



# *3<sup>rd</sup> International Nursing Conference*

*Faculty of nursing- Mansoura University*

*Title*

## *Prevention is Better Than Cure*

*Faculty of Nursing- Mansoura University*

*In cooperation with*

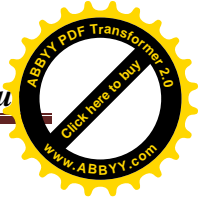
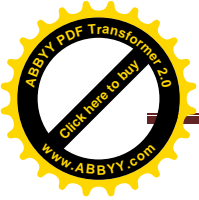
**University of Dar Es Salaam-Tanzania**

**University of Raparin –Iraq**

**Kano State Federation- Nigeria**

*At*

*Elmahdy El basosy Hall , Children Hospital Mansoura City*



*Under the patronage of*

*Prof. Dr. Hossam Eisa*

Minister of Higher Education

*Prof. Dr./ El Sayed Ahmed Abd el khalik*

President of Mansoura University

**Under supervision**

Prof.Dr/ Magda Ahmed Naser

*Vice president of postgraduate studies and research,*

*Mansoura University*

*Conference president/ Dean Faculty of nursing*

Prof. Dr/ Amany Mohamed Shebl

*Conference coordinator*

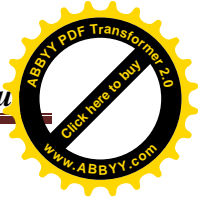
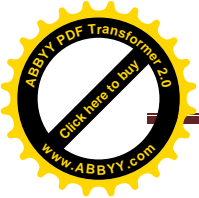
Prof. Dr /waafa fathy Selim

*General Conference Secretary*

*Dr. Nadia Mohamed Hassan*

*Dr. Suzan Elsaid Mansour*

*Dr. Neamit Ibrahim Elemam*



# Welcome

## Dear Colleagues

I'd like to personally welcome each of you at the annual third international scientific conference on (*prevention is Better Than Cure*) organized by the 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 expertise to the conference, Finally we sincerely wish our guests a very pleasant stay in addition to a fruitful participation in the conference various activities.



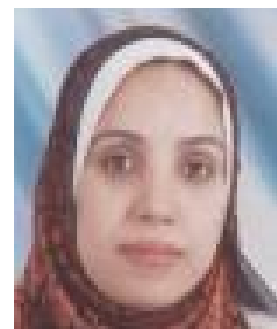
**Prof.Dr / Sayd Abd Khalek**  
President of Mansoura University



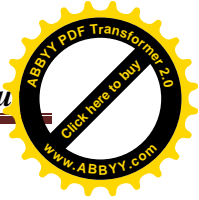
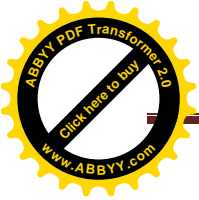
**Prof.Dr / Magda Nasr**  
University Vice President



**Prof.Dr: Amany Mohmed Sheble**  
Faculty of Nursing Dean



**Prof.Dr / Wafaa Fathy**  
Faculty Vice Dean of Post  
Graduate Studies



# Conference Committees

## Scientific committee in alphabetic order

Prof. Azza Alsoussi  
Prof. Amany Mohamed Shebl  
Prof .Amira Ahmed  
Prof .Amina Rashad El nemr  
Prof. Amal Ibrahim  
Prof. Dalal Ashra  
Prof. Karima El shamy  
Prof . Mohamed Elgasaly  
Prof . Mohamed sultan  
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Prof. Neamat Mohmed  
Prof. Nehad Fekry  
Prof. Samir Y. Lafi  
Prof. Sana Alaa  
Prof. Sanaa Hassan Abdulsahib  
Prof. Soheire wahedia  
Prof. Soheire Ewada  
Prof. Somya Abd el moniem  
Prof. Wafaa ouda  
Prof . Wafaa Fathi Sleem  
Prof. Wafaa Ismail

## Printing and Booklet preparation

### Committee :

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Prof. Wafaa Ismail  
Dr. Nadia Mohamed Hassan  
Dr . Neamit Ibrahim Elemam  
Dr . Raefa Refaat Alam  
Dr. Hanan Awad Moawad  
Dr. Heba Abou baker Mohamed  
Dr. Hanan Mohamed Badran  
Dr. Hend Elsayed Mansor

## Reception and Registration Committee :

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Dr. Rabab Gad  
Dr. Warda El Shahat  
Dr. Eman Baleegh  
Dr. Ebrahim Abdlatif  
Dr. Alhasan Mahmod Shokry  
Dr. Tarek Shaker  
Dr. Marwa Mehrez

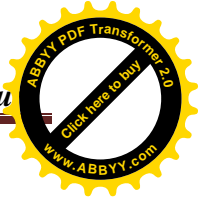
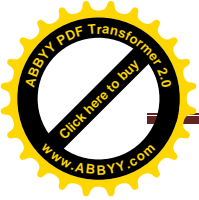
## Recommendation Committee:

Prof. Karima El Shamy  
Dr. Samar Al hoseny Dr. Hanaa Hussien  
Dr. Hala Abd elhamid  
Dr. Fadia Ahmed Abd el kader  
Dr. Sahar Hasan  
Dr. Rehab Abd Elaziz

## Scientific Research collection

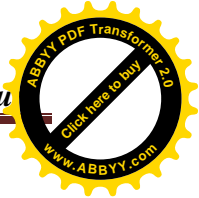
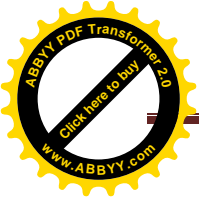
### Committee:

Prof . Amira Hassnien  
Dr. Nadia Mohamed Hassan  
Dr . Suzan Elsaid Mansour  
Dr. Heba Noshay Abd-Elaziz  
Dr. Neamit Ibrahim Elemam  
Dr. Omyma Abou samera  
Dr. Wafaa Wahdan abd- ElAziz

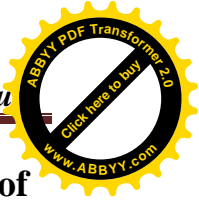
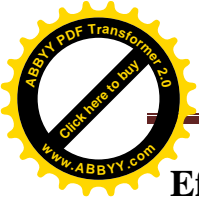


## Conference's Program

Session	Time
Registration	8.30-9.30
Opening	9.30-10.30
First session	10.30- 11.30
Second session	11.30-12.30
Break	12.30-1.00
Third session	1.00-2.30
Fourth session	2.30-3.30
Fifth session	3.30-4.30



**Papers presentation**



## Effect of Ginger as Herbal Therapy versus Conventional Therapy on Range of Motion and Functional Abilities of Patients with Osteoarthritis of the Knee Joint.

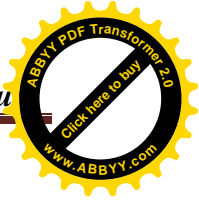
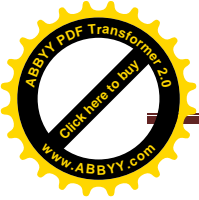
*Prof. Dr. Soheir Mohamed Weheida\**, *Prof. Dr. Magda Moawad Mohsen\*\**  
& *Om El-Hana Kamel Ali\*\*\**

Professor of Medical-Surgical Nursing, Faculty of Nursing, Alexandria University\*

Professor of Community Health Nursing, Faculty of Nursing, Menofia University.\*\* Assistant lecture of Medical-Surgical Nursing, Faculty of Nursing, Menofia University.\*\*\*

### **Abstract:**

**Aim of the study** was to determine effect of ginger as herbal therapy versus conventional therapy on range of motion and functional abilities of patients with osteoarthritis of the knee joint. **Materials and Method:** the study has been conducted on a convenient sample of 50 patients divided alternatively into two equal groups; 25 patients for each group. Study group was receiving herbal therapy by using ginger in combining with conventional therapy. Control group have been exposed to routine hospital care. A quasi experimental design was used in this study. Data was collected using five tools: Biosociodemographic structured interviewing questionnaire, Visual analogue pain scale, Knee rang of motion assessment tool, The Lawton Activities of daily living scale & compliance assessment sheet. **Results:** The degree of pain had been reduced in the study group than those among the control group, range of motion and functional activities of the knee were significantly greater and better in the study group than the control group and the ability of study group to perform the activities of daily living better than the control group. **It was concluded that:** Pain score among study group was significantly decreased than in control group. Knee range of motion and knee joint functional abilities were improved in study group than in control group and there were a significantly improvement in activities of daily living of the study group than in control group. **The study recommended that:** a written guideline should be available and distributed to all patients with knee osteoarthritis, and including healthful diet, exercise, stress reduction, rest and sleep and finally ginger therapy and its role in managing knee osteoarthritis and developing a structured educational program for orthopedic nurses about importance of healthful diet, exercise, stress reduction, for patients with knee osteoarthritis, and a manual booklet should be available to all nurses working in orthopedic department about ginger therapy and distributed to all patients in the orthopedic ward.



## Assessment Of Workplace Violence Against Nurses In Slemani Teaching Hospitals

*Dr. Sanaa Hasan Abdul Sahib\** & *Dr: Khalat Karwan Fares\*\**

\* Assistant professor: The Dean of School of Nursing/ University of Raparin.

\*\*Assistant Lecturer/ Nursing department/ Technical institution

### Abstract:

A descriptive study was used in which an assessment approach was conducted on nurses, in order to assess the workplace violence against nurses in Slemani Teaching Hospitals. A probability sampling was performed. It was stratified random sampling of 100 nurses (male and female) who were working at these hospitals. A questionnaire was developed for the purpose of the study. It was composed of two parts which were dealing nurses demographic characteristics and information related to dimensions of workplace violence. A panel of 15 experts was involved in the determination of the questionnaire's content validity. A pilot study was carried out to determine the study of the questionnaire's reliability through the use of person correlation coefficient. Data were analyzed through the application of descriptive statistical data analysis approach (frequency and percentage) and inferential data analysis approach (chi-square). The study findings revealed that 52% of nurses were exposed to the workplace violence, and the female nurses were more exposed more than the male nurses. One type of the violence was verbal abuse which was the most common type, and it was 49%. Emergency unit, psychiatric unit, theater rooms, and ICU, were the most risky wards of exposing to the workplace violence which was 76.9%, 70%, 60%, 60% respectively. There is no statistical significant association between age, years of employment, marital status, and level of education with the workplace violence. There is only significant relationship between settings of working, shifting of working. The study recommended that special education programs should be conducted to the nurses to teach them about workplace violence and impact management.



## Assessment of Life Style of Patients with Essential Hypertension in Kirkuk City

تقييم نمط حياة المرضى المصابين بارتفاع ضغط الدم الأساسي في مدينة كركوك

**\*\* Dr: Samir Y. Lafi \* & Dr: Younis K. Baez**

.Assistant professor: Head of Adult Nursing Dept. / School of Nursing/ University of Raparin \*

.Assistant Lecturer/ College of Nursing/ University of Kirkuk\*\*

### الخلاصة:

دراسة وصفية أجريت في المركز الصحي في الإسكان في مدينة كركوك للمدة من الأول من كانون الثاني ٢٠٠٩ وحتى منتصف تشرين الأول ٢٠٠٩. تهدف الدراسة إلى تقييم نمط حياة المرضى المصابين بارتفاع ضغط الدم الأساسي، كذلك لإيجاد العلاقة بين مؤشرات نمط الحياة وبعض الخصائص الديموغرافية مثل (العمر، الجنس، التاريخ العائلي، المستوى الثقافي، المهنة، الحالة الزوجية، والدخل الشهري). ولتحقيق أهداف الدراسة اختيرت عينة غرضية غير احتمالية مكونة من (٢٠٠) مريضاً مشخصين نهائياً بارتفاع ضغط الدم الأساسي ممن راجعوا المركز الصحي في إسكان مدينة كركوك ولغرض جمع المعلومات صممت استمارة استبائية مكونة من (٦٩) فقرة شملت الخصائص الديموغرافية للمرضى والعلامات والأعراض وكذلك مؤشرات نمط الحياة. عرضت الاستمارة على (٢٠) خبيراً لتحديد الصدق. وقد أجريت دراسة استطلاعية وحدد الثبات باستخدام معامل بيرسون وبطريقة (test- retest) وكان (r= ٩٠) وبطريقة المقابلة الشخصية مع عينة البحث جمعت المعلومات وقد حللت باستخدام التحليل الوصفي كذلك التحليل الاستنتاجي ومن خلال التحليل بينت الدراسة أن هناك علاقة بين ضغط دم الأساسي ومؤشرات نمط الحياة. كذلك وجود علاقة بين مؤشرات نمط الحياة من جهة وبعض الخصائص الديموغرافية مثل (العمر، الجنس، التاريخ العائلي، المهنة وكذلك الدخل الشهري). وأوصت الدراسة بإجراء برامج تثقيفية لزيادة معلومات المرضى وتبصيرهم بنمط حياتهم، كذلك تخصيص مركز حديث لأمراض السكري وكذلك تزويد مناهج الدراسة الإعدادية بمواضيع تخص أسباب المرض والعوامل المساعدة على حدوثه والوقاية منه.

### Abstract:

A quantitative design / descriptive study were carried out at Eskin Health Center/ Kirkuk City for essential hypertensive patients from January 1st 2009; up to middle of October 2009. The study objectives are to assess the aspects of Life-Style contributed to the occurrence of essential hypertension as well as to find out the relationship between Life Style aspects and some Socio-Demographic characteristic such as (Age, Sex, Family History, Education Level, Occupation, Marital Status and Monthly Income). To achieve the objectives of the study, a non-probability (purposive) sample of (200) patients who are definitely diagnosed as having essential hypertension, selected from adult patients who were attended to Eskin Health Center/ Kirkuk City. The data were collected through the use of constructed questionnaire, which contain of (69) items, include the demographic data, Signs and Symptoms, and life style domains. Validity of the questionnaire was determined through a panel of (20) experts while reliability of the instrument was determined through the (test- retest) approach, (r=90). The data were collected through the use of interview, and analyzed through the application of descriptive and inferential statistical analysis. Results: The results of the study revealed that there was statistical relationship between essential hypertension and life style aspects, and there was relationship between life style aspects and some socio-demographic characteristic such as age, sex, family history, occupation, and monthly income. Based on the previously results the study recommended that: educational programs should be designed to increase people knowledge and awareness about their life style, Specify a modern center for dealing hypertensive patients and . Secondary school curriculum should include topics concerning the caused and risk factors of the disease and its prevention.

**فاعلية استخدام الملصقات التعليمية في إكساب أطفال الروضة  
بعض السلوكيات الصحية في ضوء مفهوم  
(الوقاية خيرٌ من العلاج)**

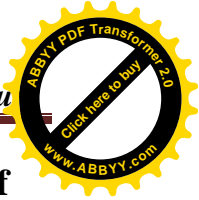
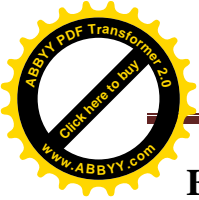
**إعداد**

**أ.د/ سمية عبد الحميد أحمد**

**أستاذ مناهج وطرق تعليم الطفل**

**وعميد كلية رياض الأطفال – جامعه المنصورة**

نبتت أهمية الدراسة الحالية من أهمية موضوعها فهي تتناول جانباً من الجوانب الأساسية لموضوع الساعة ، حيث يشهد العصر الذي نعيشه تطوراً شاملاً في كافة مناحى الحياة وقد صاحب هذا التطور ظهور العديد من المشكلات التي أثرت بشكل مباشر على صحة الأطفال ، وظهرت أمراض لم تكن نسمع عنها ، وزادت الأخطار التي تحيط بهم نتيجة هذا التقدم مما يستلزم أن تقوم الروضة بدورها في تربية الأطفال تربية وقائية تساعد على مواجهة تلك الأخطار وإتقاء شر الأمراض التي تحيط بهم في كل مكان .وتحظى التربية الوقائية باهتمام المربين ، وتحتل اهتمام كثير من رجال التربية في الدول النامية، والمتقدمة على السواء ، باعتبارها عملية تربوية مستمرة تهدف إلى إكساب الأطفال مجموعه من المفاهيم الصحية ، والغذائية ،والأمانية ، والسلوكيات المرتبطة بها بالطرق الايجابية ، والتربوية المناسبة والمحبه للأطفال مثل الصور والرسومات الملونه ذات التشبع اللوني العالى فى صورة ملصقات كبيرة تجذب إنتباههم ،لأن ذاكرتهم البصرية تحتفظ بالأشكال ، وتثبت المعنى أو المفهوم فى الذاكره المعرفية ، بالإضافة إلى أن الصور والرسوم تضيف للطفل معلومات ومعارف وخبرات بصرية جديده عن طريق المادة البصرية ذاتها ، كما أنها تعتبر إعادة صياغه للواقع والمفاهيم والمعانى بشكل مكثف يساعد على إدراك وفهم الطفل للسلوكيات الصحية الإيجابية ، أو تعديل السلوكيات السلبية إلى سلوكيات ايجابية، أو لتصحيح التصور المفاهيمى الخاطئ لدى بعض الأطفال حتى تكون السلوكيات الصحية المكتسبة ذات مردود عملى فى حياتهم .



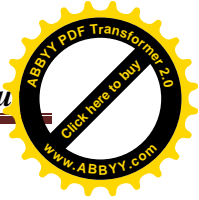
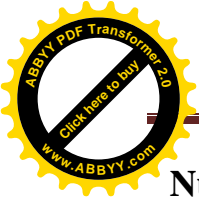
## Effect of Nursing Care Strategies on the Functional and Physical Abilities of Patients Following Stroke.

**Dr:Zeinab Hussain Ali\***

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

### **Abstract:**

Stroke is an increasing problem with advancing age which may result in many physical disabilities affecting daily activities. The nurse can help stroke patients with best utilization of their remaining physical and functional abilities. This study aim was to assess the effect of application of nursing care strategies on the functional and physical abilities of patients following stroke. The study was carried out at Elnasr Insurance Hospital, in Helwan City, Egypt using a controlled quasi-experimental design. It involved 60 stroke patients equally divided into an intervention group and a control receiving the routine hospital care. The researchers developed and implemented an individualized plan of care for each patient in the intervention group based on assessment, priorities, goals, and expected outcomes. The Stroke Specific Quality of Life Scale (SS-QOL) was used to assess the effect of the intervention at three and six months follow-up. The results demonstrated significant improvements only among the study group patients at the 3 and 6-month follow-up ( $p < 0.001$ ) in both physical and functional domains as well as in total QOL. A strong positive correlation ( $r = 0.87$ ,  $p < 0.001$ ) was found between the improvements in the scores of physical and functional QOL. Multivariate analysis showed that being in the study group and attending the intervention program were statistically significant independent predictors of score improvement. In conclusion, the implementation of nursing care strategy is successful in improving stroke patients' physical and functional status and QOL. It is recommended to generalize such strategies in the routine hospital care. Future research is suggested to assess the effect of such interventions on family caregivers' burden.



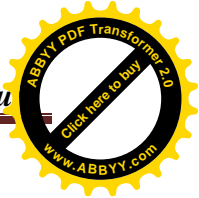
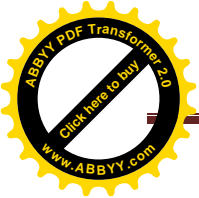
## Nurses' perspective of magnet features in selected hospitals at Mansoura

*1Wafaa Fathi Sleem , 2Abeer Mohamed Seada*

1Assist. Prof of Nursing Administration, Faculty of Nursing, Mansoura University

2Assist. Prof of Nursing Administration, Faculty of Nursing, Cairo University

**Background:** There is a considerable evidence to show the success of magnet hospitals in attracting and retaining nursing staff .**Aim:** The aim of this study is to investigate the magnet features in selected hospitals from the perspective of nurses. **Design:** Descriptive comparative design was utilized in this study. **Methods:** Study was conducted in two hospitals namely: Mansoura General Hospital as ministry of health sector and Gastro-enterology center as University sector. A purposive convenient sample of 177 staff nurses working in the previous mentioned hospitals were constituted the study sample. Data for the present study was collected through utilizing Nursing Work Index developed by Joyce&Crookes (2007 ) based on The original NWI that was developed by Kramer and Hafner (1989) . **Results:** findings of the present study revealed that nurses working in university hospital have positive perception of magnet features which contributes to better working conditions than those nurses working in ministry of health sector. Statistical significant differences in nurses' perception regarding educational opportunity control over nursing practice and shared governance subscales of magnet features in the selected hospitals. **Recommendations:** Nursing leaders' efforts to create empowering work environments can influence nurses' ability to practice in a professional manner, ensuring excellent patient care quality and positive organizational outcomes. Efforts must be made to improve nurses' working conditions in governmental and ministry of health sectors in order to retain nurses in the system and encourage new recruits to the profession.



## Effect of Weight Reduction on Clinical Outcome of Obese Patients with Chronic Hepatitis C Virus

*Prof. Dr. Soheir Mohamed Wehieda\* ,Prof. Dr. Magda Moawad Mohsen\* ,Dr:Hosam Ibrahim Mohamed,\*\*\*& Wafaa Mohamed Ahmed Elwan \*\*\*\**

Professor of Medical Surgical Nursing Faculty of Nursing. Alexandria University \*

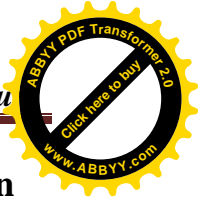
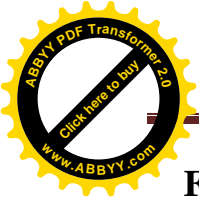
Professor of Community Health Nursing Faculty of Nursing .Menoufyia University\*\*

Assistant Prof of Tropical Medicine Tropical Medicine Department Faculty of Medicine, Menoufyia University\*\*\*

Assistant Lecturer of medical surgical Nursing Faculty of Nursing Menoufyia University\*\*\*\*

### **Abstract:**

The present study was designed to investigate the effect of weight reduction on clinical outcome of obese patients with chronic hepatitis C virus. Materials and method: This study was conducted at the outpatient of both tropical and interferon therapy clinic in all of Menoufia University Hospital, National Liver Institute and Shebin El kome teaching hospital, 60 patients from both gender diagnosed with chronic hepatitis C virus and planned for combined interferon and Ribavirin therapy. They were selected randomly and were divided alternatively into 2 equal group each of 30 patients. Design: This study utilizes quiz experimental research design. Tools: three tools were developed and used by the investigator for collecting the necessary data. These tools are: Tool 1, Structured Interview Questionnaires which was used to assess patient Sociodemographic data as well as the patients knowledge about their diagnosis, Tool 2, Nutritional Assessment sheet which was used to assess the patient nutritional status and Tool 3, Chronic hepatitis C patient's: physical assessment tool, which was use to assess the patient physical health as evaluation of the participant using this tool enable us to assess the patient clinical recovery outcome. Results: This study showed that study group1 who were managed by weight reduction program through diet and walking exercise were improved significantly as compared with control group (2) who cant adhere to weight reduction program in form of normalization of liver enzyme ,correction of dyslipidemia and sustained virological response rate. **Conclusions:** The present study provide evidence that There were statistical significance difference existed between the both studied group 1 and 2 regarding achievement and of sustained virological response .as well as the sustained virological response rate in the responders showed statistically significant rise in HDL and decline in waist circumference, LDL, cholesterol, as well as liver enzymes than in non responder.



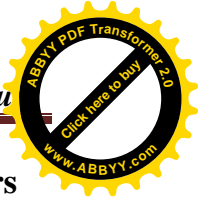
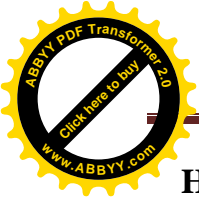
## Factors Influencing Patient Delay In Seeking Medical Care Among Egyptian Women Presenting With Advanced Breast Cancer At Oncology Centre – Mansoura University

*Karima Elshamy DNSc<sup>\*1</sup>, Omar Farouk MD<sup>2</sup>, We' am Mustafa MD<sup>3</sup>*

<sup>1</sup> Medical Surgical Nursing Department, Faculty of Nursing, Mansoura University, Egypt <sup>2</sup>, Surgical Oncology Department, Oncology Center, Mansoura University, Egypt. <sup>3</sup> Psychological Care Unit, Oncology Center, Mansoura University, Egypt

### **Abstract:**

**Background:** Breast cancer patients in developing countries usually seek treatment at a more advanced-stage of disease. Breast cancer is the most common cancer among Egyptian women, accounting for 37.6% of female tumors, and is often diagnosed at later stages. Delayed presentation is an important obstacle to improving cancer treatment outcomes. **Design and setting:** a descriptive research study was conducted during six months to explore factors influencing patient delay in seeking medical care among Egyptian women presenting with advanced breast cancer at Oncology Centre –Mansoura University. Sixty one adult advanced breast cancer female patients were selected according certain criteria. **Tools of the study:** Two tools were used: Tool I: Structured interview questionnaire: It consists of 76 items and included six main parts; Part I: Sociodemographic characteristics of advanced breast cancer women (ABCW). Part II: Knowledge of patients about breast cancer, risk factors, and signs and symptoms, methods of breast cancer early detection, diagnosis, and treatment of breast cancer. Part III: Psychosocial and cultural beliefs about breast cancer. Part IV: Availability and accessibility to BC services. Part V: Symptoms related factors, and Part VI: Cancer stages among advanced breast cancer women. Tool II: Perception towards breast cancer prevention, diagnosis and treatment. **Results:** revealed that: a total of 61 advanced breast cancer women were included in the study, 32 of them (54.5%) of the study participants delayed for more than three months, 29 (47.5%) delayed for more than four months, the total delay was 57.4% among cancer stage III and 42.6% were among cancer stage IV. **Conclusion:** Lack of knowledge about breast cancer, increase cost of BC screening and treatment, marital status, lack of health insurance system, perception of patients towards breast cancer, psychosocial and cultural beliefs about breast cancer such as their thought the symptom would go away, thought the symptom was not serious, no danger if lumps are asymptomatic, fear to treatment's adverse effects, financial problems, and time constraints, and the availability and accessibility of breast cancer service are the main factors which influence delay in seeking medical care among our patients.

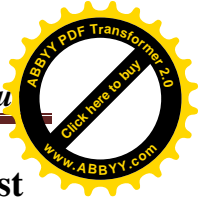
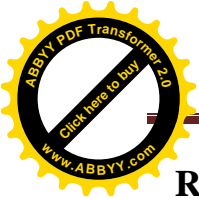


## Health Professional Colleges Students' Perception Regarding Contributing Factors And Preventive Strategies For Blood Borne Infection Among Them

*Assist. Prof. Hala Gabr Mahmoud\** and *Assist. Prof. Wafaa Gameel Ali \*\**,

\*Nursing Administration Department, Adult Care Department, Faculty of Nursing, Mansoura University, Egypt\*\*.

**Abstract:** An exposure to Blood-borne infections is an important hazard for health professional students, which places them at a high risk for blood-borne infections. They are exposed to blood-borne diseases through accidental needle sticks and sharp injuries. Blood-borne infections are associated with significant morbidity and mortality. The introduction of safety measures to prevent accidental blood-borne infections in health professional college curricula is essential. Hence, the present study aimed to assess students' views about the factors contributing to Blood-borne Pathogens Infections and their suggestions for measures to control Blood-borne infections. **Design:** The study used cross-sectional descriptive design. **Methods:** The study was conducted at Faculty of Medicine, Dental, and Nursing in University Center for the Study of Female Students at King Khalid University, Saudi Arabia. A convenience sample of 300 students affiliated to faculties of medicine, dental, and nursing were included in the study. A questionnaire sheet was used for data collection that was developed by researcher based on reviewing related literatures. **Results:** most of medical and nursing students have needle injury in emergency department while dental students in outpatient and about 24.67% of the studied sample attending training program for infection control and 43.67% of them take vaccine before clinical training. As well as 23% of the studied sample have needle-stick injury and minority of them reporting it. The majority of students reported that they need to know preventive measures and precautions to prevent blood-born infection and equipment uses to avoid it. **Conclusion & recommendations:** Findings of the present study have important implication for developing proactive measures that includes combination of factors to control of Blood-borne infections among students of health professional colleges.



## Raising Awareness of Deaf Students and their School Care-Givers about First Aid Intervention in Medical Emergencies

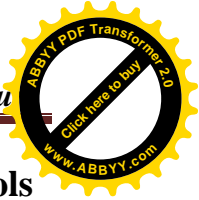
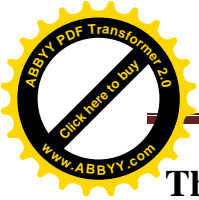
Rabab El-Sayed Hassan<sup>\*1</sup> and Samar Elhoseiny Abd-Elraouf<sup>2</sup>

<sup>1</sup> Pediatric Nursing, <sup>2</sup> Community Health Nursing, Faculty of Nursing, Mansoura University, Mansoura, Egypt

### Abstract:

**Background:** Hearing disability has gained great interest in the last decades. This growing interest stemmed from its devastating effects on communication, person's life, and the economics of countries. **Objectives:** To assess and raise the awareness of deaf students and their school care-givers about first aid intervention in medical emergencies. **Participants:** All deaf students in both the preparatory and secondary levels of education in a school for the deaf, who were under 18 years old (n = 44), in addition to school dormitories care-givers (n = 2) were participated in this study. **Methods:** Participants' knowledge and skills were assessed using pre and post-test questionnaire sheet contained thirty-seven quiz multiple choices statement questions in Arabic language. Moreover, post-test intervention didactic and practical learning sessions consisted of six video films on DVD-ROM are presented to the participants accompanied by sign language translation in order to achieve the research objectives. **Results:** An intervention program showed a clear positive outcome on raising awareness of deaf students and their school care-givers about first aid intervention in medical emergencies. The highest percentage of deaf students (61.4%) obtained the lowest sum score lies between zero to less than 25% in the pre-intervention phase, while about half of them (45.5%) obtained sum score lies between 50 to less than 75%, and more than tenth (11.3%) obtained the highest sum score that lies between 75 to 100% in the post-intervention phase, which revealed statistical significant differences in the participants' knowledge of skills at p=0.001 and 0.000. Similarly, pre knowledge sum scores of the two school care-givers about first aid skills rose from 43.2% and 63.2% respectively reached to the mastery level of 100% in response to the study intervention programmed. **Conclusion:** An implementation of first aid intervention program had a positive effect on raising awareness of deaf students and their school care-givers to deal in medical emergencies. **Recommendation:** The educational curriculum of deaf students should include basic information about health, emphasizing on the importance of how to satisfy the physical as well as the psychological needs of the casualty in case of exposure to medical emergencies.





## The Effect of Dysmenorrhea on Quality of Life of Technical Secondary Schools Girls

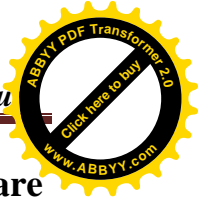
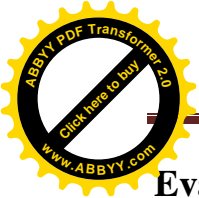
*Hanan El-Sayed Mohamed\* & Suzan El-Said Mansour\*\**

Lecturer of Women's Health and Midwifery Nursing Dept, Faculty of Nursing, Mansoura University, Egypt\*

Lecturer of Women's Health and Midwifery Nursing Dept, Faculty of Nursing, Mansoura University, Egypt\*\*

### **Abstract:**

The **aim** of the study was to study the effect of dysmenorrhea on quality of life of technical secondary schools girls. A correlational **design** was utilized in the current study. The current study **conducted** on 1092 girls complains of dysmenorrhea at technical secondary schools, Mansoura, Egypt. Data were collected by three tools; one is 1<sup>st</sup> Self Administered Structured Questionnaire including socio demographic and menstruation data, 2<sup>nd</sup> Dysmenorrheal Self Assessment tool, 3<sup>rd</sup> Quality of life assessment tool for girls complains from dysmenorrhea. Study **results** showed that high prevalence of dysmenorrhea, that is, 78.8% among technical secondary schools girls nearly half of the technical Secondary School girls (43.7%) had experienced dysmenorrhea during the last one to three years. Majority of participants had pain in every cycle. Menstrual pain primarily began at the onset of menstrual flow (48.1%). More than two third of participants (88.1%) with dysmenorrhea reported some associated symptoms. The most frequently reported symptoms loss of appetite (51.9%), decrease in concentration (46.8%), and headache (46.7%). (74.1%) of participants were unable to focus on their courses, more than two thirds of the participants (78.3 %) had bad relationships with their families due to dysmenorrhea. Based on the finding of the present study the following were **recommended** A- Health professionals are invited to initiate health education program to raise awareness in the community and update school curricula by educating school girls regarding this important health issue. B- Health education program in school to increase awareness about pharmacological and non-pharmacological methods of pain relief during menstruation and importance for visiting physician when pain is severe



## Evaluate Knowledge of Secondary Schools Nursing Students about Elderly Care and Their Problems

*Eman Shokry Abd allah\**, *Aziza Mahmoud Boughdady Mousa\*\**, *Salwa Abbas Ali Hassan\*\*\**

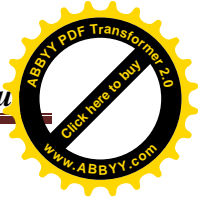
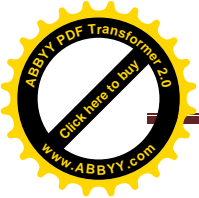
\*Assistant Professor of Community Health Nursing, Faculty of Nursing, Zagazig University.

\*\*lecturer of gerontological Nursing department, Faculty of Nursing Mansoura University.

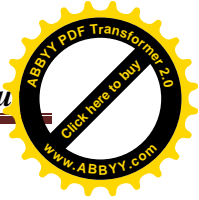
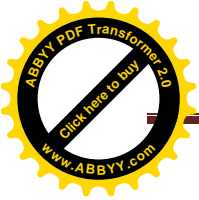
\*\*\* Professor of Community Health Nursing, Faculty of Nursing, Zagazig University.

### Abstract:

**Background:** More people survive into old age now than any other time as a result of advances in medical services, new drugs and high technology. **Aim:** The aim of the present study was to evaluate knowledge of secondary schools nursing students about elderly care and their problems at Zagazig City. **Setting:** The study was conducted at all secondary schools of nursing at Zagazig City. **Sample:** The total sample was 130 students. They were all at the final year. **Subjects and methods:** Data were collected by using an interview questionnaire sheet composed of three parts entails with personal characteristic of study subject, knowledge about elderly problems and care. **Results:** the present study revealed that the majority of the study subjects reported incomplete correct answer about elderly physio psychosocial problems. Concerning to their knowledge about services in the community provided elderly health and social care, more than half of the studied .Students gave complete correct answer. **Conclusion:** According to the findings of the present study, it can be concluded that the students who came from rural areas and belonged to middle social class and their mothers illiterate and housewives had adequate level of knowledge about elderly presents of health problems and its care. **Recommendations:** Special course about elderly needs, problems and care should be given to undergraduate students nurse; also training opportunity should be available to students in hospital and community.



**Scientific Talk Presentation**



## Hospital - Acquired Infection: Strategies For Hospitals To Improve Patient Safety.

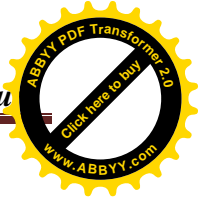
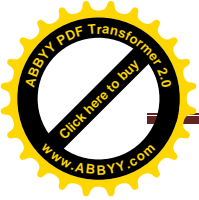
*Prof. dr: Amany M Shebl\* & Dr: Salwa A. Mohamed\*\**

Assistant Professor Medical Surgical Nursing Department, Faculty of Nursing, Mansoura University\*

Lecturer of Medical Surgical Nursing, Faculty of Nursing Fayoum University\*\*

### **Abstract:**

Health care-associated infections (HAIs) are likely the most common complication of hospital care. According to the Centers for Disease Control and Prevention (CDC), approximately 1 in 20 hospitalized patients falls victim to an HAI, leading to nearly 100,000 deaths per year. A hospital-acquired infection happens as a consequence of a hospital stay. Factors that increase the risk of these infections include the level of a patient's immune system, surgery and medical procedures that create cuts or breaks in the skin, and the transmission of bacteria capable of causing infection from one person to another because of close contact in hospitals. The objective of this report was to critically review and summarize the published literature on HAI, with the main focus on studies evaluating the effectiveness and cost aspects of the implementation of safer devices and other preventive measures in hospitals. The majority of the prevention programs, despite large differences in methodological quality, showed in general that engineering controls, especially the introduction of safety-designed devices, were effective in reducing the number of reported infections. However, HAI prevention goals will be achieved through interventions focused on hand hygiene, transmission precautions, injection practices, antimicrobial stewardship and environmental cleaning. Prevention of infection should not be limited to the hospital epidemiology staff but also must involve the entire multidisciplinary team, including nurses. Nurses play a vital role in improving the safety and quality of patient care-not only in the hospital or ambulatory treatment facility, but also of community-based care and the care performed by family members. In addition, human resource management is critical to improving patient safety in a hospital setting and needs to be given most serious consideration. Therefore, preventing hospital - acquired infection (HAI) in people is a tremendous health care challenge.



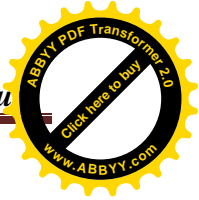
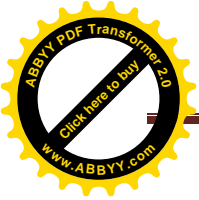
## **Congenital Anomalies: The Problem and the Solution.**

*Mohamed El-Ghazaly Waly*

Professor of Pediatric Surgery, Faculty of medicine , Mansoura University , Egypt

### **Abstract:**

Congenital anomalies are the leading cause of infant mortality, about 500000 deaths / year worldwide. Congenital disorders may be the result of genetic abnormalities, intrauterine environment, and errors of morphogenesis, infection or a chromosomal abnormality. The outcome depends on complex interaction between the pre-natal deficit and post-natal environment. Teratogens like alcohol, smoking, certain medications, and chemicals are responsible for many birth marks. Maternal exposure to mutagens like ionizing radiation alter the genetic material of the cell. Screening like ultrasonography and maternal serum sampling can be implemented to avoid the complications of birth defects. Giving folic acid to pregnant women reduces the risk of brain and spinal cord anomalies. The idea behind pre-natal intrauterine surgery is to limit long-term damage through early intervention. Although some congenital defects cannot be prevented improvement in health care, nutrition, and education can reduce their frequency and severity. Pre-natal genetic screening and pre implantation genetic diagnosis are also helpful.

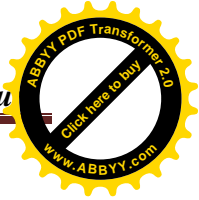
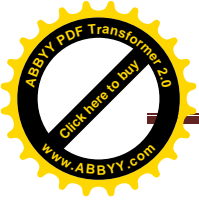


## Vascular Access

*Basem saeid, Assistant Professor of Pediatric Surgery*

### **Abstract:**

During the last 30 years vascular access in children, and particularly chronic venous access, has evolved to become one of the most common operations in pediatric surgery. It is now critically important in the management of many patients (both in hospital and at home) requiring parental nutrition, chemotherapy, repeated blood sampling or regular blood product replacement therapy. There currently exists a vast array of access devices composed of various materials external and totally implantable devices with single or multiple lumen catheters may be inserted into veins or arteries located peripherally or centrally. These variables must be tailored to the child's size, circumstances, therapeutic requirements, and anticipated duration of treatment. Despite the advances in vascular access technology, these procedures are potentially dangerous and should not be undertaken if safer, simpler alternatives are possible.



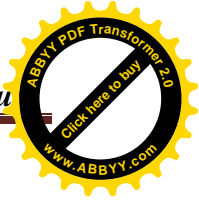
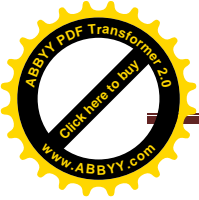
## Child and Adolescent Mental Health Policies and Plans

*Dr: Hala Elboray\**

Professor of Psychiatric Medicine, Faculty of Medicine, Mansoura University, Egypt\*

### **Abstract:**

Good mental health in child and adolescent is prerequisite for optimal psychological development, productive social relationships, effective learning and ability to care for self as adults . Adolescents are thinking and feeling beings with a degree of mental complexity that's only now being recognized. This module emphasizes the need to promote the mental health of child and adolescents, whether or not they are suffering from mental health problems, for the purpose of prevention and management of mental disorders.



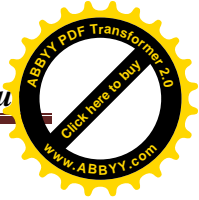
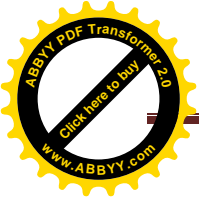
## Role of a Nurse in Palliative Care-Tanzania

*Annasthasia Giles Mitema (Tanzania)*

### **Abstract:**

Ocean Road Cancer Institute is the only cancer centre in Tanzania, providing Radiation chemotherapy and Palliative care all over the country and neighbor countries. Receives 5500 new cases patients per year, with them 80% are at advanced stage of their diseases where by palliative care become the only option. Palliative care in Tanzania is still new disipline were by few heaths professional having the basic knowledge of Palliative care. Palliative care nurse remain the only one who is aware of many factors which destroy the quality of life of patient and the family 'Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, though the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, physiological and spiritual.' WHO Affirms life Promotes quality of life Treats the person Supports the family. Goal of palliative care nurse is much more than comfort in dying, is living through particular attention to control pain and other symptoms, supporting emotional, spiritual, and cultural needs, and maximizing functional status. To met the goal of palliative care, palliative care nurse must use Communication skills, Physical skills, Psychosocial skills, Teamwork skills, Interpersonal skills, Life closure skills. Planning goals of care, pain and Symptom management ,Advance care planning , Financial support Spiritual care, Functional status support and rehabilitation are the roles of palliative care nurse. Conclusion to enhance the roles and goals of palliative care nurse, Measurement of end-of-life care through research is essential, in which should look into the structure, process and outcome of nurse's role in palliative care. Training and support for nurses working in referral hospitals, regional, District and health centers is very essential to make the accessibility of palliative care of services.





## Prevention of Adolescent Pregnancy

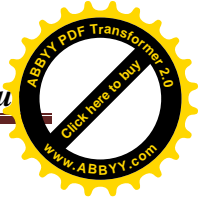
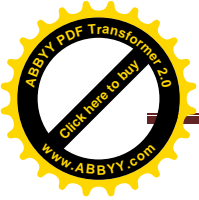
\* *Sabah Ramadan Hussein Ahmed* and \*\* *Hala Abd El ftah Ali*

\* Lecturer of Maternal & Newborn health Nursing, Faculty of Nursing, Helwan University.

\*\* Lecturer of Maternal & Newborn health Nursing, Faculty of Nursing, Kafr El-Sheik University.

### Abstract:

Worldwide about 14 million adolescent girls give birth, while about 4.4 million have abortions. Implications of adolescent pregnancy are social exclusion, greater reproductive health risks, increased risk of poverty and increased risk of maternal and infant mortality. Higher risk with adolescent pregnancy; birth and postpartum complications as hypertension, unsafe abortions, eclampsia, anemia, difficult labor and childbirth as a result of cephalopelvic disproportion, increased maternal mortality and low birth weight. The United States has the highest rate of teen pregnancy, childbirth and abortion among developed countries (One million teenagers become pregnant annually and 63% give birth, and 22% have abortions). So it is important to prevent adolescent pregnancy by these recommendations: Focus on women and girl's reproductive health and education outcomes, provide emergent obstetric care, the provision of reproductive health care services to teens requires sensitivity to the special needs of this age-group including knowing about laws about confidentiality and services for birth control, pregnancy, abortion, and adoption, thorough assessments are vital, because factors such as a history of sexual victimization, family dysfunction, substance use, and failure to use birth control can influence whether a young girl becomes pregnant and the pregnant teen will need support during and after pregnancy from her family and friends and from the father of the baby.



## Reproductive Factors and Risk of Breast Cancer

*Dr Entesar Fatouh Abdel Moneim\**, *Dr :Gehan Ibrahim Ghonemy\*\** & *Dr: Inas Mohamed Abdallah\*\*\**

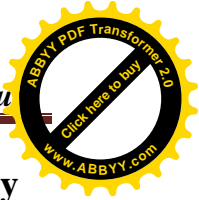
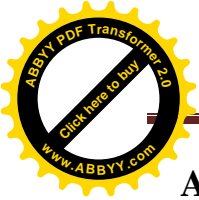
Assistant Professor of Maternity and Newborn Health Nursing, Faculty of Nursing, [Helwan University](#).\*

Assistant Professor of Maternal & Newborn health Nursing, Faculty of Nursing, Cairo University\*\*

Assistant Professor of Maternal & Gynecological Nursing Department, Faculty of Nursing, Suez Canal University\*\*\*

### **Abstract:**

Studies have shown that a woman's risk of developing breast cancer is related to her exposure to hormones that are produced by her ovaries (endogenous estrogen and progesterone). Reproductive factors that increase the duration and/or levels of exposure to ovarian hormones, which stimulate cell growth, have been associated with an increase in breast cancer risk. These factors include early onset of menstruation, late onset of menopause, later age at first pregnancy, and never having given birth. Pregnancy and breastfeeding both reduce a woman's lifetime number of menstrual cycles, and thus her cumulative exposure to endogenous hormones. In addition, pregnancy and breastfeeding have direct effects on breast cells, causing them to differentiate, or mature, so they can produce milk. Some researchers hypothesize that these differentiated cells are more resistant to becoming transformed into cancer cells than cells that have not undergone differentiation. Some pregnancy-related factors have been associated with a reduced risk of developing breast cancer. Pregnancy-associated breast cancer (PABC) has been defined as breast cancer diagnosed during pregnancy or within one year of delivery. Pregnancy is a time of breast development and hormone changes, so it is not surprising that it affects breast cancer risk. However, this relationship is complex. When breast cancer is found during pregnancy, the prognosis is worse. However, this is not due to the pregnancy itself, but rather it is more likely that it is in a later stage and was merely found because of the mother seeking care for the pregnancy. About one in every 1,000 pregnant women get breast cancer, the disease can be devastating to both the mother and her child. A major problem is that a lot of changes take place in a woman's breasts during pregnancy.



## Adverse Impact of Obesity on Reproductive Women s' Health and Maternity Nurse Role.

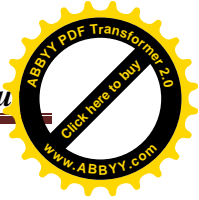
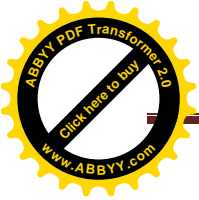
*Dr: Aziza Ibrahim Mohamed\* & Dr: Abeer Yahia Mahdy\*\**

\* Lecturer of Maternal and Newborn Health Nursing – Faculty of Nursing-Benha University.

Lecturer of Maternal and Newborn Health Nursing –Faculty of Nursing-Benha University\*\*

### Abstract:

Obesity is defined as having a body mass index greater than 30 kg/m. it has become a global health issue because of its negative impact on health and contribution to morbidity and mortality. Moreover it has consequences not only on general health but also to a great extent on reproductive health. As it contributes to an ovulation and menstrual irregularities, reduced conception rate and a reduced response to fertility treatment. It also increases miscarriage and contributes to maternal and fetal complications during pregnancy, labor, and post partum periods. Maternity nurse role has a pivotal role in preventing significant risks of obesity on women and fetus through:-Preconception assessment and counseling are strongly encouraged and should include the provision of specific information concerning the maternal and fetal risks of obesity in pregnancy .Encourage obese women to undertake a weight-reduction program. At the initial prenatal visit maternity nurse should record height and weight for all women to calculate BMI, and recommendations for appropriate weight gain. Nutrition consultation should be offered to all overweight or obese women, and they should be encouraged to follow an exercise program. Nutrition and exercise counseling should continue postpartum and before attempting another pregnancy. For patients undergoing cesarean delivery who have additional risk factors for thrombo embolism such as obesity, individual risk assessment may require thromboprophylaxis with pneumatic compression devices and unfractionated heparin or LMW heparin. Consideration should be given to using a higher dose of preoperative antibiotics for cesarean delivery prophylaxis. Consultation with a weight-reduction specialist before attempting another pregnancy should be encouraged.



## Maggot Debridement Therapy (MDT)

*Dr. Wafaa Ismail \**, *Dr: Heba Abo Bakr Mohamed \*\**& *Dr. Hanan Abo Bakr Mohamed Sabah\*\*\**

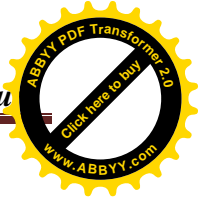
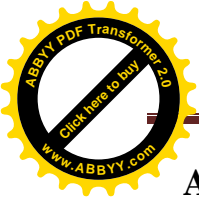
Assistant Professor of Medical Surgical Nursing Department , Faculty Of Nursing, Mansoura University\*

Lecturer of Medical Surgical Nursing Department , Faculty Of Nursing, Mansoura University\*\*

Lecturer of Medical Surgical Nursing Department, Faculty Of Nursing, Mansoura University\*\*\*

### **Abstract:**

There are many patients have difficulty healing wounds, resulting in rising cost for the delivery of health care. The diabetic foot ulcer in particular is more difficult to treat. Many of these ulcers may ultimately require amputation of a limb. Maggot Debridement Therapy (MDT) has been infrequently used in the last 60 years due to improved dressings, new surgical techniques, and the surge of new antibiotics to treat non-healing wounds when they become infected. Maggots have been used since antiquity to treat chronic wounds. With proper sterilization and refinement of delivery techniques, they have proven to be a safe and effective method of debridement, for a variety of chronic difficult-to-treat wounds. They are approved for debridement of wounds with necrotic tissue, including pressure ulcers, venous ulcers, neuropathic foot ulcers, and non-healing traumatic or post- surgical wounds. Modern Maggot debridement therapy (MDT) involves the use of specially bred larvae, most commonly of the green-bottle fly *Lucilia sericata* species. Larval therapy is used as an alternative if rapid debridement is required or if wounds have not responded to autolytic debridement.



## Alzheimer's disease: Prevention Strategies - How We Can Keep Our Brains Healthy

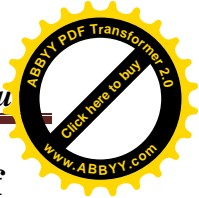
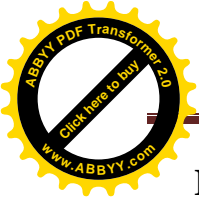
*Nadia Mohamed Hassan\* & Eman Baleegh Meawad\*\**

Lecturer of gerontological nursing department, faculty of nursing, Mansoura University\*

Lecturer of gerontological nursing department, faculty of nursing, Mansoura University \*

### **Abstract:**

Alzheimer's disease was first described more than a century ago by a German physician, Alois Alzheimer. It is the name given to a type of dementia that progressively affects the memory and other cognitive functions such as communication, the ability to make plans, mobility and spatial orientation. The advance of the disease cannot be halted, and typically takes less than ten years. Despite considerable research advances in recent years, science is still far from understanding the process of neuron degeneration that lies behind these symptoms. However, knowledge about the risk factors is steadily improving, so there is hope for effective prevention and an improved quality of life. Prevention is crucial for stopping the alarming spread of this disease. Delaying the onset of the disease could reduce the total number of cases by 50%. A high level of education, complex professional activity that demands mental application, a rich intellectual life involving a variety of different mental exercises, particularly in the second half of life, regular physical exercise, and a diet that includes fish and fresh fruit: all of these are thought to delay the onset of Alzheimer's disease.



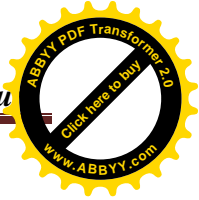
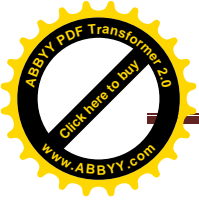
## Evidence- based practice: The Magic Key for Preventing Adverse Effect of Professional Decision Making

*Dr. Amel I. Ahmed, Dr. Sahar M. Soliman, Mrs. Rasha M. Abass, Mrs. Dalia A. El-Saaïd, Mrs. Eman S. Mohamed*

Evidence- Based Group, Community Health Nursing Department, Faculty of Nursing, Mansoura University

### **Abstract:**

Evidence- based practice (EBP) is an approach that integrates the best current available scientific evidence with the expertise of the health professionals, patient's preferences and values to make decisions about health condition. EBP provides safe and custom-made care that produces the preferred health outcomes, increases the care satisfaction in care recipients, and reduces the cost of health care. Applying of EBP will facilitate deciding about choosing of the most effective program or intervention, and culturally accepted by a community. EBP as a tool for improving the health care quality will serve the long-term goal of improving the quality of primary care and preventive services as well as curative and rehabilitative services. EBP has echoed across all health sciences and information science. As regarding to the Egyptian society, Ministry of Health and Population has articulated a long-term goal to improve the quality of primary care and preventive services and the skills of health professionals. This goal could be acquired by integrating the EBP to the other attempts of improving quality of care within a political agenda. In academic field, academic staff members play three different but interrelated roles that are educators, researchers, and collaborator partners with field practice personnel, which require application of EBP. Therefore, they should be skillful in EBP, which considered as integral aspect of educational interventions. EBP also is important for academics to develop evidence- based curricula that must be current and relevant to the dynamic changes of health care system. Furthermore, they have to embed the concept and skills of long life learning in nursing students through teaching EBP course, which became essential a standardized competency for nursing graduates. Therefore healthcare professionals should possess EBP skills that are necessary to meet their individual and collaborative responsibilities to different professional carrier. These skills composed of research methodology skills, critical appraisal, statistics and cultural competency skills, in addition to using of information technology.



## Evidence Based Guidelines for the Prevention of Ventilator Associated Pneumonia in Infants and Children

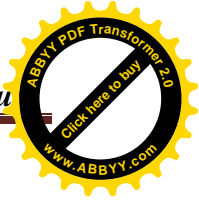
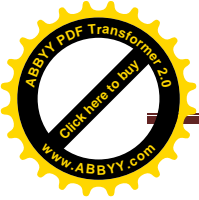
*Gehan EL Nabawy Ahmed\* & Omayma Moustafa Abosamra\*\**

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

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

### **Abstract:**

Ventilator-associated pneumonia (VAP) is defined as pneumonia that develops more than 48 to 72 hours after initiation of mechanical ventilation. VAP, the second most common hospital-associated infection in pediatric intensive care units, is linked to increased morbidity, mortality and lengths of stay in the hospital and intensive care unit, adding tremendously to healthcare costs. Prevention is the most appropriate intervention, but there is little research has been done to guide bedside care for VAP prevention in infants and children. In consideration of our current shortage of nurses and consequent heavy workloads, we cannot afford to adopt new practices unless they are evidence based. Evidence-based guidelines can serve as a catalyst for knowledge translation to the clinical area and have been created in an attempt to find a solution to the problem of ventilator associated pneumonia. These guidelines incorporate a number of evidence based strategies proved in the literature to decrease ventilator associated pneumonia and increase positive patient's outcomes. There are 21 strategies for prevention of VAP and these are divided into 10 physical strategies, three positional strategies and eight pharmacological strategies. Unfortunately little is known about the degree of nursing knowledge on evidence based guidelines for the prevention of ventilator associated pneumonia and about factors that can contribute or represent barriers to their implementation. Understanding the importance of recommended practices increases the likelihood of adherence and may overcome barriers to implementation. Prevention and control of ventilator associated pneumonia are dependent on education and awareness of ICU staff towards the problem and on the application of evidence based strategies.



## Biomedical Waste Management in Hospitals

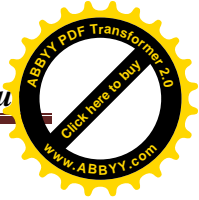
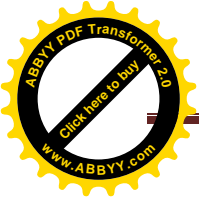
*Dr:Hind Abdullah Mohamed*

Lecturer of Nursing Administration Faculty of Nursing, Port-Said University.

### **Abstract:**

Hospital is one of the complex institutions, a place to serve the patients. Which is frequented by people from every walk of life in the society without any distinction between age, sex, race and religion. Hospitals and other healthcare facilities are responsible for the delivery of patient care services, but the waste generated from these services represents a real problem of living nature and human world. Hospital waste (a biomedical waste) is any solid or liquid waste which may present a threat of infection to humans, it is generated during the diagnosis, treatment or immunization of human beings or animals or in research activities pertaining thereto or in the production or testing of biologicals. WHO classified medical waste into eight categories as General Waste, Pathological, Radioactive, Chemical, Infectious to potentially infectious waste, Sharps, Pharmaceuticals, and Pressurized container. Improper management and exposure to such waste causes a direct health impact and serious threats to the community, the health care workers and on the environment every day that requires specific treatment and management prior to its final disposal. Therefore, there are a need for effective waste management systems in all health care facilities which is a key prerequisite to improving efficiency and effectiveness of health care. Biomedical waste management has recently emerged as an issue of major concern not only to hospitals, but also to the environment. Biomedical waste management is a process that help ensures proper hygiene in the health institution and safety of healthcare workers. The process of waste management comprises key stages which are all very important and interrelated. These include collection, segregation, storage, handling, transportation, treatment and final disposal. Finally, the need for proper hospital waste management system is of prime importance and is an essential component of quality assurance in hospitals.





## Hypertension Prevention and DASH Diet is There Evidence of Effectiveness?

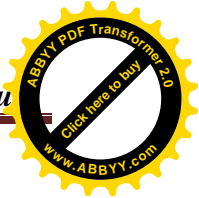
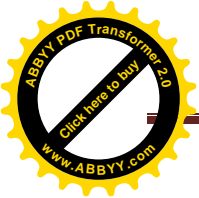
*Hanan Mohamed Mohamed Soliman\* & Amal Eid Shabaan \*\**

Lecturer of Medical Surgical Nursing Department, Faculty of Nursing Mansoura University \*

Lecturer of Medical Surgical Nursing Department, Faculty of Nursing Mansoura University \*\*

### **Abstract:**

Use of the DASH (Dietary Approaches to Stop Hypertension) diet, which is rich in fruits, vegetables, and low-fat dairy foods, significantly lowers blood pressure. Research has found that diet affects the development of high blood pressure, or hypertension (the medical term). Three recent studies show that blood pressure can be lowered by following a particular eating plan-called the Dietary Approaches to Stop Hypertension (DASH) eating plan-and reducing the amount of sodium consumed. A diet rich in fruits, vegetables, whole grains, and low fat dairy products and low in fat, refined carbohydrates, and sodium can lower blood pressure either alone or in combination with other lifestyle changes. These studies have greatly expanded our knowledge of non-pharmacologic interventions to prevent and manage hypertension. They also underscore the need for diet and lifestyle counseling in the primary care setting. The DASH study demonstrated that blood pressure can be significantly reduced with a diet abundant in fruits, vegetables, complex carbohydrates, and low fat dairy products. The DASH and DASH-Sodium studies provide a scientific basis for a dietary sodium goal lower than currently recommended, and highlight the benefit of reducing sodium intake even for non-hypertensive persons. The behavioral interventions used in the PREMIER study led to substantial weight loss, reduced sodium intake, and increased physical fitness. Subjects who were hypertensive, African American, or older tended to experience the greatest reduction in blood pressure from the DASH diet and lifestyle changes.



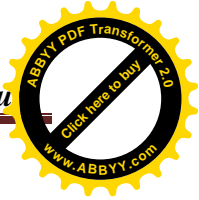
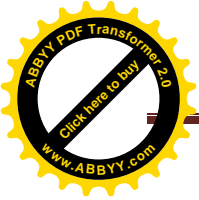
## Delirium in Older Adults, Dakahlia Governorate, Egypt.

**Raefa R Alam\***

Lecturer of Gerontological Nursing, faculty of Nursing, Mansoura University\*

### **Abstract:**

Delirium is a common and serious acute neuropsychiatric syndrome with core features of inattention and global cognitive dysfunction. At present, the diagnosis of delirium is clinically based and depends on the presence or absence of certain features. Management strategies for delirium are focused on prevention and symptom management. This article predicts and explores the most common risk factors of delirium in hospital and its prevention. Delirium (acute confessional state) is a common condition in older people and is a clinical syndrome, rather than a disorder or disease in itself, and is frequently confused with other conditions. The overall prevalence of delirium in the community is just 1–2%, but in the setting of general hospital admission this increases to 14–24%. The incidence of delirium arising during a hospital stay ranges from 6% to as high as 56%. Delirium is a common condition in the elderly, affecting up to 30% of all older patients admitted to hospital. In elderly individuals, delirium can initiate or otherwise be a key component in a cascade of events that lead to a higher morbidity and mortality rates; higher re-admission rates, downward spiral of functional decline, loss of independence, institutionalization, and, ultimately, death. The etiologies of delirium are diverse and multifactorial and often reflect the path physiological consequences of an acute medical illness, medical complication or drug intoxication. Delirium can have a widely variable presentation, and is often missed and under diagnosed as a result. The clinical presentation of delirium is variable but can be classified broadly into three subtypes-hypoactive, hyperactive and mixed-on the basis of psychomotor behavior.



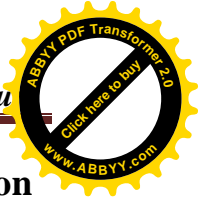
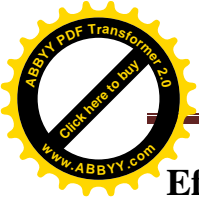
## Infection Control Strategies among Older Adults

*Neamit Ibrahim Elemam Ahmed El ashry \* & Heba Noshay Abdel Aziz\*\**

Assistant Lecturer, Gerontological Nursing Department, Faculty of Nursing, Mansoura University\*  
Assistant Lecturer, Gerontological Nursing Department, Faculty of Nursing, Mansoura University\*\*

### **Abstract:**

Despite the significant progress that has been made with the development of highly potent antibacterial agents and lifesaving therapies, infectious diseases are among the major causes of morbidity and mortality in the elderly. Pneumonia, influenza, and bacteremia are the most frequent fatal infections. Many other infections, including HIV infection, can also cause significant morbidity and mortality. Atypical presentations of infection are common in the elderly and may lead to delays in therapy. Functional decline, delirium, weight loss, or falls may be the only clues to a serious underlying infection. Fever is absent in 20% to 30% of elderly patients harboring a serious infection. In addition, age-related changes in organ function and a decline in immune function, predominantly cell mediated immunity, also contribute. Another risk factor is disruption of normal barriers with use of invasive devices and procedures. Institutionalization increases risk, especially for epidemic infections, because of living in group. Infection control strategies among older adults through optimal management of chronic illnesses. Immunization with influenza and pneumococcal vaccines reduces the risk of infection Nosocomial infections can often be avoided through educating older adults and their caregivers about aseptic hand washing and safe food practices as well as avoidance of contact with symptomatic persons.



## Effect Of Stress Management Program on Parents of Children With Attention Deficit and Hyperactivity Disorders and Its Effectiveness on Their Mental Health

*Samah Mohamed Taha\**, *Rania Rabia El- Atraby\*\** & *Warda El-shahat Hamed\*\*\**

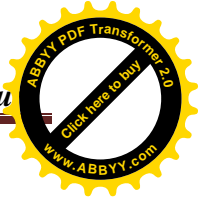
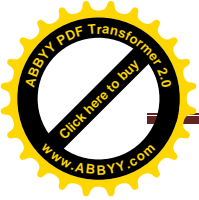
\*Lecturer of Psychiatry & Mental Health Nursing, Faculty of Nursing, Mansoura University.

\*\*Lecturer of Psychiatry & Mental Health Nursing, Faculty of Nursing, Mansoura University.

\*\*\*Lecturer of Psychiatry & Mental Health Nursing, Faculty of Nursing, Mansoura University.

### **Abstract:**

Attention deficit hyperactivity disorder (ADHD) is a heterogeneous disorder of unknown etiology. It is one of major clinical and public health problems because of its associated morbidity and disability in children, adolescents, and adults. Its consequences on society are enormous in terms of financial cost, stress on families, impact on academic and vocational activities, and negative effect on self-esteem . Several literature reviews have reported highly variable rates worldwide, ranging from as low as 1% to as high as nearly 20% among school-age children. Children diagnosed with ADHD usually ignore their parent's instructions, and pay less attention to the chores and tasks that have been assigned to them. The negative interaction between parents and children with ADHD causes frustration and aggression, maladjustments, and lack of balance among family members. Depression, spousal conflicts, and divorce in families of children with ADHD are higher than in other families. Misbehaviours of these children have a negative effect on parent-child interaction and may cause a sense of helplessness in their families. As a result, it seems that family-oriented trainings with emphasis on stress management could improve family mental health and parent-child interaction .



## Healthcare Facility Preparedness Checklist For MERS-COV

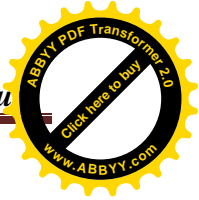
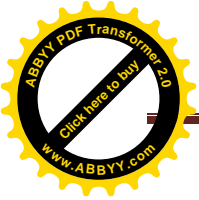
*Dr. Samia Mahmoud Abd-Elmouty \* & Dr. Samar Elhoseini Abd-Elraouf\*\**

\* Lecturers of Community Health Nursing, Mansoura University, Egypt

\*\* Lecturers of Community Health Nursing, Mansoura University, Egypt

### **Abstract:**

All healthcare facilities need to be prepared for new and emerging infectious disease threats such as Middle East Respiratory Syndrome Corona virus (MERS-COV). All hospitals should be equipped and ready to care for a limited number of infected patients as part of routine operations and also to potentially care for a larger number of patients in the context of escalating transmission. Facilities should outline plans for administrative, environmental, and communication measures and define the individual work practices that will be required to detect the introduction of MERS-COV or other emerging infectious diseases, prevent spread, and manage the impact on patients, the facility, and staff.



## Swine Flu Disease, The Age and Talk Time

### H1N1 Flu Virus (Swine Flu)

*\*Assist. Prof. Fawzia Elsayed Abo Saad, \*\*Dr. Rehab Abd El Aziz Elsayed Abd El Aziz, \*\*\*Amr Mohamed Elazab & \*\*\* Ahmed Fawzy Eldeeb*

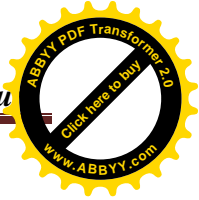
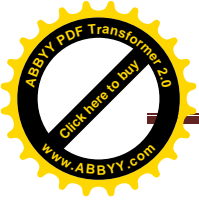
\*Assistant Professor of Pediatric Nursing, Faculty of Nursing, Mansoura University

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

.\*\*\*Students in Third Years of Faculty of Nursing, Mansoura University.

#### **Abstract:**

A recently emerged novel influenza A H1N1 virus continues to spread globally. The virus contains a novel constellation of gene segments, the nearest known precursors being viruses found in swine and it likely arose through reassortment of two or more viruses of swine origin. H1N1, H1N2 and H3N2 subtype swine influenza viruses have occasionally infected humans before but such zoonotic transmission events did not lead to sustained human-to-human transmission in the manner this swine-origin influenza virus (S-OIV) has done. Its transmission among humans appears to be higher than that observed with seasonal influenza. Children and young adults appear to those most affected and also those who appear to maintain transmission. Clinical disease generally appears mild but complications leading to hospitalization can occur, especially in those with underlying lung or cardiac disease, diabetes or those on immunosuppressive therapies. There are concerns that the virus may reassort with existing human influenza virus giving rise to more transmissible or more pathogenic viruses. The virus appears to retain the potential to transmit back to swine and thus continued reassortment with swine viruses is a cause for concern. Given the importance of this subject that we study to try to find those people the seriousness of the disease and the need for prevention.



## Corona Viruses

*Assist. Prof. Fawzia Elsayed Abo Saad*

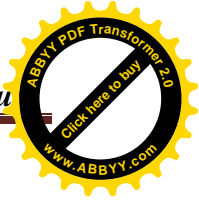
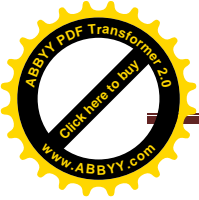
*Ahmed Abdullah, Ahmed Abd Elaziz & hadeer Elsaid \*\**

\*Assistant professor , pediatric nursing department , faculty of nursing ,Mansoura University

\*\*Students of 3<sup>rd</sup> year in faculty of nursing, Mansoura University .

### **Abstract:**

**Corona viruses** are species in the genera of virus belonging to one of two subfamilies Coronavirinae and Torovirinae in the family Coronaviridae. Coronaviruses are enveloped viruses with a positive-sense RNA genome and with a nucleocapsid of helical symmetry. The genomic size of coronaviruses ranges from approximately 26 to 32 kilobases, extraordinarily large for an RNA virus. The name "coronavirus" is derived from the Latin corona, meaning crown or halo, and refers to the characteristic appearance of virions under electron microscopy (E.M.) with a fringe of large, bulbous surface projections creating an image reminiscent of the solar corona. This morphology is created by the viral spike (S) peplomers, which are proteins that populate the surface of the virus and determine host tropism. Coronaviruses are grouped in the order Nidovirales, named for the Latin nidus, meaning nest, as all viruses in this order produce a 3' co-terminal nested set of subgenomic mRNA's during infection.



## Boosting Immune System Naturally for Combating disease

*Assist.Prof .Dr. Wafaa Ismail Sherif Salam\* & Dr. Hala Mohamed Abd Elhamed Ali\*\**

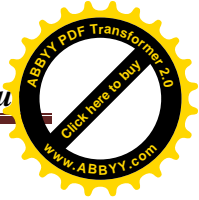
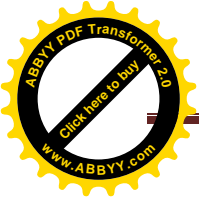
\*Assistant professor , Medical-Surgical Nursing ,Faculty of Nursing, Mansoura University

\*\*Lecturer , Medical-Surgical Nursing, Faculty of Nursing, Mansoura University

### **Abstract:**

Immune system is a complex world made up of microscopic cells functioning to defend and protect our body from disease, infection and other potentially harmful foreign agents. A strong immune system isn't just important for small illnesses put it's been proven to make a considerable difference to fighting diseases such as autoimmune disease & cancer as well. A strong immune system will respond to offenders much more efficiently than a weak one and will be able to maintain our health even when exposure rates are high. It is for this reason that a lifestyle program promoting a strong, ready-to-act immune system is so important. There are many things that strengthen our immune system that don't involve drugs. The following simple steps can be used to help prevent and heal common illnesses. A strong immune system requires: (Eating healthy, adequate rest & hygiene, minimum stress, minimum toxins, keeping well hydrated, regular exercise, herbs and supplements). Studies have shown that natural immunity boosters like a bit of exercise, a proper diet, and various immune boosting supplements can give the body the ammunition it needs to build a stable immune system.





## Evidence-Based in Maternity Care

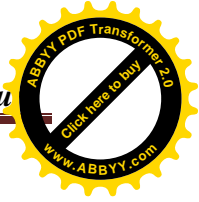
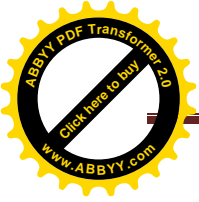
*Samia Ibrahim Osman\* & Hanan Awad Mouad\*\**

\*lecturer , woman health and midwifery, Faculty of nursing, Mansoura University

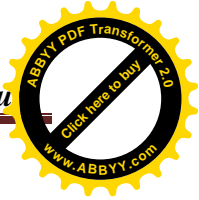
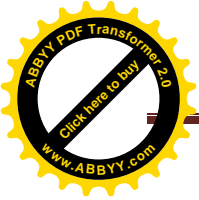
\*\*lecturer , woman health and midwifery, Faculty of nursing, Mansoura University

### **Abstract:**

Bridging health and human services with scientific research inquiry, also known as evidence-based practice, emerged toward the end of the 20th century and proliferated worldwide in the early 21st century within major universities, family treatment centers, and medical and mental health centers across the world. Evidence-based practice has its roots in evidence-based medicine, which was coined in the 1980s as a term for the clinical learning strategy. Continuity of care and comprehensive transitional services are critical to good outcomes for offenders. Evidence-based maternity care uses the best available research on the safety and effectiveness of specific practices to help guide maternity care decisions and to facilitate optimal outcomes in mothers and newborns. Although the field of pregnancy and childbirth pioneered evidence-based practice, resulting in a wealth of clear guidance for evidence-based maternity care, there remains a widespread and continuing underuse of beneficial practices, overuse of harmful or ineffective practices, and uncertainty about effects of inadequately assessed practices.



**Poster presentation**



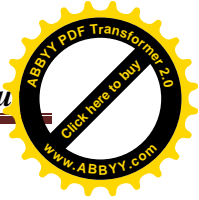
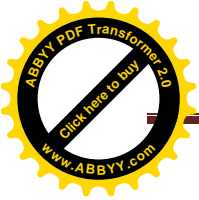
## Nurse's Role in Controlling Cancer Pain.

**Dr: Sahar Ahmed Shafik\***

Assistant Professor, Community Health Nursing, Faculty of Nursing, Helwan University\*

### **Abstract:**

Nurses spend more time with patients than any other member of the healthcare team. They play a critical, active and very important part in controlling cancer patients' pain and alleviating suffering. In controlling cancer pain the nurse needs to understand the psychological state of the cancer patient, cancer pain, cancer pain treatment, deleterious effects of unrelieved cancer pain and patient's socio cultural background. She needs to understand that there are two types of pain, nociceptive and neuropathic pains and that 80% of the cancer patients in pain could have 2 or more than 4 different pains at the same time. Nurses' role in controlling cancer pain include believing the patient, assessing pain, identifying the root of the problem, planning the care, administering medication, evaluating effectiveness, ensuring good pain control and individualizing treatment. It also includes nursing interventions such as giving tender nursing care, preventing pain, educating, advocating, communicating, comforting, supporting, and counseling the patient. The nurse must use both pharmacological and non pharmacological treatments to individualize treatment, know all the drugs that are used for the treatment of Cancer Pain, how these drugs relieve pain and what their side effects are. She must use the WHO guidelines to treat pain and must choose the right drug, right dose, given at the right times, with the right intervals and to the right patient. She must evaluate effectiveness of treatment, give PRN doses for breakthrough pain and recommend for specific changes. The role of the nurse is to anticipate the patient's pain needs, advocate for the patient for what feels appropriate for him within his cultural context and incorporate the patient's belief. The nurse can physically relieve pain by promoting comfort, support painful area, gentleness in handling the patient and use nursing treatments. The nurse can recommend physiotherapy, (TENS)/Acupuncture, Occupational therapy, spiritual support, social worker, psychologist, and psychiatrist to address different types of pain. She must relieve both pain and other symptoms. and ensure that the patient has good sleep. She must show kindness, compassion and empathize with him. Each patient is unique the process of controlling cancer pain develops differently each time. The nurse's role is challenging, she must demonstrate that she is not only clinically proficient but culturally competent.



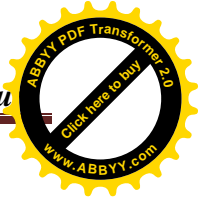
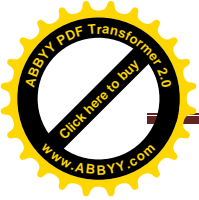
## Assessing the Lifestyle among Females Adolescent Obese at Makkah AL-Moukarammah

\**Manal M. Ibrahim*, \*\* *Hala Y. Sayed* & \*\*\* *Sahar M. AL-Khedr*

\*Nursing Administration/Menofia University, \*\* Nursing Administration/Cairo University & \*\*\* Pediatric Nursing Tanta University.

### Abstract:

**Background.** Obesity actually refers to excess fat or adipose tissue, not necessarily excess weight. It has become one of the most significant health concerns in developed countries during the last few decades, with the prevalence of obesity increasing among adolescents. Obesity and overweight are implicated in a disturbing the health problems among the youngest children and adolescents. The ill effects of overweight on physical and mental health may persist into adulthood unless a healthier environment is created that supports and sustains healthy lifestyles. Adolescence is a developmental transition between childhood and adulthood entailing major physical ,cognitive ,and psychosocial changes. It can be divided into three stages. Early, middle and late adolescence. Adolescents tend to eat fewer fruit and vegetables and more sweets, chocolate, soft drink and other junk foods, which are high in cholesterol, fat ,and other calories and low in nutrients. In Saudi Arabia, it has taken a huge economic measures in recent years which led to a change in lifestyle for nutrition and sports such changes of the lifestyle associated beliefs, ethnic and social make people more susceptible to this problem. In Saudi Arabia prevalence of overweight among men is more common than in women (29% of men and 7% in women).This study **aims** to assess the lifestyle among females obese adolescent. This is a descriptive research **design** that was conducted at 49<sup>th</sup> secondary school in Al-Rusyffahand the Faculty of Applied Medical Sciences at Umm Al-Qura University. A purposive **sample** of 250 female students in the age of 13-21 years were involved in this study. One **tool** was used for data collection, it was classified into seven parts. The **results** of this study revealed that, 45% of obese adolescents eats fat reach food 2-3 times /week , 28% 1 time/ week 21% more than three times / week. The majority of adolescent (90%) watch T.V. during eating and 76% of them stay on computer while eating. Sixty two percent of the obese adolescents were rarely exercises, 24% sometimes do some sports and 10% always do sports. It was **concluded** that obesity affects many aspects of life for adolescents involved in this study as they affect the ability of movement and activity and eating habits and style of clothing, in addition affects the vital functions.



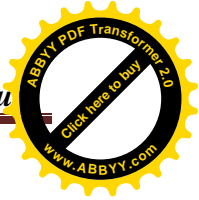
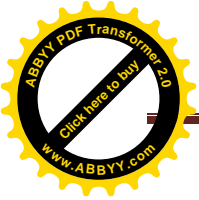
## Expanding Role of the Oncology Nurse

*\*Dr: Manal Mansour Mostafa*

\* Lecturer of Community Health Nursing Department in Fayoum University

### **Abstract:**

Oncology nursing continues to evolve in response to advances in cancer treatment, information and biotechnology. As new scientific and technological discoveries are integrated into cancer care, oncology nurses need to play a key role in the management of this patient population. The role of the oncology nurse has expanded significantly and can differ greatly across cultures. Sophisticated treatments and the growth of targeted therapies will create the challenge of ensuring that all nurses working in this arena are well-educated, independent thinkers. Thus the future success of oncology nurses will focus on enhancement of nursing practice through advanced education. The increased globalization of healthcare offers exciting opportunities to accomplish this goal by allowing for collaborative relationships among oncology nurses across the globe.



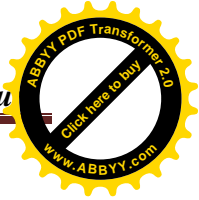
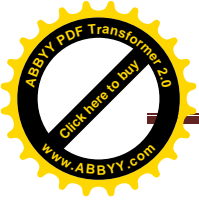
## Palliative Care for Elderly Patients with Cancer

*Dr. Soad Hassan Abd Elhameed Eltantawy\**

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

### **Abstract:**

Palliative care is an approach that aims to optimize the quality of life of patients and their families facing the problems associated with life-threatening illness. It can be offered at any time after diagnosis of a life-threatening illness and integrated into an overall care plan. Each year, more than 20 million patients need palliative care at the end of life. The number of people requiring palliative care rises to at least 40 million. Only 20 countries worldwide have palliative care well integrated into their healthcare systems. Globally, only 1 in 10 people who need palliative care get it, "Our efforts to expand palliative care need to focus on bringing relief of suffering and the benefits of palliative care to those with the least resources". About one third of those needing palliative care have cancer. Cancer is a common diagnosis in older adults, yet we lack evidence-based data to guide treatment in the elderly population. Treatment is further complicated by the heterogeneity of older adults, who vary in their functional status, co morbidities, and polypharmacy; have decreased physiologic reserves; and experience age-related physiologic changes that affect the pharmacokinetics and pharmacodynamics of medications. Due to this complexity, the ability to approach cancer diagnosis and treatment from a "geriatric perspective" is viewed as an essential part of oncologic care. Older adults with advanced cancer suffer; pain and other symptoms that negatively affect their quality of life are common and undertreated. The primary tenets of palliative care are symptom management; establishing goals of care that are in keeping with the patient's values and preferences; consistent and sustained communication between the patient and all those involved in his or her care; psychosocial, spiritual, and practical support both to patients and their family caregivers; and coordination across sites of care. Palliative care aims to relieve suffering in all stages of disease and is not limited to end of life care. Within an integrated model of medical care, palliative care is provided at the same time as curative or life-prolonging treatments. Good communication with the patient and carers about the disease and its' prognosis is the key to delivering good palliative care. Discussions should be with the competent older patient, with family involved at the patient's discretion. When incapacity is present a surrogate decision maker may need to be involved, depending on the laws of each state. Older patients need advance care planning.



## Infection Control Measures in Obstetrics Unit

*Dr. Somaya ouda abd Elmonem\**, *Dr. Hend Abdallah El Sayed Afifi,\*\** *Dr. Samah abd Elhaliem said\*\*\**

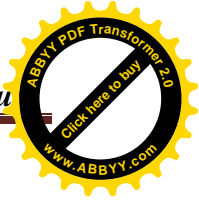
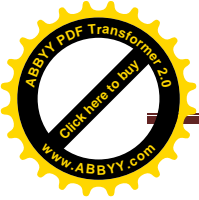
Lecturer of Obstetrics & Woman Health Nursing\*,

Lecturer of Obstetrics & Woman Health Nursing \*\*

Lecturer of Obstetrics & Woman Health Nursing. Faculty of Nursing, Banha University\*\*\*

### **Abstract:**

Infection control is a quality standard patient care and is essential for the well being of the patients and the safety of both patients and staff. It is measures practiced by health care personnel intended to prevent spread, transmission and acquisition of infectious agents or pathogens between patients, from health care Workers to patient and from patients to health care workers in the health care setting. Health care professionals are widely exposed to large numbers and varieties of microorganisms ,HIV and others blood borne contagious infection have increased the need to protect both women and midwives from infection. . Midwives are at risk from infection during procedures such as episiotomy suturing, inserting and removing urinary catheters, using umbilical catheters, with epidural and with intravenous lines (for example to administer oxytocin to a woman in labour in order to augment the contractions) and assisted deliveries (with forceps or ventouse), Midwives often face blood splashes and facial and body blood and amniotic fluid contamination. During such procedures, standard precautions and general principles of asepsis are vital. During labor, it is nursing responsibility to see that universal precautions or observed consistently strategies for prevention of blood- borne infection include barrier protection and good infection control technique



## 10 Tips for Breast Cancer Prevention

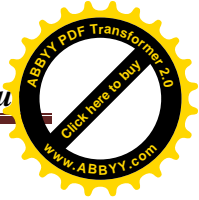
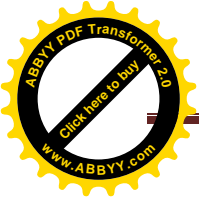
*\*Dr. Shereen. Ahmed .A. Qalawa*

\* Faculty of Nursing, Medical- Surgical Department, Port-said University

### **Abstract:**

Breast cancer is the top cancer in women both in the developed and the developing world. The incidence of breast cancer is increasing in the developing world due to increase life expectancy, increase urbanization and adoption of western lifestyles. Although some risk reduction might be achieved with prevention, these strategies cannot eliminate the majority of breast cancers that develop in low- and middle-income countries where breast cancer is diagnosed in very late stages. Breast cancer also affects men, which accounts for about 1% of all breast cancers. Around 330,000 new cases of breast cancer are diagnosed each year in women in the U.S, while about 2,200 cases are diagnosed in men. Otherwise , these preventable tips for breast cancer includes : Avoid becoming overweight , Eat healthy to avoid tipping the scale, Keep physically active , early detection through practicing Breast Self Examination , Use safe Natural Pesticides. Drink little or no alcohols, avoid hormone replacement therapy, don't smoke, Breast-feed for as long as possible, and Get fit by Regular physical activity is associated with a reduced risk of breast cancer. Therefore, prevention remains the cornerstone of breast cancer control.





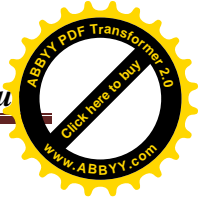
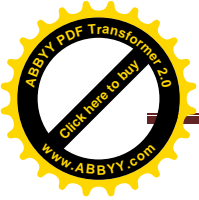
## What about Drug Addiction

*Dr. Lamiaa Hassnein Eita \**

Lecturer of Psychiatric Nursing-Faculty of Nursing, Minofiya University\*

### **Abstract:**

Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences. It is considered a brain disease because drugs change the brain; they change its structure and how it works. These brain changes can be long lasting and can lead to many harmful, often self-destructive, behaviors. Abuse of an addiction to alcohol, nicotine, and illegal substances cost a lot of dollars a year (the combined medical, economic, criminal, and social impact). Nearly all drugs of abuse directly or indirectly target the brain's reward system by flooding the circuit with dopamine. Dopamine is a neurotransmitter present in regions of the brain that regulate movement, emotion, cognition, motivation, and feelings of pleasure. The overstimulation of this system, which rewards our natural behaviors, produces the euphoric effects sought by people who abuse drugs and teaches them to repeat the behavior. The initial decision to take drugs is mostly voluntary. However, when addiction takes over, a person's ability to exert self-control can become seriously impaired. Brain-imaging studies from drug-addicted individuals show physical changes in areas of the brain that are critical for judgment, decision making, learning and memory, and behavior control. Scientists believe that these changes alter the way the brain works and may help explain the compulsive and destructive behaviors of an addicted person.



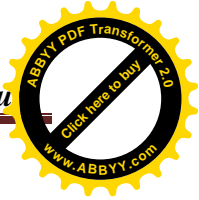
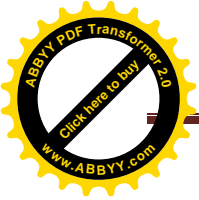
## Sexual Harassment

**\*Dr: Gehan Ahmed Abed**

\*Lecturer of Psychiatric Nursing, Faculty of Nursing, Minofiya University.

### **Abstract:**

Sexual harassment is coercion of a sexual nature, or the unwelcome or inappropriate promise of rewards in exchange for sexual favors. In most modern legal contexts, sexual harassment is illegal. Sexual harassment is a serious problem in universities, as well as in the workplace. Sexual harassment can be a daily reality for students. It can happen on the university bus, in the gym and in the classroom. Both male and female students can be harassed. But males as harassers and females as victims are the most common types of sexual harassment. Sexual harassment is unwelcome attention of a sexual nature. It includes a variety of behaviors that include mild transgressions, serious abuses, and can involve forced sexual activity. It includes unwelcome physical, verbal or non-verbal conduct. It is a form of discrimination and violence toward the women. It called as a social cancer in Egypt. There are many factors for sexual harassment. As unemployment and money issues, the marriage dilemma, lack of education, the internet and the movies (media) , factors related to women herself, to the family , and also to religion and the last and most important reason is parental control. The harassed individuals may experience some to all of these effects, as , Headaches, nausea, weight loss or gain, sleep disturbance, tiredness are physical effect of sexual harassment and psychological reactions, such as depression, anxiety, fear, anger, shame, guilt, helplessness, isolation, lowered self-esteem, and nervousness.



## Prevention of Coronaviruses and Healthy Travel

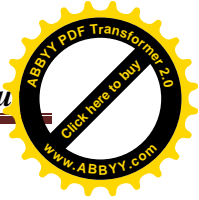
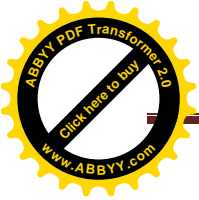
*\*Samia Abd El Mouty & \*\*Amal Eid A. Shabaan*

\*Lecturer of Community Health Nursing, Community Health Nursing Department, Faculty of Nursing, Mansoura University, Egypt.

\*\*Lecturer of Medical-Surgical Nursing, Medical-Surgical Nursing Department, Faculty of Nursing, Mansoura University, Egypt.

### **Abstract:**

Coronaviruses are a cause of the common cold. A coronavirus also was the cause of the severe respiratory illness called SARS (severe acute respiratory syndrome). SARS caused a global epidemic in 2003, but there have not been any known cases of SARS since 2004. MERS-COV is not the same coronavirus that caused SARS. MERS-COV is different from any other coronavirus that has been previously found in people. Symptoms of MERS have included fever, cough, and shortness of breath. CDC recommends that US travelers to countries in or near the Arabian Peninsula pay attention to their health during and after their trip. When develop the previous symptoms of lower respiratory illness, within 14 days after traveling from countries in or near the Arabian Peninsula You should see and tell the health care provider about your recent travel. CDC is working with the World Health Organization and other partners to understand the public health risks from this virus. Everyday actions can help prevent the spread of germs and protect against colds, flu, and other illnesses.



## Fertility Preservation in Women with Early Stage Cervical Cancer

*\*Dr: Nadia Abd-elhamied Mohamed, Dr: Shymaa Hassan Mohamedy,\*\* & Dr: Hanan Elzablawy Hassan \*\*\**

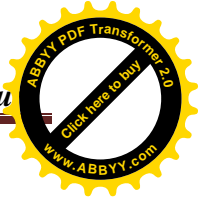
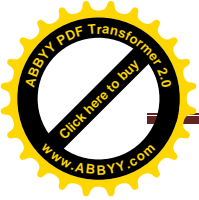
Lecturer of Maternal and Newborn Health Nursing, Helwan University\*

Lecturer of Maternal and Newborn Health Nursing, Helwan University,\*\*

Lecturer of Maternal and Newborn Health Nursing, Beni Swaf University\*\*\*

### **Abstract:**

Cervical cancer is a treatable condition, and there is a good chance of cure if it is found and treated in the early or precancerous stages. Options for treatment of early stage cervical cancer include cone biopsy, hysterectomy, and radiation and chemotherapy. Future pregnancies are not possible after hysterectomy or radiation therapy. Some women with early stage cervical cancer with no spread to other cancer treatment are eligible for less aggressive forms of treatment. **The objective** is early detection and management of cervical cancer to preserve the fertility in reproductive woman. Maternity nurses play an important role to provide the pregnant woman education and health promotion, physical and psychosocial intervention with follow-up. Women who undergo treatment for cervical cancer are followed closely during pregnancy. This generally involves regular monitoring of the length and opening (dilation) of the cervix.



## Evidence-Based Practice (EBP)

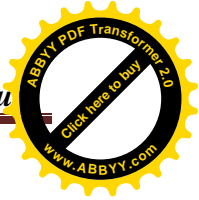
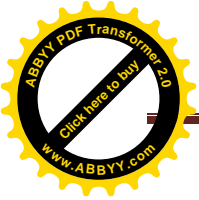
*Dr. Reda Shehata El-sayed\* & Dr. Wessam Ahmed El-Sayed\*\**

Lecturer of Nursing Administration, Mansoura University\*

Lecturer of Nursing Administration, faculty of nursing, Mansoura University\*\*

### **Abstract:**

Evidence-based practice (EBP) is an important approach to provide the best quality care to patients and their families. Further, evidence-based practice improves patient outcomes as compared to traditional practice. EBP is a problem-solving approach to the delivery of health care that integrates the best evidence from studies and patient care data with clinician expertise and patient preferences and value. It involves a systematic search for the most relevant evidence, as well as critical appraisal of this evidence to answer a clinical question and guide treatment of patients in a step-by-step process. Furthermore, Evidence-Based Nursing (EBN) involves identifying solid research findings and implementing them in nursing practices, in order to increase the quality of patient care. EBN is a process founded on the collection, interpretation, and integration of valid, important, and applicable research. It also provides opportunities for nursing care to be more individualized, more effective, streamlined, and dynamic, and to maximize effects of clinical judgment. In addition, when evidence is used to define best practices rather than to support existing practices, nursing care keeps pace with the latest technological advances and takes advantage of new knowledge developments.



## Hospice Care Versus Palliative Care

*Prof. Dr: Amany Mohamed Sheble\*Hanan AboBaker Mohamed Sabah\*\*& Heba Abo Baker Mohamed Salama\*\*\**

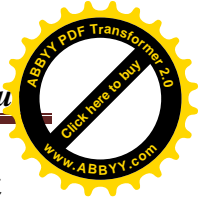
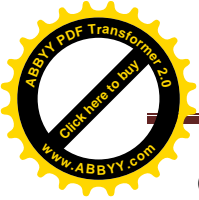
\*Assistant professor, medical surgical nursing department , Faculty of nursing Mansoura University

\*\*Lecturer , medical surgical nursing department , Faculty of nursing , Mansoura University

\*\*\* Lecturer , medical surgical nursing department , Faculty of nursing , Mansoura University

### **Abstract:**

Hospice care and palliative care are very similar when it comes to the most important issue for dying people. Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual. Hospice is a concept of caring that provides comfort and support for those who are terminally ill with a life expectation of six months or less, the majority of hospice patients have cancer, although any individual with a terminal illness. More than 3,000 hospice services have opened their doors since the launch of the first U.S. hospice program nearly 30 years ago. 700,000 people in the U.S. opted for hospice. According to evidence from the U.S, the U.K, and Canada, hospice palliative care services can significantly reduce the health care costs of patients who are dying. They can reduce hospital admissions, length of hospital stays, re-admissions, visits to intensive care units, and inappropriate diagnostics or interventions. The goals of palliative care are to improve the quality of a seriously ill person's life and to provide support to the family during and after treatment. The goals of hospice are to relieve symptoms and support patients with a life expectancy of months, not years, and their families. Hospice is a defined set of services, while palliative care is not.



## Occupational Health Hazards from Improper Medical Waste Management

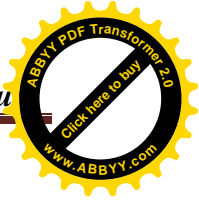
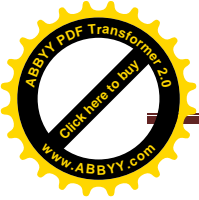
*Fawzia farouk kamel\* & \*\* Sabah said Mohammed,*

Lecturer of Nursing Administration, Faculty of Nursing, Benha University\*

Lecturer of Medical - Surgical Nursing, Faculty of Nursing, Benha University \*\*

### **Abstract:**

Medical waste is defined as the disposal of any human infectious agent or equipment that is capable of transmitting the disease to humans. Medical waste is composed of waste that is generated or produced as a result of any of the following actions: diagnosis, production or testing of biological and accumulation of properly contained home-generated sharps waste. The health hazards due to improper waste management affect not only hospital occupants; they can also spread in the vicinity of a hospital. Occupational health concerns exist for laundry workers, nurses, medical personnel, and waste handlers. Injuries from sharps and exposure to harmful chemical waste and radioactive waste can also pose health hazards to workers. The problem of occupational health hazards arising from medical waste is not well publicized as there is a lack of information. The hazards can be classified in the following categories: biological or infectious hazards (bacteria, such as tuberculosis, and viruses, such as HIV, hepatitis B and hepatitis C, which can be transmitted by contact with infected patients or contaminated body secretions/ fluids); chemical hazards (medications, solutions, or gases, such as ethylene oxide, formaldehyde, glutaraldehyde, waste anaesthetic gases, nitrous oxide, chemotherapeutic agents, laser smoke and aerosolized medications such as Pentamidine); and physical hazards (ionizing radiation, lasers, noise and electricity). Safeguarding the health care workforce against occupational health risks arising from hospital-waste management calls for effective infectious waste control measures. In addition to protecting workers' health, such control measures protect public health and the environment from the hazards posed by hospital waste. Proper management ensures that infectious waste is handled in accordance with established and acceptable procedures from the time of generation through treatment of the waste and its ultimate disposal.



## Preventive Measures Of Chronic Diseases

*Amal Eid A. Shabaan\**, *\*Hanan Mohamed Soliman and Wafaa Ismail Sherief\*\**

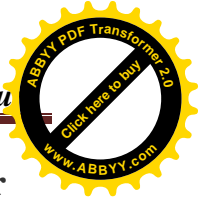
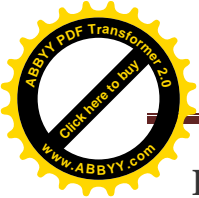
\*Lecturer of Medical-Surgical Nursing, Medical-Surgical Nursing Department, Faculty of Nursing, Mansoura University, Egypt.

\*\*Assistant Professor of Medical-Surgical Nursing , Medical- Surgical Nursing Department, Faculty of Nursing, Mansoura University, Egypt.

### **Abstract:**

Chronic disease is a global problem. The World Health Organization (WHO) says 66 per cent of all premature deaths are due to chronic diseases. In the next decade, it is estimated that nearly 400 million people will die of a chronic condition. Prevention is better than cure. Regular physical exercise, healthier food and greater contact with the natural environment reduce the risks of chronic diseases and promote sustainable development.





## Educational Program For Early Detection and Prevention of Breast Cancer

*Dr. Afaf Mohammed Emam<sup>\*</sup>, Dr. Amira Refaat Said<sup>\*\*</sup> & Dr. Eman Mohamed Abd Elhakm<sup>\*\*\*</sup>*

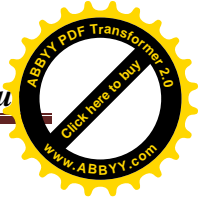
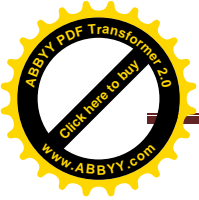
Lecturer of women's health and obstetric nursing, Faculty of Nursing, Benha University\*

Lecturer of women's health and obstetric nursing, Faculty of Nursing, Benha University\*\*

Lecturer of women's health and obstetric nursing, Faculty of Nursing, Benha University.\*\*\*

### **Abstract:**

Breast cancer is a preventable disease and, if detected early and diagnosed, a disease that can be successfully treated. This year, an estimated 232,340 women diagnosed with invasive breast cancer. Nearly 40,000 will die of the disease (an additional 64,640 women are estimated to develop non-invasive carcinoma in the breast). If diagnosed early and treated before it spreads, five-year survival rate for breast cancer is 99 percent. Breast cancer early detection can be done through a clinical breast exam (CBE) by a health care professional at least every three years, beginning at age 40, have an annual CBE, and screening mammography, at high risk condition magnetic resonance imaging should be done, with family history of breast cancer health care professional should study genetic condition, at menopause health care professional should ask about hormone replacement therapy. Breast self-exam is one way for early detection of breast cancer. Breast Cancer can be prevented through, breast feeding of baby if present, limit alcohol to no more than one drink a day, exercise daily for 30 to 60 minutes, maintain a healthy weight, and avoid the smoking.



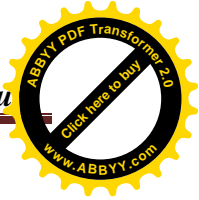
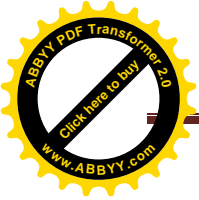
## Holistic Nursing

*\*Dr: Walaa Nasr El-Din Othman Mohammed*

\* Lecturer , Medical-Surgical Nursing Department, Faculty of nursing - Mansoura University.

### Abstract:

*Florence Nightingale*, who believed in care that focused on unity, wellness, and the interrelationship of human beings and their environment, is considered to be one of the first holistic nurses. Holistic nursing is defined as “all nursing practice that has healing the whole person as its goal” . Holistic nursing is a specialty practice that draws on nursing knowledge, theories, expertise and intuition to guide nurses in becoming therapeutic partners with people in their care. This practice recognizes the totality of the human being - the interconnectedness of body, mind, emotion, spirit, social/cultural, relationship, context, and environment. The holistic nurse is an instrument of healing and a facilitator in the healing process. Holistic nurses honor each individual's subjective experience about health, health beliefs, and values. Holistic nurses may integrate complementary/alternative modalities (CAM) into clinical practice to treat people’s physiological, psychological, and spiritual needs. Doing so does not negate the validity of conventional medical therapies, but serves to complement, broaden, and enrich the scope of nursing practice and to help individuals access their greatest healing potential. The practice of holistic nursing requires nurses to integrate self-care, self-responsibility, spirituality, and reflection in their lives. This may lead the nurse to greater awareness of the interconnectedness with self, others, nature, and spirit. This awareness may further enhance the nurses understanding of all individuals and their relationships to the human and global community, and permits nurses to use this awareness to facilitate the healing process. Holistic nursing is not necessarily something that you do: it is an attitude, a philosophy, and a way of being.



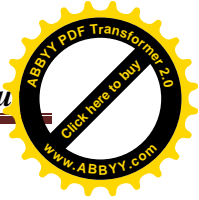
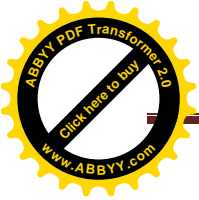
## Benefits of Kangaroo Care for Premature Newborns

*\*Dr. Azza Abd alsemia Elewa.*

Lectures of Pediatric nursing, Faculty of Nursing, Helwan University.

### **Abstract :**

Kangaroo care offers the most benefits for preterm and low birth weight infants, who experience more normalized temperature, heart rate and respiratory rate, increased weight gain, fewer nosocomial infections and reduced incidence of respiratory tract disease. Additionally, studies suggest that preterm infants who experience kangaroo care have improved cognitive development, decreased stress levels, reduced pain responses, normalized growth and positive effects on motor development. Kangaroo care also helps to improve sleep patterns of infants and may be a good intervention for colic. Earlier discharge from hospital is also a possible outcome. Kangaroo Care has been found to satisfy all requirements and have both short- and long-term beneficial effects, with recent findings showing select sustained effects for 10 and 16 years. Kangaroo Care is now considered a fundamental component of developmentally appropriate therapy for hospitalized preterm infants.



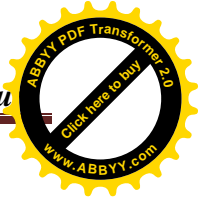
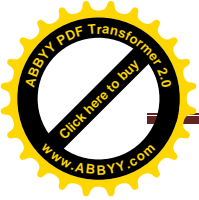
## Universal Precautions and Infection Control

*Dr. Hala Mohamed Abd Elhameed Ali*

Lecturer of Medical-Surgical Nursing, Faculty of Nursing, Mansoura University

### **Abstract:**

Standard precautions and transmission-based precautions are designed to prevent the transmission of infectious microorganisms. They require the use of work practice controls and protective apparel for all contact with blood and body substances, and airborne infection isolation, droplet, and contact precautions for patients with diseases known to be transmitted in whole or in part by those routes. Standard precautions include consistent and prudent preventive measures to be used at all times, regardless of a patient's infection status. Recommended infection control practices include the following: [Hand hygiene; Standard precautions/transmission-based precautions (contact, droplet, air borne); and Respiratory hygiene]. Worldwide escalation of the use of standard precautions would reduce unnecessary risks associated with health care. Successful infection control is critical to maintaining a safe work environment. Identifying hazards, classifying the associated risks and implementing relevant control measures are key steps to successful infection control management. Provision of adequate staff and supplies, together with leadership and education of health workers, patients, and visitors, is critical for an enhanced safety climate in health-care settings. Infectious disease outbreaks occur year round and in different settings including hospitals, facility living, supportive living and home living sites. Effective outbreak management requires a multidisciplinary approach and involves individuals with different responsibilities.



## Bundle of Care for Sepsis in ICU

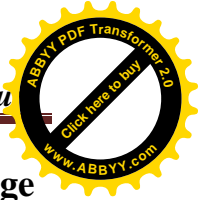
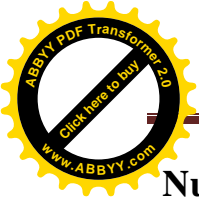
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### **Abstract:**

Sepsis is a complex syndrome with its wide spectrum of severity, and is one of the most common causes of death in Critical Care Units. The Surviving Sepsis is aimed at improving diagnosis, management and survival of patients with sepsis. Care bundles are a group of best evidence based interventions which when instituted together, gives maximum outcome benefit. Care Bundles are simple, uniform and have universal practical applicability. Surviving Sepsis campaign guidelines in 2008 incorporated two sepsis care bundles. The Resuscitation bundle includes seven key interventions to be achieved in 6-h while four interventions have to be completed within 24-h in the Management bundle. Compliance with a bundle implies achieving all the specified goals in that bundle. Limitations to care bundles include the quality of the evidence on which they are based, and that the relative contributions of each element of the bundle are not known. Several observational studies support the hypothesis that sepsis care bundles have an important role in improving outcomes from sepsis. Critical Care Units should develop management strategies to ensure compliance with the sepsis bundles in order to decrease hospital mortality due to severe sepsis.



## Nutritional Assessment for Hepatitis C Virus Patient in the Compensated Stage

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### Abstract:

Nutritional assessment for hepatitis C virus is very important to prevent or treat malnutrition, overweight or deficiencies in specific nutrients and potentially hinders progression of the disease. Also it decreases rate and incidence of complications of the disease. Therefore, the aim of the study was conducted for nutritional assessment for hepatitis C virus patient in the compensated stage. **Methods** quasi-experimental research design was conducted in the outpatient Liver Disease Unit at Main Mansoura Hospital. The data were collected from 120 adult patients of both sexes randomized selected who corresponded to inclusion criteria and divided into two groups. **Results** Approximately 91.7% of the study group was free from signs and symptoms of malnutrition. There is significant difference between two groups as regard to serum albumin, Platelets (/cmm) and Alkaline phosphate. Moreover, there is highly significant difference between two groups as regard to MAC and MAMC. **Conclusion** it is very important to assess the nutritional status for hepatitis C virus patients to reduce the incidence of complications.