. Prof. Dr. Sabah Ramdan Hessein
<b>2:30- 2:40 PM</b>	<b>The evidence for emergency obstetric Nursing care</b> <i>Dr. Samia Ibrahim Osman Hassan</i> Lecturer of Woman Health and Midwifery Department, Faculty of Nursing, Mansoura University
<b>2:40- 2:50 PM</b>	<b>Hands-poised technique: The future technique to reduce perineal Lacerations during second stage of labour</b> <i>Dr. Hanan Awad Elmashad</i> Lecturer of Woman Health and Midwifery Department, Faculty of Nursing, Mansoura University





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<b>2:50-3:00 PM</b>	<b>Women's Satisfaction and Preferences Following Vaginal Birth after Caesarean Section and Caesarean Section after Vaginal Birth</b> <i>Shaimaa Fouad Mohammed Hegazi</i> Demonstrator of Woman's Health Nursing and Midwifery, Faculty of Nursing-Mansoura University
<b>3:00-3:10 PM</b>	<b>Assessment of Feasibility and Acceptability of Labor Companionship Model at Mansuora University Hospital.</b> <i>Assist. Lecturer. Nagwa Ibrahim Mustafa Elfeshawy</i> Woman's Health Nursing and Midwifery, Faculty of Nursing- Mansoura University
<b>3:10-3:20 PM</b>	<b>Comparison of Postpartum Beliefs and Practices among Badu Women in Arish City &amp; Women in Mansoura City</b> <i>Hanaa Abed Elhamed Abed Elhamed Shouman</i> Woman's Health & Midwifery Nursing department, Faculty of Nursing, Mansoura University
<b>3:20:3:30 PM</b>	<b>Factors associated with exclusive breastfeeding practices among mothers</b> <i>Dr. Shereen Ahmed El-Wasefy</i> Pediatric Nursing, Faculty of Nursing, Mansoura University, Egypt
<b>3:30-3:40 PM</b>	<b>Assessment of Menstrual Cycle and Quality of Life in Women Undergoing Hemodialysis at El-Mahalla General Hospital</b> <i>Amina Abdelrazek Ahmed Aldeeb</i> Department of Woman's Health & Midwifery Nursing Faculty of Nursing –Mansoura University, Egypt
<b>3.40-3.50 PM</b>	<b>First Aid Educational Program Effects on Nursing Student's knowledge in Jeddah at Al-Riyada College for health science</b> <i>Sahar Wasel</i>





## **Regional Project for applying companionship during labour in a three countries Egypt-Syrian, Lebanon**

**Amina El-Nemer<sup>c</sup> Tamar Kabakian-Khasholian<sup>a</sup>, Hyam Bashour<sup>b</sup>, Anayda Portela<sup>d</sup>, Mayada Kharouf<sup>b</sup>, Salah Sheikha<sup>e</sup>, Nasser El Lakany<sup>f</sup>, Rafik Barakat<sup>f</sup>, Ohoud Elsheikh<sup>c</sup>, Nadia Nameh<sup>a</sup>, Rabih Chahine<sup>g</sup>**

### **Abstract**

A woman's satisfaction with the birth experience has lifelong consequences and plays a role in her relationship with her infant, it affects her self-esteem and self-image, and influences her future childbirth expectations. This study aims to presents findings from the pre-intervention phase of a multicenter implementation research study in three middle-income Arab countries (Egypt, Lebanon and Syria) regarding women's satisfaction levels and perceptions of labour control and associated factors. A sample of 2620 women giving birth in three public teaching hospitals during the period extending from November 2014 to July 2015 in Beirut and Mansoura, and from November 2014 to April 2015 in Damascus were interviewed by trained field workers. Additional information was abstracted from medical charts. The Mackey Childbirth Satisfaction Rating Scale was used to measure women's satisfaction and the shortened version of the Labor Agency Scale was used to assess perception of control. The total satisfaction score was high in the study with the lowest being in Egypt and perceived control was average. Perceived control was found to be directly related to satisfaction. Women with low educational level and who had providers from both genders had higher levels of childbirth satisfaction. Variations in the management and provision of care between the three country sites explain the differences in satisfaction levels observed between countries.



## **Woman's Health Problems after Cesarean Section**

**Entesar Fatouh Abd El-Moneim,\* Tyseer Marzouk\*\***

*\* Assist Prof. of Maternity and Newborn Health nursing, Faculty of Nursing-  
Helwan University,*

*\*\* Assist Prof. of Woman's Health and Midwifery, Faculty of Nursing –  
Mansoura University.*

### **Abstract**

Cesarean section is an operative delivery of the baby. It is the most common surgical procedure performed by obstetricians for many indications; it can be resorted to indications that solely benefit the mother such as gestational diabetes, pre-eclampsia, failure to progress in labor, failed induction, and dystocia. The Egyptian Demographic Health Survey in 2014 reported that, slightly more than half of the deliveries (51.8%) in the five-year period before the survey were by caesarean section. The likelihood of a caesarean delivery increased with the advanced age of the mother and decreased with the child's birth order. Caesarean deliveries were more common in urban areas than in rural areas. The risks associated with cesarean delivery can be divided into those that are short term such as maternal death, hemorrhage, pain, emergency hysterectomy, wound infection, thrombosis, extended hospitalization, and incidental surgical injuries while, those that are long term such as adhesion formation, infertility or sub fertility, readmission to the hospital and risks of future pregnancies such as uterine rupture, abnormal placentation and hysterectomy. Women who had a cesarean section will have a range of immediate, short- and longer-term health needs. These will include general post-operative needs, such as wound care and pain relief, and specific postnatal needs such as support and advice relating to breast feeding. The common postnatal educational topics include: Breast feeding, infant nutrition including vitamins, sleep patterns, rest, activity, exercises, weight gain, fever management, immunization schedule, family planning, sexuality, medical check with physician, postpartum depression, anxiety, late postpartum hemorrhage, puerperal infection, nutrition and exercise. Nurse's role is crucial in preventing complications and assessing patient needs at the hospital because she stays with the patient 24 hours per day that is why she should have sound knowledge of medical management and nursing care during the pre and postoperative period of women undergoing cesarean section.

**Key word:** *Cesarean section, surgical incision, needs, problems.*



## Prevalence and Risk Factors of Intra Uterine Fetal Deaths at Zagazig University Hospital

Faten Ibrahim Elsebeiy<sup>1</sup> & Nabila Salim Mohammed<sup>2</sup>

*1, 2 lecturers of Obstetrics & Gynecological Nursing, Faculty of Nursing,  
Zagazig University.*

### Abstract

**Background:** The death of a formed fetus is one of the most emotionally devastating events for parents and clinicians. It is defined as death at a gestational age of 20 completed weeks or greater, or if fetal weight is 300 g or more. The *aims* of the present study were to determine the prevalence, risk factors of intrauterine fetal death (IUFD) and to design a brochure to orient IUFD cases about risk factors, prevention and management of IUFD. **Design:** descriptive cross sectional study was used. **Setting:** The study was conducted at labor and child hood hospital, Zagazig University hospital. **Subjects:** included the total number of IUFD cases (65) who were admitted to the study setting within a period of one year from January to December, 2015. **Tools:** the first tool included risk factors sheet which included data about maternal, fetal, placental and cord risk factors. The second tool was the total number of births at the study setting within the study year to calculate the prevalence of IUFD. **The results** of the present study revealed that there were a total of 7036 births with 65 fetal deaths at the study setting, during one year period with fetal death rate of 9.3/1000 total births. Consanguinity, oligohydramnios, pregnancy induced hypertension, previous IUFD and accidental hemorrhage were the most common risk factors of IUFD as they complicated (53.8%, 33.8%, 32.3%, 26.2% and 18.5% respectively) of IUFD cases. **Conclusion:** Socio-demographic characteristics as low social level, rural residence away from medical services and increased number of pregnancies were considerable risk factors of IUFD as they significantly interfered with IUFD mothers compliance to attendance of antenatal visits, hospital admission, and taking prescribed medications.. **Recommendations:** attention should paid to health education on IUFD in the form of booklets and brochures with emphasis on antenatal care and the benefits of regular attendance on maintaining patient compliance and reducing most of the preventable fetal losses.

**Key words:** Prevalence, risk factors, intrauterine fetal death.



## Outcome of Multiple Pregnancy Conceived Spontaneously Versus by Assisted Reproductive Therapy (Comparative Study)

Nabila Salim Mohammed<sup>1</sup> & Faten Ibrahim Elsebeiy<sup>2</sup>

1, 2 lecturers of Obstetrics & Gynecological Nursing, Faculty of Nursing,  
Zagazig University

### Abstract

**Background:** There is a continuous controversy regarding the obstetric perinatal outcome of multiple pregnancies conceived after assisted reproductive techniques (ART). There is an ongoing discussion whether these parameters may show poorer results as compared to spontaneous conception. The *aims* of the present study were to compare the perinatal outcome in spontaneous multiple pregnancies compared to those conceived by ART and to design a booklet to orient the parturient women included in the study about spontaneously conceived and ART conceived multiple pregnancies. **Design:** A prospective cohort observational study was used. **Setting:** The study was conducted at the labor ward at labor and child hood hospital, Zagazig University hospital. **Subjects:** Group A consisted of 83 parturient women with spontaneously conceived multiple pregnancies and group B which consisted of 27 parturient women with multiple pregnancies conceived by ART who were admitted to the study setting within a period of one year from January to December, 2015. **Tools:** Data collection tool consisted of 3 parts, structured interview questionnaire, labor record and neonatal record. **Results:** Group B were significantly complicated with threatened abortion and placenta previa than group A (24.0% & 24.0% VS. 7.1% & 2.4% respectively). Premature rupture of membrane and severe preeclampsia were statistically significant main indications of emergency cesarean delivery in group A compared to group B, while placenta previa was a statistically significant main indication for emergency CS in group B compared to group A (P= 0.032). As regards neonatal outcome, there were a statistically significant increase in the neonatal intensive care unit admission and still birth in group B compared to group A (64.0% & 22.0% VS. 46.4% & 2.9% respectively). **Conclusion:** Based on the findings of the study, when compared to spontaneously conceived twins, ART-conceived twins are more or less similar to those conceived spontaneously. **Recommendation:** Multiple pregnancy in general whether conceived spontaneously or by ART techniques require proper antenatal, intranatal and postnatal care as it poses several risks on both mother and fetus.

**Keywords:** Multiple pregnancy, spontaneous pregnancy, assisted conception, outcome.



## **Nursing Interventions to Limit Spread of Sexual Transmitted Diseases Infections**

**\*Dr. Eman Ahmed Fadel Elsherbeny \*\* Dr. Amal yousif Ahmed Mohamed**

*\* Lecturer of Woman's Health & Midwifery Nursing, Faculty of Nursing,  
Mansoura University.*

*\*\* Lecturer of Maternity, Obstetrics & Gynecology Nursing, Faculty of  
Nursing, Port-said University.*

### **Abstract**

Sexually transmitted diseases (STDs) are infections that can get from having sex with someone who has the infection. The causes of STDs are bacteria, parasites or viruses. There are more than 20 types of STDs, such as gonorrhea, chlamydia, genital herpes or trichomoniasis . Most STDs affect both men and women, but in many cases the health problems they cause can be more severe for women. If a pregnant woman has an STD, it can cause serious health problems for the baby. World Health Organization (**WHO**) has estimated that 160 million cases of infection are acquired annually worldwide. So it is very important to apply nursing interventions to limit spread of STDs such as be abstain from sexual relation if any of a couple is infected until be treated, start to apply barrier family planning methods, enhance genital tract cleansing by antiseptic solution and comply to antibiotic regiment.

**Key words:** Sexual transmitted diseases, nursing interventions, prevention of STDs.



## Assessment of Menstrual Cycle and Quality of Life in Women Undergoing Hemodialysis at El-Mahalla General Hospital

Amina Abdelrazek Ahmed Aldeeb<sup>1</sup>, Mohammad Ahmad Emam<sup>2</sup>,  
Nahed Fikry Hassan Khidr<sup>1</sup>, & Samia Ibrahim Osman Hassan

<sup>1</sup> 1st Department of Woman's Health & Midwifery Nursing Faculty of Nursing – Mansoura University, Egypt <sup>2nd</sup> Department of Obstetrics & Gynecology - Faculty of Medicine - Mansoura University, Egypt

### Abstract

**Background:** The ovulatory menstrual cycle is affected on multiple levels in women with renal disease. Menstrual irregularities and infertility worsen in parallel with the renal disease. End stage renal disease women suffer from low health related quality of life, so this study was conducted to assess the QOL of women on hemodialysis. Aim of study: the aim of this study was designed for assessment of menstrual cycle and quality of life in women undergoing hemodialysis. Design of the study: a descriptive study. Type of sample: a purposive sample was used. Sample size: Total sample size reached 62 women for six months, who maintenance on hemodialysis for at least three months, at average of age from 18-45 years old and able to speak and hear. Setting: the study was conducted at hemodialysis unit in El-Mahalla general hospital. Tools of Data Collections were structured interviewing questionnaire which include: assessment sheet, good dialysis index, menstrual cycle questionnaire and quality of life scale. The Results of the current study revealed that more than half of women had good dialysis efficacy. There was highly significant difference among hemodialysis women as regards menstrual disorders; menometorrhagia, Intermenstrual bleeding, oligomenorrhea and secondary amenorrhea. Also there was highly significant difference among hemodialysis women as regard correlation between quality of life and dialysis efficacy. Conclusion: this study concluded that menstrual disorders were most common among hemodialysis women such as; menometorrhagia, oligomenorrhea and secondary amenorrhea. In addition hemodialysis effect on quality of life such as: physical component summary, mental component summary and kidney disease component summary. Recommendations: Continuous monitoring for menstrual or gynecological abnormalities and evaluating QOL of dialysis patients by using suitable assessment tool for early detecting and solving any problem.

**Key Words:** Menstrual cycle, hemodialysis and quality of life.





**Comparison between Quality of life in Women with Cervical Cancer having either Radiotherapy or both Radiotherapy and Surgery as a line of Treatment**

**NohaAbdel-Aleem<sup>1</sup>, Hanan El-Sayed Mohamed El-Sayed<sup>1</sup>  
Nahed Khidr<sup>1</sup>, Mohammad Emam<sup>2</sup>**

*1st Department of Woman's Health & Midwifery Nursing Faculty of Nursing–  
Mansoura University 2nd Department of Obstetrics & Gynecology -Faculty of  
Medicine-Mansoura University*

**Abstract**

**Background:** Cervical cancer is one of the commonest gynecological malignancies in women. Radiotherapy as a treatment, leads to side effects affecting the quality of life. The aim of this study was to assess the quality of life for women with cervical cancer undergoing radiotherapy. The study design was a descriptive research design. The sample type: purposive sample of 96 women were equally divided into two groups, the first group included 48 women treated with radiotherapy only, and the second group included 48 women treated with radiotherapy and surgery. The study subjects: study sample involved 96 women with cervical cancer were divided into two groups, where: G1 included 48 women treated with radiotherapy only, while G2 included 48 women treated with radiotherapy and surgery. Setting: The present study was carried out at Nuclear Medicine Center in Mansoura University Hospitals, during a period of six months from July 2014 to the end of December 2014. Two tools were used to collect data, the first tool; an interviewing questionnaire, while the second tool; quality of life scale, adopted from European Organization for Research and Treatment quality of life questionnaire. Study results showed that the total quality of life of women receiving radiotherapy was negatively affected. Conclusion: The quality of life in women receiving radiotherapy and surgery was worse than in women receiving radiotherapy alone. Recommendation: This study recommended that educational program should be conducted to improve quality of life for women cervical cancer women.

**Key words:** Cancer cervix- Quality of life- Radiotherapy



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**Accuracy of visual inspection with acetic acid in  
cervical ectopy evaluation**

**Doaa M. Sheesha<sup>1</sup>, Suzan E. Mansour<sup>1</sup>, Nahed F. Kheder<sup>1</sup>,  
Mohammad A. Emam<sup>2</sup>**

*1Department of woman's health and midwifery nursing, Faculty of nursing,  
Mansoura University, Mansoura, Egypt*

*2Department of obstetrics & gynecology, Faculty of Medicine,  
Mansoura University, Mansoura, Egypt*

**Abstract**

**Background:** Cervical erosion is one of the most common pathological conditions encountered in outpatient gynecological clinics in middle-aged women. A simple method for diagnosis and treatment can play a tremendous role to comfort these women. **Methods:** The study includes fifty female patients attended the outpatient clinic of obstetrics & gynecology department in Mansoura University hospitals. All patients selected according to inclusion and exclusion criteria. The study was undertaken during the period from June 2014 to December 2014. **Tools:** Two tools were used for data collection: (1) interviewing questionnaire schedule divided into three parts which were used to assess general characteristics of women, obstetric and gynecological history and the presence of cervical ectopy symptoms. (2) Local cervical assessment by vinegar acetic acid (VIA) test. **Results:** The study results revealed that 30 subjects (60%) were VIA positive and 20 subjects (40%) were VIA negative. VIA sensitivity was 100%, specificity 45%, PPV 71% and NPV 75%. There was a statistically significant relation between duration of marriage, high parity, IUDs use and VIA positivity. **Conclusions:** Using VIA test was an accurate and effective method for detection of cervical ectopy. VIA test should be performed in all the women attending outpatient gynecological clinics even in the presence of Pap smear facility to improve detection rate of cervical lesions and provide better patient counseling and treatment.

**Keywords:** Cervical Erosion, Visual inspection of cervix using Acetic Acid, Transformation zone, Squamocolumnar junction



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## **Neonatal Near Miss Concept as a Tool for Evaluating Quality of Care**

**Dr. Ohoud Youssef El-Sheikh**

*Lecturer of Pediatric Nursing, Faculty of Nursing, Mansoura University.*

### **Abstract**

Neonatal near-miss refers to situations where the newborns nearly died between 0-28 days and they survived either by chance or because of the good quality of care they received. Neonatal near-miss criteria are more difficult to define than maternal near-misses, so that near miss concept in neonatology has been used in the context of severe conditions or serious complications during delivery or within the first 7 days of extra uterine life such as; infants who survived extreme preterm birth, very low birth weight, birth asphyxia, birth trauma, neonatal sepsis, severe cases of neonatal jaundice, encephalopathy, or as "near miss sudden infant death syndrome". Reducing the infant mortality rate is one of the Millennium Development Goals, because approximately 10.5 million of children younger than 5 years die every year around the world particularly in developing countries. Thirty-eight percent of infant deaths occur during the neonatal period and 3 million deaths take place in the first week of life. Effective interventions to reduce mortality and morbidity in maternal and newborn health already exist. Information about quality and performance of care and the use of critical interventions are useful for shaping improvements in health care and strengthening the contribution of health systems towards the Millennium Development Goals 4 and 5.

**Key Words:** Neonatal Near Miss – Evaluation - Tool - Quality of Care.



## **Breast Self-Examination; Is it Significant?**

**Dr. Ahlam Mohamed Ibrahim Gouda**

**Dr. Nadia Yousif Ahmed Abdella**

*Lecturers of Woman's Health and Midwifery Nursing, Faculty of Nursing,  
Mansoura University*

### **Abstract**

Female breast has been deemed as a symbol of beauty, sexuality and motherhood. Any actual or dubitable disease or injury affecting breast tends to articulate the societal common and view of the breast. The impending of resection or loss of a breast may be destructive for women because of psychosocial, sexual and body image implications significance associated with it. Breast self-examination (BSE) is an examination carried out by a female at the age of 20 years after menstruation to help in the detection of any defect in the breast or any abnormal swelling or lumps to get early treatment. Breast self- examination is an option for women starting in their 20s. Women should be told about the benefits and limits of breast self-examination. Women should report any changes in how their breasts look or feel to a health expert . Women who perform breast self-examination regularly find 90% of all breast masses (lumps or thickening) that may signal breast cancer. While 80% of all breast lumps are not cancerous. Therefore, early detection in order to improve breast cancer outcome and survival remains the cornerstone of breast cancer control.

**Key words:** *Knowledge, female teachers, breast self-examination*



## **Post-partum Haemorrhage: Causes and Nursing Role.**

**Dr. Omhashim Mahmoud Mahmoud Saadon**

*Lecturer of Woman's Health & Midwifery Nursing, Faculty of Nursing,  
Mansoura University, Egypt.*

### **Abstract**

Postpartum Haemorrhage (PPH) is commonly defined as a blood loss of 500 ml or more within 24 hours after birth. PPH is the leading cause of maternal mortality in low-income countries and the primary cause of nearly one quarter of all maternal deaths globally. Most deaths resulting from PPH occur during the first 24 hours after birth. Uterine atony is the most common cause of PPH, but genital tract trauma (i.e. vaginal or cervical lacerations), uterine rupture, retained placental tissue, or maternal coagulation disorders may also result in PPH. Although the majority of women who experience PPH complications have no identifiable clinical or historical risk factors, grand multiparity and multiple gestation are associated with an increased risk of instances bleeding after birth. PPH may be aggravated by pre-existing anaemia and, in such, the loss of a smaller volume of blood may still result in adverse clinical sequelae. The majority of these could be avoided through the use of prophylactic uterotonics during the third stage of labour and by timely and appropriate management. Improving health care for women during childbirth in order to prevent and treat PPH is an essential step towards the achievement of the Millennium Development Goals. The primary objective of this guideline therefore is to provide a foundation for the strategic policy and program development needed to ensure the sustainable implementation of effective interventions for reducing the global burden of PPH.

**Key words:** Post-partum hemorrhage, Maternal deaths, Millennium Development Goals, Nursing role.



## **The Effect of Maternal Nutrition on Pregnancy Outcomes**

**Marwa I. Aborayaa**

*Lecturer of Woman's Health and Delivery, Faculty of Nursing,  
Mansoura University*

### **Abstract**

Nutrition during pregnancy plays a vital role on maternal and fetal health. During pregnancy, an adequate intake of minerals and vitamins is advisable, to interfere with the incidence of adverse effects on the mother and the fetus. An observational study is conducted to investigate maternal dietary intake and its effect on maternal and fetal health. However, the association between maternal nutrition and birth outcome is complex and is influenced by many biologic, socioeconomic, and demographic factors, which vary widely in different populations. Understanding the relation between maternal nutrition and birth outcomes may provide a basis for developing nutritional interventions that will improve birth outcomes and long-term quality of life and reduce mortality, morbidity, and health-care costs. The improvement of maternal nutrition would have a positive influence on pregnancy outcomes, health care costs and mortality and morbidity rates. It is concluded that, Promoting healthy nutrition will not only ensure optimal fetal development, but will also reduce the risks of maternal diseases.

**Key words:** Nutrition, Pregnancy, outcome.



## **The Effects of Workplace Hazards on Female Reproductive Health**

**Dr. Suzan Elsaid Mansour**

*Lecturer of Woman's Health and Midwifery Nursing Department*

*Mansoura University, Egypt*

### **Abstract**

Many factors can affect a woman reproductive health and her ability to produce healthy children. **Substances:** that affect the reproductive health of women or men or the ability of couples to have healthy children are called reproductive hazards. Radiation, some chemicals, certain drugs (legal and illegal), cigarettes, some viruses, and alcohol are examples of reproductive hazards. **A reproductive hazard** could cause one or more health effects, depending on when the woman is exposed. For example, exposure to harmful substances during the first 3 months of pregnancy might cause a birth defect or a miscarriage. During the last 6 months of pregnancy, exposure to reproductive hazards could slow the growth of the fetus, affect the development of its brain, or cause premature labor. Reproductive hazards may not affect every worker or every pregnancy. **Example of chemical and physical** agents that are reproductive hazards for women in work place as Cancer treatment drugs (e.g. Methotrexate) causes Infertility, miscarriage, birth defects, low birth weight, Carbon disulfide (CS<sub>2</sub>) causes menstrual cycle changes, Lead causes infertility, miscarriage, low birth weight, developmental disorders, Ionizing radiation (e.g., X-rays and gamma rays) causes Infertility, miscarriage, birth defects, low birth weight, developmental disorders, childhood cancers, Strenuous physical labor (e.g. prolonged standing, heavy lifting) causes miscarriage late in pregnancy, premature delivery. **Methods of prevention** are store chemicals in sealed containers when they are not in use, wash hands after contact with hazardous substances and before eating, drinking, or smoking, avoid skin contact with chemicals, participate in all safety and health education, training, and monitoring programs offered by your employer, use personal protective equipment (gloves, respirators, and personal protective clothing).



## Assessment of Sexual Dysfunction in Female Patients on Maintenance Hemodialysis

Basma Wageah Mohamed<sup>1</sup>, Hanan Elsayed Mohamed<sup>1</sup>,  
Wafaa Ismail Shereif<sup>2</sup>

*Woman's Health and Midwifery Department Faculty of Nursing Mansoura  
University<sup>1</sup>, Surgical Nursing Department Nursing Mansoura University<sup>2</sup>*

### Abstract

**Background:** Sexual dysfunction is considered one of the main problems of end stage renal disease (ESRD) patients. Study aim was to assess sexual dysfunction in female patients on maintenance hemodialysis. A descriptive study design was utilized in this study. Study setting: The study was carried out at the hemodialysis unit of Mansoura New General Hospital from June 2014 to December 2014. Subjects of study: Purposive sample was used to collect 50 female hemodialysis patients. Four tools were used for data collection including a structured interview questionnaire sheet to assess the socio-demographic characteristics and the biochemical & hematological profile of the study group, a good dialysis index score to assess the adequacy of dialysis, the Female Sexual Function Index (FSFI) score to assess the degree of sexual dysfunction and the Beck's Depression Inventory (BDI) to assess depression state of the study group. The study results revealed that all of the study subjects had sexual dysfunction with statistically significant correlation with older age and self-reported feeling of being under dialyzed, but no significant correlation was found between depression state, urea reduction ratio, biochemical & hematological profiles and the degree of sexual dysfunction. Conclusion: sexual dysfunction is highly prevalent in female hemodialysis patients. Recommendations: Increasing awareness about sexual dysfunction in female hemodialysis patients and encourage patients to explore this important aspect of their life.

**Keywords:** Sexual dysfunction - Female - Hemodialysis.





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**Nursing Intervention as a Measure to Avoid  
Medication Error in Emergency Department**

**Dr. Fatma Zaki Mohamed Farahat**

*Lecturer of Maternity, Gynecological and Obstetrics,  
Faculty of Nursing, Port Said University*

**Abstract**

High percentage of patients dies from medical errors annually. Incidents are under reported and it is hard to know the exact prevalence of death and adverse events from medications/medical error. Multiple safety steps have been built into the medication ordering process such as computerized orders with safety prompts and pharmacists double checking the orders. Despite these measures, mistakes continue to happen. Various investigational studies have been performed in regards to medical errors. In United stat Of America the Barbara Star field's study reported 225,000 deaths from iatrogenic causes. These included 106,000 deaths from non-error adverse events of medication and 80,000 deaths from nosocomial infections. In addition, there were over 12,000 deaths from unnecessary surgery and 7,000 deaths from medication errors in hospitals. In 1997 Holland et al. Reported 180,000 deaths from medication errors and adverse reactions. A 1997 National Patient Safety Foundation survey showed that 42% of participants believed they had personally experienced a medical mistake, 33% were personally affected, 48% had a relative affected and 19% had friends affected. A study from the Institute of Medicine (IOM) in 1999 estimated the death rate due to medical errors in hospitals to be between 44,000 and 98,000.

**Key Words:** Medication errors, patient safety, nursing intervention



## Labor outcomes among passive smoking pregnant women

Ayat Saad Abdel samad Ragab, Dr. Amina Mohamed Rashad El neme,  
Dr. Enaam Hassan Abdel Atti

*Faculty of Nursing, Maternity, Obstetrical and Gynecological Nursing, Port Said*

<sup>2</sup> *Professor of Woman's Health and Midwifery, Faculty of Nursing,  
Mansoura University*

<sup>3</sup> *AssistProf. of Maternity, Obstetrical and Gynecological Nursing,  
Faculty of Nursing, Port Said*

### Abstract

**Background:** Many are aware that smoking is harmful to the health of smokers but minimal concern is given to those around smokers who are known as passive smokers. Passive smoking during pregnancy is a significant social problem and a major health problem in the world. In Egypt it is estimated that approximately 80% of females are exposed to passive smoking in their homes. **The aim of** this study was to assess labor outcomes among passive smoking pregnant women. **Subject and method:** It was carried out at delivery room in Al-Azhar University Hospital in New Damietta city. The study subjects consisted of 216 pregnant women at labor which were categorized into 2 groups: exposed to passive smoking, not exposed to passive smoking. An interview schedule was designed and utilized to collect the necessary data. **The results** of this study revealed about (76.9%) of women were exposed to passive smoking in their homes and (57.4%) the smokers were their husbands, (54.6%) of them had preterm birth, (68.5%) PROM, (40.7%) had breech and other presentations and (50.9%) cesarean section. A significant relation was found between the PS and related independent variables among the studied pregnant women. **It was concluded** that exposure to PS during pregnancy may be more common than many conditions for which women are routinely screened or evaluated during pregnancy including preeclampsia, placenta previa, and gestational diabetes. **Therefore, the study recommended** the development and dissemination of training courses and education programs for the decision makers, workers in health care settings and antenatal clinics to raise awareness of the seriousness of exposure to PS among pregnant women and their families.



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## **The evidence for emergency obstetric Nursing care**

**Dr. Samia Ibrahim Osman Hassan**

*Lecturer of woman health and midwifery department*

*Faculty of Nursing, Mansoura University*

### **Abstract**

The death of women during pregnancy, childbirth or in the postpartum period was once a common occurrence worldwide. Today, 99% of maternal deaths occur in the developing world, reflecting the greatest disparity between wealthy and resource-poor countries of any health indicator. The vast majority of maternal deaths are due to direct obstetric complications. These complications occur even in well-nourished, well-educated women receiving adequate prenatal and delivery care and generally cannot be predicted. While some steps have been made in the prevention of some of the direct obstetric complications, many cannot be prevented even in the best of circumstances. Exceptions include reduction in postpartum hemorrhage through active management of third stage of labor, reduction in complications of abortion through provision of safe abortion and family planning services and reduction in postpartum sepsis through attention to infection prevention during delivery, especially avoidance of frequent vaginal exams during labor. Emergency obstetric care is one of two relatively recent strategies enhanced for reducing maternal mortality in developing countries, the other being delivery by a skilled birth attendant. The strategies overlap in many important ways, and the evidence base for them also overlaps significantly. First of all, virtually all treatment of obstetric complications is carried out by skilled attendant. Secondly, EmOC facilities provide vitally needed back-up for skilled attendants working in communities in resource-poor settings. Recognition of the interconnectedness between the skilled attendant and the “enabling environment” in which he or she performs has led to a concept of “skilled care” that, in essence, joins the skilled attendant strategy with the EmOC strategy. Finally, all countries with low MMR have both high proportion of births attended by a skilled attendant and near universal access to high-quality EmOC in case of obstetric emergencies.

**Key words:** EmOC MMR, quality



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## **Hands-poised technique: The future technique to reduce perineal Lacerations during second stage of labour**

**Dr. Hanan Awad Moawad Elmashad**

*Lecturer of Woman's Health Nursing and Midwifery,*

*Faculty of Nursing, Mansoura University*

Perineal lacerations during delivery can lead to long lasting consequences such as severe pain in perineum as well as bowel, urinary, and sexual dysfunctions. Perineal lacerations and the arising pain could lead to difficulty in breast feeding following delivery because they interfere with a comfortable sitting and disturbances in maternal mood, which in turn adversely affects her behavior toward the baby . Therefore, reducing the risk of perineal lacerations during childbirth is of importance for both women and their caregiver. One of the strategies to reduce perineal lacerations is managing the second stage of delivery by use of the ‘Hands-on’ or ‘Hands-off’ method for controlling the perineum. The hands-on technique defined as a method in which the midwife uses her hands to put pressure on the baby's head to facilitate its slow birthing. Moreover, the birth of the shoulders is supported by the use of lateral flexion. On the other hand, in the hands-poised or hands-off technique, the midwife does not support the perineum with her hands or touches the baby's head, but rather keeps her hands poised and the shoulders are born spontaneously. The studies concluded that, compared with the ‘Hands-off’ group, frequencies of the third degree lacerations, episiotomy, bleeding, and pain after delivery was higher in the ‘Hands-on’ group.

**Key words:** Perineal Lacerations, Hands-on, Hands- poised



## Prevalence of Premenstrual Syndrome: Complementary and Alternative Therapy among Nursing Students

Haylaa Nageeb Mohamed Ahmed Abd Elaal<sup>1</sup>, Ragaa Ali Mohmed<sup>2</sup>,  
Hadayat Abd EL-Raof Amasha<sup>3</sup>

### Abstract

**Background:** premenstrual syndrome (PMS) is particularly common among younger age groups, therefore represents a significant public health problem which affected young girls. There is no consensus regarding PMS treatment; however, all current interventions focus on management of the most troubling symptoms. **This study aimed to** estimate the prevalence of PMS among adolescent girls and to identify complementary and alternative therapy (CAT) used by nursing schools students to minimize PMS. **An exploratory design** was adopted in the current study. **A study was conducted at** all secondary technical nursing schools, which available in Dakahlia governorate from March, 2014 to May, 2014. **A purposive sample of** 1120 nursing students was included. **Two tools** were used to collect data; interview questionnaire sheet and Modified Version of Menstrual Distress Questionnaire (MMDQ). **Results of the present study** showed that, the prevalence of PMS was (73.4%). Almost of the study samples (87.0%) used CAT to minimize PMS. **Conclusion;** the majority of students had PMS. Almost of the study subjects use CAT to minimize PMS, herbal therapy was the main CAT used followed by hydrotherapy, food Change, massage and exercise.

**Key Words:** Premenstrual syndrome, complementary and alternative therapy, menarche, menstruation.



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**Women's Satisfaction and Preferences Following Vaginal Birth after  
Caesarean Section and Caesarean Section after Vaginal Birth**

**Shaimaa Fouad Mohammed Hegazi<sup>1</sup>, Amina Mohamed Rashad  
El-Nemer<sup>2</sup>, Tyseer Mohamed Fathy<sup>3</sup>**

*1Demonstrator of Woman's Health Nursing and Midwifery*

*2 Prof. of Woman's Health Nursing and Midwifery,  
Faculty of Nursing-Mansoura University*

*3Lecturer of Woman's Health Nursing and Midwifery,  
Faculty of Nursing -Mansoura University*

**Abstract**

**The aim of this study** was to assess woman's satisfaction with vaginal birth after caesarean section (VBAC) and caesarean section after vaginal birth (CSAVD). **Methods:** A descriptive study was carried out at Postpartum Inpatient Ward and Labor and Delivery Unit of Mansoura University Hospital on 60 postpartum women, thirty of them had vaginal birth after a previous cesarean section and thirty had a cesarean section after vaginal birth. Their age ranged between 20 to 35 years, can read and write, and delivered a single full term live neonate. Two tools were used for data collection; a structured interviewing questionnaire to assess woman's general characteristics and Mackey scale to assess woman's childbirth satisfaction **Results:** Most of women (93.3%) in the VBAC group were satisfied with their childbirth experience compared to 43.3% in the CSAVD group ( $p < 0.001$ ,  $X^2 = 18.266$ ). **Conclusion:** Most women in the VBAC group were more satisfied with their childbirth experience compared to those in the CSAVD group. **Recommendation:** The maternity hospitals should encourage obstetricians and maternity nurses to counsel women with one previous CS to undergo VBAC trial in absence of contraindications.

**Key word:** Childbirth satisfaction, cesarean birth, vaginal birth after cesarean section



## Assessment of Feasibility and Acceptability of Labor Companionship Model at Mansoura University Hospital.

Nagwa Ibrahim Mustafa Elfeshawy<sup>1</sup>, Amina Mohammed Rashad  
El-Nemer<sup>2</sup>, Hanan Awad Moawad Elmashad<sup>3</sup>

<sup>1</sup>*Demonstrator, Woman's Health and Midwifery Nursing*

<sup>2</sup>*Assist. Prof. of Woman's Health and Midwifery Nursing*

*Faculty of Nursing-Mansoura University*

<sup>3</sup>*Lecturer of Woman's Health and Midwifery Nursing*

*Faculty of Nursing -Mansoura University*

### Abstract

Companionship during labor is very beneficial because it decreases the need for pharmacological pain relief, operative vaginal delivery or caesarean section, and slightly decreases the length of labor. **The present study aimed** to assess the feasibility and acceptability of labor companionship model at Mansoura University Hospital. **Study design:** A descriptive study was carried out in labor unit at Mansoura University Hospital. **Study sample** involved all health care providers and 50 parturient women using simple random sample for parturient women and convenient sample for health care providers. **Tools of data collection:** Two tools were used for data collection; a structured interview questionnaire to assess general characteristics and obstetric data of parturient women and semi structured interview questionnaire to assess the feasibility and acceptability of labor companionship model from women and health care provider's point of views. **Main results:** All parturient women (100%) accepted companionship during labor and only 62.9% of health care providers accepted it. Mothers or sisters were the preferred companions for providing emotional and physical needs of women. **Conclusion:** Companionship during labor is acceptable and feasible at Mansoura University Hospital. **Recommendations:** Health care providers should encourage applying companionship model during labor and allow women to select her companion according to her choice.

**Key words:** *Companionship, Labor, Feasibility, Acceptability.*



## **Comparison of Postpartum Beliefs and Practices among Badu Women in Arish City & Women in Mansoura City**

**Hanaa Abed Elhamed Abed Elhamed Shouman<sup>1</sup>, Hanan El-Sayed Mohamed El-Sayed<sup>2</sup>, Amina saad gonied,**

<sup>1</sup> *Woman's Health & Midwifery Nursing department, Faculty of Nursing, Mansoura University, Mansoura, Egypt.* <sup>2</sup> *Obstetrics & Gynecology Nursing Department, Faculty of Nursing –Zagazig University, Mansoura, Egypt*

### **Abstract:**

Post-partum period is one of the most important stages for the mother-child dichotomy, and has been influenced by multiple cultural beliefs and practices. Aim: The aim of this study was to describe and to compare beliefs and practices related to the postpartum care Methods: Study Design: Descriptive comparative study design was utilized in this study. Study setting: The study was carried out in two districts of Arish city & two villages in Mansoura city during the period from 15 August 2014 to 15 January 2015. Subjects of the study: A purposive sampling of 170 women who were divided into two equal groups, Badu group and Mansoura group. Tool: A structured interview questionnaire schedule which consists of three parts, general characteristics, obstetrical history and beliefs & practices of women during puerperium. Results: The present study results revealed that the mean total practice score is significantly higher in Mansoura group ( $29.31 \pm 3.07$ ) than in Arish group ( $26.62 \pm 1.86$ ), Mansoura group shows a significant higher percentage of positive and neutral state than Arish group while there was no significant difference between mean total practice score and general characteristics of women in both group. Conclusion: Mansoura group had positive and neutral practice more than Arish group, Arish group had negative practices more than Mansoura group and there was no relation of the practical behavior to general characteristics and obstetrical history. Recommendation: Undertaking Information/ Education and Communication programs to raise awareness of the women, health provider, family member and society about wrong beliefs and practices during postpartum in order to correct it.

**Keywords:** Postpartum, Beliefs, Practices.





## **Intimate partner violence during pregnancy and the risk for adverse infant outcomes**

<sup>1</sup>Ass. Prof. Fawzia El-sayed Abusaad

<sup>2</sup>Dr. Rehab Abd El Aziz El-sayed Abd El Aziz

<sup>1</sup>, Ass. Prof. Dr. of Pediatric Nursing, Faculty of Nursing, Mansoura University.

<sup>2</sup>Lecturer of Pediatric Nursing, Faculty of Nursing, Mansoura University.

### **Abstract:**

Intimate partner violence (IPV) is a major health concern both nationally and globally. It is a violation of human rights, and can lead to both physical and mental ailments. The US Centers for Disease Control and Prevention (CDC) defines IPV as physical, sexual, or psychological harm by a current or former partner or spouse. Its frequency and severity can range from one hit or emotional put-down to severe physical injury and emotional humiliation. IPV is of particular concern during pregnancy when not one, but two lives are at risk. Indirect or direct exposure to IPV during pregnancy has been shown to increase a woman's risk of having an adverse birth outcome. Physical assault to the abdomen or sexual trauma experienced during pregnancy may increase the risk of spontaneous a abortion, preterm delivery, low birth weight (LBW), or neonatal death. Adverse birth outcomes may also be indirectly facilitated through negative maternal behaviors, inadequate nutrition or prenatal care, and increased stress levels. Furthermore, the prenatal and postnatal period seems to be critical for victims' safety as violence often increased after childbirth. Thus, professionals should be particularly vigilant during this period.

**Kay Words:** Intimate partner violence, a violation, pregnancy and infant outcomes



## Factors associated with exclusive breastfeeding practices among mothers

<sup>1</sup>Gehan EL-Nabawy Ahmed, <sup>2</sup>Shereen Ahmed El-Wasefy,  
<sup>3</sup>Amal Ahmed Elbligahy

<sup>1, 2, 3</sup> Lecturer of Pediatric Nursing, Faculty of Nursing,  
Mansoura University, Egypt

### Abstract

For almost all infants, breastfeeding remains the simplest, healthiest and least expensive feeding method that fulfills the infants' needs. Optimum breastfeeding practices can prevent 1.4 million deaths worldwide among children under five year. Despite strong evidence in support of Exclusive breast feeding (EBF) for the first six months of life; its prevalence has remained low worldwide. Therefore, the aim of this study was to assess the prevalence of exclusive breastfeeding and associated factors among mothers who have an infant less than six months old. A descriptive research design was utilized in this study which conducted on a convenient sample of mothers (323) with children less than six months attended Mother and Child Health Centers (MCHCs) in Mansoura city. Data were collected using questionnaires administered at interview. The results indicated that, 55% received breastfeeding counseling during antenatal care. Only 31% of mothers had adequate knowledge of exclusive breastfeeding with 53% of them initiating breastfeeding immediately after birth didn't give pre lacteal feeding. Moreover, 29% of mothers practiced exclusive breastfeeding, those mothers who were unemployed. The study concluded that, although the prevalence of exclusive breastfeeding was lower in the study area than international recommendations, rates were higher than found in other studies. Recommendations for improving exclusive breastfeeding include better support for working mothers through extending maternal leave and establishing work-site day care centers for infants, expanding the urban health extension program so that more pregnant women and mothers can be taught about appropriate infant and young child feeding practices and how to express their milk, thereby increasing their breastfeeding knowledge.

**Keywords:** Exclusive breast feeding (EBF), factors, practices, mothers, infants.



## First Aid Educational Program Effects on Nursing Student's knowledge in Jeddah at Al-Riyada College for health science

Sahar Wasel<sup>1</sup> and Mohammad Emam<sup>2</sup>

<sup>1</sup> Lecturer at Medical Management of Public Affairs - Mansoura University.

<sup>2</sup> Prof. at Department of Obstetrics and Gynecology - Faculty of Medicine- Mansoura University.

### Abstract

**Background:** Students' awareness about first aid and update their knowledge in the light of recent first aid guidelines. Constitute of life saving and protection form emergency injuries or sudden illness. As injuries remain a threat to life therefore first aid is important to deal properly management with these injuries. It is essential that the students possess adequate knowledge for management of commonly occurring injuries and illnesses. So the introduction, acquisition, and reinforcement of basic emergency lifesaving may heighten students' confidence to respond to an emergency situation. **The aim** of this study was to assess the effect of first aid educational program on nursing students' knowledge. A quasi-experimental research design was utilized. **The study setting** was conducted in Jeddah at Al-Riyada College for health science. A convenient sample of 70 nursing students enrolled during one academic year from September 2013 to May 2014. **Tools:** Three tools used for data collection, Tool(1); an interview questionnaire sheet to assess student's knowledge regarding to first aid tool (2); post assessment sheet to assess student's knowledge after the program and tool (3); was satisfaction scale for measuring the level of students' satisfaction after the program. **The Results:** almost students have poor mean score of knowledge regarding first aid. Post program about 85% of the students had very good mean score of and approximately three quarter of the students were highly satisfied from the program. **Conclusion:** There were highly significant improvement in the mean score of knowledge and most of students were highly satisfied from program. **Recommendation:** Raising the awareness for the important of update the students' knowledge in the light of recent first aid guidelines. A future longitudinal research to improvement wide-spreading of first aid continuous practical training programs among different universities.

**Key Words:** First aid Program, Nursing Student





## Effect of Early Oral Hydration on Post Cesarean Section Outcomes

Mervat Zaghoul<sup>1</sup>, Amina El-Nemer<sup>2</sup>, Tyseer Marzouk<sup>3</sup>, Rafik Barakat<sup>4</sup>

*1 Head nurse of the hemodialysis unit at meniat elnasr general hospital*

*2 Professor of Woman's Health and Midwifery, Faculty of Nursing,  
Mansoura University*

*3 Assistant Professor of Woman's Health and Midwifery, Faculty of Nursing,  
Mansoura University*

*4 Assistant Professor of Obstetrics and Gynecology, Faculty of Medicine,  
Mansoura University*

### Abstract

This study **aimed** to assess the effect of early oral hydration on post cesarean section outcomes. **Subjects and methods:** A quasi-experimental research design was used to conduct this study on 80 women who underwent a straight forward planned or emergency cesarean section at Mansoura University Hospital. Study subjects were divided into two equal groups, the intervention group initiated oral hydration early; at 2 hours post cesarean section, and the control group initiated it according to the study setting protocol. The required data were collected using a structured interviewing questionnaire schedule. **Results:** participants of the early hydration group experienced earlier bowel movement return, earlier ambulation, and shorter hospital stay compared to the control group. **Conclusion:** Early oral hydration was an effective method in reducing the time required to return to normal bowel function, ambulate, and discharge from the hospital.

**Key words:** *Cesarean section, oral hydration, bowel function.*



## The Relationship between Menstrual Cycle Irregularity and Body Mass Index among Secondary Schools Pupils

Heba Hossam<sup>1</sup>, Nadia Fahmy<sup>2</sup>, Nahed Khidr<sup>3</sup>, Tyseer Marzouk<sup>4</sup>

<sup>1</sup> Head-nurse of neonatal care unit in Damietta speciality Hospital ,

<sup>2</sup> Professor of Maternal and Newborn Health Nursing, Faculty of Nursing-  
Ain shams University

<sup>3,4</sup> Assistant Professor of Woman's Health & Midwifery, Faculty of Nursing,  
Mansoura University

### Abstract

The present study **aimed** to evaluate the relationship between menstrual cycle irregularity and Body Mass Index among secondary schools pupils. **Subjects and methods:** A descriptive study was used to conduct this study on 380 single girls from five secondary schools in Damietta city, Egypt with an average age of 15- 18 years old and started menstruating since at least two years ago. Three tools were used for data collection; the first was a structured questionnaire which entailed the student's socio demographics, second tool was the physical assessment sheet which included the participants' anthropometrics, while the third tool was the menstrual cycle questionnaire, it was a 19-item self-report questionnaire. **Results:** There was a statistically significant relation between the BMI and the menstrual cycle rhythm; the highest prevalence of irregular menstruation was in obese (65.9%) and overweight students (51.4%), while the least was in normal weight students affecting 41.7% of them. **Conclusion:** the current study finding revealed that obese and overweight girls were more frequently have irregular menstrual cycles than normal or underweight girls ( $p=0.007$ ). **Recommendations:** Health education programs should be provided to the students; by the school's health nurse, to orient them about the leading factors for obesity and its complications on menstrual disturbances.

**Key Words:** Menstrual cycle, BMI and Menstrual disorders.



## Knowledge, Attitudes and Practices regarding Vaginal Discharge among Employees at Mansura University

Ebtisam Hashem Osman Zaher<sup>1</sup>, Nahed Fikry Hassan Khedr<sup>2</sup>,  
Hanan Awad Moawad Elmashad<sup>3</sup>

<sup>1</sup>*Mursing consultant at Mit-Gamer Urology and Nephrology Hospital*

<sup>2</sup>*Assist. Prof. of Woman's Health and Midwifery Nursing, Faculty of Nursing,  
Mansoura University*

<sup>3</sup>*Lecturer of Woman's Health and Midwifery Nursing, Faculty of Nursing,  
Mansoura University*

### Abstract

Vaginal health is an important part of a woman's overall health. Vaginal problems can affect fertility, desire for sex and ability to reach orgasm. The misconception of the woman about the causes, correct health behavior, self-prevention and culture of silence regarding abnormal vaginal discharge all of these lead to increase the incidence of abnormal vaginal discharge and its complications. **The present study** aimed to assess the knowledge, attitudes and practices regarding vaginal discharge among employees at Mansura University. **Study design:** Across sectional analytical design used in the conduction of the study. The study was carried out in 17 faculties at Mansura University. **Study sample:** A total of 500 employees involved all married, virgin, widows and divorced employees using systematic random sample. **Tools of data collection:** The tools used the researcher included a structured questionnaire to assess socio-demographic, medical and obstetrical history, knowledge, attitudes and practices regarding vaginal discharge. **Main results:** The incidence of abnormal vaginal discharge among employees at Mansoura University was 23.4% as they reported. In this study the researcher found 26.6% of employees seek for immediate examination after complaining of abnormal vaginal discharge, 29.6% waiting some time for self-treating without medical advice and 29.6% not examine except the case become worse. The researcher found that the causes of not seeking medical examination after complaining of abnormal vaginal discharge 39.2% of employees said that it is simple and there is no need for examination others said. 31.8% of them feel shyness from reveal the genitalia. The researcher found also that 45% of employees did not know the color of normal vaginal discharge, 32.6% did not know odor of normal vaginal discharge, 75.8% of them did not know the cause of cheesy white vaginal discharge accompanied with burning sensation and edematous vulva and vagina, 65% did not know when they are most vulnerable to fungal infection, 44.4% did not know the signs of fungal infection and 86.6% of them did not know the sings trichomonas. But in the other side 85.8% of them were know preventive measures of vaginal infection. **Conclusion** The incidence of abnormal vaginal discharge among employees at Mansoura University was relatively high. Many of employees had poor knowledge and bad practice. **Recommendations:** There is need for creating community awareness about reproductive health and its diseases especially reproductive tract infection and its complication.



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## **Xeroderma Pigmentosum in Pediatric Patients**

***Sahar Farouk Hashem***

*Lecturer of Pediatric Nursing, Mansoura University*

***Magda Ahmed Abd Alaziz***

*Lecturer of Pediatric Nursing, Mansoura University*

***Nagwa Ibrahim EL demery***

*Assistant Lecturer of Pediatric Nursing, Mansoura University*

### **Abstract**

Xeroderma pigmentosum is a rare inherited pediatric disorder characterized by an extreme sensitivity to ultraviolet (UV) rays from sunlight. This disorder usually appear in infancy or early childhood , mostly affects the eyes and areas of skin exposed to the sun. Some affected individuals also have problems involving the nervous system. It is estimated to affect about 1 in 1 million people in the United States and Europe. The condition is more common in Japan, North Africa, and the Middle East. The patient with Xeroderma pigmentosum is manifested by photosensitivity, pigmentary changes, premature skin aging, and malignant tumor development. These manifestations are due to a cellular hypersensitivity to ultraviolet (UV) radiation resulting from a defect in DNA repair. Multiple cutaneous neoplasms develop at a young age in persons with xeroderma pigmentosum and patients are also susceptible to infection and, in some subtypes, neurologic complications .Death is usually caused by metastatic malignant melanoma or squamous cell carcinoma. The goal of treatment is to protect the patient from sunlight. Regular visits to the dermatologist might be necessary for the purposes of patient education and early detection and treatment of any malignancies.





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## **The Relation between Violence against Older Adult Women, Their Quality Of Life and Health Consequences**

**Dr. Soad Hassan Abd Elhameed**

*Lecturer of Gerontological Nursing, Faculty of Nursing, Mansoura University*

### **Abstract**

Violence against older adult women is a serious public health problem and human rights concern. It occurs in one or more of the following ways: physical, sexual, emotional, and financial violence. Moreover, it can have a myriad of devastating consequences on health and wellbeing of the older adult women. Along with the immediate physical and emotional impacts of violence, older adult women's overall quality of life adversely affected, which can in turn, influence their participation and engagement in various aspects of life and society. **Aim:** Determine the relation between violence against older adult women, their quality of life and health consequences. **Materials and Method:** A descriptive co relational design was used. The study was carried out on 294 older adult women aged 60 year and above, attending the inpatient units and geriatric outpatient clinics of the specialized Medical Hospital, Mansoura University Main Hospital and Mansoura General and New General Hospital affiliated to the Ministry of Health. Data was collected using four tools, tool I (Older adult women's socio-demographic & clinical data structured interview schedule), tool II (Violence assessment structured interview schedule), tool III (Health consequences of violence against older adult women structured interview schedule) and tool IV (WHOQOL-BREF). **Results:** More than half (62.9%) of the study older adult women were less than 65 years old. Nearly quarter (23.8%) of the study older adult women suffered from violence. Psychological and economic violence were the most common types of violence reported by the study older adult women. A statistically significant relationship was found between violence and quality of life. **Conclusion:** violence consequences on psychological health were reported by the majority of the study violated older adult women. The violated women reported poor QOL, while non-violated women reported good QOL with a statistically significant difference between the violated and non violated older adult women. **Recommendations:** Responsible senior nurses in the inpatient units and the outpatient clinics prepare posters illustrating methods of avoidance of and protection from violence for older adult women. Messages about violence against older adult women and methods of prevention and protection from violence should be delivered to the older adult women via mass media to raise awareness.

**Keywords:** Violence, older adult women, quality of life, Health consequences.



## **Violence Against Woman**

**Rania Ahmed Abdullah Elbasuony<sup>1</sup>, Amina Mohammed  
Rashad El-Nemer<sup>2</sup>, Hanan El-Sayed Mohamed<sup>3</sup>**

*<sup>1</sup> B.Sc. Nursing- Faculty of Nursing-Mansoura University*

*<sup>2</sup>Assistant Professor of Maternity and Gynecology Nursing Faculty of Nursing,  
Mansoura University*

*<sup>3</sup> Lecturer of Woman's Health and Midwifery*

### **Abstract**

Violence against woman had been a major problem, in times of peace and war. Violence against women is a global concern; it is estimated that one in every five women experience some form of violence in their lifetime. This violence ranges from very mild teasing to rape and murder, and takes place at home, in the streets, at work places, in short everywhere.. So it is very important to examine the factors that place woman at risk for experiencing violence.

**Keywords:** Violence, Woman Violence.



## **Obesity may affect a common drug that is used as part of the treatment to fight breast cancer in post-menopausal women**

**Amal Roshdi ahmed<sup>1</sup>, Hanaa kamal helmy<sup>2</sup> &  
Abeer Mohamed Elmgawry<sup>3</sup>**

### **Abstract**

Obesity is now defined as a global pandemic and it's predicted that more than half of the world's population will be obese by 2030. Obesity is associated with an increased risk of several cancers and poorer outcomes for cancers such as colon, endometrial and post-menopausal breast cancer. Aromatase inhibitors stop the production of oestrogen in post-menopausal women by blocking the enzyme aromatase, which turns the hormone androgen into small amounts of oestrogen in the body. This means that less oestrogen is available to stimulate the growth of hormone-receptor-positive breast cancer cells. Aromatase inhibitors (AIs) can't stop the ovaries from making oestrogen, so aromatase inhibitors only work in postmenopausal women. There are three types of aromatase inhibitors, and each one is a pill, usually taken once a day. It's considered the best hormonal therapy to start with when treating early-stage, hormone-receptor-positive breast cancer. "AIs may be less effective in obese women due to the greater quantity of aromatase in peripheral fatty tissue", says study author, Professor Mark Elwood, an expert in cancer epidemiology from the University of Auckland. That was one of the conclusions from his recent systematic review of eight earlier studies to assess the effect of obesity on AI efficacy in breast cancer treatment. "Outcome measures included overall survival, disease-free survival or time to progressive disease, survival from the start of therapy, mortality measures, local or distant recurrence of primary cancer and time to recurrence," says co-author, medical oncologist, Dr David Porter. "The systematic review showed a trend towards a negative effect of obesity on AI efficacy, but the size of the effect (in post-menopausal hormone receptor positive breast cancer), and whether it is the same with all AIs is difficult to determine." "AIs are prescribed at a fixed dose in all patients, but the apparent decreased efficacy in heavier patients warrants investigation of whether higher doses would be more effective in obese women," says Dr Porter. "It is important for physicians to contemplate more individualised treatment choices to limit the number of non-responders to treatment and to improve the likelihood of successful therapy for all patients," he says. "Many questions remain unanswered in this complex scenario and information is needed before recommendations for the improved use of AIs for obese patients could or should be made," says Professor Elwood. "Further evidence on the differing potencies of the major AIs in obesity would help clarify whether specific AIs may yield a better outcome in obese patients or whether prescribing higher doses of AIs might be useful."



## Utilization of Self-Care Brochure for Relieving Mother's Minor Discomforts during Pregnancy

Wafaa Mostafa<sup>1</sup>, Tyseer Marzouk<sup>2</sup>, Amina El-Nemer<sup>3</sup>,  
Kamilia Abou Shabana<sup>4</sup>

*1Assistant lecturer of Nursing Education, Faculty of Nursing,  
Fayoum University*

*2 Lecturer of Maternity and Gynecology Nursing, Faculty of Nursing,  
Mansoura University*

*3 Assistant Professor of Maternity and Gynecology Nursing,  
Faculty of Nursing, Mansoura University*

*4Professor of Maternity and Newborn Health Nursing, Faculty of Nursing,  
Ain Shams University*

### Abstract

The **aim** of this study was to investigate the utilization of self-care brochure for relieving mother's minor discomforts during pregnancy. **Subjects and methods:** A quasi- experimental research design was carried out at Antenatal Clinic of Mansoura University Hospital on 90 primigravida women at  $\leq 34$  gestational weeks, free from any medical and obstetric problems, can read and write, and reported one or more of the associated pregnancy minor discomforts. They were randomly assigned into either control or intervention group (n=45 per each group). The intervention group received a self-care brochure beside the routine antenatal care. While the control group received the routine antenatal care only. Mother's attitude regarding self-care was assessed using Likert scale. **Results:** Providing the pregnant mothers with a self-care brochure was associated with relieving most of the self-reported pregnancy discomforts among the study group compared to those of the control group. **Conclusion:** the intervention group had agreed that the self-care guide is easy to be used and the majority of them reported that they will use it in the future pregnancy.

**Key word:** *Self-care, minor discomforts, pregnancy.*



## Effect of Mother's Self Care Brochure on Promoting Early Initiation of Breast Feeding in Delivery Room

Amal Sarhan Eldesokey, Kamilia Abo Shabana, Galal Ahmed  
EL kholy, Soad Abd El-slam Ramadan

*1 Lecturer of Maternal and Neonatal Health Nursing, Faculty of Nursing, Fayoum University*

*2 Professor of Maternal and Neonatal Nursing, Faculty of Nursing, Ain Shams University*

*3 Professor of Obstetric and Gynecology, Faculty of Medicine, Benha University*

*4 Assistant Professor of Obstetric & Women's health Nursing, Faculty of Nursing, Benha University*

### Abstract

**Aim** of this study was to investigate the effect of mother self care brochure on promoting early initiation of breast feeding during post natal period. **Setting:** this study was conducted at antenatal and labor units at Benha University Hospital. **Research design:** Quasi experimental study design was used. **Sample:** A purposive sample included 100 pregnant mothers. **Tool of data collection:** Interviewing questionnaire sheets, observational checklist, follow up card and satisfaction sheet were used. **Results:** of the present study revealed that there was highly statistical significant difference in relation to all items concerning mother's knowledge pre and post intervention. Most of mothers were satisfied about self-care brochure. There was a highly statistical significant improvement of mother's practices in all self-care items during postnatal period. Sixty five percent of mothers were initiated breastfeeding immediately after delivery. There was a highly significant difference between mother's knowledge and level of education in the pre and post intervention. Also this study showed that, highly significant difference between mother's self-care practices regarding initiation of breastfeeding and their residence, correct knowledge pre and post intervention and their satisfaction in the post intervention period. **Conclusions:** utilizing self care brochure is significantly improves mother's knowledge and practices regarding early initiation of breast feeding during postnatal period, the majority of mothers were satisfied with utilization of self care brochure about self care brochure. **Recommendations:** Integrated self care concept into the maternal and newborn health nursing under and post graduate student faculty of nursing, Benha University and distributing brochure about self care for early initiation of breast feeding during antenatal care to all pregnant mothers.

**Key word:** Breast milk, early initiation of breast feeding, satisfaction.



## **Effect of Using Simulation learning on Academic Achievement of Community Health Nursing Students in Home Visiting Module**

**Eman A. Sheha<sup>1</sup>, Sahar M. Soliman<sup>2</sup>, Amel I. Ahmed<sup>2</sup>,  
Samia M. Abd El Mouty<sup>3</sup>**

*1 Assist Lecturer in Community Health Nursing, Faculty of Nursing,  
El-fayoum University, Egypt*

*2 Assist prof. in Community Health Nursing, Faculty of Nursing,  
Mansoura University, Egypt*

*3 Lecturer in Community Health Nursing, Faculty of Nursing,  
Mansoura University, Egypt*

### **Abstract**

Background: Using simulation in nursing course can assist faculty to use more effective methods to facilitate the learning of clinical skills and to measure skill competency or problem-solving abilities before taking students to a clinical unit. So, health care educators will need to incorporate educational technology as part of educational process. Aim: To investigate the effect of using simulation learning on academic achievement of community health nursing students in home visiting module. Method: A Randomized-control trial study was conducted among (331) students at the fourth year community health-nursing, faculty of nursing- Mansoura University, Egypt. The study was conducted from September to May 2014.2015. Results: revealed that most of students were satisfied with the simulation methods. Highly statistical significance between pre and post knowledge test for control and experimental groups Conclusion: The main conclusion drawn from the present study is that using white board (e-learning) is an effective teaching method in nursing education. The majority of students satisfied with using simulation methods in learning. It was recommended to apply simulation methods into curriculum of community health nursing course, and focusing on activating the role of e-learning environments in university education.

**Key Words:** Simulation, Community Health nursing students



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## **The Issues of breast cancer in Egypt- awareness program**

**Dr. Badria Abd Elshahed Ahmed Elkattan**

*Lecturer of Adult Health Nursing, Faculty of Nursing, Helwan University*

### **Abstract**

Breast cancer is a major health care problem that affects more than one million women yearly. While it is traditionally thought of as a disease of the industrialized world, around 45% of breast cancer cases and 55% of breast cancer deaths occur in low and middle income countries in 2010.

In Egypt, cancer registries reveal that breast cancer is the most frequently occurring cancer among women, representing 18.9% of the total cancer cases (35.1% in women and 2.2% in men), with an age-adjusted rate of 49.6 per 100.000 persons.

The etiology of breast cancer is multi-factorial and cannot be directly linked to any single factor. (exogenous and endogenous hormones, Individual's genetic makeup, A woman's age, Reproductive risk factors such as menarche before the age of 11 years, menopause after the age of 54 years, and an age greater than 40 years at first full-term pregnancy and finally, women who do not breastfeed. Prevention or identification of breast cancer at an early stage is of paramount importance in saving and improving the quality of life. Breast health awareness appears to be a pragmatic method for this. Managing breast cancer in low income countries poses a different set of challenges including access to screening, stage at presentation, and adequacy of management and availability of therapeutic interventions.

Methods for early detection must be considered the best second choice for reducing the mortality, amongst which breast self-examination (BSE), clinical breast examination (CBE) by the treating physician, as well as ultrasound and mammography, are the secondary preventive methods used for screening in the early detection of breast cancer. According to the American Cancer Society (ACS), BSE is an option for women starting from the early 20's.

**Key words:** Breast cancer, incidence in Egypt, prevention, management



نادى جزيرة الورد



قسم تمريض  
صحة المرأة والتوليد



كلية التمريض



جامعة المنصورة

# المؤتمر العلمى الأول لقسم تمريض صحة المرأة والتوليد بكلية التمريض جامعة المنصورة



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عميد كلية التمريض جامعة المنصورة

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أ.د. أمينة محمد رشاد النمر

أستاذ ورئيس قسم تمريض صحة المرأة والتوليد

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