



International Congress
on Nursing
4th
International
Congress
on Nursing

University of Barcelona
Barcelona, Spain
03-05 September 2020

ABSTRACTS
BOOKS

ICON - 2020



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**4th INTERNATIONAL CONGRESS ON NURSING
(ICON-2020)**

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ABSTRACTS BOOKS

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KEYNOTE SPEAKER



Prof. Dr. Gülbeyaz CAN
İstanbul University, Turkey

Keynote Title: “NURSING ASPECTS OF PALLIATIVE CARE“

Abstract: In 2009, the Turkish Ministry of Health, Cancer Control Department, launched a 5-year national cancer control program. This program includes five main initiatives: registry, prevention, screening and early diagnosis, treatment, and palliative care. Depending on WHO guide on Palliative care, the palliative care study group consists of 3 nurses, 3 physicians, 1 psychologist, 1 social worker and 1 palliative care physician developed the strategies to establish palliative care centers and improve awareness of palliative care. Today in many cities of our country, the establishment of the palliative care units has completed in 414 government hospitals and palliative care services are available not only for cancer patients but also for all patients who need palliative care. In 2010, many nursing specialties, such as oncology nursing, diabetes nursing, and home care nursing are identified in the scope of the nursing law. Palliative care nursing is not recognized as a nursing specialty. Only the roles and responsibilities of oncology nurses who give palliative care to cancer patient are identified in the nursing law. According this law different palliative care services provided by oncology nurses in Turkey. The oncology nurses who work with palliative cancer patient are responsible to:

- Provide an ongoing emotional support to patients and their families.
- Evaluate and manage the patients' pain and other symptoms, and educate the patients and their families to allow them to control symptoms at home.
- Inform patients and their families regarding their access to hospital and urgent care services.
- Help patients to attain and maintain daily self-care and control, assist them in decision-making, and thereby increase their quality of life.
- Identify social support mechanisms available for patients and their families, and help them benefit from these support mechanisms.
- Inform patients and their families about the economic aspects of the disease, as well as the financial supports available for them.

There are no Higher Education Council (YOK)-approved palliative care education programs, curricula or graduate/postgraduate programs for oncology nurses on palliative care. Because of that the palliative care of cancer patients is provided by generalists nurse who have completed their undergraduate or graduate education.

Bio: Gulbeyaz Can born in 1971, Kardzhali, Bulgaria. In 1993, she completed nursing education at Istanbul University Florence Nightingale School of Nursing. Between 1993 and 1995, she worked as a cardiovascular surgical intensive care nurse at the Istanbul University Institute of Cardiology. Her academic life started in 1995, as a research assistant at the Medical Nursing Department in Istanbul University Florence Nightingale School of Nursing. In 1996, she completed her master thesis, studying the efficacy of education in managing chemotherapy-related side effects and in 2001, PhD thesis, assessing the fatigue level and

care needs of the breast cancer patients. In 2010, she received her Associate Professor title. In 2015 she was appointed as Professor of the Medical Nursing Department and still continues this duty. Between 2005 and 2010, she was an oncology nurses' representor at the National Cancer Advisory Board of the Turkish Ministry of Health and took an active role in establishing of the palliative care standard of Turkey. In 2016, she was involved in the creation of the palliative care modules, at the workshop organized by the Public Health Department of the Turkish Ministry of Health. She works not only in academic, but also in clinical area as a clinical nurse consultant with cancer patients since 2005. Her primary responsibility is patient education and counseling. She has many contributions to the literature on cancer, palliative care, and other research topics. She has many national and international publications, presentations and lectures. The focus of her studies is an evidence-based symptom management in oncology. Five consensus meeting address this issue was organized by her in last 10 years. In all meetings standards of care in oncology nursing was established to ensure better care for cancer patients and reference books reflecting the decisions taken during the meetings were published and presented to all nurses working in Oncology. "Leman Birol Award" in 2005 by the Turkish Oncology Nursing Association and "The International Award for Contributions in Cancer Care" by ONS in 2018 was given to Prof.Dr. Gülbeyaz Can for her contributions to Oncology Nursing.

INVATED SPEAKER



Asst. Prof. Dr. Arzu SOYSAL
Near East University, North Cyprus

Title: "Shift happens-Be more Resilient to Thrive through Change. Teaching and learning during Covid"

Abstract: For educators, lecturers, teachers and learners the COVID-19 Pandemic is a quintessential adaptive and transformative difficult step, one for which there is not any guidance that can lead them to able to know what to do, how to take a step and for suitable answers responses. Education leaders, teachers, lecturers must quickly give answers and feedback to learners – and with pre-prepared contexts and responses in mind. As the pandemic is still and unfortunately going on, in other words, runs its course, we all have to know and take a further step to run our courses since education never stops, should never stop. This discusses the period of a series which we found ourselves into and presents the results of a comparative analysis of emerging educational needs and responses as the pandemic unfolds across countries around the world. The whole aim is to facilitate the quick design process and implementation and application of adaptive preparation courses to the emerging education challenges, and to preserve learners' educational opportunities during and following the pandemic.

Bio: Arzu Soysal has got three degrees in Public Management, ELT and Education Management, two MA's in ELT in Near East University and in Cambridge University, before pursuing and doing doctoral research PhD, at London Metropolitan University. She has worked as an English teacher in different schools and universities. She has also studied different minor branches in universities like American University in DC. She has got a lot of publications, and has also contributed to lots of publications and researches.

ABSTRACTS

Pulmonary Complications after Open Heart Surgery: A retrospective study

Abdul-Monim Mohammad Batiha, Philadelphia University

Abstract

Background: Despite significant advances in open heart surgery over the last two decades, postoperative pulmonary complications (PPCs) are considered the most important cause that contributes to patient morbidity; mortality and prolonged hospital stay. **Purpose:** The ultimate goal of this paper was to investigate the risk factors which increasing the incidence rate of pulmonary complications after open heart surgery of Jordanian patients. **Methods:** A retrospective design using an existing coronary artery surgery database of adults (n = 200) who had undergone open heart surgery between August 2014–July 2015 at a University Hospital in Jordan. A structured PPCs instrument was used to assess “PPCs risk factors assessment sheet” and this tool was developed by the researcher after reviewing the related literature to collect the data about the presence of risk factors and incidence of postoperative pulmonary complications. **Results:** The incidence rate of PPCs was 75% of the whole sample. The most frequent PPCs were pleural effusion (67%), atelectasis (11.5%), and pneumonia (6%). Predictors for the development of pleural effusion were: overweight (≥ 25 kg. ≥ 29.9 kg.), blood and/or components transfusion intra- or postoperatively, mechanical ventilator duration ≤ 10 hours, and length ICU stay more than 24 hours. Atelectasis predictors were: Female gender, history of COPD, mechanical ventilator duration which was ≥ 10 hours, and the presence of nasogastric tube. Pneumonia predictor was a history of bronchitis. The proposed model provides a preliminary indication of risk factors placing open heart surgical patients at risk of PPCs. Further investigations and testing of the model are needed. **Conclusion:** Determining patients who are at risk of developing PPC's after cardiac surgeries are the first step towards its prevention. Consequently this reduces its burden in term of morbidity, mortality and cost.

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Investigations on Integration of Quality and Safety Management in Hospital Industries For Measurement, Monitoring and Control of Infection Criticality due to Novel Coronavirus Epidemic Disasters

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Abstract

This research article realizes the importance of integrated Quality and Safety Management for hospital industries as per research investigations conducted for measurement, monitoring and control of infection criticality due to novel coronavirus epidemic disasters . It is important to gain knowledge and skills for the nursing professionals to achieve highest degree of excellence in quality and safety management system (QSMS). By understanding quality and safety management principles as a formalized system that has documents, processes, procedures, and authorities, responsibilities and for achieving quality policies and objectives. It is important to understand environmental health impact assessment (EIHA), Environmental impact assessment (EIA) and social impact assessment (SIA) . As a quality professional, nurses require competency and excellence in maintaining essential relationship between customers' needs and expectations in services. Nurses require to understand the fundamental framework for organizing and presenting key issues on performance excellence such as building quality infrastructure and organizational culture. QSMS standards guide to coordinate and direct a hospital or nursing home organization's activities to meet customer and regulatory requirements and improve its effectiveness and efficiency on a continuous basis and to realize the importance of customer satisfaction and loyalty. Concepts like Total Quality Management (TQM) inclusive of Quality Assurance, Reliability impact assessment, Design for FMEA , sustainability design, tools for design verification, value , life cycle assessment for product costing, process costing and hybrid costing and Quality Control are important for nursing management and related to quality audits, cost of quality, dependence of quality of product or services on the quality of materials and components of product. As a professional nurse , you have to gain knowledge and skills in the management and control of quality services , the paper has been prepared with an introduction to quality management principles (2) that explores the role of total quality in nursing sector , (3) the management system, (4) understanding customer needs, and sustainable nursing practices to achieve customer satisfaction and (5)Total quality in leadership and strategic planning for sustainable development (6) Basic technical issues, tools, and techniques for QI, value and analysis , Life cycle cost assessment –Process, product and hybrid (7) Problems solving orientations with case study and check . The safety specifics is the comprehensive scope of the paper. Professional practice of safety must be enhanced. Nursing safety management system (SMS) is a business-like approach to safety. It is a systematic, explicit and comprehensive process for managing safety risks. As with all management systems, a safety management system provides for goal setting, planning, and measuring performance. A safety management system is woven into the fabric of a hospital organization. It becomes part of the culture; the way people do their jobs. Methods of cost analysis for safety management is also the rationale. Nurses need to aware for preparation of the comprehensive safety manuals. Safety management has been ensured that personal protection equipment and materials (PPEMs) are used by nursing individual and installation of safety devices in hospital industries for safety enforcements. The research rationale also to make awareness and enactment of worker's compensation law and occupational disease law in hospital industries. As per the nursing research experience that approximately 80% of all the coronavirus disasters preventable. DOI:10.13140/RG.2.2.18548.30089.

Keywords: coronaviruses , disaster, epidemics, health, industry, nursing, occupational, quality, safety.

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THE EFFECT OF EDUCATION ON THE INCIDENCE OF CATHETER-ASSOCIATED URINARY TRACT INFECTIONS AND THE KNOWLEDGE LEVEL OF HEALTHCARE WORKERS

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Leyla KHORSHİD, Aegean University

Şükran KÖSE, University of Health Sciences

Abstract

Problem Statement: Healthcare-related infections effect both patients and health institutions directly by increasing length of stay, mortality and morbidity rates, and hospital cost. Catheter-related urinary tract infections are the most common (30-40%) infection among healthcare-related infections. **Objective:** The primary objective of the research was to determine the knowledge levels of intensive care workers regarding the use of urinary catheters in the prevention of urinary tract infections and to determine the effect of the training provided on the knowledge levels of the intensive care workers. The secondary objective was to determine the effect of training given to intensive care workers on the incidence of catheter-associated urinary tract infections in intensive care units. **Method:** The study was conducted in the anesthesia, internal medicine and neurology intensive care units of an education and research hospital in İzmir. Data of this quasi-experimental research were collected both retrospectively and prospectively. The sample of the study consisted of 83 healthcare workers at intensive care units. Catheter-associated urinary tract infection rates were determined in these intensive care units in previous six months retrospectively before the training. The level of knowledge of the healthcare workers was determined by a questionnaire consisting of 43 questions just before and one month after the training. The healthcare workers were trained in urinary catheter insertion, urinary catheter indications, urinary catheter care, drainage bag use and the prevention of catheter-associated infections. Infection rates at intensive care units were analyzed prospectively through active surveillance in six months period after the training. Numerical and percentage distribution, Mann Whitney U test and Wilcoxon test were used for data analysis. **Results:** The mean age of the participants were 31.05 ± 5.5 years, %77.1 of them were female, while %75.3 were nurse and %24.1 were doctors. The mean of professional working duration of the workers was 8.4 ± 6.5 years. Total knowledge score of the healthcare workers before training was 23.6 ± 2.6 while it was determined as 29.1 ± 1.2 points after the training. A significant difference was found in the knowledge score means of the healthcare workers before and after the training ($p < 0.000$). The rate of catheter-associated urinary tract infection at anesthesia intensive care unit in previous six months before the training was identified as 8.82/1000 catheter days whereas it was detected as 5.59/1000 catheter days in six months period after the training. The incidence density at internal medicine intensive care unit before the training was 11.60/1000 catheter days while it was found to be 8.01/1000 catheter days after the training. The incidence density at neurology intensive care unit before the training was 16.50/1000 catheter days inasmuch as it was determined as 8.18/1000 catheter days after the training. **Conclusions and Recommendations:** Education related to urinary tract infections increased the knowledge score of the intensive care workers, and decreased the rate of catheter-associated urinary infections in these intensive care units. We are of the opinion that repetition of the trainings for healthcare workers periodically, creating care protocols aimed at preventing catheter-associated urinary infections and evaluation of adherence to those protocols will increase the care quality of patients with urinary catheter and will decrease the infection rates.

Keywords: Catheter-associated urinary tract infection, incidence density, intensive care, training, healthcare workers

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Searching for Information with Internet and Mobile Health Applications for Healthy Weight Gain of Pregnant Women

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Abstract

Aim: The aim of this study is to examine the factors required to determine the knowledge seeking and information seeking about gestational weight gain (GWG) with the internet or mobile health (m-Health) application of pregnant women. **Method:** This research was applied to 420 volunteer pregnant women who were suitable to the criteria and obstetrics outpatient clinic of an public education and research hospital in İzmir between September 2019 and January 2020. "Individual questionnaire" and "e-Health Literacy Scale (e-HEALS)" were used to collect the research data. Pearson chi-square test and t test were used to analyze the data. The significance level $p < 0.05$ was accepted for all hypotheses. **Findings:** The average age of the pregnant women participating in the research was 27.66 ± 5.53 year, and mean pre-pregnancy body mass index was 25.91 ± 5.77 . It was determined that the education level of 51.7% of pregnant women was ≤ 8 years, the majority of them were low income (36.7%) and medium income (54.3%), and 58.6% were multiparous. 55% of pregnant women reported the amount of GWG, 52.8% of the pregnant women who reported were found to have appropriate GWG information in accordance with the Institute of Medicine (IOM) guidelines. It was determined that the pregnant women searched for information on the internet mostly regarding the growth and development of the baby (82.9) the signs of birth and birth (66.2%) and healthy nutrition during pregnancy (65.7%). The search for information about GWG (45.7%) was low. It was determined that 46.9% of pregnant women used m-Health application related to pregnancy. Pregnant women who reported primigravida, knowledge of GWG, who received adequate counseling form the healthcare personnel and had high e-HEALS level ($p < 0.05$) were found high for searching information on the internet. The use of m-Health application was found to be high in pregnant women with higher education level (≥ 8 yıl), primigravida and e-HEALS level ($p < 0.05$). **Conclusion:** Almost all of the pregnant women are looking for information with the internet and approximately half of the m-Health application. One of both pregnant women is looking for information about GWG on the internet. Prenatal counseling is important in preventing excessive GKA and maternal obesity.

Key words: Pregnancy; weight gain; internet; m-Health; seeking information; prenatal care.

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CARE CHALLENGES IN COVID-19 POSITIVE OBESE PATIENTS

Adile Ay, Ege University

Nazmiye Çıray, Ege University

Abstract

Obesity is one of the most important health problems of societies in the 21st century. Worldwide, in 2016, over 1.9 billion adults aged 18 and over were overweight, but over 650 million of these individuals were obese. In our country, in 2016 , According to research conducted by Turkey Statistical Institute, obese individuals are comprised 19.6% of the population. Covid-19 virus, which was first seen in China in 2019 and later caused pandemics worldwide, caused various health problems in individuals. Individuals with non communicable diseases are at risk for the serious consequences of coronavirus disease. Obesity affects the whole body system by physiologically changing the body and prepares the ground for the occurrence of many diseases. Due to the immune response change occurring in the inflammatory process in obese patients, susceptibility to infection can cause morbidity due to Covid-19. In people who are Covid-19 positive and obese, the disease process may worsen, the healing process may be prolonged and different complications may occur with the presence of comorbid diseases brought by obesity. Nurses may have difficulties in providing care to Covid-19 positive and obese patients during the pandemic process. Particularly suitable positioning for patients, patient transfer, lack of appropriate equipment for obese people, need of mechanical ventilator and close follow-up due to decreased lung capacities of obese patients, lack of personal protective equipment (PPE) of health personnel, not being able to move easily within PPE, fear of transmission while giving care and they may experience difficulties in patient interventions. In obese patients depend on mechanical ventilation, there is a high risk of developing pressure ulcers. At the same time, fungal infections can develop in the unable breathable skin folds. The nurses stated that they had difficulties in reaching the body parts of the patient while providing the necessary skin care. Patients with Covid 19 positive and obese need help to maintain their self-care. Nurses who are together with patients 24/7 have an important role in providing this care. At the same time, care providers may face physical safety and injury risks. In this review, the problems faced by nurses providing care for obese individuals diagnosed with Covid 19 and their solution suggestions will be discussed.

Key Words: covid-19, obesity, nursing care

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WATSON'S THEORY OF HUMAN CARING MODEL: CASE OF EXACERBATION IN COPD

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Nazmiye ıray, Ege University

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Abstract

Objective: The aim of this case study is; to share information about the internationally common Watson Human Care Model and providing care to the patient according to the model. Method: Between 2008 and 2018, the literature was searched in nursing books and using the keywords "Watson human care model" and "Watson's Theory of Human Caring" in Pubmed, Sciendirect, Ebshot, Ulakbim databases. Nursing care was planned by choosing patients who were diagnosed with chronic obstructive pulmonary disease in a university hospital chest diseases service. The maintenance process was applied after the necessary permits were obtained. Results: 55-year-old female R.A. primary school graduate and housewife. She was admitted to the Chest Diseases Clinic due to increased shortness of breath, tiredness and fatigue. She was diagnosed with COPD in 2008 and heart failure in 2014. Five times because of dyspnea was admission at the hospital. Treatment and care of the hospitalized patient with COPD exacerbation is planned. Care behaviors include careful listening, eye contact, patient relaxation, touching, sensitivity, respectfulness, verbal assurance, physical and mental readiness, emotionally open and accessible, individualized calling, individual centeredness, taking into account differences. The case is the Human Care Model will be given in three processes as improvement processes with interpersonal care relationship, caring status and moment of caring. Conclusion: The Watson Human Care Model has demonstrated the human nature and life experience with the case study that we have conducted and showed us the applicability of self-healing techniques and advanced care-healing ways and interpersonal care.

Keywords: COPD, Theory of Human Caring, Nursing Care

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COVID-19 PANDEMI DEPARTMENT RESPONSIBLE NURSE EXPERIENCE ACCORDING TO FITZPATRICK RHYTHM THEORY

Filiz DİLEK, Namık Kemal Üniversitesi

Serap UNSAR, Trakya University

Abstract

Covid-19 is defined a global crisis affect the flow of daily life. Nurses is taken an active role in the follow-up and care of Covid-19 patients and during the crisis period aims to achieve the best results in patient care. Theories contribute to the development of the profession and it guides nurses to apply the right care. According to Fitzpatrick's rhythm theory; at times of crisis, the integrity of the individual is under threat. The crises experienced by the individual in specify the rhythmic exits in the development process of the individual, and affect their temporal, mobility, cognitive and perceptual behaviors. In this study; the experiences of a pandemic nurse in Covid-19 was presented according to the fitzpatrick rhythm theory.

Key words: Pandemic, Nursing Theory, Nursing, Covid-1 Rhythm theory

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COVID-19 AND THE ROLE OF THE NURSE

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Irem Yildiz Cilengiroglu, Trakya University

Abstract

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus and has been reported to be a species that has not been found to date. This disease was first appeared in Wuhan, China in December 2019, and soon began to spread rapidly all over the world. Coronavirus can cause symptoms in humans, ranging from cold symptoms to serious respiratory infections. Examination of respiratory samples taken from patients revealed that the virus was 80% similar to the previous SARS-CoV. On 11 March 2020, The World Health Organization (WHO) declared the disease as a pandemic. According to WHO data, COVID-19 has spread to more than 200 countries and caused more than 700 thousand people to die. It is still spreading rapidly around the World day by day and causes an increase in the number of morbidity and mortality. In our country, the first COVID-19 was diagnosed on 10 March 2020. The first dead of coronavirus was on 17 March, and according to the latest data, approximately 6 thousand people died in our country. The outbreak of COVID-19 caused great public concern and brought about huge psychological distress, especially for health professional. Health professional was under great pressure and become more stressed due to the increased workload caused by the COVID-19 outbreak. Nurses have always played an important role in infection prevention, infection control, isolation, containment and public health. The nurses, who were at the forefront of this pandemic, showed their commitment to the profession by risking their lives during their duties. The increased workload of nurses and their exposure to work environments where hospital resources are insufficient have resulted in higher job stress and more physical and psychological stress symptoms. This situation negatively affected the health and well-being of the nurses. In Mo's study, it was stated that nurses struggling with COVID-19 are generally under pressure. The nurses worked long shifts heroically in their care and life-saving initiatives. Many have faced the possibility of contracting this dangerous infection themselves due to the lack of proper personal protective equipment and sadly many nurses died. Most of the people infected with the COVID-19 virus are health professionals, many of whom are nurses, and this rate is around 15% in some countries. Nursing knowledge, experience and advice have been a very important part of the strategy to control the pandemic. Nursing practice has been fundamental to the care and survival of patients most severely affected by COVID-19. Strengthening nursing education and expanding the field of research is important in ensuring the effectiveness of evidence-based care for the future prevention and management of COVID-19 disease. Every nurse who died trying to save the lives of others should be remembered. The legacy of nurses should be to increase investment in health systems and to be better prepared for the pandemic. In this review, the role of the nurse in COVID-19, a pandemic, will be discussed.

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Is Serum Gama glutamyltransferase level an oxidative marker in patients with coronary atherosclerosis?

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Abstract

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus and has been reported to be a species that has not been found to date. This disease was first appeared in Wuhan, China in December 2019, and soon began to spread rapidly all over the world. Coronavirus can cause symptoms in humans, ranging from cold symptoms to serious respiratory infections. Examination of respiratory samples taken from patients revealed that the virus was 80% similar to the previous SARS-CoV. On 11 March 2020, The World Health Organization (WHO) declared the disease as a pandemic. According to WHO data, COVID-19 has spread to more than 200 countries and caused more than 700 thousand people to die. It is still spreading rapidly around the World day by day and causes an increase in the number of morbidity and mortality. In our country, the first COVID-19 was diagnosed on 10 March 2020. The first dead of coronavirus was on 17 March, and according to the latest data, approximately 6 thousand people died in our country. The outbreak of COVID-19 caused great public concern and brought about huge psychological distress, especially for health professional. Health professional was under great pressure and become more stressed due to the increased workload caused by the COVID-19 outbreak. Nurses have always played an important role in infection prevention, infection control, isolation, containment and public health. The nurses, who were at the forefront of this pandemic, showed their commitment to the profession by risking their lives during their duties. The increased workload of nurses and their exposure to work environments where hospital resources are insufficient have resulted in higher job stress and more physical and psychological stress symptoms. This situation negatively affected the health and well-being of the nurses. In Mo's study, it was stated that nurses struggling with COVID-19 are generally under pressure. The nurses worked long shifts heroically in their care and life-saving initiatives. Many have faced the possibility of contracting this dangerous infection themselves due to the lack of proper personal protective equipment and sadly many nurses died. Most of the people infected with the COVID-19 virus are health professionals, many of whom are nurses, and this rate is around 15% in some countries. Nursing knowledge, experience and advice have been a very important part of the strategy to control the pandemic. Nursing practice has been fundamental to the care and survival of patients most severely affected by COVID-19. Strengthening nursing education and expanding the field of research is important in ensuring the effectiveness of evidence-based care for the future prevention and management of COVID-19 disease. Every nurse who died trying to save the lives of others should be remembered. The legacy of nurses should be to increase investment in health systems and to be better prepared for the pandemic. In this review, the role of the nurse in COVID-19, a pandemic, will be discussed.

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QUALITY OF LIFE IN HEMODIALYSIS PATIENTS AND NURSING CARE

Özlem Özdemir, Kırıkkale University

Serap Ünsar, Trakya University

Abstract

Chronic Kidney Disease is accepted as an important public health problem both in the world and in our country. The prevalence of CKD in adults in our country is 15.7% (1). Increasing the quality of life by reducing the frequency of non-communicable chronic diseases that are important in terms of public health and the premature death, disability and incapacity related to them and improving the psychosocial well-being of people" is among the 21st century goals of the World Health Organization (2). In meta-analysis, V. Joshi (2014) found the factors that negatively affect the quality of life in dialysis as anxiety, depression, financial troubles, physical restrictions in daily life, fatigue, confidence headlines, sleep quality, female gender, elderly patient, low education level, bad nutritional status (3). Compliance with the treatment program, diet and fluid restrictions, protection from complications, and increasing the quality of life of patients on dialysis is very important (4). Suggestions for dialysis-related ways of improving quality of life in a meta-analysis; It was reported that it consisted of proper nutrition, control of anemia, aerobic exercise, protection of the vascular path, correct planning during predialysis, psychological counseling, quality kidney transplantation, education and symptom management (5). Dialysis nurse should know the factors affecting the quality of life and use the role of educator in order to increase the quality of life of patients.

Keywords: quality of life, dialysis, nursing

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