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07 – 09 March 2019

Acapulco Hotel
Convention Center
Kyrenia, North Cyprus

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ABSTRACTS

The Impact of Engaged Couples' Sexual Knowledge and Beliefs on Their Beliefs and Attitudes Towards Marriage

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Abstract

Objective: This research aims to determine the influence of sexual knowledge and beliefs of engaged couples on their marriage beliefs and attitudes. **Materials and Methods:** This descriptive study was conducted between October 2018 and November 2018 in Family Health Centers (FHCs) located in Konya city centre. The sample of the study is composed of 402 couples who have agreed to participate in the research. The data have been collected through the Data Collection Form (DCF), the Form of Beliefs Related to Sexual Information (FBRSI) and the Scale of Beliefs and Attitudes Towards Marriage - Health Belief Model (SBATM-HBM). The questionnaires have been individually applied to the couples in separate rooms. **Results:** The mean scores of the engaged couples on the FBRSI and SBATM-HBM are 24 ± 5.1 and 73.7 ± 10.7 , respectively. When the factors affecting the sexual knowledge levels of engaged couples are examined, it is noticed that the mean scores of FBRSI and SBATM-HBM for those who are over 26 years old, have high school degree or above, work in an income-generating business, decide to get married with a mutual consent, have a mother with a high school degree or above, and have knowledge of sexual and reproductive health are higher ($p < 0.05$). Besides, it has been found that one-third of the couples have knowledge related to sexuality and reproductive health; however, they have received extremely little information from the healthcare workers. Furthermore, it has been determined that as the mean scores of FBRSI increase, the mean scores of SBATM-HBM increase, as well, and there is a positive relationship between them. According to the results of Stepwise Multiple Regression Analysis, it has been discovered that those who are 25 years old or below, have no knowledge about sexual and reproductive health, have mothers with primary school degree or below, and have low FBRSI mean scores have a negative effect on their beliefs and attitudes towards marriage ($p < 0.05$). **Conclusion:** Factors such as age, educational background, gaining sexual knowledge, mother's educational background, and knowledge and beliefs related to sexuality have a considerable effect on the beliefs and attitudes of the engaged couples towards marriage.

Key Words: Marriage beliefs and attitudes, sexual knowledge, sexuality, premarital period, engaged couple

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WOMEN'S MENTAL HEALTH ACCORDING TO LIFE PERIODS

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Abstract

Women across the world face violence, poverty, excessive workload, and stress, and more often face stress, and psychological problems are more common. Women, mental health problems due to marriage, work and social environment are more affected than men (1). In most societies, it is noted that the number of individuals with mental health deteriorated gradually and women are at risk. Mental health is an important component of women's health but is often overlooked. One in four women (23%) is diagnosed with depression or anxiety. This is twice the rate of men (11%) (2). Women's health differs from men in problems, causes, coping and health care needs. Women's health is influenced not only by physiological conditions but also by many factors such as status in society, socio-economic and socio-political situation, working environment, family and social relations (3). The protection of women's health means not only the protection of their own individual but also their spouses and children, as well as family and community health. Therefore, according to the life cycle of the woman's health care from birth to death must be considered as a whole. Healthy woman means healthy society. For this reason, the specific stress areas of women should be questioned and directed to the appropriate channels for help.

Key Words: Female, Mental health, Life Periods.

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Influencing parental education among Maternal-Infant healthcare providers working in remote rural

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Abstract

Background: In Jordan, high-risk infant care practices lead to sudden and unexpected deaths. Parents seem to be unaware of these associated risk factors, which appear to be common among families living in remote areas. Educating families and changing their high-risk practices can enhance infant survival. **Aim:** The aim of this study was to determine whether providing an education campaign on safe infant care would encourage maternal-infant health providers working in remote areas to revise their family education and training practices regarding this topic. **Method:** The study evaluated the impact of the campaign on a sample of 100 Maternal-infant healthcare providers working in remote areas in Jordan. A standardized pre- and the post-survey study was conducted, which addressed how confident healthcare providers were about their current knowledge regarding recommended infant practices care. It also explored how often they access to professional resources to update their knowledge and the regularity of parents' education. **Results:** Unlike in-city healthcare providers, it was difficult to target those working in remote rural areas, therefore, volunteers passing education messages was the most suitable strategy for this intervention. The ISC resulted in increasing infant healthcare providers' knowledge of recommended infant care practices, with a significant improvement in accessing appropriate professional information resources. Healthcare provider's Feeling more confident about the recommended knowledge showed remarkable enhancement on advice to families regarding safe infant care practices. These findings are in agreement with those studies, that found providing education programs improves healthcare providers knowledge of recommended infant care guidelines and contribution to parental education. **Conclusions:** Healthcare providers working in rural and remote areas were identified as an effective education and training group on health promotion programs of their local community. Reinforcement is recommended for continued professional development. Stakeholders need to create policies and procedures for the enhancement of the role of healthcare providers as educators of parents and families in remote areas.

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ENÜREZİSİN PSİKOSOSYAL YÖNÜ VE HEMŞİRELİK YAKLAŞIMI

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Abstract

Enürezis, istemsiz ya da istemli olarak idrarın yatağa ya da giysilere yineleyici bir şekilde bırakılmasıdır (1). Sfinkter kontrolünün edinilmiş olması beklenen yaş olan 5 yaşından sonra çocuğun istem dışı idrar yapmasıdır (2). Bu tanının konulabilmesi için bu durumun en az haftada iki kez ya da ardışık üç ay boyunca tekrar etmesi gerekmektedir. Herhangi bir madde ya da ilaç kullanımı veya başka bir organik sebebin varlığına bağlanmamalıdır (3). Enürezis çocukluk çağında en sık karşılaşılan problemlerden olup, çocuğun ve ailenin yaşam kalitesini olumsuz etkileyen, çocuğun benlik saygısını kaybetmesine neden olabilecek bir sorundur (4). Enürezis çocuğun utanç duymasına neden olur. Çocuğa uygulanan yanlış tutumlar, kullanılan cezalandırma yöntemleri, çocuğun üzerinde telafisi olamayacak psikolojik sorunlara neden olabilir (6). Bu nedenle sorunun çözümünde en önemli nokta çocuk ve ailenin eğitimi olup yine bu süreçte en önemli görev sağlık personelinin üzerine düşmektedir (5). Hemşireler, enürezisin çocuk ve ailenin yaşamına etkilerini anlamalı, tedavi yöntemlerini bilmeli ve bu konuda ailelere ve topluma danışmanlık yapılmalıdır (4).

Anahtar Kelimeler: Enürezis, Psikososyal yönü, Hemşirelik Yaklaşımı

ANALYSIS OF RISK FACTORS ASSOCIATED WITH BREAST CANCER INCIDENCE AMONG WOMEN IN PADANG CITY BY 2018

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Abstract

Breast cancer is the second highest cancer incidence in the world and the highest cause of cancer death in female. In Indonesia breast cancer is the 5th degenerative disease and is the 3rd cause of death. Incidence of death is about 22.6/100.000 and it's mortality 10.1/10.000. Cancer prevalence rose by around 0.4% from 1.4% to 1.8% in 201. The purpose of this study was to analyze the risk factors associated with breast cancer incidence among women in Padang city. This study was conducted in Padang City on June 6 - October 7, 2018, y used a case-control study. The number of samples were 84 cases and 84 controls. Sampling was done by quota sampling. The instrument used a questionnaire and data analysis by chi-square test ($\alpha < 0.05$). The results showed that the risk factors that associated with breast cancer incidence ($p < 0.05$) were age of menarche, age of menopause, long time to breast feed, history of oral contraceptive use, smoking history, obesity, physical activity, stress level, consumption of animal and fat resources, and food processing. The risk factor associated with breast cancer incidence were reproduction factors, The health workers are advised to provide health promotion about risk factors for women, and patients are advised to have a healthy lifestyle, and managing stress.

Keywords: Risk Factors, Breast Cancer

THE FACTORS AFFECTING THE ILLNESS PERCEPTION IN PATIENTS STAYING IN A STATE HOSPITAL

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Abstract

Aim: This study was conducted as descriptive with an aim to determine the factors affecting the illness perception in patients staying in a state hospital. **Method:** The study was conducted with the participation of 130 patients receiving inpatient treatment in a state hospital between March 25 and May 11, 2018, willing to participate in the study and able to communicate with us. The data were collected using a questionnaire form consisting of 20 questions and the Illness Perception Questionnaire. The Illness Perception Questionnaire is a scale developed by Weinmann et al. in 1999 and adapted to Turkish by Armay et al. in 2006. The Illness Perception Questionnaire is a scale consisting of 3 dimensions as the illness type, the opinions about the illness and the causes of the illness. The dimension of illness type consists of two sections. The dimension of the opinions concerning the illness consists of eight items evaluated with the five point likert type scale. The dimension of the illness cause consists of 18 items analyzing the possible causes in the emergence of illnesses. In the evaluation of the questionnaire, the total score is not obtained, every sub dimension is assessed on average. The questionnaire and scales are conducted after receiving written consent from the relevant institutions and informed consent from the patients. Kruskal Wallis test, Mann Whitney U test and Spearman Correlation test in addition to descriptive statistics were used for the evaluation of the data. **Results:** It was determined that 43.1% of the patients included in the study were women, 56.9% were men, 43.1% were literate, 84.6% had social security, 57.7% had incomes equal to their expenses and 41.5% lived in a district. It was found that 38.5% of the patients had a chronic disease in addition to their current diseases, 73.8% defined their medical condition as good and 73.8% had been hospitalized before. The patients experienced pain, loss of power and fatigue respectively from the beginning of their diseases; the item that the patients received the highest score from the Illness Perception Questionnaire was “My treatment would be effective in healing my disease” ($3,83 \pm 1,21$) and the lowest score was from the item “Nothing can improve my condition” ($1,93 \pm 1,12$). The possible causes of the disease were listed as stress or anxiety, decreased body resistance and aging. **Conclusion and Recommendations:** In this study, it was determined that the Illness Perception Questionnaire scores of the patients differed according to certain sociodemographic and clinical characteristics. In line with the findings, it is recommended to organize training and activities in order to strengthen the patients to deal with the side effects of their diseases.

KEYWORDS: Illness Perception, Behavior, Opinion

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FACTORS AFFECTING THE ATTITUDES OF NURSES TOWARD CHANGE

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Abstract

AIM: This study was carried out as a descriptive in order to determine the factors affecting the attitudes of nurses toward change. **MATERIAL AND METHOD:** The study was conducted with the participation of 178 nurses who accepted to be included in the study among 320 nurses working in a state hospital in Sinop province between October 10, 2017 - January 30, 2018. The data were collected using a questionnaire consisting of 24 questions and the Attitude Against Change Scale. The Attitude Against Change Scale is a questionnaire developed by Şeyda Seren (2005). The Attitude Against Change Scale is a five point likert scale consisting of 29 items. The score that can be obtained from the Attitude Against Change Scale varies between 29 and 145. If the total scores obtained from the scale and sub dimensions are low, it means that the individual adopts a negative attitude toward change. Likewise, if the total scores are high, the individual's attitude toward change is positive. The questionnaire form and scale are applied after receiving written consent from the relevant institutions and informed consent from the nurses. In the evaluation of the data, descriptive statistics, One-Way Anova, t-test, Kruskal Wallis test and Mann Whitney U test were used. **RESULTS:** The average age of the nurses participating in the study is 32.64 ± 7.01 . It was determined that 83.7% of the nurses were women, 60.1% were married, 47.8% had bachelor's degree, 90.4% worked as a service nurse, 70.2% loved their profession and 94.4% served as a permanent staff. The average score obtained from the Attitude Against Change Scale was determined as 56.82 ± 13.52 . A meaningful relation was observed between the Attitude Against Change Scale score averages and certain sociodemographic and occupational characteristics of the nurses ($p < 0.05$). **CONCLUSION:** It was determined in the study that the attitudes of the nurses toward change were not at the desired and expected level. According to the findings, it was revealed that the nurses between the ages of 30-39, having 8-15 years of professional experience and enjoying their profession had more positive attitudes toward change.

Keywords: Change, Nurse, Attitude.

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DETERMINATION OF SELF-EFFICACY LEVELS OF DIABETIC INDIVIDUALS

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Abstract

Purpose: This study was conducted as descriptive with an aim to determine the self-efficacy levels of diabetic individuals. **Method:** The study was conducted with the participation of 248 patients receiving inpatient treatment in a university hospital between July 20, 2017 and February 15, 2018, willing to participate in the study and able to communicate with us. In the study, the data were collected using a 28-item questionnaire and Type 2 Diabetes Self-Efficacy Scale. Type 2 Diabetes Self-Efficacy Scale is a five-point likert scale developed by Van Der Bijl et al. in 1999 and consisting of 20 items adapted to Turkish by Kara et al. in 2006. The lowest and highest scores that can be obtained from this scale are 20 and 100 respectively. It is accepted that the self-efficacy levels of patients increase in parallel with the increase of the score obtained from the scale. The questionnaire and scales are conducted after receiving written consent from the relevant institutions and informed consent from the patients. In the evaluation of the data, descriptive statistics and One-Way Anova, t-test, Tukey HSD test, Levine test, Kruskal Wallis test and Mann Whitney U test were used. **Findings:** It was determined that 60.1% of the patients included in the study were women, 39.9% were men, 40.3% were secondary school graduates, 94.4% had social security, 57.7% had incomes equal to their expenses and 45.6% lived in a district. It was found that 77% of the patients had a chronic disease in addition to their current diseases, 34.3% went for a diabetes check once every three months, 49.2% used oral anti-diabetes, 33.5% used insulin and 15.7% used both oral anti-diabetes and insulin. The median score of the Type 2 Diabetes Self-Efficacy was determined as $70.000 \pm (21-100)$. Diet+Foot Control sub dimension point average of the scale was determined as 40.73 ± 10.38 , medical treatment sub dimension point average was detected as 18.54 ± 4.08 and physical exercise sub dimension point average was observed as 8.75 ± 3.44 . It was observed that the Type 2 Diabetes Self-Efficacy Scale score differed according to certain sociodemographic and clinical characteristics of the patients ($p < 0.05$). **Conclusion and Recommendations:** In this study, it was determined that the Type 2 Diabetes Self-Efficacy Scale scores of the patients were above the medium level. In line with the findings, it is recommended to conduct trainings to increase the self-efficacy levels of diabetic patients.

KEYWORDS: Diabetes, Self-efficiency, Behavior, Knowledge, Implementation

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EVALUATION OF QUALITY OF LIFE IN PATIENTS WITH LOWER EXTREMITY PATIENTS

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Abstract

Objective: Chronic venous insufficiency (CVD); high prevalence, high cost of diagnosis and treatment, loss of labor created, negative effects on the quality of life of the patient and epidemiological and socioeconomic consequences are important health problems. A variety of complaints of patients with CVS due to varicose veins, leg pain, feeling of weight in the leg, edema, and even the progression of chronic ulcers that do not heal affect the quality of life. In addition, varicose veins and surgeries applied for treatment may affect the quality of life negatively. The aim of this study was to determine the quality of life in patients with lower extremity varicose veins by using the Epidemiological and Economic Work-Life Quality Questionnaire (VEINES-QOL) scale in Venous Insufficiency. **Materials and Methods:** The study included 200 patients who were diagnosed as venous insufficiency-lower extremity varicose veins in Gulhane Training and Research Hospital Cardiovascular Surgery clinic between January 2018 and December 2018 and accepted to participate voluntarily. The data collection form of the participants was applied by the researcher to the patients in the polyclinic by face to face interview method. The data collection form consists of two parts. In the first part, there are 17 questions about socio-demographic characteristics and varicose vein use. The aim of this study is to collect the information about the use of varicose vein stockings, which constitute an important part of the treatment, which can guide the future studies. In the second part, patients have Epidemiological and Economic Work-Life Quality Survey (VEINES-QOL) with Venous Insufficiency. Data analysis of the study is ongoing.

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Hemodiyaliz Hastalarında Konfor Düzeyinin İncelenmesi

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Abstract

Problem Cümlesi: Hemodiyaliz teknolojilerindeki gelişmeler, son dönem böbrek yetmezliği hastalarında daha uzun sağ kalıma neden olmakta ancak hastalar hastalıktan ve/veya hemodiyaliz tedavisinden kaynaklanan ve konfor düzeyini etkileyen birçok sorunla karşı karşıya kalmaktadırlar. Literatür incelemesinde, hemodiyaliz hastalarının konfor düzeyinin nasıl etkilendiği ve hastaların konfor düzeylerini belirleyen sınırlı sayıda çalışma bulunmaktadır. **Çalışmanın Amacı:** Hemodiyaliz tedavisi alan hastalarda konfor düzeyinin belirlenmesidir. **Yöntem:** Tanımlayıcı kesitsel nitelikte olan bu araştırmanın evrenini, Ekim - Aralık 2018 tarihleri arasında Başkent Üniversitesi Ankara Hastanesi Diyaliz Merkezlerinde tedavi alan hastalar oluşturmuştur. Araştırmanın örneklemini ise; gönüllü olan, okuma ve yazma bilen, 18 yaş ve üstünde olan, bilinç düzeyi, oryantasyonu yerinde olan, işitme sorunu yaşamıyor olan ve en az 6 aydır hemodiyaliz tedavisi alan hastalar oluşturmuştur. Bu kriterlere uyan 262 hasta ile çalışma tamamlanmıştır. Çalışmanın verileri, araştırmacı tarafından ilgili literatür doğrultusunda hazırlanmış “Hasta Tanıtım Formu” ve “Hemodiyaliz Konfor Ölçeği (HDKÖ)” kullanılarak toplanmıştır. Araştırmadan elde edilen veriler bilgisayarda SPSS (Statistical Package For Social Sciences) 25 programı kullanılarak veriler sayı, yüzde ve frekans dağılımları ile değerlendirilmiştir. Analizlerde bağımsız gruplarda t testi ve tek yönlü varyans analizinden yararlanılmıştır. Çalışmada kullanılan ölçeğin iç tutarlılığını değerlendirmek için Cronbach alfa katsayısı kullanılmıştır. İstatistik önemi $p < 0,05$ değer anlamlı olarak kabul edilmiştir. **Bulgular:** Çalışmaya katılan hastaların %59,5’inin erkek, %30,5’inin 40-69 yaş aralığında, %37’si emekli, %70,2’sinin gelir durumu orta seviye olarak görülmektedir. Çalışmaya katılan hastaların %77,5 ‘inin haftada 3 seans diyaliz tedavisi aldığı, %65,6 ‘ının vasküler giriş yolunun arteriovenöz fistül olduğu saptanmıştır. Hastaların üstesinden gelme alt boyutu puan ortalaması $16,01 \pm 4,81$, rahatlama alt boyutu puan ortalaması $9,16 \pm 3,70$ ve ölçek puan ortalaması $25,18 \pm 7,03$ olarak bulunmuştur. Gelir durumu ve cinsiyet ile Hemodiyalizde Konfor Ölçeği üstesinden gelme alt boyutu puan ortalaması ve ölçek puan ortalaması istatistiksel olarak anlamlı bulunmuştur ($p < 0,05$). Yaş, medeni durum, eğitim durumu, sosyal güvence, meslek değişkenleri ile ölçek puan ortalamaları arasında anlamlı bir fark bulunmamaktadır ($p > 0,05$). **Tartışma:** Hemodiyaliz hastalarında görülen semptomlar, bireyin konfor düzeyi ve yaşam kalitesini etkilemektedir. Düzenli diyaliz tedavisi ile semptomları azalan bireyler; konfor gereksinimleri karşılanması nedeniyle ferahlama duygusu yaşarlar. Çalışkan’ın (2018), üremik hastalarda kaşıntının konfor düzeyine etkisini incelediği çalışmada; hastaların konfor düzeylerini genel konfor ölçeği ile değerlendirmiş ve hemodiyaliz tedavisi alan hastaların hemodiyaliz tedavisi almayan hastalara göre yüksek konfora sahip olduğunu saptamıştır. Bu çalışmada da hastaların Hemodiyalizde Konfor Ölçeği ve alt boyut puan ortalamalarının orta düzeyde olduğu bulunmuştur. **Sonuç:** Hemodiyaliz hastalarının konfor düzeyinin düşük olduğu saptanmıştır. **Öneriler:** Hemşirelerin hemodiyaliz hastalarında konforu uygun araçlar kullanarak değerlendirmelerinin yapılması hastaların erken dönemde ihtiyaçlarının saptanması açısından önemlidir. Hemşireler tarafından hastaların primer hastalıklarının yanı sıra konforu etkileyen faktörleri belirlemek için düzenli olarak değerlendirmeler yapılmalıdır. Bu alanda yapılan çalışmaların az sayıda olması nedeniyle örneklem sayısı yüksek, izlem çalışmaları ile randomize kontrollü deneysel çalışmalara gereksinim olduğu düşünülmektedir. Hastaların hastalık ve/veya tedaviden kaynaklanan semptomlarının bulunması ve semptom yönetiminin sağlanmasının hastaların konfor düzeyine olumlu katkılarının olacağı düşünülmektedir.

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Determination of the Sexual Life of Expectant Fathers During Pregnancy: A Qualitative Study

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Abstract

Problem Statement: Sexuality is one of the important daily life activities. However, the feelings and thoughts of the individuals about the sexuality during pregnancy are influenced negatively by physiological, psychological and social factors. **Purpose of Study:** This study was conducted qualitatively to investigate the sexual life of expectant fathers during pregnancy. **Methods:** 29 expectant fathers encompassing inclusion criteria and agreed to participate in the study constituted the sample of the study who came to Obstetrics polyclinic of Mersin University Hospital, Turkey, between the dates of August 1st and October 18, 2017. The data of the study have been collected by using the semi-structured individual in-depth interview form and the personal information form containing descriptive information about expectant fathers. The forms were prepared by the researchers based on the relevant literature. A total of four questions were asked to the expectant fathers through semi-structured individual in-depth interviews. Semi-structured individual in-depth interviews were recorded on a voice recorder, the interviews were transferred to the computer environment in the Windows Word program, the raw data were grouped and the grouped data were coded and content analyzed. **Findings and Results:** In the study, after the content analysis done by investigators of the individual in-depth interviews, themes including feelings and thoughts on sexuality and sexual life during pregnancy were determined. **Conclusion and Recommendations:** The present study emphasizes the fact that the sexual life may be restricted and spouses may have difficulties discussing their emotions related to sexuality during pregnancy. In addition, it was determined that fathers did not want to have sexual intercourse due to the fear of harming the fetus and mother, and what feelings and thoughts on sexuality this period. In accordance with these results, researchers recommend creating a service model and including expectant fathers in this model, so that an integrative approach will provide informational services for the couple. **Keywords:** Pregnancy, Expectant Fathers, Sexual Life, Nursing.

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The Importance of Improving Behavior Of Healthy Life in Infertile Couples

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Abstract

Infertility is the fact that pregnancy cannot be achieved for more than six months above 35 years of age or a year under 35 years of age although there is regular intercourse without protection with the same partner. According to World Health Organization data, infertility affects 15% of reproductive age couples. Approximately 5.5 million women have been known to be infertile in the United States in 2000 and this figure is estimated to be 7 million in 2025. It is thought that one of the main reasons for the increase in infertile couples in recent years is the negative impact of lifestyle on fertility. The most common risky life style behaviors and habits are the factors such as smoking, body mass index less than 18.5 kg / m² more than 25 kg / m², excessive exercise or no exercise, alcohol and caffeine consumption, and stress. The increase in infertile couples has led to significant developments in reproductive health, especially in the last 30 years, and has increased the interest and expectation about the infertility. Although there are technical developments in the treatment of infertility, other factors that may affect the treatment have not come to the agenda. However, with the development of healthy lifestyle behaviors, the negative effect of these factors on fertility can be reduced. Because the purpose of healthy lifestyle is not only to prevent any disease or discomfort, but also to improve the general health and well-being of the individual. As a matter of fact, development of healthy life style in fertility and improvement of general health condition have an important roles in the prevention of infertility and ability of fertility. Therefore, it is possible to obtain positive results in the solution of infertility problem and in the success of assisted reproductive techniques by the development of lifestyle behaviors of infertile couples. As a result, it is an integral part of the treatment that the nurses who are in most communication with the patient provide counseling regarding healthy lifestyle behaviours to couples.

Keywords: Infertility, Infertile Couples, Healthy Lifestyle, Nursing.

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Assessment of Male Infertility

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Abstract

Infertility is the fact that pregnancy cannot be achieved for more than six months above 35 years of age or a year under 35 years of age although there is regular intercourse without protection with the same partner. According to World Health Organization data, infertility affects 15% of reproductive age couples. The increase in infertile couples has led to significant developments in reproductive health, especially in the last 30 years, and has increased the interest and expectation about the infertility. It is thought that one of the main reasons for the increase in infertile couples in recent years is the negative impact of lifestyle on fertility. As a result of modern life, postponement of gestational age, obesity, electromagnetic waves, hormone and genetically modified foods, stress, smoking and alcohol use and sexually transmitted diseases directly cause negative effects on human health. The reproductive system, which is sensitive to environmental changes, is the most affected. In recent years, the usage of assisted reproductive techniques led to an increase in the number of couples who consults health institutions for assistance in conception. Factors pertaining to males comprise half of all fertility problems. In this context, all these factors should be considered when assessing infertile men. Nowadays, many new methods such as endocrine tests, sperm analysis, radiological evaluation, testis biopsy, immunological tests and sperm function tests have been developed to diagnose and assess male infertility. Thanks to these methods, fertility success rates have increased. Therefore, when assessing infertile males, nurses should determine the condition causing fertility, provide accurate information about the prognosis, provide counseling during the research, provide support and training, and offer treatment options according to the evaluation results.

Keywords: Infertility Assessment, Male Infertility, Fertility, Nursing.

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İNME Lİ BİREYLERDE ÖZ ETKİLİLİK VE YAŞAM KALİTESİ ARASINDAKİ İLİŞKİNİN BELİRLENMESİ

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Abstract

İnme yaşamın tüm alanlarını yönet, yüksek mortalite ve morbidite riski taşıması önemli bir sağlık problemidir. İÇME, bireysellerin nörolojik ve fiziksel işlevlerini etkilemenin bulunduğu yerde, günlük yaşam aktivitelerinde bağımlılığa ve yaşam kalitesinin etki alanına nedenleri oluyor. İnme yaşamda yaşam hayatı; ileri yaşın, kadın cinsiyetin, sosyal ve fiziksel çevrenin, emosyonel, kognitiv ve mental durumun, engellilik düzeyinin vb. etkilenmiş olduğunu belirtti. Yaşam kalitesi üzerinde etki yeri bilinen bir başka önemli kavram, öz etkililiktir. Öz etkililik ve yaşam kalitesi düzeyi eşitlerini olumlu ve olumsuz etkileyici etkileyici. Bu tür inme bireylerde hastalık yönetiminde birlikte ele alınmasının önemi vurgulanır. Bu alanda çalışma inme bireylerde öz etkililik ve yaşam kalitesi ilişkisinin önde gelenlerinden oluşan bölümsel nitelikte araştırmadır. Araştırmanın evreni, bir devlet hastanesi polikliniklerinde hizmet alan inme tanısı olan bireyler örnekleme ise, 170 kişisel oluşturmıştır. Veri toplama aracı olarak: "Sosyo-Demografik Özelliklere İlişkin Bilgi Formu", "İnmeye Özgü Yaşam Kalitesi Ölçeği" ve "Kronik Hastalıklarda Öz Etkililik Ölçeği" içerisinde. Bireylerin% 60,6 'sının erkek,% 69,9' un bir kez atak geçirdiği,% 48,8'inin kısmi bağımlı olduğu ve en sık giden hızlılığı (% 75,9), yorgunluk (% 69,4) şikayetlerinin olduğu bulunmuştur. Bireylerin inmeye özgü yaşam kalitesi ölçeği ve kronik hastalıklarda öz etkililik ölçeği puan ortalamaları arasında pozitif yönde çok güçlü bir güçlülük durumu belli oldu ($r = 0,782$, $p < 0,001$). Ayrıca tam bağımlı olanların iki ölçek içi puan ortalaması. Erkeklerin kadınlara, evli olanların olmayanlara göre onu iki ölçek puan ortalamaları anlamlı olarak yüksektir. İnme bireysellerde hastalık yönetiminde bu iki kavramın birlikte gelecekteki önerilebilir.

Anahtar Kelimeler: Hemşirelik, İnme, Yaşam Kalitesi, Öz etkililik

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DETERMINATION OF SELF-EFFICACY AND QUALITY OF LIFE IN STROKE PATIENTS

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Abstract

As stroke carries a high risk of mortality and morbidity it is an important health problem which affects all areas of life. Stroke causes to be dependent and affects quality of life in daily life activities besides of affecting the neurological and physical functions of individuals. It is stated that quality of life of people with stroke is affected by the advanced age, female gender, social and physical environment, emotional, cognitive and mental status, level of disability etc. Self-efficacy is another important concept known to have an effect on quality of life. Self-efficacy and quality of life levels are affecting each other positively and negatively. Therefore, the importance to contextualize both is emphasized in disease management in individuals with stroke. In this sense, the study is a cross-sectional study which determines the relationship between self-efficacy and quality of life in individuals with stroke. The population of the study is patients diagnosed with stroke in an outpatient clinic of a public hospital. The sample size was 170. The "Information Form for Socio-Demographic Characteristics", "Stroke Specific Quality of Life Scale" and "Self-Efficacy Scale on the people with Chronic Diseases" were used as data collection tools. It is found that 60.6% of the individuals were men in whom 54.7% had one attack, 48.8% were medium level dependenced and the most common complaints were about gait disturbance (75.9%) and fatigue (69.4%). It is determined that there is a highly positive correlation on the means scores of the Stroke Specific Quality of Life Scale and Self-Efficacy Scale on the people with Chronic Diseases ($r=0,782$, $p<0,001$). Furthermore, it is found that the complete dependenced have low means scores in both scales. Both scale scores of males and married are significantly higher than females and non-married ones. It is suggested that these two concepts should be evaluated together in disease management in individuals with stroke.

Key Words: Nursing, Stroke, Quality of Life, Self-Efficacy

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HEMŞİRELERİN PERİFERİK VENÖZ KATETERE BAĞLI KOMPLİKASYONLARIN ÖNLEMESİNE YÖNELİK KANIT TEMELLİ UYGULAMALARI KULLANMA DURUMLARININ BELİRLENMESİ

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Abstract

Bu çalışma, hemşirelerin periferik venöz katetere bağlı komplikasyonların önlenmesine yönelik kanıt temelli uygulamaları kullanma durumlarının belirlenmesi amacıyla tanımlayıcı olarak yapıldı. Çanakkale Devlet Hastanesi dahili, cerrahi ve yoğunbakım birimlerinde 1 Mart- 30 Haziran 2017 tarihleri arasında gerçekleştirildi. Araştırmanın örneklemini araştırmaya katılmayı kabul eden 230 hemşire oluşturdu. Verilerin toplanmasında, literatür doğrultusunda oluşturulmuş veri toplama formu kullanıldı. Çalışmaya dahil edilen hemşirelerin %38,7'sinin dâhili birimlerde çalıştığı %97,4'ünün kadın, %53,5'inin lisans mezunu, %59,6'sının 10 yıl ve üzerinde çalışma deneyimi olduğu ve %42,2'sinin periferik venöz kateter uygulamasına ilişkin son bilgiyi mezun olduğu okulda aldığı tespit edildi. Araştırmaya katılan hemşirelerin %75,7'sinin kliniklerinde PVK bölgesinin değerlendirilmesinde herhangi bir form kullanılmadığını belirttiği bulundu. Hemşirelerin PVK uygulamasına ilişkin sorulara yanıtlarında ise; %55,2'sinin PVK uygulamalarında poliüretan malzemeden yapılmış branül kullanılmasının komplikasyon görülme riskini azalttığını, %87'sinin yetişkin bireylerde üst extremité venlerini tercih ettiği, %41,7'sinin PVK girişiminden önce elleri su ve sabunla yıkadığı, %64,3'ünün PVK işlemine başlama/bitirme süresince her zaman aseptik teknik kullandığı, %44,3'ünün katater giriş bölgesinin temizliği/asepsisinin sağlanmasında %70 alkol kullandığı, %50'sinin PVK bölgesinde pansuman değişimini kirlilik ve gevşeklik vb olduğunda yaptığı, %41,3'ünün PVK'lerin rutin olarak 49-71 saatte değiştirdiği, %58,7'sinin PVK'den lipid veya kan ürünü uygulanıyorsa infüzyon setini her uygulamadan sonra değiştirdiği saptandı. Ayrıca hemşirelerin, %36,7'si PVK bölgesinin kontrolünü her nöbet değişiminde yaptığını belirtti. Araştırma sonuçlarına göre; PVK'e bağlı komplikasyonları önlemeye yönelik kanıta dayalı uygulama rehberlerinin geliştirilmesi ve bu rehberlere ilişkin hizmetçi eğitimlerin verilmesi önerildi.

Anahtar Sözcükler: Hemşirelik, Periferik venöz kateter, Komplikasyon, Kanıta dayalı uygulama

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DETERMINING THE USE OF EVIDENCE BASED PRACTICES FOR PREVENTING COMPLICATIONS OF PERIPHERAL VENOUS CATHETERS BY NURSES

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Abstract

Evidence-Based Examples of Nurses' Prevention of Peripheral Venous Catheter-Related Complications This study was carried out as a descriptive study in order to determine the nurses' use of evidence-based applications for the prevention of complications related to peripheral venous catheter. The study was conducted between 1 March - 30 June 2017 in Çanakkale State Hospital internal, surgical and intensive care units. The sample of the study consisted of 230 nurses who agreed to participate in the study. Data collection was obtained by means of data collection form which was prepared in accordance with literature. Of the nurses included in the study, 38.7% were employed in internal units, 97.4% were women, 53.5% were undergraduate, 59.6% had 10 years of working experience. and 42.2% of the subjects had the last information about peripheral venous catheter application in the school they graduated from. It was found that 75.7% of the nurses participating in the study stated that no form was used in the evaluation of the PVC region in their clinics. In the responses of nurses to the questions about the application of PVC; 55.2% of PVK applications using polyurethane material to reduce the risk of complication, 87% of adults preferred upper extremity veins, 41.7% of the hands were washed with soap and water before PVK intervention. However, 64.3% used aseptic technique at the time of initiation / completion of the PVC procedure, 44.3% used 70% alcohol to provide the cleaning / asepsis of the catheter entrance area, and 50% showed that the dressing change in the PVC region was contamination and looseness. In the study, it was determined that 41.3% of the patients changed their PVCs routinely within 49-71 hours, and 58.7% changed the infusion set after each application if lipid or blood product was applied from PVC. Also 36.7% of the nurses stated that they performed the control of the PVC region at every shift. According to the research results; It was proposed to develop evidence-based practice guidelines for prevention of PVK-related complications and to give in-service training for these guidelines

Keywords: Nursing, Peripheral venous catheter, complication, evidence-based practice

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The Relationship between Gender Role Attitudes and Dating Violence of University Students

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Abstract

Aim: The aim of this study is to determine the relationship between university students' attitudes towards gender roles and dating violence attitudes. **Method:** The population of this descriptive study consisted of 178 students in the 1st and 4th years of the 2017-2018 Academic Year Spring Semester in Nursing Department at Eastern Mediterranean University Faculty of Health Sciences. A total of 133 students agreed to participate in the study which has composed the sample of the study. The data were collected by using the Student Descriptive Characteristics Form, The Gender Roles Attitude Scale (GRAS) and The Attitudes Towards Dating Violence Scale (ATDVS). Descriptive statistics t test, One Way Variance Analysis, Tukey test and Pearson Correlation Coefficient were used in the evaluation of the data. **Results:** In the study, it was found that the mean age of the students was 21.33 ± 2.38 years and 57.9% of the students were female. The mean scores of GRAS and ATDVS were found to be 145.71 ± 20.78 (equitable attitude towards gender roles) and 4.17 ± 0.54 (attitude not supporting dating violence), respectively. Female, married and fourth year students were found to have higher GRAS and ATDVS scores ($p < 0.05$). It was found that the GRAS scores of the students whose mothers were working, who were exposed to violence in the relationship and who had a broken family were higher than the other students ($p < 0.05$). There was a statistically significant moderate positive correlation between mean scores of GRAS and ATDVS ($r: 0,608$; $p < 0,001$). **Conclusion:** It was found that students' attitudes towards gender roles do not support dating violence as their egalitarian attitudes increase. In this respect, it may be suggested that the contents of the courses should be strengthened appropriately in order to improve the egalitarian attitudes of the students towards gender roles.

Key words: Dating Violence, Gender Roles, Nursing

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Determination of the risk factors that will play a role in the development of pressure sores and pressure ulcers in patients hospitalized in the ICU

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Abstract

When appropriate measures were taken, the incidence of preventable pressure wound was reported to be up to 40% in patients admitted to internal intensive care unit which can cause morbidity and mortality in intensive care unit patients. In this study, it is planned to determine the risk factors that play a role in the prevalence and development of pressure sores in internal medicine intensive care unit (IMICU). Eighty patients were included in this study who were admitted in the IMICU for more than 96 hours, 40 patients who were hospitalized with decubitus wound and 40 patients randomly selected hospitalized without decubitus wound between 1 September 2018 - 1 December 2018, Data were obtained prospectively. Demographic and clinical characteristics of patients; data on the presence of pressure ulcers in the intensive care unit, the degree of pressure ulcer, risk score on Braden's pressure wound risk, and risk factors for the development of pressure sores were evaluated and patients without pressure ulcers in the intensive care follow-up were compared. Results: In the study, 40 patients (50%) were admitted to the IMICU with pressure sores. The number of patients who developed pressure ulcers was 3 (7.5%). Among the risk factors in patients with pressure ulcers with pressure ulcers during hospitalization advanced age (69.17 ± 65), presence of diabetes mellitus, low hemoglobin level, hypoaalbuminemia, long mechanical ventilation and intensive care period, and braden risk score oglo12 were found to be significantly higher than those without decubitus ulcers.

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Scoring Systems and Mortality Evaluation of Malignant Patients Treated in ICU

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Abstract

Purpose : The number of malignant patients admitted to the intensive care unit (ICU) is increasing. The mortality rate of malignancy patients who applied to the ICU because of sepsis and organ dysfunction is still high. We planned this study to determine the relationship between intensive care scoring systems and mortality in patients with malignancy in the ICU. **Methods:** Acute Physiology Age and Chronic Health Assessment II (APACHE II) score and Sequential Organ Failure Assessment (SOFA) score of 82 patients diagnosed with ICU in April - December 2018 were calculated at the time of ICU entry. Based on the SOFA score, the number of organ failure was counted, with each organ failure score greater than 3 points. Inotropic support therapy and renal replacement therapy were recorded. Mortality rate and ICU stay duration were also evaluated in 28 days after ICU admission. The prognosis was analyzed by chi-square test and $p < 0.05$ was considered statistically significant. **Results:** The most frequent respiratory failure was 12.3% ($n = 15$), sepsis 53.3% ($n = 65$) and cardiac arrest 0.82% ($n = 1$). The mortality rate was 90.24% in patients with malignancy diagnosed in intensive care unit. APACHE II score (30 ± 8.3 vs. 17.1 ± 7.7 , $p < 0.001$) and SOFA score (15 ± 4.0 and 5.4 ± 4.5 , $p < 0.001$) was significantly higher. The results obtained from logistic regression analysis showed that coagulation based on SOFA score, respiratory and liver function abnormalities were associated with mortality. There was a strong correlation between the failure of two or more organs and mortality in patients with malignancy ($p = 0.01$). There was a significant difference between the survivors and the survivors (3 ± 4.0 and 15 ± 4.5 , $p < 0.001$). **Conclusion:** The number of organ failure was associated with mortality in patients admitted to ICU. In the evaluation of admission to the intensive care unit, the primary physician and the intensive care physician should decide whether the patient has a terminal period and palliative care support should be applied to the terminal period patients. The financial resources, intensive care beds and health workers' information, knowledge and attention should be transferred to patients who can benefit from intensive care.

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Relationship Between Sleep Quality and Breastfeeding Self-Efficacy of Mothers in Postpartum Period

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Abstract

Purpose : The number of malignant patients admitted to the intensive care unit (ICU) is increasing. The

Problem Statement: Breastfeeding self-efficacy reflects the mother's confidence regarding breastfeeding, and it positively affects breastfeeding. Traditionally, people attach importance to breastfeeding in Turkey and the vast majority of mothers breastfeed their babies. It is a known fact that mothers feel sleepless and tired in the postpartum period reduces the amount of secreted milk. However, it is not known whether there is a relationship between the perception of breastfeeding self-efficacy which positively affects breastfeeding and sleep quality of the mothers in this period. Purpose of Study: This study was conducted in order to determine the relationship between sleep quality and breastfeeding self-efficacy of the mothers in the postpartum period. Methods: This descriptive study included 128 primiparous women who had vaginal deliveries from 2 January to 27 May 2018 in a public obstetrics and children's hospital in Mersin. The data of the research was gathered with a questionnaire intended for collecting the sociodemographic characteristics of mothers who completed their second week in the postpartum period, Postpartum Sleep Quality Scale intended for determining their sleep quality, and Breastfeeding Self-efficacy Scale intended for determining their breastfeeding self-efficacy. The data obtained was assessed with the Pearson Correlation Coefficient to determine the relationship between the descriptive statistics and two continuous variables. Findings and Results: The mean score gotten by the mothers from Postpartum Sleep Quality Scale and Breastfeeding Self-efficacy Scale was determined to be "33,57±11,26" and "46,82±14,89" respectively. A strong relationship in the negative direction was detected between the scores gotten from Postpartum Sleep Quality Scale and Breastfeeding Self-efficacy Scale ($p<0.01$). Conclusions and Recommendations: As a result of the research, it was determined that as the sleep quality of mothers in the postpartum period increase their breastfeeding self-efficacy increase as well. In the light of the results obtained, it is suggested that nurses, being aware that there is a strong relationship between sleep quality and breastfeeding self-efficacy in the postpartum period, should pay more attention to the role of education and counseling in these subjects. In addition, it is recommended that nurses make attempts intended for improving the sleep quality of primiparous individuals in order to increase their self-efficacy of breastfeeding.

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Evidence Based Care to the Couples Experiencing Fertility Problems

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Abstract

Fertility refers to the occurrence and continuation of pregnancy in a period less than one year and the birth of a living baby. Couples may experience fertility problems in the period they want to have children. In this negative experience, nurses, who are the most co-existing health professionals with couples, have a significant role. Evidence-based practice is to show how to give the best care to the patient with the results of researches which conducted carefully and honestly, and yielded clear and accurate decisions. In this respect, nurses should work on the basis of evidence for meeting the education and counseling needs of couples with fertility problems. According to evidence level of classification in medicine, the strongest evidence meta-analyzes and systematic reviews of well-designed randomized controlled trials. In addition, it is accepted that the best research design in evaluating the effectiveness of the attempt is randomized controlled studies. There also exist clinical guidelines that evaluate the work done and present it to the health workers for the use of evidence-based practices. In line with these guidelines, information, counseling and evaluation should be done by following a flow chart to the couples applying with fertility problem. In the flowchart, firstly, verbal, written and visual materials are given to couples by taking cultural differences into consideration. The second stage is the evaluation in accordance with the psychological situation and the negative effects it may cause and providing psychosocial support. The next steps in the flowchart are evidence-based information, evaluation and counseling about receiving care in field specific units, evidence-based rates of pregnancy possibilities, timing and frequency of sexual intercourse, and life behaviors (such as alcohol, smoking, obesity). Finally, couples applying with fertility problems are evaluated extensively for infertility. It is of great importance that nurses perform training, counseling and care roles based on evidence-based practices. These nursing practices given evidence based in a given order and sequence to the couples with fertility problems will increase the quality of care and professional satisfaction. In this review article, evidence-based education, counseling and evaluation requirements of couples with fertility problems were reviewed in accordance with current guidelines. In addition, comments were made on how to inform nurses about evidence-based care in couples with fertility problems and how they should play a role in the care process.

Keywords: fertility problems, evidence based care, nursing

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KALP CERRAHİSİ SEMPTOM ENVANTERİ'NİN TÜRK DİLİNDE GEÇERLİK VE GÜVENİRLİĞİ

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Abstract

Problem: Ülkemizde KABG ameliyatı geçiren hastaların taburculuk sonrası semptomlarının değerlendirilmesi için geçerli ve güvenilir bir ölçüm aracı bulunmamaktadır. Hemşirelik bakımının etkin ve sürdürülebilir olması için KABG ameliyatı olan hastalarda ameliyat sonrası semptomların etkisini değerlendirmek için Kalp Cerrahisi Semptom Envanteri (KCSE) gibi geçerli ve güvenilir bir ölçüm aracına gereksinim duyulmaktadır. **Çalışmanın Amacı:** Bu araştırma, Lapier ve Jung (2002) tarafından geliştirilen Kalp Cerrahisi Semptom Envanteri'nin Türk dilinde geçerlik ve güvenirlik çalışmasının yapılarak Türk toplumuna kazandırılması amacıyla planlanmıştır. **Yöntem:** Araştırma İstanbul'da bulunan bir kamu hastanesi ve bir vakıf üniversitesi hastanesinde Aralık 2017- Eylül 2018 tarihleri arasında yürütülmüştür. Araştırmanın evrenini son altı ayda Koroner Arter Bypass Graft ameliyatı olmuş ve araştırmaya dahil edilme kriterlerini karşılayan 312 hasta oluşturmuştur. Araştırmanın verileri Hasta Tanıtım Formu ve Kalp Cerrahisi Semptom Envanteri kullanılarak yüz yüze ve telefonla görüşme yöntemi ile toplanmıştır. Geçerlik ve güvenirlik analizinde dil, kapsam, yapı geçerliği ve güvenirlik analizi kullanılmıştır. Kalp Cerrahisi Semptom Envanteri'nin dil geçerliği çeviri geri çeviri yöntemi ile analiz edilmiştir. Türkçe çevirisi yapılan Kalp Cerrahisi Semptom Envanteri'nin kapsam geçerlik indeksinin hesaplanmasında Davis tekniği kullanılmış olup envanter 12 uzmanın görüşüne sunulmuştur. **Bulgular:** Kalp Cerrahisi Semptom Envanteri'ne ait maddelerin Kapsam Geçerlik İndeksi değeri 0,84 olarak bulunmuştur. Envanterin faktör yüklerinin 0,30 ve 0,50 arasında değiştiği ve tek faktörlü yapı özelliği taşıdığı belirlenmiştir. Envanterin iç tutarlılık analizleri sonucunda Cronbach alfa katsayısı 0,961'dir. **Tartışma:** Ölçek dil geçerliliği, kapsam geçerliliği, yapı geçerliliği ve güvenirlik yönünden değerlendirilmiştir. KCSE'nin faktör yükleri 0,333-0,858 arasında değişmektedir. Envantere ait bütün maddelerin faktör yükleri 0,30'un üzerindedir ve açıklanan varyansın (%44,922) yeterli düzeyde olduğu belirlendi. Cronbach alfa kat sayısının (toplam envanter=0,961) yeterli düzeyde olduğu bulundu. **Sonuç ve Öneriler:** Tek alt boyutlu ve 35 maddeli KCSE'nin Türk toplumunda geçerli ve güvenilir bir ölçüm aracı olduğu saptandı. Bu sonuçlar doğrultusunda KCSE'nin farklı örneklem gruplarında geçerlik ve güvenirliğinin tekrarlanması ya da Türk kültürüne özgü kalp cerrahisi sonrası evde yaşanan semptomları değerlendirmeye yönelik bir ölçeğin geliştirilmesi önerilebilir.

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The Factors Affecting the Most Healthy Way of Giving Breast Milk (Breastfeeding)

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Abstract

Breast milk is the most suitable food for healthy growth and development of babies. The World Health Organization and the United Nations Children's Fund, for the first six months of birth from the birth to baby nutrition, without taking any additional food, including water only breast milk is considered to be the most appropriate way. Although a good level of breastfeeding rates in the world and Turkey, in the first six months only breastfeeding rates are low. When the literature is examined, it's seen that there are neonatal, maternal and environmental-social factors affecting initiation of breastfeeding and especially the first six months. Successful initiation and maintenance of breastfeeding is affected by many factors related to the newborn. In the studies, the birth weight of baby is the most common among these factors. In addition, presence of congenital disorders of newborn, premature existence, refusal to suck and presence of oral infection are shown as other factors affecting breastfeeding. Breastfeeding can be affected by the physical, social and psychological state of the mother. In studies, it was found that physical problems such as nipple crack, mastitis and physical problems such as pain in the incision were factors that prevent breastfeeding. In addition, it can be seen that perceived breastfeeding self-efficacy and information about breastfeeding of mothers also positively affected breastfeeding. Environmental and social factors significantly affect initiation and maintenance of breastfeeding. In studies, it's stated that social factors such as the norms on breastfeeding, the importance given to women in society, health policies of the country and level of knowledge of health professionals are effective in mothers preferring to breastfeed their babies. In addition, it has been emphasized that breastfeeding should start within the first hour after birth and that skin contact between mother and baby affects breastfeeding positively. Training and counseling roles of nurses are of great importance in initiation and effective implementation of breastfeeding. Nurses who are in close contact with mother and baby in prenatal and postnatal period should be aware of the importance of breastfeeding and factors affecting breastfeeding process. Mothers need support in dealing with problems that may be encountered in this process. It's responsibility of nurses to create a healthy breastfeeding experience for mothers.

Keywords: Baby, Breastfeeding, Breast Milk, Mother, Nursing.

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Psychosocial and Cultural Perspectives of Pregnant Women Related to Pregnancy

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Abstract

Introduction: Obstetrics and Gynecology nurses play an important role in the prevention, treatment and improvement of psychosocial problems of pregnant women. Aim: In this study, it is aimed to determine the psychosocial and cultural perspectives of pregnant women during pregnancy. Method: This research was carried out in Turkey. Maximum diversity sampling from purposive sampling methods and descriptive (phenomenological) pattern from qualitative research approaches were used. The study group consisted of pregnant women. Data were collected by in-depth individual interview method and evaluated with content analysis. Results: Four main themes were identified as a result of interviews: (1) feelings and thoughts about pregnancy, (2) bio-psycho-social dimension of pregnancy, (3) cultural experiences related to pregnancy, (4) views on pregnancy and marriage. Conclusions: Pregnant women stated that pregnancy is a miraculous thing, it brings happiness to give birth to a creature that resembles itself and to provide the continuation of the generation, they were worried about not being able to protect the baby during pregnancy and felt the feeling of motherhood together with the baby feeling the first movements.

Keywords: Pregnancy, nursing, psychosocial dimension, cultural experiences, qualitative research, Turkey

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Infertility Risk Factors And Nurse's Role

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Abstract

According to World Health Organization reports, infertility is defined as the failure of a couple to have a 12-month pregnancy despite unprotected intercourse and pregnancy interventions. According to the results of the studies, 60-80 million of the couples in the world experience infertility. Increased infertility problem caused to given more importance on risk factors and to done more studies in the field. There are many known and unknown risk factors affecting fertility. Nowadays although infertility risk factors have been revealed with the researches carried out today, studies are still going on for many factors brought about by modern life. Risk factors affecting infertility are age, genetic diseases, body mass index, smoking, alcohol, drugs, occupational and environmental harmful agents, risky lifestyle behaviors, modern lifestyle, stress, oxidative stress, electromagnetic waves, genetically modified organisms and psychological factors. Nurses should be aware of these risk factors that negatively affect fertility in order to prevent deterioration of fertility abilities of individuals. Infertility nurses should assess life-style behaviors in detail while taking anamnesis from couples who have fertility problems or apply for long-term and financially expensive treatment methods such as assisted reproductive techniques. In addition, nurses should do counseling to couples on lifestyles that have an impact on the fertility of individuals and follow the current literature on the subject. Especially in infertility and male factor infertility, risky lifestyle behaviors should be improved if there is no time problem for the couple. Otherwise, treatment strategies should be developed to change these behaviors and individual care plans should be provided to individuals about healthy lifestyle behaviors. In addition, nurses should train couples for risk factors. In this context, the risk factors causing the infertility and nursing roles will be discussed in our review.

Key words: Infertility, Risk Factors, Nursing

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Rheumatoid Arthritis and Quality of Life

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Abstract

Rheumatoid arthritis (RA); it is a common chronic disease that causes serious functional losses, causing significant effects on physical and psychosocial health. The prevalence of rheumatoid arthritis is approximately 0.5-0.7% in the adult population. Rheumatoid arthritis is also known as the most common inflammatory joint disease. The disease most frequently happens at the age of 40-50. Women are seen three times more than men. The etiology of rheumatoid arthritis includes factors such as genetic factors, sex, smoking, bacteria and viruses. In rheumatoid arthritis, problems caused by disease activity in joints may cause disfigurement, loss of movement, severe deformity and disability. Rheumatoid arthritis is primarily associated with symmetrical polyarticular involvement in the wrist joint, then is observed in the elbow, knee, ankle and shoulder joints. Increased pain, swelling and tenderness occur with movement of the affected joint and accompanied by morning stiffness, which often lasts more than half an hour. In addition to the complaints in the joints, 50% of patients with RA also come to exist systemic findings other than the joint at any time during the disease. In rheumatoid arthritis, the problems caused by disease activity in the joints negatively affect the patients' daily lives and quality of life. Patients with restricted movement due to synovial inflammation and joint involvement are not able to perform their daily activities and need help from others. Chronic pain in RA patients; causes problems such as fatigue, sleep problems, tension and depression. The chronic nature of rheumatic diseases requires the acquisition of the necessary knowledge about the disease in order to manage the disease and to develop a treatment plan appropriate to the patient's lifestyle. Primary objectives and strategies for coping with such diseases include suppressing inflammation and autoimmune response, controlling pain, maintaining or improving joint mobility and functional status, and increasing the awareness of the disease about the disease. Encouraging patients to adopt correct and appropriate self-care behaviors is an important factor that contributes to the successful management of the disease. Reducing functional impairment and improving the quality of life in RA patients can be possible with medical therapy as well as good communication between the patient and the professional health team and planning a good disease management. It is very important to give detailed information about the characteristics, causes and treatment of the disease, to emphasize the importance of compliance with medical treatment, the importance of diet and regular exercise, and how to deal with the disease. Giving patient education; it is important to increase the success of the treatment, to provide functional adequacy and to improve the quality of life. Health professionals and especially nurses have an important role in this regard. The nurse can help the patient and her/his family to use the appropriate coping methods and lifestyle changes and adapt them to life style changes and disease by increasing the medical and social activities by providing health consultancy that the patient needs.

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A special nurse for me: Outcomes of breast care nurse in providing training and follow-up in patients undergoing breast cancer surgery

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Abstract

Objective: The breast care nurse plays an important role in the management of the problems experienced during the process of breast cancer treatment. **Methods:** A mixed type of research, in which the aim was to assess the effect of training given by the breast care nurse on body image, anxiety and quality of life, was completed with 42 breast cancer patients. Practices of the breast care nurse were training and follow-up. The training was done one day before the surgery and the discharge by the researcher, and the training book prepared by researcher given to the patients after training. In addition, the patients were visited twice, a day after the operation and one month after the discharge. Quantitative data were collected with questionnaires, and analyzed by t test, analysis of variance, correlation tests. Qualitative data were gathered from interviews with 15 people (patients who were included in the sample) selected by maximum diversity method. Qualitative data were theoretically based on phenomenological analysis. **Results:** Total and subscale scores of the patients' body image and quality of life were found to be higher after training than before. It was determined that post-training state and continuous anxiety scores decreased compared to the pre-training. There was statistically significant difference between pre-education and post-training in terms of body image ($p=0.018$), state anxiety ($p=0.027$), trait anxiety ($p=0.000$) and quality of life ($p=0.000$) scores of the patients. Two main themes were identified as the result of the analysis of qualitative data: "my breast care nurse and her contributions to my life". **Conclusion:** The results of the study show that training and follow-up of the breast care nurse supports the patients' surgical treatment process positively and increases their quality of life.

Keywords: Breast care nurse, breast cancer surgery, patient training, quality of life.

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How Women With Breast Cancer Perceive Chemotherapy-Induced Alopecia: A Qualitative Research

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Abstract

Objective: The study was designed to determine how women with breast cancer perceived chemotherapy-induced alopecia. **Methods:** The sample of this qualitative research study consisted of 20 patients who were being treated at Karadeniz Technical University Farabi Hospital Chemotherapy Unit. The data were collected by semi-structured interview method and evaluated using "phenomenological analysis" method. Six main themes and sub-themes that were identified regarding how women with breast cancer perceived chemotherapy-induced alopecia and their experiences associated with it were as follows; confronting alopecia, perceiving alopecia, hiding hair loss, changes in life following alopecia, maintaining hope and factors facilitating adaptation to alopecia. **Results:** The study showed that the women experienced sadness, anxiety, panic, and regret due to chemotherapy-induced alopecia and they had their hair shaved in order not to confront it and used accessories such as wigs, bandana, and headscarf to hide it. It became clear that they avoided social environments and hide from family members because their hairless appearance made their disease apparent. **Conclusion:** It may be suggested that before chemotherapy treatment the women with breast cancer should be informed about the process they will experience, how to cope with it and how to apply alopecia prevention methods during treatment and health personnel should support the patient in this process.

Keywords: Alopecia, breast cancer, breast care nursing, chemotherapy, qualitative study

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The Effect of Patient's Level of Knowledge of Hypertension on Self Efficacy and Compliance to Treatment

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Abstract

The study was conducted in accordance with descriptive-cross-sectional research design in order to determine the effect of hypertension knowledge on compliance / self-efficacy levels of the patients. The population of the study consisted of 303 hypertensive patients who were hospitalized in Famagusta State Hospital between December 2017- March 2018. The study was completed with 163 patients who accepted to participate in the study and met the inclusion criteria. In this study, Patient Diagnostic Questionnaire, Hypertension Knowledge Level Scale and Commitment / Adaptation Self-Efficacy Scale for Drug Treatment short form were used. Descriptive tests, Mann Whitney U Test and U Kruskal-Wallis H Test test technique were used to analyze the data. The level of statistical significance was accepted as $p < 0.05$. The mean age of the patients who participated in the study was 66.10 ± 12.96 (min: 30, max: 90), 59.5% of the patients were married and 72.4% of them were married. The mean total score of the participants was 18.63 ± 2.40 (min: 11, max: 22). The highest scores were obtained from lifestyle, complications, adherence to drugs. Hypertension Knowledge Level Scale general and sub-dimension scores; There was a statistically significant difference among age, presence of hypertension in the family, working status, education level and gender ($p < 0.05$). found. Only level of education has an effect on the score of self efficacy /compliance and found statistically significant ($p < 0.05$). There was a statistically significant low-level positive linear correlation between Hypertension Self-Efficacy Scale and Hypertension Knowledge Level scale scores of hypertension patients ($p < 0.05$). As a result, it was found that the participants had higher scores than average regarding knowledge of hypertension and drug compliance and self-efficacy scale. It was determined that age, presence of hypertension in family, working status, education level and gender variables make a difference in scale scores. Compliance to treatment was higher among patients who have higher level of hypertension

An education has to be given to patients with hypertension about the importance of compliance with life style changes . This education should be organised considering age, gender and level of education.

Keywords: Drug compliance, hypertension knowledge level, nursing, self-efficacy

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Information Need and Postoperative Symptom Assessment of Patients with Thyroidectomy

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Abstract

Purpose of Study: The aim of the study was to determine the thyroidectomy patients' information needs before and after surgery and the symptoms they experienced during and after discharge. **Method:** A descriptive study was carried out with 77 patients with thyroidectomy. The data were collected face-to-face during discharge and one week after discharge by the phone, with questionnaires and the Memorial Symptom Assessment Scale (MSAS). Frequency, percentage, average and hierarchical cluster analysis tests were used to analyse. **Results:** The most common preoperative information requirements of patients were hoarseness and its treatment, (75.3%), diagnosis (49.4%) and anaesthesia (42.9%). When patients are discharged, they need the most information about showering (50.6%), return to daily living activities (35.1%) and wound care (33.8%). Three most common symptoms experienced by the patients during discharge were difficulty swallowing (87.0%), pain (68.8%), cough (35.1%). Three symptoms clusters were determined analysis of the present symptoms during discharge. These clusters were pain and difficulty swallowing (1); numbness/tingling in hands/feet, lack of appetite, nausea, dizziness, dry mouth, sweats, lack of energy, cough (2); shortness of breath, itching, vomiting, difficulty concentrating, feeling nervous, diarrhea, feeling drowsy, difficulty sleeping, feeling sad, feeling irritable and worrying (3). One week after discharge, 98% of patients stated that they were curious about the pathology result. First three symptoms that were seen in patients one week after discharge were determined as difficulty swallowing (31.2%), pain (26.0%), lack of energy (15.6%). The symptoms were clustered as pain and difficulty swallowing (1); sweats (2), nausea, lack of appetite, difficulty concentrating, dry mouth, dizziness, worrying, cough, feeling drowsy, lack of energy, and numbness/tingling in the hand/feet (3). **Conclusion:** Patients' knowledge needs and symptoms during surgery, and therefore the need for care and training vary. For this reason, care and educating planning should be made considering this change.

Keywords: information, nursing, patient need, symptom

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HEMŞİRELERİN MANEVİYAT VE MANEVİ BAKIM ALGISI İLE BAKIM VERİCİ ROLLERİ ARASINDAKİ İLİŞKİNİN İNCELENMESİ

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Abstract

Sağlık bakımının sunumunda kabul edilen en kapsamlı yaklaşım bütüncül (holistik) yaklaşımdır. İnsanın bütünlüğünü devam ettirebilmesi için manevi doyuma da gereksinimi vardır. Bu çalışmanın amacı Kuzey Kıbrıs Türk Cumhuriyeti'nde bulunan devlet hastanelerinde çalışmakta olan hemşirelerin maneviyat ve manevi bakımı algısı ile bakım verici rolleri arasındaki ilişkinin incelenmesidir. Araştırma tanımlayıcı tipte bir çalışmadır. Bu çalışmada hemşirelerin maneviyat ve manevi bakım ile ilgili durumlarını belirlemek için Maneviyat ve Manevi Bakım Dereceleme Ölçeği (MMBAÖ) ile hemşirelerin bakım verici rollerine ilişkin tutumlarını belirlemek için Hemşirelerin Bakım Verici Rollerine İlişkin Tutum Ölçeği (HBRTÖ) kullanılmıştır. Araştırma Kuzey Kıbrıs Türk Cumhuriyeti'nde bulunan dört hastanede 1 Ağustos 2018-1 Ekim 2018 tarihleri arasında yürütülmüştür. Araştırmada örneklem seçimine gidilmeyip, gönüllü olarak katılmayı kabul eden 150 hemşire ile yüz yüze uygulanmıştır. Hemşirelerin büyük çoğunluğunun ailede bakım verdiği kişi bulunmamakta, eğitimleri süresince %62.7'si manevi bakım eğitimi almıştır. Araştırmaya katılan hemşirelerin, bakım verici rollerine ilişkin öz bakım ve danışmanlık özellikleri boyutu ile maneviyat ve manevi bakım boyutu, bireysel bakım boyutu, dinselilik boyutu, MMBAÖ toplam puanları arasında ilişki olduğu, maneviyat ve manevi bakım boyutu arasındaki ilişki güçlü, pozitif ve anlamlı, bireysel bakım boyutu arasındaki ilişki orta düzeyde, pozitif ve anlamlı, dinselilik boyutu arasındaki ilişki zayıf, pozitif ve anlamlı bulunmuştur. Hemşirelerin maneviyat ve manevi bakım algısı arttıkça bakım verici rollerine ilişkin tutumları olumlu yönde arttığı belirlenmiştir. Hemşirelere maneviyat ve manevi bakım ile ilgili mezuniyet öncesi ve sonrası eğitimlerin yapılması uygun olacaktır. Bu konuda büyük ölçekli çalışmaların yapılması ve bakım verici rollerine ilişkin tutumları etkileyebilecek faktörlerin incelenmesi önerilmektedir.

Anahtar Kelimeler: Hemşire, maneviyat ve manevi bakım, bakım verici rol

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Hemşirelik Öğrencileri ve Klinik Hemşirelerin Klinik Uygulamada Öğrenciye Yapılan Rehberlik İle İlgili Görüşleri

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Abstract

Amaç: Bu araştırma; İç hastalıkları kliniklerinde staj yapan hemşirelik öğrencilerinin ve klinikte çalışan hemşirelerin klinik uygulamada öğrenciye yapılan rehberlik ve sorumlulukları ile ilgili görüşlerini belirlemek amacı ile yapılmıştır. **Yöntem:** Araştırma tanımlayıcı ve kesitsel yapıdadır. Etik kurul ve kurum izinleri alınmıştır. 2017-2018 Ocak ayında Lefkoşa ve Gazimağusa Devlet Hastaneleri iç hastalıkları kliniklerinde görevli hemşireler ve bu kliniklerde staja çıkan Sağlık Bilimleri Fakültesi hemşirelik öğrencileri ile yapılmıştır. Araştırmanın evrenini 139 hemşire ve iç hastalıkları hemşireliği dersi stajına çıkan 87 öğrenci oluşturmuştur. Örneklem seçimine gidilmemiştir. Çalışma, 08.00-14.00 vardiyasında çalışan, araştırmaya katılmayı gönüllü kabul eden, anket formunu tam dolduran 48 hemşire ve 81 öğrenci ile tamamlanmıştır. Veriler Hemşire ve Öğrenci Tanımlama Formları, Öğrencilerin Klinik Öğretimleri Sırasında, Hemşirelerin Kendi Sorumluluklarına İlişkin Görüşleri Formu (Akyüz 2007) ve Hemşire ve Öğrenci Görüşlerini Değerlendirme Soru Formları kullanılmıştır (Biçer 2015). Anket formları hemşirelere servis odasında, öğrencilere derslikte uygulanmıştır. Veriler SPSS 18.0 paket programında değerlendirilerek yüzdelik, frekans, ortalama ile verilmiştir. **Bulgular:** Klinikte hemşirelerin; %39,6'sı kendini öğrencilerden sorumlu hissetmediğini, %70,8'i öğrenciye hemşire rehberliğinin gerekli, %29,2'si ise asıl sorumlunun dersin öğretim görevlisi olduğunu düşünmektedir. Çalışmada bazı ifadelerin hemşireler ve öğrenciler tarafından değerlendirilmesi; %75'i öğrencileri soru sormaya cesaretlendirdiklerini ve soruları yanıtladıklarını (öğr. %58), %33,3'ü servisi öğrenmeye uygun bir çevre haline getirdiklerini (öğr. %38,3), %52,1'i klinik becerilerini gözlemlediğini ve %54,2'si becerilerinde güçlü ve geliştirilmesi gereken kısımların geri bildirimini verdiklerini (öğr. %44,4, %50,6), %75'i uygulama becerisi zayıf/yetersiz ise doğrusunu gösterdiğini (öğr. %69,1) şeklinde olmuştur. Öğrenciler farklı iki klinik ortamda hemşirelerin eğitimlerine verdiği katkıyı on üzerinden 6.01 ± 2.46 , 6.55 ± 2.38 olarak belirtmişlerdir. **Sonuç:** Hemşirelik öğrencilerinin klinik eğitimlerinde hemşirelerden yeterince yararlanamadıkları ve ortalama bir katkı sağladıkları görüşünde oldukları bulunmuştur. Buna karşın, hemşireler öğrencilerin klinik eğitiminde yeterince destek olduklarını ve öğrenciye hemşire rehberliğinin önemli olduğunu belirtmişlerdir. Ancak klinik eğitimden sorumlu olmadığını düşünen hemşire sayısı beklenenden yüksek bulunmuştur. Bu konuda okul klinik hemşire işbirliğinin artırılması ve daha büyük örneklemelerle çalışma yapılması önerilir.

Anahtar Kelimeler: Hemşire, klinik eğitim, öğrenci hemşire, sorumluluk.

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Kronik Obstrüktif Akciğer Hastalarında Dispne Algısı ve Yaşam Kalitesinin Değerlendirilmesi*

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Abstract

GİRİŞ VE AMAÇ: KOAH dünya genelinde en önemli sağlık sorunları arasında yer almakta olup en yaygın kronik morbidite ve mortalite nedenleri arasında 4. sırada yer almaktadır. KOAH ilerledikçe hava yolu obstrüksiyonunun şiddetinde artma dispneye ve yaşam kalitesinin bozulmasına yol açmaktadır. Bu çalışmada kronik obstrüktif akciğer hastalarında dispne algısı ve yaşam kalitesinin değerlendirilmesi ve etkileyen faktörlerin belirlenmesi amaçlanmıştır. **Anahtar Kelimeler:** Kronik Obstrüktif Akciğer Hastalığı, Dispne, Yaşam Kalitesi, Hemşire **YÖNTEM:** Çalışmaya Edirne ilinde Bir Üniversite Hastanesinde tedavi gören 75 KOAH hastası (20 kadın, 55 erkek; yaş ortalaması = 60.86 ± 9.4 yıl) dahil edildi. Hastaların dispne algısını belirlemek için Modified Medical Research Council Skalası, yaşam kalitesi düzeyini ölçmek için de Saint George Solunum Anketi kullanıldı. Çalışmadan elde edilen veriler SPSS 21.0 programında ortalama, standart sapma, yüzdelik, student t testi, tek yönlü varyans analizi, Many Whitney testi, Kruskall Walls H testi ile analiz edildi. **BULGULAR:** Çalışmaya dahil edilen hastaların dispne algısının (%53) şiddetli olduğu, yaşam kalitesi düzeyinin ise iyi olduğu belirlenmiştir. Bununla birlikte yaş, sigara kullanımı, pasif sigara dumanına maruz kalma, aylık gelir, eğitim düzeyi, KOAH süresi, hastaneye yatma sayısı, solunum rahatsızlığı için ilaç veya cihaz kullanımı gibi faktörlerin dispne algısı ve yaşam kalitesi üzerinde etkili olduğu tespit edilmiştir ($p < 0,05$). Çalışmada aynı zamanda dispne ile yaşam kalitesi arasında negatif yönlü bir ilişki olduğu bulunmuştur ($p < 0,05$). Dispne şiddetindeki artışın yaşam kalitesinde azalmaya neden olduğu tespit edilmiştir. **TARTIŞMA:** Akbay ve arkadaşlarının 102 stabil KOAH hastası üzerinde yapmış oldukları çalışmada hastalık şiddetindeki artışa bağlı olarak hastaların yaşam kalitelerinin düştüğünü bildirmişlerdir. Benzer şekilde Okubadejo ve arkadaşlarının yapmış oldukları çalışmada KOAH ve ciddi hipokseminin yaşam kalitesi üzerindeki etkisini incelemişlerdir. Yapılan çalışmada ciddi hipokseminin yaşam kalitesi üzerinde olumsuz etkiye sahip olduğu bildirilmiştir. Wood-Baker ve arkadaşlarının çalışmasında KOAH'nın yönetiminde, hastane yatışlarının azaltılmasında, yaşam kalitesinin arttırılmasında hemşirelik bakımının etkili olduğu görülmüştür. **SONUÇ VE ÖNERİLER :** Çalışmamızdan elde edilen sonuçlar göz önünde bulundurulduğunda KOAH hava yolu obstrüksiyonu, solunum paterninde değişim, hipoksemi gibi pek çok faktöre bağlı olarak ortaya çıkan dispnenin şiddetindeki artışın yaşam kalitesini olumsuz yönde etkilediği görülmüştür. KOAH olan bireylerin kişisel özellikleri (yaş, sigara kullanımı vb) ve hastalığa ilişkin özellikleri (tanı süresi, dispne şiddeti vb) göz önünde bulundurularak verilecek eğitim ve hemşirelik bakım uygulamalarının dispne ve yaşam kalitesinin iyileştirilmesine olumlu etkisi olacağı düşünülmektedir.

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Efficiency of the Computer Based Communication Tool in Providing Non-Verbal Communication of Mechanically Ventilated Patients

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Abstract

Problem Statement: Mechanically ventilated patients have difficulty in communicating. The study was experimentally done in order to design a computer based communication tool (CBCT) for patients who are unable to speak due to being on mechanical ventilation and to explore efficacy of this tool upon non-verbal communication of these patients. **Methods:** The study was done with 90 patients (45 patients to the experimental group and 45 patients to the control group) who were on mechanical ventilation and stayed at intensive care unit of cardiovascular surgery after open-heart surgery. The data were collected using questionnaire forms, communication observation form, Glasgow coma scale, perianesthesia comfort scale, state anxiety scale. **Results:** The experimental group used the CBCT to communicate with health team when they were on mechanical ventilation but the control group did not. It was identified in the study that 82.2% of the control group and 20.0% of the experimental group had difficulty communication and the difference between the group was statistically significant ($p<0.001$). 93.3% of the experimental group told that the CBCT was the best communication method while 43.3% of the control group explained that hand and arm gestures were the best communication method. It was found that scores of perianesthesia comfort of the experimental group were significantly higher than the control group ($p<0.001$) and their state anxiety scores were significantly lower ($p<0.001$). **Conclusion:** It was noted that the CBCT designed as a result of the study helped patients to communicate, increased their comfort and decreased their anxiety. The computer based communication tool was the first visual, verbal and user friendly application that was designed in Turkey so that patients could communicate with others. Efficacy of this application upon communication of other patients who are unable to speak can be studied.

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The Impact of the Nursing Students' Attitude towards Elderly Discrimination on Their Opinions about Home Care Services

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Abstract

Introduction: The determination of nursing students' attitudes towards elderly discrimination and their opinions about home care is important in that it will affect the quality of care provided to elderly individuals in their homes by the students in the future. For this reason, the aim of this study was to determine nursing students' attitudes towards elderly discrimination and their opinions about home care services. **Materials & Methods:** This descriptive study was conducted with a total of 318 students from the Near East University Nursing Faculty during the fall semester of the 2016-2017 academic year. Data for the study were collected using the Home Care Services Evaluation Questionnaire and the Age Discrimination Attitude Scale. **Results:** It was found that there was a positively significant but weak relationship between the students' age discrimination scale total score and the positive discrimination sub-dimension score, and their opinions about home care services ($p < 0.001$). Students' attitudes towards elderly discrimination were found to make a statistically significant contribution to their opinions about home care services. **Conclusion:** It was ascertained that students' attitudes towards elderly discrimination affected their opinions about home care services. For this reason, it is recommended geriatric nursing and home care nursing lectures be included in the nursing education curriculum, that awareness of the importance of the concept of old-age and elderly care be increased by establishing internship fields for students in institutions that provide home care for the elderly, and that positive attitudes towards the elderly be promoted.

Key words: Elderly discrimination; Home care; Nursing student

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HIV / AIDS Awareness of University Students and Employees

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Abstract

Introduction: The determination of nursing students' attitudes towards elderly discrimination and their opinions about home care is important in that it will affect the quality of care provided to elderly individuals in their homes by the students in the future. For this reason, the aim of this study was to determine nursing students' attitudes towards elderly discrimination and their opinions about home care services. **Materials & Methods:** This descriptive study was conducted with a total of 318 students from the Near East University Nursing Faculty during the fall semester of the 2016-2017 academic year. Data for the study were collected using the Home Care Services Evaluation Questionnaire and the Age Discrimination Attitude Scale. **Results:** It was found that there was a positively significant but weak relationship between the students' age discrimination scale total score and the positive discrimination sub-dimension score, and their opinions about home care services ($p < 0.001$). Students' attitudes towards elderly discrimination were found to make a statistically significant contribution to their opinions about home care services. **Conclusion:** It was ascertained that students' attitudes towards elderly discrimination affected their opinions about home care services. For this reason, it is recommended geriatric nursing and home care nursing lectures be included in the nursing education curriculum, that awareness of the importance of the concept of old-age and elderly care be increased by establishing internship fields for students in institutions that provide home care for the elderly, and that positive attitudes towards the elderly be promoted.

Key words: Elderly discrimination; Home care; Nursing student

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Rheumatoid Arthritis and Quality of Life

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Abstract

Rheumatoid arthritis (RA); it is a common chronic disease that causes serious functional losses, causing significant effects on physical and psychosocial health. The prevalence of rheumatoid arthritis is approximately 0.5-0.7% in the adult population. Rheumatoid arthritis is also known as the most common inflammatory joint disease. The disease most frequently happens at the age of 40-50. Women are seen three times more than men. The etiology of rheumatoid arthritis includes factors such as genetic factors, sex, smoking, bacteria and viruses. In rheumatoid arthritis, problems caused by disease activity in joints may cause disfigurement, loss of movement, severe deformity and disability. Rheumatoid arthritis is primarily associated with symmetrical polyarticular involvement in the wrist joint, then is observed in the elbow, knee, ankle and shoulder joints. Increased pain, swelling and tenderness occur with movement of the affected joint and accompanied by morning stiffness, which often lasts more than half an hour. In addition to the complaints in the joints, 50% of patients with RA also come to exist systemic findings other than the joint at any time during the disease (1,4). In rheumatoid arthritis, the problems caused by disease activity in the joints negatively affect the patients' daily lives and quality of life (5,6). Patients with restricted movement due to synovial inflammation and joint involvement are not able to perform their daily activities and need help from others. Chronic pain in RA patients; causes problems such as fatigue, sleep problems, tension and depression. The chronic nature of rheumatic diseases requires the acquisition of the necessary knowledge about the disease in order to manage the disease and to develop a treatment plan appropriate to the patient's lifestyle. Primary objectives and strategies for coping with such diseases include suppressing inflammation and autoimmune response, controlling pain, maintaining or improving joint mobility and functional status, and increasing the awareness of the disease about the disease. Encouraging patients to adopt correct and appropriate self-care behaviors is an important factor that contributes to the successful management of the disease. Reducing functional impairment and improving the quality of life in RA patients can be possible with medical therapy as well as good communication between the patient and the professional health team and planning a good disease management. It is very important to give detailed information about the characteristics, causes and treatment of the disease, to emphasize the importance of compliance with medical treatment, the importance of diet and regular exercise, and how to deal with the disease. Giving patient education; it is important to increase the success of the treatment, to provide functional adequacy and to improve the quality of life. Health professionals and especially nurses have an important role in this regard. The nurse can help the patient and her/his family to use the appropriate coping methods and lifestyle changes and adapt them to life style changes and disease by increasing the medical and social activities by providing health consultancy that the patient needs.

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MANAGEMENT OF DIARRHEA IN CANCER PATIENTS

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Abstract

Diarrhea is a serious side effect that is common in cancer patients due to various causes (1). It is observed in 50-80% of cancer patients due to chemotherapy (2). The frequency and severity of diarrhea varies according to the treatment, the type of applied drugs (2,3). In the literature, it was reported that diarrhea rate is especially high during the administration of chemotherapeutic drugs such as irinotecan and 5-fluorouracil (5-FU). In the literature, it was reported that 20% of the patients using folfoxiri have grade 3-4 diarrhea (2). The diarrhea during chemotherapy causes changes in chemotherapy treatments such as dose reduction, delays in treatment and discontinuation of treatment (4). Diarrhea significantly affects the life quality of patients (5). Diarrhea causes dehydration, fluid-electrolyte imbalance, decreased renal function, malnutrition or pressure ulcer formation and even threaten life (6). Nurses should assess the duration of diarrhea in patients, the composition of the stools of patients, additional symptoms such as fever, abdominal pain cramp, possible causes of diarrhea and drug using and diet profile (5). Pharmacological and nonfarmocological methods are used in the management of diarrhea. Patient education plays an important role in symptom management. In a randomized controlled study, the education was reported to be effective in the treatment of diarrhea due to chemotherapy (7).

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Nursing Management in Elderly People with Stroke

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Abstract

Despite the modern medicine, medicines and technological advances in medicine, stroke has critical mortality and morbidity rate in the society. In our country and in the world, stroke is the second most common cause of death after coronary heart disease and all cancers (1,2,3). It is known that 15 million people have stroke every year in the world and the vast majority of this population is elderly (4). Stroke incidence increases with age and approximately 50% of all strokes were reported to be individuals over 75 years old and 30% were over 85 years of age in both genders (1). With increasing age, physiological and structural changes in the brain cause the elderly to be more affected by ischemic stroke (5,6). Elderly stroke patients recover slowly compared to the young individuals and the negative effects of stroke are seen more with age. (disability and mortality rate) It adversely affects the quality of life by causing physical, social and economic losses in individuals (2,7,8). The care of the elderly person with stroke is complex and difficult. The nurses in the multidisciplinary stroke team (Physician, physical therapist, occupational therapist, speech and language therapist) take an active role in the care of the stroke patient. Special nursing interventions such as facilitation of early recovery of the patient, physiological evaluation, pain management, early mobilization, deglutition management, management of pressure areas, emotional support, education and motivation should be applied intensively (3,9). For the elderly person with a stroke to regain the lost function and to use the remaining function in the best way, The early initiation of rehabilitation and adaptation to the rehabilitation process along with supporting the family are important roles of the nurse (3,10).

Key Words: Stroke, Elderly, Nurse

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Sleep Quality Assessment in Nursing Student

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Abstract

Aim: This study was done as a descriptive study to determine sleep quality of nursing students. **Methods:** The universe of the research was composed of a total of 425 students studying in the undergraduate (384) and graduate (41) programs of the nursing department of Eastern Mediterranean University School of Health Services in 2017-2018 academic year. Sampling was not selected in the research but studied through the universe. There were 280 students who agreed to voluntarily participate as the researching sample of the researcher. **Results:** The data was collected by questionnaires that were including the descriptive characteristics of students and by the Pittsburgh Sleep Quality Index (PUKI) scale. In the statistical analysis of the data, percentile frequency distribution, ANOVA and Tukey test were used. 44.64% of the students who participated in the study were between the ages of 20-21, 65% of them were female and 35.71% of them were living with their families. It was determined that 80.71% of the students did not work in any job and 59.29% of them were have a balance between their income and expences. 33.57% of the students stated that they use alcohol. It was found that 71.07% of the students were studying in the evening and night, 40.36% were in the course of 25 hours and above per week, 73.57% of the students slept in 5-8 hours a day, 80.36% 57.50% had experienced sleeping problems before. The students were found to have an average of 6.51 ± 3.11 points on the Pittsburg Sleep Quality Index scale. There were no statistically significant difference between the students age, gender, working status, alcohol use and class levels and PUKI scale scores ($p > 0,05$). It was determined that there was a statistically significant difference between the PUKI scores of the students according to their daily sleeping times and studying times ($p < 0,05$). **Conclusion:** In line with these results; It is recommended that the students who are educated in the nursing program are made aware of the factors affecting the sleeping quality and the counseling services should be provided in the health centers of universities regarding regular sleeping habits.

Keywords: Nursing, Students, Sleeping

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Evidence-Based Nursing

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Abstract

Positive patient outcomes and quality of care have increased in importance with the development of technology. This has made it necessary to make health care practices based on evidence (1,2). Evidence-Based Practice (EBP) is defined as health care decisions based on the best available and valid evidence in accordance with current conditions and patient preferences (3,4). The World Health Organization and the European Commission also emphasize that health services should be based on the best research evidence (5). Increasing the importance given to EBP made it necessary to provide nursing care based on evidence and provided the concept of Evidence-Based Nursing (EBN). EBN is defined as the process by which nurses use the best available evidence in their decisions regarding patient care, in accordance with their clinical experience and expertise and patient preferences. EBN is one of the most determining factors in the professionalization of nursing (3,6). It was determined that the quality of care and patient care outcomes were improved, cost-effectiveness was provided and patient satisfaction was increased with the nursing practices based on the evidence in the studies (7-9). The main components of EBN practice are finding research evidence, evaluation, decision-making, practice and monitoring of the outcome. In order to carry out these steps, nurses should have critical thinking and problem solving skills (4). However, it was found that nurses rarely practiced the results of evidence-based studies and tend to use more the information obtained from their experiences in the studies (4,7,10,11). It was stated that this situation was due to the differences in education level, lack of sufficient knowledge and skills about EBN practices, lack of time to read the researches' results, lack of authority to change practice (7,11,12). It is important to remove the barriers to increase the usage of EBP in nursing care. For this reason, awareness of EBN practice should be increased, nurses' skills of evaluating the researches and critical thinking should be developed and a culture environment where EBP are implemented should be established (1,6). In order to do this, EBN should be detailed in nursing education curricula and in service training (1,7,11,12).

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Nutrition in patients with cancer

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Abstract

Today, cancer is one of the leading causes of morbidity and mortality in the world. Malnutrition and loss of muscle mass are common in cancer patients and have a negative effect on the patient's clinical outcomes. 85% of cancer patients develop malnutrition, which adversely affects patients' response to treatment, increases the incidence of treatment-related side effects and reduces survival. 1,2 Cancer patients should eat appropriate nutritional elements, which is very important for their general condition before, during and after treatment. Adequate vitamin, protein and calorie intake will contribute to their recovery, increasing immune response, supply of energy and prevention of loss of muscle mass. 1,3 Clinically, malnutrition in cancer patients is caused by reduction in food intake, tumor localization, poor appetite accompanying advanced cancer, vomiting induced by cancer treatment, infection, mucositis and diarrhea. 3,4 If a cancer patient has good eating habits during cancer treatment, it will also be useful for him/her to cope with symptoms that may occur during cancer and cancer treatment such as nausea, vomiting, diarrhea and pain. Resolution of symptoms such as pain, mucositis, dysphagia, nausea, vomiting, diarrhea, constipation, early satiety, dry mouth and impaired taste and treatment of existing depression will lead to better nutrition of the patient. 3,5 All cancer patients should be regularly screened for malnutrition risk to identify malnourished patients or those at risk for malnutrition, and malnourished patients should be provided with comprehensive and appropriate nutritional support. Step-by-step nutrition programs from oral intake to parenteral nutrition should be planned specifically for the patient in accordance to his/her needs.. 1,2,3 The professional nurse plays an important role in fulfilling educational needs of patients and their families on nutrition, ensuring adequate food intake of patients and provision of care to them during nutrition.

Keywords: nutrition, patients with cancer.

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The Potential of Social Media and Nursing Education: E-Professionalism, Nurse Educator- Learner Role, Benefits and Risks

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Abstract

This paper reviews how social media impacts on nursing education, and the vital role of nurse educators and learners. In addition, the benefits and risks that they may expose to when used E-professionalism. It was created by scanning “nursing education”, “social media”, and “E-professionalism” keywords in Science Direct, PubMed, and Research Gate. In the literature, indicated that learner turning to become power users of education and demand up-to-date interesting models of teaching by using social media to encourage dialogue, promote motivation and self-efficacy. Furthermore, continuous and evolving complex treatment needs are required health professionals to be educated about using social media for their ethical and legal responsibilities that are more influenced. Social media is the set of Internet-based tools that help a user (individuals and communities) to connect, collaborate, and communicate with others in real time; moreover, it provides a supportive environment that encourages and facilitates peer learning that supports students to work together, develop critical reflection skills, and promote life-long learning. In nursing education, The National Council of State Boards of Nursing (NCSBN) issued the White Paper: A Nurse’s Guide to the Use of Social Media, which states social media has the potential to positively impact health care in multiple ways, including providing education and information to both health care providers and consumers, increasing the speed of communication with patients, and developing professional networks. In addition, it promotes decision-making skills that are emphasized in nursing and for which social media tools as Blogs, Twitter, Wikis, Facebook, and YouTube provide opportunities for learning. Whereas, the risks raise privacy concerns regarding the interactions among students and between students and educators which reflect negatively on students, related institutions, and the nursing profession in general. E-professionalism, which focus on attitudes and behaviors, and the legal and ethical implications of using social media by health professionals. So, the American Nurses Association (ANA) displayed principles for Social Networking and the Nurse that stressed on social media use in nurse education, e-professionalism, and suitable use of privacy features to ensure that professional standards of nursing care are maintained. Nurse educators-learners must be aware of e-professionalism when using social media, and how to separate their personal and professional life to communicate with peers, patients, family, friends, and colleagues. Moreover, learners are educated on the nursing Code of Ethics with stress on the need for protecting the privacy of educator and learner, professional conduct, and confidentiality. As a conclusion, social media considered as interesting and valuable tool/way/strategy used in nursing education, it creates opportunities to share information and to develop communication skills that require nurse educators to be innovative and engage in new methods for education to promote learners the understanding effective, ethical and culturally sensitive application in this age of the “free-range learner”. In addition, nurse educators should include policies on the use of social media in their curricula, and promoting discussion and analysis on the subjects of privacy, confidentiality, professionalism, ethical and legal responsibility, and respect and usefully engage the ethnic and cultural diversity of learners. With this approach, the high level of awareness and a wide vision of nurse educators about using technological methods/audiovisual tools/strategies in education/nursing education in the future has a vital role.

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Hemşirelerin Kan ve Vücut Sıvıları ile Bulaşan Enfeksiyon Hastalıklarının Önlenmesine İlişkin Bilgi ve Uygulamaları

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Abstract

Sorun: Hemşireler çalışma ortamı ortamında hastalardan bulaşabilir çok çeşitli enfeksiyon Hepatit B, Hepatit C, İnsan İmmün Yetmezlik Virüsü (HIV) ve Hepatit Delta Virüsü, hemşirelerde enfeksiyonu hastalıklarının nedenleri olduğunu. Sağlık sektöründe içeride de de hemşireler, kesici ve delici alet temizlemelerine maruz kalmaktadır. Amaç: Araştırmanın hedefi hemşirelerin kanı ve vücut sıvıları ile bulaşan hastalığı hastalıklarının önündeki merkezi bilgi ve uygulamalarını hedefektir. Yöntem: Tanımlayıcı araçlar üzerinde araştırma sonuçları örneklemi Kıbrıs'taki bir üniversite hastanesinde çalışan 154 hemşire oluşturdu. Veriler; hemşirelerin tanıtıcı özellikleri, kan ve vücut sıvıları ile bulaşan hastalık hastalıklarının önlenmesi için bilgilendirme ve uygulamalarını belirleme yönündeki soru formu ile toplandı. İstatistiksel çözümlemelerde; parametrik yada non parametrik olmayan hipotez testleri, korelasyon, T testi ve varyans analizlerinden yararlanıldı. RESULTS:Araştırma kapsamındaki hemşirelerin% 64,7'sinin oğlu bir yılda en az bir kez kesici-delici alet yaralanması geçirdiği belirlendi. Delici-kesici alet yaralanmaları nedenleri arasında; iğne ucunu kapatma (% 40,3) ve parenteral ilaç uygulama işlemi (% 38,6) en sık viewsler olarak belirlendi. Hemşirelerin büyüyenluğunun (% 81.1) eldiven-maske takarak bulaşıcı hastalıklara karşı olmasını belirlendi. Hemşirelerin kan ve vücut sıvıları temasa ortamı bilgi puan ortalamalarının ($18,11 \pm 4.51$) uygulama puan ortalaması ($11,82 \pm 3,24$) buna göre daha yüksek olan ve bilgi ve uygulama puanlarının aradığı sırada ortalama bir fark olduğu belirlendi ($p = 0$), 00). Hemşirelerin% 81,1'inin bulaşıcı hastalıklardan korunmak için; eldiven ve maske kullandığı saptandı. Ancak hemşirelerin% 61, 6'sının gerekli olması, uygulamaların olduğu kan ve vücut sıvıları ile temas ettiklerini belirttiler. Önlemleri uygulamama nedenleri arasında en yaygın olan hemşirelerin eldiven ile rahat hareket edemedikleri düşüncesi vardı (% 52,5). Hemşirelerin yaş ($p = 0,01$) ve öğrenim durumlarının ($p = 0,03$) bulaşıcı hastalıklar burada bilgi düzeylerini yönlendiren anlamlı değişkenler olup olmadı. Hemşirelerin öğrenim durumlarının, klinikteki görevlerinin ve çalışma süreleri uygulama puanını bazen değişkenler olduğu belirlendi ($p = 0.01$). 03) bulaşıcı hastalıklar hakkında bilgi açıklanıyor. Hemşirelerin öğrenim durumlarının, klinikteki görevlerinin ve çalışma süreleri uygulama puanını bazen değişkenler olduğu belirlendi ($p = 0.01$). 03) bulaşıcı hastalıklar hakkında bilgi açıklanıyor. Hemşirelerin öğrenim durumlarının, klinikteki görevlerinin ve çalışma süreleri uygulama puanını bazen değişkenler olduğu belirlendi ($p = 0.01$). Tartışma: Çalışmada hemşirelerin belirlendiği bilgiler puanları uygulama puanlarından daha yüksek bulundu. Bu bilgi hemşirelerin sahibinin bilgiyi uygulama yönetimi kullnamadıklarından bazıları kan ve vücut sıvılarına maruziyet riskinde artış olmuştur. Bilgi puanları 27 yaş ve altı bölgede bulunan hemşirelerde diğer yaş yerinde bulunan hemşirelerden daha yüksek. Çalışmada Uygulama Puanlarını Artırma Süreci İle Doğru Orantılı Olarak Artırıldı. Çalıştığı alanda edinilen gücü ve bilgiyi birikimi hemşirelerin muhtemel risklere karşı daha ileri düzeyde oluyor. Sonuç ve Öneriler: Hemşirelerin kan ve vücut sıvıları ve bulaşıkların hastalıklara karşı korunmaya yönelik evrensel uzaklaştırmalar uygulamama nedenlerinin araştırılması ve bu konuda kurum politikalarının yapılması yönünde çalışmayı önerilebilir.

Anahtar kelimeler: Bulaşıcı hastalıklar, kesici-delici alet, hemşire.

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LOOKING AT MALE NURSE DISCRIMINATION AMONG NURSING STUDENTS WITH O'CONNOR FINGER-DEXTERITY TEST; FUTURE OF GENDER DISCRIMINATION

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Abstract

Aim: Hand-dexterity, hand-eye coordination are important in nursing profession. In nursing education, equal conditions for gaining experience regardless of gender difference should be established. The aim of our study was to evaluate the effects of gender difference on hand-dexterity, hand-eye coordination. **Methods:** Our study included 100 undergraduate nursing students of Trakya University who evaluated by O'Connor finger dexterity test. **Results:** The study demonstrated that males were careful and willing to take care of their patients but they felt they had to be at the backstage because the occupation is a female predominant one. They were careful during O'Connor test. The average test duration of female and male students were similar. Students with longer hand and palm lengths had better hand-dexterity. Because wrist circumference and width were more in males than females this provided an advantage to males. O'Connor results demonstrated that gender discrimination in nursing profession is meaningless in terms of dexterity. **Conclusions:** Our study approaches gender discrimination in nursing with a different perspective. Male students aren't less successful in hand-eye-coordination, hand-dexterity. It's important for males to have clinical learning without having sexual discrimination in order to provide high quality patient care. Doing so may prevent the development of professions.

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DETERMİNING THE GENDER ATTITUDES of INDIVIDUALS in DIFFERENT GENERATIONS LIVING in THE TURKISH REPUBLIC OF NORTHERN CYPRUS

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Abstract

Problem Statement and Purpose of Study: Gender attitude defines the roles, duties and responsibilities that women and men exhibit in society, as well as the situations that society perceives and expects from these roles. Five generations living today; In the context of social relations, the same timeframe lives together, and gender roles are affected locally and globally. The research was conducted to determine the attitudes of the different generations living in the center of the Turkish Republic of Northern Cyprus to the egalitarian and traditional gender roles. **Methods :** A descriptive and cross-sectional survey was conducted on 352 people who reside in Dikmen Center. Data was collected by means of face-to-face interviews during home visits with the "Socio-Demographic Questionnaire" that developed by the researchers and "Gender Role Attitude Scale (TCRSS)". Permission of the Institution from Dikmen Municipality and Ethics Committee from Near East University Ethical Board was obtained in order to apply the forms. In addition, the content of the work was explained and verbal approval was obtained from the participants. The research was carried out between 1 April and 30 May 2018. The SPSS 21.00 statistical program was analyzed for the analysis of the data. **Findings and Results:** Participants attitudes towards gender roles were moderately positive (between egalitarian and traditional attitudes), with the highest score being found in the "equal sex role" subscale and the lowest score being in the "male gender role" subscale. There was a statistically significant difference between the gender role and the generations in the four subscales (equal sex role, gender role in marriage, traditional gender role and male gender role) ($p < 0.05$). The silent generation was found to be statistically different generation in four subscales ($p < 0.05$). There was a statistically significant relationship between education level of the person, education of the parents, marriage type of the parents, longest place to live, Equal sex role, marriage role, traditional sex role, male role ($p < 0.05$). **Conclusions and Recommendations:** It is proposed to conduct similar studies on gender issues across the country and with different samples.

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KKTC/DİKMEN BÖLGESİNDE YAŞAYAN 65 YAŞ VE ÜSTÜ YAŞLILARIN SAĞLIK OKURYAZARLIĞI DÜZEYLERİ VE BAZI SOSYODEMOGRAFİK DEĞİŞKENLERLE İLİŞKİSİNİN BELİRLENMESİ

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Problem Cümlesi ve Amaç :Yetersiz ve sınırlı sağlık okuryazarlığı olan yaşlıların, koruyucu sağlık hizmetlerini yeterince kullanamadıkları, mortalite ve morbidite oranlarının yüksek olduğu, kronik hastalıklarının yönetiminin kötü, hastane yatış sürelerinin uzun, acil servis kullanımının yüksek olduğu gösterilmektedir. Bu çalışmada; Kuzey Kıbrıs Türk Cumhuriyeti Dikmen Belediyesi sınırları içinde yaşayan yaşlı bireylerin sağlık okuryazarlığının belirlenmesi amaçlanmıştır. **Method:** Araştırma; ev ziyareti uygulaması sırasında, 2 Nisan–30 Mayıs 2018 tarihlerinde, yüzyüze anket yöntemi kullanılarak kesitsel tipte tanımlayıcı olarak yapılmıştır. Çalışmanın evrenini; 2011 nüfusu sayımı sonuçlarına göre Dikmen Belediyesi Merkez sınırı içinde ikamet eden N=301 kişi oluşturmaktadır. Araştırmanın örneklemini; evreni bilinen popülasyonda, %95 güven aralığı ve %5 örnekleme hatasıyla yapılan istatistiki hesaplamalarla göre (n=134) yaşlı birey oluşturmuştur. Veriler; araştırmacıların geliştirdiği “Sosyo-Demografik Soru Formu” (12 soru) ve Sezer ve Kadioğlu (2014) tarafından geliştirilen “Yetişkin Sağlık Okuryazarlığı” ölçeğiyle (23 soru) toplanmıştır. Veriler; gerekli izinler (Yetişkin Sağlık Okuryazarlığı Ölçeğinin yazarlarından,Dikmen Belediyesinden “Kurum İzni” ve Yakın Doğu Üniversitesi Etik Kuruldan “Etik Kurul İzni”nin yazılı olarak, katılımcılardan isesözlü onam) alındıktan sonra toplanmıştır. Verilerin analizi, SPSS 21.00 istatistik programı kullanılarak, tanımlayıcı istatistikler için sayı ve yüzdeler, ortalama, standart sapma, ölçek puanı karşılaştırmaları, normal dağılıma uyan veriler için Man Withney U ve uymayanlar için Kruskal Wallis testleri ile yapılmıştır. **Bulgular- Tartışma:** Araştırmaya katılan yaşlı bireylerin yaş ortalaması 72,20±6,23'dür ve %60,4'ü kadın, %76,1'i ev hanımı, %59'u ilköğretim mezunu ve %77,6'sının sosyal güvencesinin olduğu belirlenmiştir. Yaşlıların %34,3'ü ve %33,6'sı kendi sağlık durumunu “fena değil”-“iyi” olarak tanımlamaktadır. Araştırmaya katılan yaşlı bireylerin ölçekten alınan toplam puan ortalaması 10,51±4,15 olarak bulunmuştur. Yaşlı bireylerin %86,6'sı tarama zamanlarını, %61,2'sinin hasta haklarını bilmediği belirlenmiştir. Yaşlı bireylerin %82,8'i doktor veya hemşireye sağlık sorununu anlatırken zorlanmadığını, %83,6'sı sağlık durumuyla ilgili soru sorabildiği belirtmiştir. Araştırmaya katılanların %61,2'si sağlık haberlerini takip ettiğini ancak, %59,7'si sağlık ile ilgili gazete/dergi takip etmediğini ve %56'sının sağlıkla ilgili broşür okuma ve anlamada zorlandığı saptanmıştır. Bu bulgular literatürle benzerlik göstermektedir. **Sonuç ve Öneriler:** Bu çalışmada yaşlı bireylerin sağlık okuryazarlıklarının yeterli düzeyde olmadığı, sağlık hizmetlerinden yararlanırken güçlük yaşadıkları ve kronik hastalık yönetim ile ilgili bilgilerinin iyi olmadığı görülmüştür. Yaşlı bireyler ile çalışan hemşirelerin önce yaşlıların sağlık okuryazarlığı durumunu değerlendirmeleri, hemşirelik girişimleri ve sağlık eğitim aktivitelerini buna göre düzenlemeleri önerilmektedir.

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IS THE SPIRITUALITY EFFECTIVE ON PSYCHOSOCIAL ADJUSTMENT IN PATIENTS WITH CHRONIC DISEASE?

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Abstract

Chronic diseases are the most common cause of mortality and morbidity in developed and developing countries. Chronic diseases; it causes many psychosocial problems such as emotional distress, depression, loss of feeling of control, changes in body image, deterioration of social function and relationships. Therefore, it is very important to provide social support to patients. Depressive symptoms, anxiety and anger levels were lower in patients with higher perceived social support. In the literature, it has been reported that there is a mutual relationship between disease experience and spirituality. Spirituality is associated with individual beliefs and practices, life understanding and comprehension, life satisfaction, inner peace and well-being. Spirituality is an important factor in achieving psychosocial adjustment to the disease, coping with the disease and healing. When individual faces a life-threatening disease her/him belief in God and spirituality is an effective factor in accepting the results of the disease. Spiritual emotions influence the healing by providing inner power, comfort, peace, well-being, integrity and improved coping to individuals. Individuals' beliefs are an important part of their beliefs and decisions in their lives. Therefore spirituality should be involved in clinical care. It has been reported that decreased depressive symptoms, the meaning of life and peace increased and therefore quality of life is affected positively in patients who have been provided spiritual support by the health care team. Nurses should understand the spiritual feelings of the patients, support to determine their psychosocial self-efficacy and receiving effective psychosocial help.

Key Words: Nurse, chronic disease, spirituality, psychosocial adjustment

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Some Socio-Demographic Variables and Gender Equality Attitudes of Students in a Faculty of Nursing

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Abstract

There is an increasing awareness for gender equalities in the world but still inequalities in a lot of countries exist. There are to many factors which influence on this process. For instance, family system and traditional beliefs, policy, country laws and economic factors. As a result, women are less educated, exposed to more violence, As a result, women are less educated, more exposed to violence, have less access to health services and poorer. Objective: This study aimed to determine gender equality attitudes and socio-demographic factors affecting this. Metod: The research is a cross sectional and descriptive study. The study was done around 3rd year students of nursing faculty turkish department and 3rd year student of nursing faculty english department. In the third grade there are 208 students in the Turkish program and 98 students in the English program. In our study, all of the students in both programs were reached and 306 students were participate in our study. Turkish and English forms of Gender Equality Scale were used in our study. In addition, 16 questions socio-demographic characteristics questionnaire was created and used by the researchers. Data on computer Statistical Package for Social Sciences (SPSS) for Windows statistical package program the percentage calculation using 16.0. Results: The average age of the participants was 21.11 ± 3.88 . Turkish student scale score 32.19 ± 6.21 , Foreing student scale score 36.67 ± 4.19 . On the question "A woman's most important role is to take care of her home and cook for her family" % 61.4 of the research participants answered "agree". On the question "Changing diapers, giving the kids a bath, and feeding the kids are the mother's responsibility" % 63.9 of the research participants answered "agree". On the question "A woman should tolerate violence in order to keep her family together" % 16.4 of the research participants answered "agree". Conclusion: In our study, gender equality scale score was low-medium for both groups. Gender equality scale scores were found to be low in studies conducted with young people in developing and underdeveloped countries. Studies corroborates the view that intra-family violence is an important risk factor for the development of violence against women. The importance and consequences of gender discrimination to students should be explained through relevant courses. Inaddition, studies should be conducted with one-to-one interviews to understand the reasons of gender in equality.

KeyWords: Gender, Gender Equality, Attitudes

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BREASTFEEDING EXPERIENCE OF MOTHERS IN EARLY POSTPARTUM PERIOD

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Abstract

Aim: Breastfeeding is the most appropriate and unique method of nutrition for the healthy growth and development of babies. This period of time is the dynamic process for both mother and baby that create physical, hormonal and psychosocial effects. Mothers' attitudes towards breastfeeding, perceptions and beliefs about it are directly related to lactation. In this study, in-depth interviews with participants the aim was to reveal the feelings, thought and experiences of mothers about breastfeeding during their postpartum period. **Material and Methods:** The study was conducted using a phenomenological approach, one of the qualitative study methods. The study was conducted with 27 women one-to-one interviews in the obstetrics and gynecology department of Near East University hospital during November and December 2016. **Results:** It was determined that mothers initially perceived breastfeeding as an invisible bond between mother and child and expressed that they felt themselves as a mother while breastfeeding. In general it was positive attitude to breast feeding from mother side; the most worried points was – little amount of breast milk and fear of not be able to feed the baby enough. **Conclusion:** Although mothers are aware of the importance of breastfeeding, but they are concerned about not being able to breastfeed. It is important to teach mothers about breastfeeding. At the same time, it is thought to be important in terms of early detection of preventable factors that make breastfeeding difficult and the strengthening; and support of mothers.

Keywords: Breastfeeding, Women Experience, Qualitative Study

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The problems of undocumented immigrant women in Istanbul

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Abstract

Aim: This study aimed to determine the problems of undocumented immigrant women in Istanbul. **Method:** The sample of this cross-sectional and descriptive study consisted of 236 women who were contacted using snowball sampling. The data were collected using a questionnaire that included 50 items. This questionnaire was copied in five languages: Turkish, English, French, Arabic and Persian. **Results:** The average age and education of the participants were $27,69 \pm 7,04$ (min:18 - max:63) and $7,09 \pm 4,49$ (min:0- max:23) years, respectively. Of the women, 81,4% were married and 16.1% were working in an income-generating job in Turkey. Of them, 61.9% had come from Middle East countries and 68,2% had left their country due to unsafe life conditions. Of them, 79.2% had migrated with their families, and 53,0% wanted to live in Turkey. Of the women, 28,8% were exposed to violence, and 23.3% were exposed to discrimination during their stay in Turkey. The women's most common problems were: poverty 48.3%, not knowing Turkish (39,0%), homesickness (31,8%), unemployment (22%), and loneliness and sorrow (19,5%). **Conclusion:** Most of the participants were married women in the reproductive period who had children and a low socio-economic level. Therefore, their needs concerning their reproductive health should be taken into consideration. In addition, the women were found to have social and psychological problems such as poverty, unemployment, language problems, violence against women and discrimination.

Keywords: Undocumented migrant, immigrant, women, Istanbul

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