



International Congress
on Nursing

2nd
International
Congress
on Nursing



13-15
APRIL
2018

Marmara University,
Faculty of Health Sciences,
Department of Nursing

Istanbul, Turkey



/ Awer - Center World
/ icon.info



/ awercenter.world

Abstracts Books





**2nd INTERNATIONAL CONGRESS OF NURSING
(ICON-2018)**

13 – 15 April 2018

**Marmara University, Faculty of Health Sciences
Department of Nursing
(Venue: Zübeyde Hanım Öğretmen Evi Congress Center)
Istanbul, Turkey**

ABSTRACTS BOOK

Organization

Academic World Education and Research Center -Non-profit international organization

www.awer-center.org

Organization

Organized by

Marmara University
Academic World Education and Research Center
Association for Human, Science, Natura, Education and Technology

Honorary President

Prof. Dr. M. Emin ARAT
Rector of Marmara University

General Coordinator

Prof. Dr. M. Gülden POLAT
Dean of Health Sciences Faculty, Marmara University

Program Committee Chair

Prof. Dr. A. Nefise BAHÇECİK
Chair of Nursing Department, Marmara University

Conference Committee Members

Nesrin Nural, Kardeniz Technical University, Turkey
Kavita Kavita Vedhara, University of Nottingham, UK
Kobus Maree, University of Pretoria, South Africa
Nesrin Astı, İstanbul Arel University, Turkey
Paul Bennett, Swansea University, UK
Serap Ünşar, Trakya University, Turkey
Ümran Dal, Near East university, Cyprus

Local Organization Committee

Aras Arifoglu, University of Essex, UK
Burcu Turan, Giresun University, Turkey
Didem İşlek, University of Kyrenia, Cyprus
Dilek Karahoca, Bahcesehir University, Turkey
Naziyet Uzunboyu, University of Nicosia, Cyprus
Semih Çalışkan, University of Kyrenia, Cyprus
Yulia Alizade, Moscow State University for Humanity, Russia
Melis Körezlioğlu Karli, Grand Lara Hotel, Turkey

Secretariat
Nuran Cemal
icon.secretariat@gmail.com

International Advisory Board

Anna-Maija Pietilä, Department of Nursing Science University of Eastern Finland
Danai Papadatou, University of Athens, Faculty of Nursing
Aron Rose, Yale University School of Medicine
David Bouslough, Warren Alpert Medical School of Brown University
Elizabeth Bradley, Yale University
Fatma Eti Aslan, Bahcesehir University, Turkey
Fatma Oz, Hacettepe University
Gail W. Stuart, Medical University of South Carolina
Geoffrey Tabin, University of Utah
Grant Miller, Stanford University
Jamie Jones, Kellogg School of Management
Jeanne Marazzo, University of Washington
Joel Finkelstein, Associate Professor
John Nestler, Virginia Commonwealth University School of Medicine
Kavita Kavita Vedhara, University of Nottingham
Kobus Maree, University of Pretoria
Laura Esserman, University of California
Margaret McConnell, Harvard School of Public Health
Melissa McNeil, University of Pittsburgh Medical Center
Nermin Olgun, Acibadem University
Nesrin Asti, İstanbul Arel University
Nezihe Kızılkya Beji, Istanbul University
Pasquale Patrizio, Yale University
Paul Bennett, Swansea University
Peter Hotez, Baylor College of Medicine
Savita Chandra, Goa Medical College and Hospital
Sevinç Yücecan, Near East University
Hannele Turunen, Faculty of Health Sciences, University of Eastern Finland
Katri Vehviläinen-Julkunen, University of Eastern Finland Department of Nursing Science
Paweł Chęciński, Faculty of Health Sciences, Poznań University of Medical Sciences, Poland
Włodzimierz Samborski, Faculty of Health Sciences, Poznań University of Medical Sciences, Poland
Bob Lawrence, Johns Hopkins Center for Global Health
Adam Czabański, Faculty of Health Sciences, Poznań University of Medical Sciences, Poland
Ümran Dal, Near East University
Małgorzata Kotwicka, Faculty of Health Sciences, Poznań University of Medical Sciences, Poland
Maciej Wilczak, Faculty of Health Sciences, Poznań University of Medical Sciences, Poland
Giti Karimkhanloo, Zanzan University of Medical Sciences, Iran
Hayat Yalin, Bahcesehir University, Turkey

ABSTRACTS

The Emotions, Ideas and Experiences of Adolescents about “Empowerment Programme”

Arzu KOCAK UYAROGLU, Selcuk University, Turkey

Ayşe OZCAN, Selcuk University, Turkey

Abstract

Aim: This research aims to describe the emotions, ideas and experiences of adolescents about “Empowerment Programme”. **Methodology:** In order to investigate and determine emotions, ideas and experiences of adolescents about “Empowerment Programme” from the perspective of the participants in a detailed fashion, the research was conducted with a phenomenological pattern as one of the methods of qualitative research. The study group was composed of 20 adolescents who participated to “Empowerment Programme” for 10 weeks. The data was collected with “Adolescent Information Form” and “Semi-Structured in-Depth Interview Form” which are prepared by the researchers. The data was analysed with codings and data reduction method. **Findings:** The analysis of “Semi-Structured in-Depth Interviews” indicate that adolescents described the “Empowerment Program” as more different, entertaining and informative than the lectures in school. A clear majority of adolescents stated that the “Empowerment Programme” significantly contributed to the development of their personal and psycho-social skills and emphasized the contributions of the program in the areas of their self knowledge, self esteem and self-worth. In addition to these contributions, adolescents expressed that the program contributed to the development of their skills of “saying no” “anger control” and “communication skills”. Adolescents choose the activities related to concept of assertiveness and to process of addiction as the most effective ones. They also pointed out that participation of parents to the education, increasing of the number of sessions and increasing of the responsibilities of adolescents in the education are needed in order to enhance the success of the Education Programme. **Results:** This research show that “Empowerment Education” effects adolescents positively in terms of learning and developing their psycho-social skills. At the same time, when the evaluation is done from the perspective of the participants, participation of the parents to the education, increasement of the number of the sessions and of the responsibilities of the adolescents are needed for the effectiveness of the education.

Keywords: Adolescent, Empowerment Programme, Phenomenology

ADDRESS FOR CORRESPONDENCE: **Arzu KOCAK UYAROGLU**, Selcuk University, Turkey

E-Mail Address: asukocak51@gmail.com

Determining factors that affected pain severity during postoperative period

Ayla ÜNSAL, Turkish Nurses Association, Turkey

Papatya KARAKURT, Turkish Nurses Association, Turkey

Aybike Bahçeli, Turkish Nurses Association, Turkey

Abstract

Introduction and Aim: Patients should receive a well-designed care during postoperative period and should closely be watched. During this period, the aim of the nursing care is to restore impaired hemostatic balance, to prevent complications, to eliminate pain and to help and to make patients return to their normal life as soon as possible. Shortcomings and deficiencies in pain studies and treatments have caused pain to remain as a problem and negative experience. This study focused on exploring factors that affected pain severity during postoperative period among patients who were operated at ear nose throat clinics. **Method:** This descriptive study was done with 191 patients who were hospitalized at ear nose throat clinics during postoperative period. Those patients who volunteered to participate in the study and were able to communicate were recruited for the study. The study data were collected using Information Request Form designed by the researchers and Visual Pain Scale in order to determine postoperative pain severity. The data were processed through computer, percentages, average numbers and one way-Anova analysis. **Findings:** Average age of the patients was 32.9 ± 12.8 years, 58.1% of them were male, 48.7% of them had high school graduation, 44% of them received septum deviation operation and 95.3% of them did not undergo any complications. It was identified that 51.8% of them had moderate level of pain and 37.7% of them had little pain in daily life. They told that pain site was operation location (91%), pain duration was intermittent (72.8%), pain was like a tingling sensation (37.1%), 47.6% of them suffered from pain when coughing and 40.8% of them described pain severity as disturbing. Those who were female, had endoscopic dacryocystorhinostomy operation, started nutrition later, had an assistant, had operation previously, often used pain killers and had pain sensation intermittently had higher level of pain severity. **RESULT:** It was identified that pain among half of the patients who had postoperative pain was at a distressful level. It was found that patients' sex, type of operation they had, whether or not they started nutrition, whether or not they had assistants at hospital, previous operation status, frequency of pain killer use and duration of pain affected pain severity. It may be recommended that nurses can plan nursing interventions against these factors in order to reduce pain severity among patients of ear nose throat diseases during postoperative period.

Key words: Postoperative period, pain severity, nursing

ADDRESS FOR CORRESPONDENCE: **Aybike Bahçeli**, Turkish Nurses Association, Turkey

E-Mail Address: aybikebahceli@gmail.com

THE EFFECT OF WHITE NOISE, FACILITATED TUCKING AND THEIR CONCERTED APPLICATION DURING HEEL-STICK SAMPLING ON PAIN IN TERM BABIES

Aylin Çakşak, Cankiri Karatekin University, Turkey

Ayfer Açıkgöz, Eskişehir Osmangazi University, Turkey

Abstract

This study was performed to compare the effect of white noise, facilitated tucking, and their concerted application during heel-stick sampling on pain in term babies. The study was conducted on 90 babies. Using layering and blocking method, 30 babies were included in the white noise group (1st Group), 30 in facilitated tucking group (2nd Group), and 30 in white noise + facilitated tucking group (3rd Group). Pain scores of the babies in all groups before, during, and after the procedure were evaluated by two nurses independent from each other using Neonatal Infant Pain Scale (NIPS). During the heel-stick sampling, when the NIPS scores of the neonates during the procedure were compared, a significant difference was detected between the groups ($p < 0.001$). Pain score of the group which was made to listen to white noise and had facilitated tucking during the application was significantly lower than the other two groups. Moreover, the pain score of the white noise group was significantly lower than the facilitated tucking group. In conclusion, it was found that concerted application of facilitated tucking and white noise during heel-stick sampling was significantly effective in reducing pain compared to the use of either one of these methods alone. **Keywords:** Neonate, pain, white noise, facilitated tucking

ADDRESS FOR CORRESPONDENCE: **Aylin Çakşak**, Cankiri Karatekin University, Turkey

E-Mail Address: aylinpekyigit@hotmail.com

DETERMINATION OF THE EFFECTS OF PROFESSIONAL VALUES ON EMPATHIC TENDENCIES IN NURSING STUDENTS: AN EXAMPLE OF A COLLEGE OF NURSING

Ozlem Tekir, Balikesir University, Turkey

Celalettin Cevik, Balikesir University, Turkey

Ayşe Karadas, Balikesir University, Turkey

Hicran Yıldız, Uludağ University, Turkey

Abstract

Objective: The aim of the research is to determine the effect of professional values on empathic tendency levels in nursing students. **Method:** The universe of research was consist of all the students ($n = 693$) in educating between November-December 2015 in Balikesir Health School and sample of the research is 364 nursing students who accepted to participate. The written permission from Balikesir Health School Directorate and verbally affirmation from the students who agreed to participate in the survey was get for the study. Data were collected using the personal information form, the Empathic Tendency Scale (ETS) and the Nurses' Professional Values Scale (NPVS-R). ETS, developed by Dökmen (1988), is composed of 5 Likert type and 20 items. The increase in the scale score means that the empathic tendency is high. The NPVS-R, which is adapted to Turkish by Acaroğlu (2014), consists of 26 items in five-likert type. The high score indicates that the adjustment to professional values is strong. The data were evaluated by computerized aided percentile, mean, t test, one way variance analysis, pearson correlation analysis and multivariate regression analysis. **Findings:** It was determined that the average age of the students was 20.16 ± 1.68 , 40.9% was the third class, 53.6% was the Anatolian high school graduate and 13.7% had a health worker in their family. It was determined that 23.9% of the students were educated on ethics, 17.9% on social values and 17.3% on human values. The average of the professional value points of the students is 100.12 ± 6.49 , and the average of the empathic tendency points is 68.17 ± 8.18 . There is a moderately significant positive correlation ($r = -0.26$, $p = 0.001$) between the professional values score and the empathic tendency scores. There was statistically significant difference($p < 0.05$) between the grade of education class, graduated high school, education about ethical and human values and professional values point.; between being a health worker in family and social values training and empathic tendency score. **Conclusion:** It has been determined that nursing students have a high level of compliance with professional values, empathic tendencies are moderate, and a positive relationship between professional values and empathic tendencies.

Key Words: Nursing students, Empathic tendency, Professional values, Nursing education

ADDRESS FOR CORRESPONDENCE: Ozlem Tekir, Balikesir University, Turkey

E-Mail Address: aysegulserkaradas@gmail.com

Use of Information, Motivation and Behavioural Skills Model on Preventing Cervical Cancer in Young

Ayşe Koyun, Afyon Kocatepe University, Turkey

Pakize Özyürek, Afyon Kocatepe University, Turkey

Ümran Sevil, Ege University, Turkey

Abstract

Introduction: Cervical cancer is the second most commonly seen cancer type in women in the world. Although HPV vaccine and pap smear test are the best ways for protection from cervical cancer and early diagnosis, the rates of vaccination and scanning are not at satisfactory level. **Aim:** The present study had two purposes. The first aim was to investigate the relation between the variables affecting the young people's protective behaviours from the cervical cancer. The second one was to examine the effect of the education based on the Information, Motivation and Behavioral Skills (IMB) Model on young people's protective behaviours from the cervical cancer. **Material and Method:** This project is supported by The Scientific and Technological Research Council of Turkey (TUBİTAK) with 116S381 project number. The current study was carried out with the students of the Nursing Department of Afyon Kocatepe University. A cross-sectional research design was used in the first step of the study, and a randomized controlled (in 1 x 2 block size and 1 / 1 ratio) experimental research design was implemented in the second step. The study included 235 students in the first step, and 111 students (experimental 56, control 54) in the second step. The education programme based on IMB Model for protection from cervical cancer was given to the experimental group, and a traditional education programme on the same issue was provided to the control group. The data were collected from the participants before and 2-4 week after the training. The relationship between the variables affecting the protective behaviour from the cervical cancer was tested through the Structural Equation Model. Student t, Mann Whitney U, Paired sample t test, and Willcoxon tests were used to evaluate the effect of the provided training on young people's protective behaviours from the cervical cancer. **Results:** At the first stage of the study, it was found that two of the six ways suggested by the hypothetical model were statistically significant and a higher level of motivation (individual and social) for the protection from cervical cancer was associated with better behavioural skills. A high level of self-management behaviour was related to better health outcomes. At the second stage of the study, an increase was seen in information, behavioural skills, and objective health outcomes in both groups after the training. As a result of monitoring after 2-4 weeks following the training, a significant increase was observed in all variables of the experimental group except for motivation. **Conclusion:** The results of the present study investigating the effect of training based on the IMB model on information, motivation and behavioural skills of young people in protecting themselves from cervical cancer supported the efficiency of the IMB model having a strong theoretical framework in developing behavioural change.

ADDRESS FOR CORRESPONDENCE: **Ayşe Koyun**, Afyon Kocatepe University, Turkey

E-Mail Address: ayse.tastekin@hotmail.com

EXAMINING THE CRITICAL THINKING TENDENCIES OF HEALTHCARE HIGH SCHOOL STUDENTS

AYSE ASLI OKTAY, Kahramanmaraş Sütçü İmam University, Turkey

FİLİZ TAŞ, Kahramanmaraş Sütçü İmam University, Turkey

ADEM DOĞANER, Kahramanmaraş Sütçü İmam University, Turkey

MERVE GÜLPAK, Kahramanmaraş Sütçü İmam University, Turkey

SEDA AVNİOĞLU, Kahramanmaraş Sütçü İmam University, Turkey

Abstract

Aim:In order for nurses to provide comprehensive patient care and be active in clinical decision-making process, it is important that their critical thinking tendencies are determined and critical thinking powers are developed during their educational periods. The purpose of the present study is to examine the critical thinking tendencies and the factors that affect these tendencies of nursing students. **Method:**The study was designed in the Descriptive Style, and the population of it consisted of the Midwifery and Nursing students (N=640) who studied at Kahramanmaraş Sütçü İmam University, Kahramanmaraş Healthcare High School. 210 students from Midwifery Department, and 291 students from Nursing Department were included in the study, which makes a total of 501 participants. The data were collected by using the questionnaire form that included 'Socio-Demographical Properties', and the "California Critical Thinking Tendencies Scale" between September 15,-December 1, 2016. **Results:**The mean age of the students who participated in the study was 20.91 ± 1.97 ; and 83.8% were female, and 58% were from nursing department. The average of the total scores received from the Critical Thinking Tendencies Scale was determined as 247.37 ± 22.3 . When the average of the total scores between the Midwifery (249.77 ± 23.2) and Nursing (245.84 ± 21.7) Departments were compared statistically, it was determined that there were no significant differences. In addition, it was determined that gender, department, grade, and participating in social activities affected the critical thinking sub-dimensions positively, and personality traits affected the total critical thinking tendencies positively. **Conclusion:**It was determined that having an honest character was affective on critical thinking tendencies, and participating in social activities increased the critical thinking tendencies in self-confidence and curiosity dimensions.

Key words: Critical Thinking, Nursing Students, Nursing, Midwifery.

ADDRESS FOR CORRESPONDENCE: **AYSE ASLI OKTAY**, Kahramanmaraş Sütçü İmam University, Turkey

E-Mail Address: a_oktay1341@hotmail.com

Somatization and Affecting Factors at School Children

Ayşe Sezer Balci, Marmara University, Turkey

Burcu Aksoy, Marmara University, Turkey

Eda Orhan, Marmara University, Turkey

Öznur Gürler, Marmara University, Turkey

Senem Toprak, Marmara University, Turkey

Nurcan Kolaç, Marmara University, Turkey

Abstract

Objective: This study was conducted as a descriptive study to determine the somatization and the affecting factors in school children. **Materials and Methods:** This descriptive study was conducted in three public primary schools in Istanbul, spring of 2018 with 1900 students studying in their classes. The Socio-Demographic Questionnaire and Children's Somatization Inventory was used for data collected. Descriptive statistical analyzes, Kruskal Wallis test and Mann Whitney U test were used. **Findings:** Of the students who participated in the study, 48.9% were girls, their ages ranged from 8 to 17 years and their average age was 11.13±1.72. Children's Somatization Inventory scores averages 13.47±11.37 were found. There was statistically significant difference between age, family type, family income status, parent and teacher attitude, test anxiety and friendship and somatization scores ($p < .05$). **Conclusion:** According to the results of the study; parents' attitudes, teacher attitudes and friends' associations play an important role in the somatic complaints of students.

Keywords: somatization; school children; affecting factors.

ADDRESS FOR CORRESPONDENCE: **Ayşe Sezer Balci**, Marmara University, Turkey

E-Mail Address: ayses_18_9@hotmail.com

A Guide to Children's Body Boundaries and Good Bad Touch Training

Ayşe Sezer Balci, Marmara University, Turkey

Sinem Doğu, Marmara University, Turkey

Fatma Isık, Marmara University, Turkey

Medine Yitük, Marmara University, Turkey

Özlem Turkcan, Marmara University, Turkey

Sultan Ağın, Marmara University, Turkey

Nurcan Kolaç, Marmara University, Turkey

Abstract

Starting from small ages children should be educated about, what are their body boundaries, what they should do when the body boundaries have been passed and the safety steps for protecting themselves. There is no educational program for neither children nor parents in our country at schools. Also there are no studies that have been found about safe -unsafe touches education for teachers and parents at literature researches. Aim of this review is presenting a guide for teachers, parents and researchers who want to study about this topic, about; body boundaries definition of safe-unsafe touches, and how to educate children about this. It is thought that results of this research will provide new information about this topic for literature.

Key words: good bad touch; body boundaries; child; family; teacher

ADDRESS FOR CORRESPONDENCE: **Ayşe Sezer Balci**, Marmara University, Turkey

E-Mail Address: ayses_18_9@hotmail.com

KRONİK OBSTRÜKTİF AKCİĞER HASTALIĞI OLAN BİREYLERDE ÖZ-ETKİLİLİK VE DEPRESYON DÜZEYLERİ ARASINDAKİ İLİŞKİ

BURCU AĞDEMİR, Erzincan University, Turkey

Papatya Karakurt, Erzincan University, Turkey

Abstract

Giriş ve Amaç: Kronik Obstrüktif Akciğer Hastalığı (KOAH), tüm dünyada en sık görülen hastalık ve ölüm nedenleri arasında olup önemli bir halk sağlığı sorunudur. Bu araştırma KOAH'lı olan bireylerde öz-etkililik ve depresyon düzeyleri arasındaki ilişkinin belirlenmesi amacıyla yapılmıştır. **Materyal ve Metod:** Tanımlayıcı ve ilişki arayıcı türde olan bu araştırmanın evrenini, Ekim 2016 – Şubat 2017 tarihleri arasında bir hastanenin Dahiliye ve Göğüs Hastalıkları Kliniğinde tedavi alan KOAH'lı hastalar oluşturmuştur. Araştırmada örneklem seçimine gidilmemiş olup araştırmaya katılmaya gönüllü olan, iletişime açık 204 KOAH hastası alınmıştır. Veri toplama aracı olarak Tanıtıcı Özellikler Formu, KOAH Öz-Etkililik Ölçeği (KOAHÖÖ) ve Beck Depresyon Envanteri (BDE) kullanılmıştır. Verilerin analizinde yüzdeler, ortalama, bağımsız gruplarda t testi, Mann Whitney-U testi, Varyans Analizi, Kruskal Wallis Analizi ve Spearman korelasyon analizi kullanılmıştır. **Bulgular:** Hastaların KOAHÖÖ toplam puan ortalamasının 1.98 ± 0.66 , depresyon puan ortalamasının ise 25.14 ± 10.02 olduğu saptanmıştır. KOAH'lı hastaların günlük işlerde başkasından yardım alma durumu ve sağlık durumu algısına göre KOAHÖÖ toplam puan ortalamaları arasındaki fark istatistiksel olarak anlamlı bulunmuştur ($p < 0.05$). Hastaların yaşı, gelir algısı, başka kronik hastalığın olma, günlük işlerde başkasından yardım alma durumu ve sağlık durumu algısı ile depresyon puan ortalamaları arasındaki fark istatistiksel olarak anlamlı bulunmuştur ($p < 0.05$). Araştırma kapsamına alınan hastaların toplam KOAHÖÖ, olumsuz etki, fiziksel çaba ve davranışsal faktörler alt boyut puan ortalamaları ile depresyon puan ortalamaları arasında istatistiksel olarak anlamlı düşük düzeyli ve negatif yönlü bir ilişki bulunmuştur. **Sonuç:** Hastaların öz-etkililik puan ortalamasının düşük, depresyon puan ortalamasının ise orta düzeyin altında olduğu ve öz-etkililik puanı arttıkça depresyon düzeylerinin düştüğü belirlenmiştir. KOAH'lı hastaların öz-etkililik düzeylerini artırmak ve depresyon düzeylerini azaltmak için hastalık ve süreci hakkında eğitim ve danışmanlık yapılarak bireylerin güçlendirilmesi önerilebilir.

Anahtar Kelimeler: Kronik Obstrüktif Akciğer Hastalığı, Öz-Etkililik, Depresyon, Hemşirelik

ADDRESS FOR CORRESPONDENCE: **BURCU AĞDEMİR**, Erzincan University, Turkey

E-Mail Address: burcukaya66@gmail.com

HAPPINESS LEVELS OF THE NURSES WHO WORKED AT A UNIVERSITY HOSPITAL

Burcu Genç Köse, Recep Tayyip Erdoğan University, Turkey

Tuğba Balık, Kanuni Research and Education Hospital, Turkey

Şule Kurt, Recep Tayyip Erdoğan University, Turkey

Havva Öztürk, Karadeniz Technical University, Turkey

Abstract

Aim: This study was planned to determine happiness level of nurses. **Method:** Population of this descriptive study was composed of 323 nurses who worked at a research and training hospital. No sampling was made and all the population was targeted and the study was undertaken with 121 nurses who accepted to answer the survey forms. The data were gathered using a survey form of 13 questions addressing nurses' socio-demographic characteristics and Oxford Happiness Questionnaire to determine happiness levels. For the analyses of the data; percentages, ANOVA, Kruskal Wallis, Mann Withney U and t-test were employed. **Findings:** 71.1 % of nurses were aged between 20 and 35 years, 87.2% of them were female, 51.7% of them were married and 50.7 % of them had health high school/vocational school of health services graduation, 71.6% of the nurses had a professional experience of 10 years and up, 84.8% of the nurses had an institution experience of 10 years and up. Also, 63.5% of the nurses are satisfied with nursing, and 53.1% are not satisfied with working at the hospital. The average happiness score of the nurses is 108.63 ± 19.48 . However, the mean scores of happiness scale of nurses who had an average working time of 120-180 hours per month and who were satisfied with nursing and working in the institution were higher ($p < 0.005$) and these findings were statistically significant. **Result:** Nurses' happiness level was found moderate level. But, it was identified that nurses who did not exceed weekly working hours were happier and nursing and not being satisfied with working in the institution also negatively affects the level of happiness.

KeyWords: Hospital, nurse, happiness.

ADDRESS FOR CORRESPONDENCE: **Burcu Genç Köse**, Recep Tayyip Erdoğan University, Turkey

E-Mail Address: gencburcu@hotmail.com

INVESTIGATION OF THE LEVEL OF BEHAVIOR ABOUT CHEST PHYSIOTHERAPY AMONG NURSES WORKING IN ANESTHESIA AND REANIMATION INTENSIVE CARE UNIT

Burcu Sevim Çal, Bursa Çekirge Public Hospital, Turkey

Demet Babacan, Bursa Çekirge Public Hospital, Turkey

Ebru Arslan, Eskişehir Osmangazi University, Turkey

Tuğba Kira, Uludağ University, Turkey

Cevriye Yüksel Kaçan, Uludağ University, Turkey

Abstract

INTRODUCTION: The limited mobilization of patients who receive treatment in intensive care units causes secretions to accumulate in the lungs. Chest physiotherapy (CP) is applied in order to provide effective respiration, to allow the lungs to ventilate, to increase the strength of the respiratory muscles, to ensure the excretion of the secretions in the respiratory system. CP is applied by nurses to the patients who cannot adequately provide their respiration in intensive care unit. **OBJECTIVE:** In the study, it was aimed to investigate the behavioral status of anesthesia and intensive care nurses about chest physiotherapy practices. **MATERIALS AND METHOD:** The study was conducted between January 15 and February 15, 2018, with 49 nurses who accepted to participate in the study in Bursa Çekirge Public Hospital Anesthesia and Reanimation Intensive Care Unit, using the data collection form prepared by searching the literature, after obtaining the ethical committee approval and institutional permission. The data were analyzed using number, percentage and chi-square in the SPSS package software. **FINDINGS:** In our study, 55.1% of the nurses were in the age range of 21-30 years, 85% of them were female, 69.4% had a bachelor's degree and 85.7% of them had a duration of working in intensive care ranging from 0 to 5 years. It was found that 91.8% of the nurses applied CP in the intensive care unit. The situations that led nurses to apply CP were determined to be the evaluation of secretion status of the patient(33.3%), SpO₂ level(32.6%), hyperventilation status(17%), facial expression(10.6%) and tachycardia(5.7%), respectively. It was determined that the intensive care nurses have been applying CP 2.06 ± 0.88 (min:1- max:4) times in average during an overtime period(8 hours) and that the duration of application was 5.18 ± 3.76 (min:1- max:15) in average based on the patient needs. 79.6% of the nurses stated that they evaluated the efficacy of the CP practice they performed. **CONCLUSION:** There are many factors requiring CP practice in anesthesia and reanimation intensive care unit. It is suggested to provide in-service training and to ensure teamwork among physiotherapists, physicians and nurses for an effective and correct CP practice.

Keywords: intensive care, chest physiotherapy, nursin

ADDRESS FOR CORRESPONDENCE: **Burcu Sevim Çal**, Bursa Çekirge Public Hospital, Turkey

E-Mail Address: burcu_94_16@hotmail.com

THE EFFECT OF NURSING INTERVENTIONS ON CERVICAL CANCER BELIEFS, HEALTH RESPONSIBILITY AND PARTICIPATION IN SCREENING AMONG WOMEN AT RISK: A RANDOMIZED CONTROLLED STUDY PROTOCOL

BUSRA ALTINEL, SELCUK UNIVERSITY, Turkey

BELGIN AKIN, SELCUK UNIVERSITY, Turkey

Abstract

Objective: This study aimed to evaluate the effect of nursing interventions including education, home visits, or phone call reminders on attitudes regarding early diagnosis of cervical cancer among women aged between 40 and 55 who were under the risk of cervical cancer, health beliefs, and participation in cervical cancer screening in women at risk of cervical cancer. **Methodology:** This study used a pretest-posttest comparison in a single-blind randomized parallel group design, which was conducted with women aged 40 to 55 who had not had a Pap smear test. The study had an experimental and control group and included 134 women (67 women each in the experimental and control groups). Participants had at least one of the most frequent risk factors in Turkey directly associated with cervical cancer. Experimental and control groups were randomly assigned. Interventions for the experimental group including group education, home visits (twice), phone call reminders (twice), reminder magnet, reminder mug, and an education brochure were completed within 14 weeks. The Pap Smear Satisfaction Evaluation Form was the primary output. Secondary outputs were the Health Belief Model Scale for Cervical Cancer and Pap Smear Test score and the Healthy Lifestyle Behaviors Scale II (Health Responsibility) score. The assistant researcher who did not know the participants in the experimental and control group coded the data into a computer. A statistician conducted the statistical analysis of the coded data. After these analyses were conducted and the research report was written, the assistant researcher explained the codes used for the experimental and control groups. Therefore, blinding of data collectors, statistical analysis, and report writing was provided. All calculations were performed in SPSS. **Conclusion:** This study provides an example and evidence for future studies to increase participation in cervical cancer screening for women at risk of cervical cancer. **Clinical trial:** The clinical trial was registered on ClinicalTrials.gov on September 26, 2017 with the title Increasing Participation in Cervical Cancer Screening and Risk for Beliefs/Attitudes Among Women at Risk (NCT03076879).

ADDRESS FOR CORRESPONDENCE: **BUSRA ALTINEL**, SELCUK UNIVERSITY, Turkey

E-Mail Address: busra_altinel87@hotmail.com

Determination of Reasons for Organizational Silence of Executive Nurses

Cennet Çiriş, İstanbul Arel University, Turkey

Abstract

The research has been carried out as a descriptive way to find out to determine the factors that affect their silence of executive nurses. The research consists of a university hospital in İstanbul as executive nurses employed. The relationship among the demographic features of the executive nurses, the questions as for speaking tendency and the factors that affect their silence has been tried to be identified. It has also been statistically analyzed whether any relationship has existed among these. The research has been applied to 101 executive nurses through a questionnaire form that has been prepared by the researcher. In the study, as independent variables, the nurses were asked about ten demographic features of their and six speaking tendencies. In the study, as dependent variables, Organizational Silence Scale has been used which was designed by Çakıcı (2007) to determine the factors that affect their silence. The findings of the research show that; %25.7 of the executive nurses don't shared when they reached the important information about the work, 38.3% of the executive nurses shared their problems with their superiors and that their silence for reasons of great priority were "managerial and organizational reasons" in addition to "isolation fear". The scores the nurses mentioned above got from the scales of the issue they were reasons why they were silent were meaningful when the correlation tables studied. Senior management, is can prevent keeping the communication channels open upwards, participatory management understanding, and listening to the views and suggestions of subordinates. silence behavior in nurses with executive positions. Moreover, openly speaking nurses should not be considered as "complainant, problematic" and be encouraged to speak.

Key words: Nursing, Executive Nursing, Organizational Silence, Silence in Executive Nurses

ADDRESS FOR CORRESPONDENCE: Cennet Çiriş, İstanbul Arel University, Turkey

E-Mail Address: cennetciris@arel.edu.tr

GERIATRIC PAIN APPROACH AND MAINTENANCE MANAGEMENT : LITERATURE STUDY

Cüneyt Sen, Izmir Katip Çelebi University, Turkey

Elif ünsal Avdal, Izmir Katip Çelebi University, Turkey

Ismail Ayvaz, Izmir Katip Çelebi University, Turkey

Berna Nilgöl Özgürsoy Uran, Izmir Katip Çelebi University, Turkey

Merve Günbaş, Izmir Katip Çelebi University, Turkey

Merve Dervisoglu, Izmir Katip Çelebi University, Turkey

Göksen Polat, Izmir Katip Çelebi University, Turkey

Yasemin Tokem, Izmir Katip Çelebi University, Turkey

Abstract

Introduction: One of the most important problems viewed in the geriatric population is the evaluation and treatment of pain. Pain is a common and complex problems for the elderly people. The old population in our country (65 years and over) was 5 million 682 thousand 3 people and in the last 5 years increased by 17.1% and reached 6 million 561 thousand 503 people in 2016. The statistical data forecast that the old population is still increasing and will reach 1.3 billion by 2050. A geriatric patient should consider the organ functions, pharmacokinetic and pharmacodynamics features of the medicines, cognitive disorders and physiological malfunction of some of the tissues in the management of the pain. Pain is one of the biggest health problems at the old ages. Geriatric pain is a subjective experience that may arise in very different feature and level and it affects the living quality, physical functions and well-being of the elderly person. In the literature search, it is reported that 25-20% of the elderly people living in the society suffer from serious pain problem. In regard to the elderly people living at the nursing home, pain is also an important problems and the rate of pain that can't be treated completely is 45-80%. Results: Before the geriatric evaluation, is required that the patients with cognitive disorder should have mini-mental tests to evaluate their cognitive levels and then should pass to pain evaluating. Also, the behaviors, attitude, attendant and other features should be observed through both health professionals (geriatric nurses) and appropriate pain scales (doloplus), for the geriatric evaluation of the patients with dementia. Therefore, in this review there is a literature research for what should be done for the approach to the geriatric pain and care methods in our country.

ADDRESS FOR CORRESPONDENCE: **Cüneyt Sen**, Izmir Katip Çelebi University, Turkey

E-Mail Address: goksennpolatt83@gmail.com

Patient & Nurse Relationship: Why Trust in Healthcare Services is Vital?

Dilara Usta, Hacettepe University, Turkey

Fatoş Korkmaz, Hacettepe University, Turkey

Abstract

Aim: In this paper, we aim to discuss the importance of patients' trust in nurses and health care services. Trust is defined as "the feeling of believing and bonding without fear, hesitation, and doubt" and is one of the most basic elements of relationships established within the context of healthcare services. Individuals receiving health services are in a relationship with healthcare professionals. This relationship requires patients to have trust in the service providers. Since health services involve an asymmetric relationship in which patients are relatively weaker than the service provider. Nurses have an important role in healthcare systems are most in contact with patients during service delivery. Since trust is needed where communication exists so that it is inevitable in patient-nurse interaction. During care process, patients share their personal information and disease symptoms, carry out some private interventions with the nurses and experience diagnostic tests. However, nurses explain these interventions and assure that they keep the personal information confidential. When patients establish trust in nurses, the uncertainties that they have experienced in the treatment process go away. Therefore, it is important for patients to have trust in nurses to adapt to their treatment, to develop preventive health behaviors, and to increase their level of satisfaction with health care services. It has been reported that when patients establish trust relationship in healthcare services, it also increases the health-protective behaviors and decreases anxiety about the medical condition and side effects of the disease and treatment. It has also been observed that trust in nurses and the healthcare system increases the hope of patients' recovery, leads individuals to talk about their own problems, and provides psychological relief. Otherwise, when the trust in healthcare system decreases, the quality of the service is assessed poorly and the rate of health care utilization and satisfaction decreases. In conclusion, regulations are needed to improve the trust level of patients and healthcare providers should raise awareness about the significance of trust in the health-care system.

ADDRESS FOR CORRESPONDENCE: Dilara Usta, Hacettepe University, Turkey

E-Mail Address: dilarausta06@gmail.com

A Case Presentation: Receiving The Diagnosis of Hydatid Cyst Rupture of Patient Apply to Emergency Clinic With a Complaint of Falling and Nursing Management

Dilek Gelin, Marmara University, Turkey

Özlem ŞAHİN, Bozok University, Turkey

Sıdıka OĞUZ, Marmara University, Turkey

Abstract

Aim: Cyst hydatid is a parasitic disease seen in individuals engaged in agriculture and animal husbandry, which has been widespread since 2002, occupies the agenda of health workers, remaining inadequate the measures of environmental health and preventive health services in underdeveloped and developing countries. The aim of this article is to evaluate the emergency cases, to emphasize the importance of patient follow-up and to determine the nursing approach. **Method:** Case presentation; A 58-year-old male patient apply emergency with pain in the left frontal cortex with pain, tenderness and edema in the skull falling result when hanging curtain. **Results:** At the first examination brain scan, there was no evidence of bleeding or fracture. It was observed dyspnea and redness, cyanosis in skin color following the emergency service. It was detected making respiratory distress of pneumothorax, hemothorax and mediastinal shift in the thorax tomography performed to detect the cause of dyspnoea. At the ultrasound in the abdomen, it was found that the hydratus cyst was ruptured in the left lobe of the liver and that the common free pleural fluid had an allergic effect. It was seen that hypotension (93/57 mm / Hg) and tachypnea (32 / min) in the life finding of the patient. He was taken to the emergency resuscitation unit by considering the development of anaphylactic shock with skin lesions and acute hypoxin (85%) were detected on physical examination findings. By providing airway patient, oxygen therapy was started. Pheniramine maleate 45.5mg / 2ml (IV) and adrenaline bitartrate 0.5mg / ml (IM) were used in the treatment of the patient. Respiratory and circulatory follow-up started. Tube thoracostomy preparation was done. Preoperative preparations were made and transferred to the operating room of the patient who received operation as an emergency intervention. **Conclusion:** It is not expected cyst hydatid rupture diagnosis of patient who is admitted to the emergency clinic due to falls. This is an indication that you need to be meticulous in evaluating cases admitted to urgent clinics. Emergency clinic nurses should be alert to follow the findings of the patient and to notice changes in the patient. At the same time, The team should be in cooperation with the members and the team should be able to lead well.

Key words: emergency clinical nursing, fall, hydatid cyst.

ADDRESS FOR CORRESPONDENCE: **Dilek Gelin**, Marmara University, Turkey

E-Mail Address: akdeniz_sahil@hotmail.com

Nursing Cover Specially Designed for an Effective Breastfeeding in Every Place

Dilek Menekse, Sakarya University, Turkey

Nursan Çınar, Sakarya University, Turkey

Abstract

Human breast milk is a unique nutrient and for the healthy growth and development of babies it is the fittest foodstuff. Other than meeting the nutritional needs of the baby, it has very special biological and emotional effects on the health of mother and baby. Keeping away from the close friends and the social sphere in the postpartum period in which mothers try to cope with many changes causes mothers to develop negative emotions. The risk of falling into postpartum depression increases for the mothers who fail to cope with these negative emotions. Therefore, it is extremely important to lay emphasis on breastfeeding babies in every place and to increase breast-feeding rate. The space and time and the location of the mother and baby should not have an importance for breastfeeding. Providing breastfeeding to the baby whenever the baby requests makes a positive contribution to the healthy relationship between the mother and baby. Within this context, by taking the results of all the researches and our knowledge and experience into consideration, this material is designed to enable mothers to provide breastfeeding to babies whenever they need to be breastfed in all the social areas (park, shopping center, visiting a neighbor or relatives, etc.) during the breast feeding period. Providing breastfeeding to babies in an airy place rather than a lactation room would inevitably affect both mother and baby positively. When mothers use a nursing cover they can feel comfortable; however, babies have a difficulty to nurse under a cover after getting 3 months of age and it is observed that babies reject the breast. That is why, it is thought that creating a special dress which does not smother the baby under the cover, contributes the affiliation between the mother and baby and helps to increase the satisfaction of the mother and baby during the breastfeeding with its protection of privacy is necessary. In accordance with this need, we designed and produced this special nursing cover.

Keywords: breastfeeding, nursing cover, cover design, social environment

ADDRESS FOR CORRESPONDENCE: Dilek Menekse, Sakarya University, Turkey

E-Mail Address: dkose@sakarya.edu.tr

Breastfeeding Intent Scale in Twin Expecting Pregnancy: Development, Validity and Reliability

Dilek Menekse, Sakarya University, Turkey

Nursan Çınar, Sakarya University, Turkey

Abstract

Purpose: This study was performed to develop and test the validity and reliability of “Breast Feeding Intent Scale for Pregnant Women Who Expect Twins”. **Methods:** The research which was planned methodologically was carried out with 105 women with twin pregnancy who visited antenatal care services of a Training and Research Hospital in Sakarya Province and accepted to participate in the study. 5 point likert scale draft which consist of 12 clauses prepared in accordance with the literature was sent to 11 experts for the content validity and their opinions were taken. Furthermore, the English translation of the scale draft was sent to 4 foreigner lecturers from abroad who work in this field or have relating academic publishing and their opinions were taken. Data was collected by using the introductory information form prepared by the researches and Scale for Breast Feeding Intent of Pregnant Women Who Expect Twins, content validity of which was obtained. Explanatory and confirmatory factor analysis were applied for the validity measurement of the scale and for the reliability analysis of the scale, coefficient of internal consistency and test- retest method were applied. Test- retest method was applied with 25 participants. Data was evaluated via IBM SPSS Statistics 23 and IBM SPSS AMOS 23 programs. **Results:** It was detected that age average of the pregnant women who expect twins was $29,03 \pm 4,96$ and average of their gestational week was $25,85 \pm 5,23$. It was found for the construct validity of scale that Kaiser-Meyer-Olkin (KMO) value was 0,817 and Barlett’s Test which demonstrates the suitability of the scale for factor analysis was meaningful ($p < 0.01$). 3 out of 10 clauses of the scale taking part in the content validity were removed since their factor load was under .50 (Burada eksik mi var, noktadan önceki rakam silinmiş mi?). It was determined that scale consists of 7 clauses and sole factor. Fit index values of scale concerning confirmatory factor analysis model are $\chi^2/df=2,153$, $GFI=0,927$, $IFI=0,927$, $CFI=0,925$ and $SRMR=0,058$. Cronbach alpha internal consistency reliability coefficient is .82. **Conclusions:** This study demonstrates that Scale for Breast Feeding Intent of Pregnant Women Who Expect Twins which is brought in the literature thanks to this research is a valid and reliable measurement instrument. This scale provides advantage to healthcare professionals to determine the educational needs of the pregnant women who expect twins for breast-feeding. In addition to this, it is the first scale that was developed regarding this topic in Turkey and in the world. Within this context, it can make a significant contribution to further more detailed researches in this regard.

Keywords: twin infants, breast-feeding intent, developing a scale, validity, reliability

ADDRESS FOR CORRESPONDENCE: Dilek Menekse, Sakarya University, Turkey

E-Mail Address: dkose@sakarya.edu.tr

RELATIONSHIP BETWEEN MUSCULOSKELETAL DISORDERS AND ERGONOMIC RISK LEVELS IN INTENSIVE CARE NURSES

Ebru Arslan, Eskişehir Osmangazi University, Turkey

Özlem Örsal, Eskişehir Osmangazi University, Turkey

Pınar Duru, Eskişehir Osmangazi University, Turkey

Abstract

Problem Statement: The majority of patients treated in intensive care units are bedridden/unconscious patients. All the needs of these patients are fulfilled by the nurses. During these procedures, the nurses stay in unsuitable working positions for a long time and this can lead to the appearance of musculoskeletal problems due to ergonomic risks. **Purpose of Study:** The aim of this study was determine the relationship of musculoskeletal disorders and ergonomic risk situations of nurses working in intensive care units. **Methods:** This cross-sectional study was carried out with 98 nurses (97%) working at intensive care units in Bursa Çekirge State Hospital. The stance to be analyzed is chosen as "positioning" because it is the most frequently repeated procedure in intensive care, requiring muscle activity and strength. The risk score was calculated by observing the researcher with REBA(Rapid Entire Body Assessment) by taking into account the position of the neck, the legs, the upper arm and the lower arm during positioning of the patient. Chi-square test was used in the analysis of the data. **Findings and Results:** 34.7% of the nurses had back, 17.3% had waist, 16.4% had knee, 14.2% had neck region any musculoskeletal system disease diagnosed by the physician. As a result of evaluating the body posture in the nurses' repeated positioning, the mean score from REBA was 8.71 ± 1.74 (min.5.00-max-13.00), 63.3% of nurses were at high risk and 12.2% were at very high risk. No statistically significant relationship was found between the presence of one of the nurses' musculoskeletal disease diagnoses and the REBA risk levels detected during patient positioning ($p > .05$). It is seen that nurses with any musculoskeletal system disease in the back, waist, knee and neck regions are more at risk than others. **Conclusions and Recommendations:** In nurses, physician-diagnosed musculoskeletal system disease is seen at a high frequency, and the risk scores in the positioning process are at high risk level. In order to prevent musculoskeletal system disease and the progress of existing diseases in nurses, creating an ergonomic working environment, repeated risk assessment within other positions, etc. studies are recommended.

Key words: Nursing, Musculoskeletal system diseases, Ergonomics

ADDRESS FOR CORRESPONDENCE: **Ebru Arslan**, Eskişehir Osmangazi University, Turkey

E-Mail Address: ebuaarslan@gmail.com

NONPHARMACOLOGICAL APPROACHES AND NURSING MANAGEMENT IN PATIENTS WITH PAIN

Ecehan Yenici, Trakya University, Turkey

Serap Ünsar, Trakya University, Turkey

Özgül Erol, Trakya University, Turkey

Abstract

Pain affects individuals' lives negatively in physiological and psychological ways. For this reason, it is important to control pain (1). Today, many pharmacological and nonpharmacological approaches are used in pain management (2). Nonpharmacological approaches are complementary and alternative approaches that do not require invasive interventions (3) and assist standard drug treatments (4). The use of nonpharmacological techniques for pain relief is increasing (5). The National Center for Complementary and Alternative Medicine (NCCAM) that is part of the US National Institutes of Health (NIH) has examined these methods in five groups based on their mechanism of effect: cognitive-behavioral approaches, manipulative approaches, energy approaches, alternative medical systems, and biological approaches (3). Interventions such as hot/cold application, transcutaneous electrical nerve stimulation, exercise, position, distraction, relaxation, meditation, music therapy, reflexology, hypnosis, prayer, aromatherapy, imagery therapy, therapeutic touch, massage and acupuncture are nonpharmacological applications (6). Effective pain management is also a major problem for nurses who have an important role in assessment and management of pain (7). As nurses spend more time with patients, they can learn more about patients' past experiences and coping methods and can use them when necessary, teach patients strategies to cope with pain, monitor their results and provide an empathic approach (8,9). For this reason, nurses should constantly update their knowledge on pain management and use valid and reliable pain diagnosis scales in their daily routines to manage pain more effectively (8).

ADDRESS FOR CORRESPONDENCE: **Ecehan Yenici**, Trakya University, Turkey

E-Mail Address: ecehanyenici@gmail.com

STEPS FOR STARTING LIFE HEALTHY

ELİF ERBAY, BİLECİK ŞEYH EDEBALI University, Turkey

SÜMEYRA TOPAL, Sakarya University, Turkey

SEVİN ALTINKAYNAK, Sakarya University, Turkey

Abstract

Adequate fetal nutrition such as fetal programming, vaginal birth and breastfeeding are the most important steps in a healthy life. First step of the healthy life starts with adequate fetal nutrition namely fetal programming in intrauterine period. Bifidobacter and lactobacillus group bacteria multiply rapidly in the colon after vaginal birth. Since these bacteria are important for having a healthy life and preventing chronic diseases, the second point of starting healthy life is vaginal birth. As soon as the baby is fed with mother milk after birth, bifidobacterium will create a dominant intestine flora, so the third step of starting a healthy life is breastfeeding. Infants with inadequate fetal nutrition and/or cesarean delivery and/or no breastfeeding cannot start life healthy and these infants can face infectious, autoimmune, metabolic, cardiovascular, endocrine and allergic diseases more frequently in childhood or even adult period. In this review, steps for starting life healthy will be discussed in the light of literature.

Keywords: Fetal programming, vaginal birth, breastfeeding, chronic diseases

ADDRESS FOR CORRESPONDENCE: **ELİF ERBAY**, BİLECİK ŞEYH EDEBALI University, Turkey

E-Mail Address: elif.erbay@hotmail.com

Psychometric Properties of Turkish Version of the End Stage Renal Disease Adherence Questionnaire

Elif Ok, Elif OK, Acibadem Mehmet Ali Aydınlar University, Turkey

Fatma Yasemin Kutlu, İstanbul University, Turkey

Abstract

Objectives: Adherence to treatment in hemodialysis patients has a critical importance. Success of treatment; depends on adherence to treatment of the patients in the determined areas. Non-adherence to treatment causes an increase hospitalization, morbidity and mortality rates and also significantly decreases quality of life. This study was carried out in a descriptive research type by methodological method in order to provide End Stage Renal Disease Adherence Questionnaire (ESRD-AQ) Turkish language equivalence and to determine its psychometric properties. **Study Design:** After the scale Turkish translation and back translation, it was presented to the expert's opinion and the content was validated. The sample of the study consisted of 83 patients who received HD therapy at a special hemodialysis (HD) center in İstanbul. Test-retest correlation analysis was performed with 30 patients. The validity of the scale; content, construct, criterion validity analysis; reliability was assessed using test-retest and item total score correlation analyzes. **Results:** The mean age of the sample group (n = 83) was $54,49 \pm 12,27$ years, the mean duration of HD treatment was $65,10 \pm 50,68$ months, 53% were female, 56,6% were primary school graduates, 68,7% of them were married. The content validity index (CVI) of ESRD-AQ was 0.94. Assessment was made with the data obtained from the medical records of the patients for construct and criterion validity. The construct validity was assessed by known group analysis. Patients were divided into two groups according to the clinical practice guidelines of the National Kidney Foundation (2006), which were adherent and non-adherent. According to this; a significant difference was found between the average scores of the scale adherent and non-adherent group. In the analysis for the criterion validity, a significant correlation was found between the related biologic/ biochemical data and the total score and subscales of the scale. Test retest correlation analysis of the scale was 0.83 (p <0.001). The scale item total scale correlation coefficients ranged from 0,48 to 0,80 and it was found that there was a positive correlation (P <0.05) between all the items and the total scale. **Conclusion:** The results of the study showed that ESRD-AQ Turkish Form is a valid and reliable scale.

Keywords: End Stage Renal Disease, Hemodialysis, Adherence to Treatment.

ADDRESS FOR CORRESPONDENCE: **Elif Ok, Elif OK,** Acibadem Mehmet Ali Aydınlar University, Turkey

E-Mail Address: elifok7@gmail.com

BETWEEN THE YEARS 2010-2017 TURKEY DYSPNEA TREATING INVESTIGATION NONPHARMACOLOGICAL RELATES TO METHODS STUDY: A SYSTEMATIC REVIEW

Elif Yukarıbaşı, Marmara University, Turkey,

Güler Cimete, Marmara University, Turkey,

Gülay Manav, Marmara University, Turkey,

Binnur Erdem Türkoğlu, Marmara University, Turkey,

Neşe Kıskaç, Marmara University, Turkey,

Abstract

Amaç: Bu sistematik derlemede, dispne Türkiye ile ilgili çalışmalarda kullanılan nonfarmakolojik yöntemlerle çalışmanın genel olarak gözden geçirilmesi amaçlanmıştır. **Yöntem:** Ulakbim'i uluslararası veri tabanının ulusal veri tabanlarından 2017, dergipark, türkiye atıf indeksi, Google, akademik ve Yükseköğretim Kurulu (YOK) tez merkezi "dispne", "tedavi etme", "non-farmakolojik yöntemler" ile karşılaştırır. 2010-2017 (Ocak2010 - Aralık 2017) anahtar kelimelerinin tamamlandığı metin, Türkçe veya İngilizce dilin tam metnini içermiş ve Türkiye'de yapılan çalışmalar seçilmiştir. Bu çalışmalardan, araştırma kriterlerini karşılayan toplam 13 çalışma, çalışmanın örneklemini oluşturmuştur. **Bulgular:** Dispne tedavisinde kullanılan farmakolojik olmayan yöntemlerle ilgili yapılan çalışmaların sistematik çalışmasında etkili olduğu tespit edildi. Çalışmaya dahil edilen makaleler için ön test-son test kontrollü, deneysel, randomize kontrollü araştırma tasarımı kullanılmıştır. Eğitim, egzersiz, refleksoloji, pulmoner rehabilitasyon, çalışmalarda kullanılan yöntemlerdir. **Sonuç:** Dispne tedavisinde kullanılan yöntemlerin etkili olmasına rağmen, bu alanda giderek daha fazla çalışmaya ihtiyaç duyulmaktadır.

ADDRESS FOR CORRESPONDENCE: **Elif Yukarıbaşı**, Marmara University, Turkey

E-Mail Address: elfykb@hotmail.com

PLACE OF NURSING IN TELEMEDICINE

EMEL AVÇIN, Yalova University, Turkey

Fatma KOCAĞA, Yalova University, Turkey

Abstract

The increase in the life span and the development of new treatment methods have increased the incidence of chronic diseases. As the need for health care services increases, the need for information technology also increases. New concepts such as telemedicine, e-prescription, electronic health records have emerged. Telemedicine is the delivery of physiological signals for the purpose of diagnosis, treatment and evaluation between remote centers using information and communication technologies, storage and health services. Telemedicine provides for early identification and intervention of changes in the condition of the patient, reduction in the number of home visits, reduction in unexpected cases, urgent visits to the hospital, hospital stay, care cost and increase in patient and caregiver satisfaction. Nurses should monitor and use technology to improve patient care and professional knowledge. The American Nurses Association (ANA) tele-nursing is defined as "nursing activity involving the acquisition, maintenance, patient education, etc." health status using communication technologies" while the International Nurses Association (ICN) defines "tele nursing" as nursing the use of communication technologies". Tele nursing applications are carried out in accordance with the health services demanded, individuals are trained and communication with patients with chronic diseases is being continued. Nurses must ensure that their patients are actively involved in their care and give them the necessary powers to care and that they are close enough to be reached when necessary. It is expected that nurses who provide care with technology tools will actively listen to the patient, clarify the information they receive, support and solve the problems of the patient. The implementation of nursing process and care in tele-nursing is not different from nursing. Nurses use planning, implementation and evaluation of nursing care results in tele-nursing applications. With the spread of telemedicine and nursing applications in the future, the quality of health services in the future will increase and it won't be a problem to reach equal health service between regions.

Keywords: Telemedicine, Nursing, Health

ADDRESS FOR CORRESPONDENCE: EMEL AVÇIN, Yalova University, Turkey

E-Mail Address: emel.avcin@yalova.edu.tr

PAIN IN NEWBORNS, EVALUATION OF THE PAIN AND NONPHARMACOLOGICAL TREATMENT MODALITIES

EMEL AVÇİN, Yalova University, Turkey

Şeyda Can, Yalova University, Turkey

Abstract

According to the International Association for the Study of Pain:IASP Taxonomy Committee,pain is described as a biochemical and emotional behavior to move away from an unpleasant situation affected by the experiences of the person associated or not associated with the damage of tissue originating from a certain area of the body.We know that newborns can sense pain in the intrauterine period.The pain experienced by the newborn negatively affects the prognosis of the illness,the behavior of the baby,development of the brain and senses and also the interaction between the baby and the mother.Effective pain management is not only crucial for the health of the newborn,but it also effects the fast recovery of the newborn,reduces the stay in the hospital,lowers care expenses.While evaluating the pain,one thing that should be observed is this;all incidents that cause pain in adults shall also cause pain the newborn until it is proven otherwise.An important point that should be taken into consideration by nurses of newborns is this;newborns can express their pain nonverbally,with physical signs and indications.It is accepted that situations that cause pain show themselves with negative behavioral, physiological and metabolical reactions.Since verbal communication cannot be made with newborn babies;behavioral(facial expressions,crying,hand/leg movements,wakefulness) and physiological evaluations(pulse,blood pressure,fever,oxygen saturation) should be taken as the basis.Various scales such as NIPS(Neonatal Infant Pain Scale) are used for newborns in pain evaluations.We use pharmacological or nonpharmacological methods in effective pain treatment.Since pharmacological attempts in pain treatment have undesired side effects,the interest in alternative/subsidiary methods increases.Many studies determined that nonpharmacological methods were effective in reducing the pain in newborns.If the nurse wants to take an effective role in the pain management,they also need to know nonpharmacological methods as well as pharmacological methods.Increase comfort by relaxation and reduce pain;using subsidiary and alternative methods like music,distracting attention,massage,therapeutic touch,kangaroo care,acupuncture and aroma therapy is crucial.

Keywords: Pain, Pain Evaluation, Nursing, Nonpharmacological Methods

ADDRESS FOR CORRESPONDENCE: EMEL AVÇİN, Yalova University, Turkey

E-Mail Address: emel.avcin@yalova.edu.tr

CONSIDERATIONS FOR PROFESSIONALISM OF NURSING STUDENTS IN CLINIC APPLICATIONS

Esra Danaci, Bülent Ecevit University, Turkey

Esma Ayse Ozturk, Ondokuz Mayıs University, Turkey

Sevil Masat, Ondokuz Mayıs University, Turkey

Tugba Kavalali Erdogan, Ondokuz Mayıs University, Turkey

Cansu Atmaca Palazoglu, Gumushane University, Turkey

Zeliha KOC, Ondokuz Mayıs University, Turkey

Abstract

MATERIAL AND METHOD: The research was carried out between September 20 - August 20, 2017 with 274 students, who accepted to join the research, in 389 students studying at Ondokuz Mayıs University, Faculty of Health Sciences. The questionnaire, which consisted of 18 questions, used in the research was evaluated according to Nursing Students Professional Behaviors Scale (NSPBS). Nursing Students Professional Behaviors Scale, is a five step likert scale that consists of 27 items, developed by Goz and Geckil (2010). In this scale, lowest score is 27, highest score is 135. For using the questionnaire and the scale, a written permission was given by the related institution and an informed permission was given by the nurses participating in the study. Percentage calculation, Kruskal-Wallis test and Mann-Whitney U test were used for evaluating data. **RESULTS:** The average age for the nursing students participating in the study is 20.67 ± 1.88 . It is determined that the 81.8% of the students are female, 18.2% percent are male; 48.2% of the students' mothers and 27% of the students' fathers are primary school graduates; 44.5% of the students' families live in the countryside; 80.3% have elementary families; 95.3% have social security; 73% have equal incomes and expenses; 78.5% love their jobs; 60.9% chose their jobs of their own volition; 67.5% do not want to change their jobs; 9.5% are members of professional associations and follow professional publications. In this study, the average score for Nursing Students Professional Behaviors Scale is 122 (29 – 135). In this study, it has been found that there is statistical relationship between sociodemographic and vocational characteristics of the students, and their NSPBS scores ($p < 0.05$). **CONCLUSION:** In this study, it is determined that nursing students display a high level of professionalism in their behavior. According to the data gathered during the study, the students who love their profession, who chose their professions of their own volition, and do not want to change their professions, display higher level of professionalism.

Keywords: Nursing, Student, Professional Behavior.

ADDRESS FOR CORRESPONDENCE: **Esra Danaci**, Bülent Ecevit University, Turkey

E-Mail Address: miracle18.08@hotmail.com

Determination of nursing students' attitudes with glove use

ESRA KÖROĞLU ÇAMDEVİREN, İstanbul Medipol University, Turkey

Hatun Sayar, İstanbul Medipol University, Turkey

Zeynep Kesin, İstanbul Medipol University, Turkey

Gizem Yurtseven, İstanbul Medipol University, Turkey

Hediye Öğünç, İstanbul Medipol University, Turkey

Büşra Karahan, İstanbul Medipol University, Turkey

Aysel Kökcü Doğan, İstanbul Medipol University, Turkey

Abstract

Problem Statement: The persistent flora, which is permanently present in the hands, is not reduced by washing with water and soap. However, using gloves, these microorganisms can be prevented from being transmitted to other persons. The use of gloves is a protective precaution that should be used between all health workers to prevent contamination of hands, protect from blood body fluids, secretion or skin-borne microorganisms, and prevent the spread of microorganisms, from a person to a patient, a sick person or a patient to another patient. **Purpose of Study:** The aim of this study is to determine the attitudes of nursing students to wear gloves. **Methods:** The research is descriptive study and applied to the students of Medipol University of Istanbul Health Sciences High School and Health Sciences Faculty Nursing Department. The sample consists of 336 students. As the data collection tool, sociodemographic information form and survey form for determining the glove wearing attitudes of the students developed by the researchers was used. The data obtained at the end of the study were evaluated for the IBM-SPSS 22.0. Descriptive statistical methods are used. The Cronbach's alpha value of the study was 0.87. Seven factors were obtained by descriptive exploratory factor analysis. **Findings and Results:** 89.3% of the students who participated in the study were women, 48.2% were in the age range of 20-21 years. 83.6% of the students used gloves prior to contact with blood, body fluids and outputs, 75.0% used gloves before contact with deteriorated skin and mucous membranes, 75.2% used gloves before any invasive procedure, 73.2% It has been determined that gloves are used prior to removal of the vein pathway. **Conclusions and Recommendations:** The majority of the students have washed their hands before and after wearing gloves, and when the body fluids have been contaminated, they have always reached the result of wearing gloves. In order to make the students more conscious about wearing gloves, all the courses in the undergraduate education programs should be informed about the subject in detail. In the clinical application areas, all the students should be followed by the educator and clinical nurse to wear the gloves and the use of gloves should be provided and the necessary precision should be shown in this regard. Students who graduate from the undergraduate program must be trained in the clinical area before they start their professional working and during the working period.

ADDRESS FOR CORRESPONDENCE: **ESRA KÖROĞLU ÇAMDEVİREN**, İstanbul Medipol University, Turkey

E-Mail Address: ekoroglu@medipol.edu.tr

GEBELİK ÖNCESİ VE GEBELİK DÖNEMİNDE YAPILAN KÜLTÜREL UYGULAMALAR: TÜRKİYE ÖRNEĞİ

EZGİ ŞAHİN, İstanbul Arel University, Turkey

NEVİN HOTUN ŞAHİN, İstanbul University, Turkey

Abstract

Türkler tarihlerinde çok geniş bir coğrafyaya yayılmışlardır. Bu yayılma pek çok kültür sütüründe etki etkilerini de beraberinde getirmiştir. Kültürün gelenek, görenek, örf ve âdetlerin yanı sıra doğumdan başlayarak ölümle oğlu bulan, hatta hayatın muhtemel bölümlerini saymak mümkündür. Bunlardan bazı yörüneler, aileden aileye, kişiden kişiye kimi ayrılıklar göstererek hala canlılıklarını sürdürmekte, ağırlıklarını korumaktadır. Topluma mal olmuş kültürler, davranış ve davranışlar, inanç ve inanışlar gibi yaşam tarzlarını biçimlendirmekte ve sunulmuştur. Gebelik ve doğum bütün dünya ülkelerinde farklı kültürel inanç ve değerlerle işaretlenmiş bir dönemdir. Bu döneme yönelik algı ve tertib kültürden kültüre olduğu görülmektedir. Doğum yaşamında başlangıç noktası olan doğum, yüzlerce âdetin, inanmanın uygulandığı bir dönemdir. Gebelik ve doğum ile ilgili inanç ve dikişlerin oluşması için başlayarak kadın, aileini ve çevresini etkilemeye çalışmak. Toplumumuzda gebe dışın doğuşundan doğuma kadar geçen süre pek çok inanca, geleneğe uyması beklenir. Bir aile kimliğinin kazanılması, eskiden olduğu gibi bugün de Türk Dünyasında ve Anadolu'da büyük boyut ayaktadır. Evlenip bir yuva kurmak, yuva bu yuvayı doğacak çocukla aile haline getirmek. Gebeliğin nereden doğduğunu, doğuma kadar geçen, pek çok âdete, inanmaya, geleneğe, göreneğe uyması beklenir. Ancak her ikisi de anne sağlığıyla ilgili yapılan çalışmalarda hem anne hem de çocuk sağlığıyla ilgili etkileri etkilenmektedir. Bu tür uygulamacılıkla ilgili olanların düzeltilmesi, eksik olanların sağlanması, olumlu olanların pekiştirilmesi amacıyla. Bu hastalıklar, gebelikler ve hastalıklar, sağlık ve hastalık davranışları, güven ve korunma yöntemleri ile ilgili bilgiler üretilemez durumdadır. hem de bebek sağlığı ile ilgili etkileri etkileyebiliriz. Bu tür uygulamacılıkla ilgili olanların düzeltilmesi, eksik olanların sağlanması, olumlu olanların pekiştirilmesi amacıyla. Bu hastalıklar, gebelikler ve hastalıklar, sağlık ve hastalık davranışları, güven ve korunma yöntemleri ile ilgili bilgiler üretilemez durumdadır. hem de bebek sağlığı ile ilgili etkileri etkileyebiliriz. Bu tür uygulamacılıkla ilgili olanların düzeltilmesi, eksik olanların sağlanması, olumlu olanların pekiştirilmesi amacıyla. Bu hastalıklar, gebelikler ve hastalıklar, sağlık ve hastalık davranışları, güven ve korunma yöntemleri ile ilgili bilgiler üretilemez durumdadır.

Gebelik öncesi, gebelik dönemi, kültürel işleme, geleneksel inanç ve imalat

ADDRESS FOR CORRESPONDENCE: **EZGİ ŞAHİN**, İstanbul Arel University, Turkey

E-Mail Address: ezgisahin@arel.edu.tr

THE INVESTIGATION ON THE RELATIONSHIP BETWEEN BODY MASS INDEX, WAIST HIP RATIO, PAIN AND PHYSICAL ACTIVITY IN YOUNG ADULTS

FATMA KOCAAĞA, Yalova University, Turkey

Asuman SALTAN, Yalova University, Turkey

Emel AVÇİN, Yalova University, Turkey

Abstract

Background: The level of physical activity is related to body composition. Increased physical activity can also cause changes in body composition. However, it is known that physical activity and health status are related. Physically active individuals are healthier and have lower rates of musculoskeletal pain. Aim: The aims of study to investigate the relationship between body mass index (BMI), waist to hip ratio (WHR), pain and physical activity in young adults. Method: The sample of the study is composed of 200 students selected from Yalova University Thermal Vocational High School students. In the study, the International Physical Activity Questionnaire (IPAQ) was used to assess the level of physical activity of individuals and the Visual Analogue Scale (VAS) was used to assess pain. Results: Participants are 70.5% of female, and 29.5% of male students. Age, BMI, WHR averages were found respectively, $19,19 \pm 1,51$; 21.28 ± 2.96 ; $0,77 \pm 0,08$. The VAS of those who did not have physical activity was found to be $1,01 \pm 1,37$. The VAS rate for those with moderate physical activity was 0.91 ± 1.73 , while the VAS rate for those with severe physical activity was 0.69 ± 1.36 . There was no significant relationship between pain, BMI, WHR and IPAQ ($p > 0.05$). Conclusion: In young adults with severe physical activity, it was observed that the pain severity averages had no physical activity and were less than moderate physical activity averages. However, these values did not show any significant difference. Also, there was no correlation between physical activity level and pain, BMI, and WHR in young adults. Our work contributes to the literature. In the future it is suggested that these field studies should be expanded by socio-economic situation.

Key words: Young Adult, Physical Activity, Body Mass Index, Waist Hip Ratio

ADDRESS FOR CORRESPONDENCE: FATMA KOCAAĞA, Yalova University, Turkey

E-Mail Address: fatma43yesil07@gmail.com

THE INVESTIGATION OF RELATION BETWEEN SITTING TIME AND QUALITY OF LIFE IN FEMALE STUDENTS

FATMA KOCAAĞA, Yalova University, Turkey

Asuman SALTAN, Yalova University, Turkey

Emel AVÇİN, Yalova University, Turkey

Abstract

Background: With the progress of the technology, the activities that are done by living together are increasing. Seating is seen as a sedentary activity and sitting activities negatively affects health status like sedanter activities. It should lead to chronic diseases. It is known that in women there are fewer physical activities and more time for sitting activities. Aim: This study was aimed to investigate the relationship between sitting time and quality of life in female students. Method: The sample of the study consists of 140 female students selected from Yalova University Thermal Vocational High School students. In the study, the International Physical Activity Questionnaire (IPAQ) sitting paremeter was used to assess individuals' daily sitting time and the Nottingham Health Profile (NHP) was used to assess health-related quality of life. Results: Age, Body Mass Index (BMI) averages were found 19.23 ± 1.54 ; 21.00 ± 2.91 . There was no significant relationship between IPAQ sitting and NHP total values and sub-parameters (pain, sleep, energy level, emotional reactions, social isolation, physical activity) ($p > 0.05$). Conslusions: There was no relation between sitting time which symbolized sedanter attitude and health related quality of life in female university students. Moreover, there was no relationship between pain, sleep, energy level, emotional reactions, social isolation, physical activity values and sedanter attitudes in female students. Our study contributes to the literature. Moreover, it is stated in the literature that physical activity level and body composition are related. However, it has been pointed out in the literature that cigarette smoking causes a decrease in the physical activity rate by negatively affecting the respiratory system. In future studies on the use of cigarettes in conjunction with body composition are also recommended for female students in this field study.

Key words: Young adult, sedentary lifestyle, woman, quality of life

ADDRESS FOR CORRESPONDENCE: FATMA KOCAAĞA, Yalova University, Turkey

E-Mail Address: fatma43yesil07@gmail.com

NURSES' PERCEPTIONS OF NURSE MANAGER'S SERVANT LEADERSHIP AND THEIR LEVELS OF ORGANIZATIONAL COMMITMENT

Fikriye Alici, Marmara University, Turkey

Ayşe Nefise Bahçecik, Marmara University, Turkey

Abstract

The study was performed to determine nurses' perceptions of nurse manager's servant leadership and their levels of organizational commitment. This descriptive study was performed with participation of 329 nurses from 11 public hospitals in Istanbul. Introductory Information Form, Servant Leadership Scale and Organizational Commitment Scale were used to collect data. Descriptive statistics, Student's t test, One-way ANOVA test, Mann Whitney-U test, Kruskal Wallis-H test and Spearman's Correlation Analysis were used for data analyses. The nurses' mean age was 30.78 ± 7.02 years, 88.4% were females, 64.7% were married, 51.7% had bachelor's degree, and 43.5% had 1-5 years of professional experience. The nurses' total mean score from the Servant Leadership Scale and mean scores from the Love, Empowerment, Vision, Humility and Trust components of the scale were 47.30 ± 12.73 , 10.91 ± 2.97 , 10.76 ± 2.87 , 9.83 ± 2.99 , 5.69 ± 2.30 and 10.12 ± 3.26 , respectively. Their total mean score from the Organizational Commitment Scale and mean scores from the Affective, Continuance and Normative components were 2.61 ± 0.81 , 2.71 ± 1.01 , 2.57 ± 0.89 and 2.55 ± 0.83 , respectively. There was a statistically positive, moderately significant relationship between the nurses' total score from the Organizational Commitment Scale and their total score from the Servant Leadership Scale ($r=0.402$; $p=0.001$; $p<0.01$). At the end of the study, the nurses had the highest score from the Affective Commitment component of the Organizational Commitment Scale and from the Love component of the Servant Leadership Scale. There was a positive, significant relationship between the nurses' organizational commitments and their perceptions in the servant leadership scale.

Key Words: Nurse, Nurse Manager, Servant Leadership, Organizational Commitment.

ADDRESS FOR CORRESPONDENCE: **Fikriye Alici**, Marmara University, Turkey

E-Mail Address: fikriye_alici@hotmail.com

Metaphoric Perceptions of Nurses of The Concepts of Syrian Refugee Patients and Giving Care to Syrian Refugee Patients

Nurcan Akgül-Gündoğdu, Cumhuriyet University, Turkey

Filiz Taş, Kahramanmaraş Sütçü İmam University, Turkey

Alime Selçuk-Tosun, Selçuk University, Turkey

Abstract

Purpose: In this study, it has been aimed at determining the perceptions of nurses, for whom it is inevitable to meet refugees in the primary and secondary steps and give care to them, of Syrian refugees and their care through metaphors. **Method:** In this qualitative study, the phenomenology pattern has been used. The study group of the study consists of nurses who work in primary and secondary care in Kahramanmaraş. A total of 100 nurses participated in the study and volunteering has been taken as the basis. In the collection of data, the form prepared by the researchers has been used. In the first part of the form, the introductory characteristics of the nurses have been given and in the second part of the form, they have been asked to complete two incomplete sentences with the purpose of identifying their views on Syrian refugee patients: "The Syrian refugee patients is like/resembles..... because....." and "Giving care to the Syrian refugee patients is like/resembles because". In the evaluation of data, the content analysis method has been used. Approval of the ethical committee/institution and the verbal consent of the nurses have been taken. **Findings:** The age average of the nurses was 33.41(8,29). 85% of the nurses were female, 51.0% of them had bachelor degrees, 69.0% of them worked in primary care and 10.0% of them have been working for 10 years. 43.0% of the nurses have expressed that they have never given care to an individual from a different culture. Syrian patients and giving care to them have been resembled to the following with the metaphors: "migrating birds/doves" due to "their need for shelter"; to "injured birds" due to "being needy"; to "a gift package" due to "facing an unexpected obligation" and "a baby" due to "being like a fragile flower." On the other hand, they have also been resembled to the following with the metaphors: "microbes" due to "being contagious"; "a disloyal lover" due to "not being reliable"; "a cancerous cell" due to being "a chronic disease"; "a piece of wood" due to "being closed to communication" and "a barren land" due to "being worthless." The metaphors expressed by the nurses have been evaluated under 14 categories, such as "Worrying uncontrolled increase," "insecurity," "inevitable end wasting time," "defenselessness," "being compassionate," "obscurity" and "occupational consciousness" etc. **Conclusion:** It has been determined that the metaphorical perceptions of the nurses of Syrian refugee patients and giving care to them is bidirectional. When the metaphors the nurses have expressed is taken into consideration, it can be suggested to increase the number of classes related to trans-cultural nursing in the nursing training programs.

Key Words: Syrian Refugee Patient, Giving Care, Nurses, Metaphor

ADDRESS FOR CORRESPONDENCE: **Nurcan Akgül-Gündoğdu**, Cumhuriyet University, Turkey

E-Mail Address: nr.akgul@gmail.com

NURSING STUDIES IN COCHRANE WHICH IS SHOWN AS THE GOLD STANDARD : LITERATURE RESEARCH

GÖKŞEN POLAT, Izmir Katip Celebi University, Turkey

ELİF UNSAL AVDAL, Izmir Katip Celebi University, Turkey

BERNA NİLGÜN OZGURSOY URAN, Izmir Katip Celebi University, Turkey

DERYA SENTÜRK, Bozyaka Research and Education Hospital, Izmir, Turkey

Abstract

Introduction: Cochrane contributors from more than 130 countries work together to produce credible, accessible health information that is free from commercial sponsorship and other conflicts of interest. It was established for this purpose twenty years ago. The Cochrane Library select randomized controlled studies. It publishes evidence based studies and up to date informations with the method of systemic review. A systematic review attempts to identify, appraise and synthesize all the empirical evidence that meets pre-specified eligibility criteria to answer a given research question. Therefore, it is recognized as representing an international gold standard for high quality. In 2006, an international group of nurses associated with the Joanna Briggs Institute first discussed the possibility of establishing a nursing care entity within Cochrane. The Cochrane Nursing Care Network was officially registered with Cochrane on 25 March 2009. In March 2010 it was renamed the Cochrane Nursing Care Field in order to avoid confusion between the role of networks and Fields. The Mission of the Cochrane Nursing Care Field is to improve health outcomes through increasing the use of the Cochrane Library and supporting Cochrane's role by providing an evidence base for nurses. The Cochrane Nursing Care Field is coordinated from Adelaide, Australia and consists of six groups with members from over thirty-five countries across the world. The core functions of the Cochrane Nursing Care Field fall into three major areas related to the production and use of Cochrane reviews: Supporting Cochrane Review Groups in the preparation of reviews relevant to nursing; Introducing cross-cutting, non-specialised perspectives relevant to all those providing nursing care (nurses, other disciplines such as social work, families and lay caregivers); Enhancing the dissemination and effective uptake of Cochrane reviews. More specifically, the core functions are to: Identify priority topics/questions related to nursing care that are not covered by existing Cochrane reviews, Identify primary studies in nursing care by searching databases and handsearching relevant journals and conference proceedings, especially those published in languages other than English, Promote the Field's perspectives and priorities across Cochrane Raise awareness in the role of Cochrane and its resources that are available to support practitioners of nursing care, Disseminate the findings of relevant Cochrane reviews to the nursing care community, Identify sources of funding to undertake or complete Cochrane reviews of interest to the Field. Cochrane nursing reviews or related to nursing are classified. These are Ambulatory Care Nursing, Burns/ Plastic and Reconstructive Surgical Nursing, Cardiac Nursing, Community Health Nursing, Critical Care Nursing, Developmental Disabilities Nursing, Diabetes Nursing, Emergency Nursing, Forensic Nursing, Gastroenterology Nursing, Genetics Nursing, Geriatric Nursing, Health Services Research, HIV/AIDS Nursing, Hyperbaric Oxygen Therapy Nursing, Immunology and Allergy Nursing, Infectious Disease Nursing, Maternal-Child Nursing, Medical-Surgical Nursing, Neonatal Nursing, Neurosurgical/Neurological Nursing, Obstetrics Gynecology Nursing, Occupational Health Nursing, Oncology Nursing, Orthopaedic Nursing, Paediatric Nursing, Pain Management and Palliative Care Nursing, Perioperative Nursing, Psychiatric/Mental Health Nursing, Public Health Nursing, Pulmonary/Respiratory Nursing, Radiology Nursing, Rehabilitation Nursing, Renal Nursing, School Nursing, Sexual Health Nursing, Substance Abuse Nursing, Transplantation Nursing, Urology Nursing, Wound Care. Cochrane Nursing Care involves total of 451 reviews. These numbers may be reduced because some reviews are duplicate edition. Obstetrics Gynecology Nursing has 64 reviews and it is the highest. Forensic Nursing has not review. Cochrane nursing care makes a literature review for new research than existing reviews updates and publishes. These systematic reviews have more than seven thousand and they related to nursing care in cochrane library. The primer authors are nurses and they have 451 reviews. But, nurse authors absent in the cochrane homepage. Weekly share on Cochrane Nursing Blog. This sharing includes predetermined topic with Cochrane's evidence. Conclusion: Evidence based nursing practice is hotly-debated and all nurses urge upon this topic. In cochrane library, many of reviews are interested in nursing care. It is known as representing an international gold standard for nurse and it has primer nurse authors. Merely, nurse authors are less than other authors in the cochrane's pool. The information repository is easy access because main text and abstract appear on Cochrane Nursing Blog. It has evidence based information for clinic nurse and nursing school. Cochrane Nursing Care Bulletin shares information regularly about new research and reviews. Up to date information is easy access when subscribe with e-mail address. The purpose of this review is to research on nursing studies in the Cochrane database. Key words: Nursing, Research, Cochrane, Turkey

ADDRESS FOR CORRESPONDENCE: **GÖKŞEN POLAT**, Izmir Katip Celebi University, Turkey

E-Mail Address: goksennpolatt83@gmail.com

The Effect of Consumption of Date Fruit and Nipple Stimulation in Late Pregnancy on The First Stage of Labor

Halime Esra Partovi Meran, Selçuk University, Turkey

Gülay Rathfisch, Istanbul University, Turkey

Abstract

The study was conducted to determine the effect of consumption of date fruit and nipple stimulation on the onset of labor. The study was designed to be randomly controlled. The samples were applied to pregnant women satisfying the research criteria in a state hospital in Istanbul between October 2013 and June 2014. In this regards, 198 pregnant women were randomly assigned to the date fruit, nipple and control groups. From the 37th gestational age to the onset of labor, 6 date fruits were consumed per day by the date fruit group and the nipple stimulation was applied 6 minutes per day for the nipple group. No intervention was made for the control group. The experiences of pregnancy and the labor were recorded on a weekly basis from the 37th gestational age to the onset of labor in the date fruit, nipple and control groups. Analysis of the research data was performed using a statistical package program. In data analysis; descriptive statistical methods, One Way ANOVA test, Kruskal-Wallis ANOVA test, Pearson Chi-square test were employed. The spontaneous onset of labor was lower in the control group (72.7%) than in the date fruit group (93.9%) and in the nipple group (86.4%) ($p = 0.003$), respectively. The full term birth of a large part of the pregnancies in the date fruit (39.43 ± 0.66), nipple (39.57 ± 0.61) and control (39.86 ± 0.74) groups occurred. The results exhibited that pregnant women in the control group (15.2%) was more exposed to induction than the pregnant women in the group of date fruit (3.0%) and nipple (6.1%) group ($p = 0.029$). It was concluded that date fruit consumption and nipple stimulation positively affected spontaneous onset and induction use in pregnant women, made contribution to the realization of a large part of births in full term and did not lead to negatively maternal and fetal outcomes. Finally, date fruit consumption and the nipple stimulation, which nurses and midwife can easily employ in the pregnancies, can be a nonpharmacologic method that contributes positively to perinatal outcomes.

ADDRESS FOR CORRESPONDENCE: **Halime Esra Partovi Meran**, Selçuk University, Turkey

E-Mail Address: esrakal87@hotmail.com

STERILE TECHNIQUE PRACTICES OF OPERATING ROOM NURSES

Ümmü Yıldız Fındık, Trakya University, Turkey

Seher Ünver, Trakya University, Turkey

Zeynep Kızılcık Özkan, Trakya University, Turkey

Abstract

Bacterial contamination reduction and controlling infection are important issues in the operating room. Sterilizing instruments properly, maintaining aseptic protocols, preparing the operation site carefully, and avoiding contacts with objects outside the sterile field are everyday concerns for the operating room team members and essential to minimize infection rates (1, 2). This descriptive and cross-sectional study aimed to determine sterile technique practices of operating room nurses. Material and Methods: This study was carried out between March- April, 2016 on 60 voluntary operating room nurses working in one state and two university hospitals. Questionnaire form consisted of demographic questions and check list about sterile technique practices with 20 item were used as data collection (3). Descriptive data analysis, chi-square and pearson correlation were assessed for evaluation of the data using SPSS 20.0. Results: In this study, the mean age of nurses was 33.95 ± 7.92 years, mean year of working as an operating room nurse was 6.85 ± 5.6 years and 30% of them were working in the state hospital. Eighty-five percent of them were female and 91.7% of them had bachelor's and upper degree. Ninety-six point seven of them had taken in-service education about sterilization techniques and the mean questionnaire check list score was 92.5 ± 7.53 (min:60 – max:100). It was determined that, there was a positive correlation between working duration as an operating room nurse and mean questionnaire check list score ($r=.329$; $p:0.010$). There wasn't any significant difference between age, gender, working hospital, taking in-service education, education level and mean questionnaire check list score ($p>0.05$). Conclusion: Study results showed that operating room nurses had good skills among sterile technique practices and it was getting better with working many years in the operating room. These results reinforce the importance of being qualified in a same department and giving in-service education to inexperienced, young nurses about the sterile technique principles may help keeping them updated.

ADDRESS FOR CORRESPONDENCE: **Ümmü Yıldız Fındık**, Trakya University, Turkey

E-Mail Address: ummuyildiz@trakya.edu.tr

Turkish Validity and Reliability Study of Fear of Pain Questionnaire-III

Seher Ünver, Trakya University, Turkey

Fatma Nesrin Turan, Trakya University, Turkey

Abstract

Aim: This study aimed to adapt the Fear of Pain Questionnaire-III into Turkish and to examine the validity and reliability indicators. **Methods:** Four hundred and fifty-nine nursing students were included in the study. The Turkish translation was done by the responsible scale developer and language experts. For language validity, expert opinions were taken; for content validity, Lawshe's ratio formula was used and for construct validity, exploratory factor analysis was used. The factors were rotated with Varimax rotation method. For reliability indicators, test re-test reliability and internal consistency coefficient were utilized. **Results:** According to the explanatory factor analyses, the three factored model explains % 50.5 of the total variance, the item factor loads were varied between 0.482-0.659 and these indicate the good construct validity of this questionnaire. The test re-test value was 0.846 and Cronbach's alpha value was 0.884 for the total questionnaire. **Conclusion:** The Turkish version of the Fear of Pain Questionnaire-III has sufficiently high reliability and validity. This tool is able to be used in evaluating the fear of pain among young and healthy Turkish population. For the future studies, researchers from different areas (surgery, dentistry, delivery, psychology etc.) may evaluate their patients' fear of pain by this tool.

ADDRESS FOR CORRESPONDENCE: Seher Ünver, Trakya University, Turkey

E-Mail Address: seher.unver@hotmail.com

Pain Management in Operated Patients with Lumbar Disc Hernia

Seher Ünver, Trakya University, Turkey

Abstract

Aim: This study aimed to explore the pain management methods used by patients who were operated for lumbar disc hernia. **Methods:** This descriptive and cross-sectional study consisted of 198 patients with lumbar disc hernia who were hospitalized at neuro-surgery service of a university hospital in between 18th April 2016-14th December 2017. **Results:** Ninety-nine of the patients were operated for lumbar disc hernia at least one year ago (operated group). Data were collected with a personal information form, pain management inventory and visual analog scale. The first three pain management methods used by the operated group were; prescribed medication, avoiding activity and focusing on personal supportive beliefs. Prescribed medication and stress-control methods were significantly more used by the operated group ($p<0.05$). None of these methods were identified as being significantly more helpful by the operated group than the non-operated group ($p>0.05$). **Conclusion:** Study results showed a high rate of prescribed medication usage among operated lumbar disc hernia patients and it was reported as the most helpful pain management method. According to the results of this study, it can be said that, nurses should be aware of the common use of pain management methods in their patients to consider the side effects or their impacts on the current therapy of patients.

ADDRESS FOR CORRESPONDENCE: Seher Ünver, Trakya University, Turkey

E-Mail Address: seher.unver@hotmail.com

ORAL MUCOSITIS: I CAN'T TALK, I CAN'T SWALLOW

Seher Çakmak, Gumushane University, Turkey

Nesrin Nural, Karadeniz Technical University, Turkey

Abstract

Oral mucositis (OM) is ulcerative and inflammatory disease of oral mucosa. Cancer chemotherapy causes OM with direct and indirect effects. It starts 5-7 days following treatment and continues for about 7-14 days. OM, which is characterized by dryness in the mouth, taste change, erythema, edema, ulceration, bleeding, pain and infection that can be life-threatening in some patients causes suffer from chewing, swallowing and talking difficulties, insufficient hydration, malnutrition and impairment of daily function of patients. In previous studies is reported that patients with oral mucositis develop more than one oral dysfunction at the same time, suffering from intense pain, the oral intake of some patients is completely inhibited. Weight loss is common and patients need gastrostomy or parenteral nutrition. On the other hand; it causes to suspend or terminate treatment, the patient's prolonged hospitalization, opioid analgesic use, more need for liquid and nutritional support, antifungal and antiviral treatment and prophylaxis, to reduce the quality of life, even death. Although there are many pharmacological (benzindamine hydrochloride, chlorhexidine, povidone iodine, palifermin) and non-pharmacological (honey, royal jelly, cryotherapy, radiation shields, low dose laser therapy and oral hygiene etc.) agents in the prevention and / or treatment of oral mucositis, its clinical significance continues. Oncology nurse is the primary responsible to prevention of oral mucositis and / or protection of oral health with daily oral assessment and with the best oral care practices for the current condition of the patient. However, oral evaluation in patients is not often performed / can be skipped or patients may be tending not report orally this problem. The evidence database needs to be strengthened with further studies aiming at the prevention of oral mucositis

Key words: Cancer, Chemotherapy, Oral mucositis

ADDRESS FOR CORRESPONDENCE: Seher Çakmak, Gumushane University, Turkey

E-Mail Address: seher.seher61@gmail.com

PALLIATIVE CARE REQUIREMENTS OF ADVANCED STAGE CANCER DISEASES

Nesrin Nural, Karadeniz Technical University, Turkey

Seher Çakmak, Gumushane University, Turkey

Havva Karadeniz, Karadeniz Technical University, Turkey

Abstract

Cancer is an important maintenance issue which seriously impairs the physical and psychological well-being, prevents social relations of the individual. In particular advanced cancer patients have symptoms at multiple, simultaneous and severe levels. In previous studies is reported that the most common symptoms of patients are pain, fatigue, sadness, anxiety, depression, poor general condition, decreased appetite and weight loss. These symptoms present some requirements that must be met. These are the physical requirements, daily living activities requirements, economic requirements, psychological requirements, psychosocial requirements, sexual requirements, communication requirements, information requirements and spiritual requirements of the patients. For this reason, holistic maintenance is important. Identifying and meeting these requirements in the palliative phase of cancer contributes to increased patient satisfaction and quality of life, and reduced health care costs.

Key words: cancer, palliative care

ADDRESS FOR CORRESPONDENCE: Seher Çakmak, Gumushane University, Turkey

E-Mail Address: seher.seher61@gmail.com

PROBLEMS IN NURSING EDUCATION IN TURKEY

Havva Karadeniz, Karadeniz Technical University, Turkey

Nesrin Nural, Karadeniz Technical University, Turkey

Seher Çakmak, Gumushane University, Turkey

Abstract

According to the International Council of Nurses (ICN), nursing is a type of profession that helps to protect and develop the health of an individual, family and community and participates in the rehabilitation in case of disease. Among the healthcare staff, nurses constitute the largest group. In a report presented by the World Health Organization experts committee, it is stated that 50% of health care in developing countries is provided only by nurses and they work as the only personnel in many sub-centers. In developed or underdeveloped models, three basic services in hospital management have been the main functional force throughout history. They constitute the three legs of a stool in administration as Medical Services, Nursing Services and Administrative and Financial Services. The role and the importance of nursing services are unquestionable in reaching the aims of hospitals. Especially today, achieving performance criteria such as quality, productivity and patient satisfaction is considerably achieved by the quality nursing services. Regarded to be the main labor force in the presentation of health services, nurses are responsible for the continuous implementation of 24-hour patient care and services and the management of their services. This structure is a constant reality in traditional and modern hospital organizations. To determine the current issues in nursing education in Turkey, produce solution based proposals, raise the standards and enhance the quality of nursing undergraduate programs, Higher Education Council (HEC) has organized "Nursing Degree Training Workshop". In this meeting, the main problems in nursing education have been determined as insufficient number of faculty members, excessive number of students, differences among education programs, non-nursing managers at nursing schools, inadequate application areas, non-standardized clinical guidelines, paid internships for students, and various applications in insurance applications.

Key words: Nursing, Nursing education, Turkey

ADDRESS FOR CORRESPONDENCE: Seher Çakmak, Gumushane University, Turkey

E-Mail Address: seher.seher61@gmail.com

SOCIAL GENDER

Havva Karadeniz, Karadeniz Technical University, Turkey

Nesrin Nural, Karadeniz Technical University, Turkey

Seher Çakmak, Gumushane University, Turkey

Abstract

The genetic, physiological and biological traits of an individual as a woman or a man are called "gender". Gender role is the expectation from male and female behavior to be appropriate to the beliefs and attitudes of a particular society. Most of the problems women face and have to struggle today are related to the prejudices and stereotypes defined by a society and culture regarding their male-female identities and roles, in other words, 'gender.' Social gender refers to socially determined roles and responsibilities of women and men and it is not a concept about biological differences. Rather, it is a concept about how society sees, perceives, thinks us and expects us to behave as men and women. Social gender is transmitted to a gender in a process. Learning a gender role and adopting it in one's life take place in the form of socialization and internalization. It is mothers, fathers, families, teachers, groups of friends and media that ensure the continuation and reproduction of this tripartite relationship. Unlike biological gender, social gender differences occur within socialization process. For this reason, it may change from culture to culture and from society to society. Social gender shapes the lives of both men and women, and as a result, this diversity goes beyond only 'being different' and bears a meaning that determines the inequalities between genders in reaching and achieving resources. The norms and values that determine gender relations at the individual and family level are also found in all institutions and organizations such as health care, legal fields, economics and religious organizations. These complex norms and values system, which frequently reflect gender discrimination, shape the opportunities, resources and options that women and men can achieve.

Key words: Gender, Discrimination, Inequality

ADDRESS FOR CORRESPONDENCE: Seher Çakmak, Gumushane University, Turkey

E-Mail Address: seher.seher61@gmail.com

CHILD ABUSE

Havva Karadeniz, Karadeniz Technical University, Turkey

Nesrin Nural, Karadeniz Technical University, Turkey

Seher Çakmak, Gumushane University, Turkey

Abstract

Child abuse and neglect is the risk of any kind of physical, emotional, mental or sexual harm to a child and put her/his health and safety in danger as a result of actions neglected by the parents and/or the people responsible for his/her health and protection. According to the World Health Organization, the incidence of child abuse in the world is 10 times higher than the incidence of cancer. Child abuse is also an important public health problem in our country, which has serious medical, legal and social aspects that can lead to serious injuries, disabilities and even deaths. Child abuse is the most difficult type of trauma to be identified and treated because it can be repeated, usually done by the nearest person, and it has long-term effects that affect the child's life. In a study conducted in the United States, about 1% of children are abused and this rate is only 10% of the actual frequency in the population. In a study involving 16.100 children and conducted by Bilir et al., the abuse rate was 33%. It is necessary to follow a systematic, scientific based, multidisciplinary and permanent approach to protect children from abuse that is a public health problem. Literature reports that 61% of child abuse-related deaths have been found to be preventable. In the context of the protection of children from neglect and abuse, it should be primarily aimed at developing protection programs based on early intervention for children. As a part of preventive services, home visits have been shown to reduce the number of abuse and neglect cases. For this reason, that the health workers who work in primary health care institutions should participate in awareness trainings about abuse, make home visits, identify risky families in terms of child abuse, and arrange home visits more frequently to these families has vital importance for the early identification and resolution of problems.

Key words: Child abuse, Primary health care institutions, Protection

ADDRESS FOR CORRESPONDENCE: Seher Çakmak, Gumushane University, Turkey

E-Mail Address: seher.seher61@gmail.com

FACING WITH DEATH IN PALLIATIVE CARE

Seher Çakmak, Gumushane University, Turkey

Nesrin Nural, Karadeniz Technical University, Turkey

Yasemin ÇIRACI YAŞAR, Karadeniz Technical University, Turkey

Abstract

The death which is inevitable fact is a nature part of life process. Good death, tranquilly death process with your loved ones after completing a quality and long life. The aim in nursing practices helps patients and patient's relative able to cope with this process that individuals live in and to find meaning in their lives. The meaning that both patient and nurse put to death is influences the this process. One of the most important goals of palliative care provides "a good death" or "a good death process". While palliative care patients define good death as to dying in sleep, dying quietly, dying with dignity, dying painless way and dying suddenly, nurses also define good death as adequate symptom control, family involvement, peacefulness and distress. It is important individualize death and control according to the patient's personal preferences. Palliative care nurse must meet the physical, emotional and spiritual needs of the patient make feel understand her/him and be with her/him preparing the dying patient and his family for the approaching death. However, in cases where nurses can not develop a positive attitude toward death or accept this fact, nurses usually have difficulty communicating with patients and family members about death and both the nurses and the patients are suffering from result of this.

Key words: palliative care, death, good death

ADDRESS FOR CORRESPONDENCE: Seher Çakmak, Gumushane University, Turkey

E-Mail Address: seher.seher61@gmail.com

HOPE OF INDIVIDUALS WITH CHRONIC DISEASE: COMPLEMENTARY AND ALTERNATIVE TREATMENT

Nesrin Nural, Karadeniz Technical University, Turkey

Seher Çakmak, Gumushane University, Turkey

Havva KARADENİZ, Karadeniz Technical University, Turkey

Abstract

In recent years, with the prolongation of the life span, chronic diseases have become an important health problem. Individuals with chronic diseases are confronted with disease management such as complex treatment, self-care. Parallel to the increase in chronic diseases, there is a trend towards complementary and alternative therapy (CAM) applications. Especially patients with cancer, diabetes and cardiovascular disease use CAM methods widely. Factors such as the desire to live longer and healthier, decrease the side effects of drugs, strengthen the immunity system and develop healthy behaviors cause to turn to CAM methods of these patients. At the beginning of the most preferred CAM applications are herbal products. Patients believes that CAM is useful and less side effect, no harm, provide physical and psychological relief, slow the progress of their illness, safer than standard treatments. However, patients generally use except the knowledge of health professionals these applications. These unproven scientific applications can be cause negative consequences that can seriously affect human health, or even death. Nurses must have question the CAM methods used by the patients through effective communication and cooperation with the patient, knowledge about drug-drug and drug-herb interactions.

Key words: chronic disease, complementary and alternative treatment

ADDRESS FOR CORRESPONDENCE: Seher Çakmak, Gumushane University, Turkey

E-Mail Address: seher.seher61@gmail.com

The Effect of Verbal Information on Anxiety Among Patients Undergoing Bronchoscopy

Zeynep Kızılıcık Özkan, Trakya Univesity, Turkey

Ayşe Gökçe Işıklı, Trakya Univesity, Turkey

Ümmü Yıldız Fındık, Trakya Univesity, Turkey

Abstract

Background: Bronchoscopy have visualise tracheobronchial branches and bronchopulmonary segments with bronchoscope to diagnose or treat pulmonary system diseases (Erdil & Elbaş 2012). Because bronchoscopy is an invasive procedure that creates choking and coughing (Annakkaya 2003 & Colt ve ark.1999) the procedure causes the anxiety levels of the patients to rise (Tetik Kurt ve ark. 2014). Aim: This descriptive and experimental-control study aimed to determine the effect of verbal information on anxiety of patients undergoing bronchoscopy. Material and Methods : This study was carried out between February 2017 - February 2018 on 60 voluntary patients undergoing bronchoscopy in the Thoracic Surgery ward of Trakya University Research and Practice Center. In data collection, patient definition form, patient follow-up form, The State-Trait Anxiety Inventory (STAI) and patient information form. Collected data were analyzed t test, chi-square and pearson correlation tests in SPSS 20.0. Results: In present study, the mean age of patients was 59.78 ± 10.72 , and 70% of them were male. 68.3% of them had not experience of bronchoscopy. The mean score of experimental group patients trait anxiety was 41.70 ± 10.37 and the mean score of control group patients trait anxiety was 40.76 ± 10.73 . There was not a difference in mean state anxiety scores between the two groups ($X^2= 25.333$, $p = 0.828$). The mean score of experimental group patients state anxiety was 45.33 ± 8.84 and the mean score of control group patients state anxiety was 44.13 ± 8.42 . There was not a difference in mean trait anxiety scores between the two groups ($X^2= 20.000$, $p = 0.747$). Conclusion: This study demonstrated that before procedure delivery of verbal information to patients does not change anxiety levels of patients of bronchoscopy. Future studies can determine the effects of other factor on anxiety.

ADDRESS FOR CORRESPONDENCE: Zeynep Kızılıcık Özkan, Trakya Univesity, Turkey

E-Mail Address: zeynepkizilcik26@hotmail.com

The effect of reflexology on lactation and postpartum comfort in primiparas giving births via cesarean section; A randomized controlled study

Seyhan CANKAYA, Selçuk University, Turkey

Gülay Rathfisch, İstanbul University, Turkey

Abstract

Objective: To investigate the effect of reflexology on lactation and postpartum comfort in primiparas giving a birth through cesarean section. Design: A randomised controlled study, Setting: A state maternity hospital. Participants: One hundred postpartum primiparas performed their first birth through cesarean section were investigated between May 2016 and May 2017. Interventions: Expectant mothers were randomly classified into either an intervention or a control group. Reflexology was performed in mothers in the intervention group three times per day for 30 min every eight hours. Mothers in both groups received the same nursing care. Measures: Measurement tools included: the breastfeeding chart system (LATCH) to define newborns' breastfeeding, the visual analogue scale (VAS) to determine the signs of starting of lactation and the postpartum comfort questionnaire (PPCQ). Findings: It was found that mean LATCH scores and breastfeeding success rates of mothers in the intervention group were even higher than those of the controls, and the first lactation period of mothers in the intervention group took place in a shorter period (mean 2.8 hours) than those of the controls (mean 8.8 hours) (Log Rank: Mantel-Cox $\chi^2=9.247$, $p=0.002$). Averages of breast-tension, breast-heat and breast-pain were found similar in both groups on the first day, but an increase was seen in those in the intervention group on days 2 and 3, compared to those in the controls ($p<0.001$). Mean PPCQ scores of mothers in the intervention group were detected to be better than those in the controls ($p<0.001$). Conclusion: Reflexology speeds up healing process, especially in mothers giving births via cesarean section, and so starts lactation period in an earlier period, supports the breastfeeding period and increases mothers' postpartum comfort. Implications for practice: While planning postpartum period, nurses should take reflexology into account to obtain maternal biopsychosocial well-being by increasing primiparas' lactation, breastfeeding and comfort.

Key words: reflexology, nursing care, lactation, breastfeeding, postpartum comfort

ADDRESS FOR CORRESPONDENCE: Seyhan CANKAYA, Selçuk University, Turkey

E-Mail Address: seyhane32@gmail.com

CARE BURDEN ON FAMILY WITH DISABLED CHILDREN

Nevin GÜNAYDIN, Ordu University, Turkey

Funda ÖZPULAT, Selcuk University, Turkey

Abstract

Birth is special for every family. Every child to be born is expected by his parents with excitement and anxiety, and in this process various expectations are formed about the child to be born in the family. The fact that a child who participates in the family does not show normal development can lead to the differentiation of the expectations of the family, and the intense worry and stress. Psychological problems can be encountered such as shock, denial, sadness, anger, avoiding meeting with the outside environment, self-reliance and decline in respect, anxiety, hopelessness about the future and feelings of depression with the participation of the disabled child in the family. In addition variables such as economic difficulties, lack of information, family tensions, changes in roles in the family, decrease in participation in social activities, deterioration of marital relations, and attitudes of society towards disabled people are among the main difficulties for disabled children's families and can have serious problems in the care of the child. The care delivery process is not limited to a single type of help but also includes emotional support, physical or financial support. Other types of assistance include health care coordination of some social services, routine health care, personal care, transportation, shopping, small household chores, money management, financial assistance, and sharing the same house. Care is a multi-dimensional perceived experience in terms of caregivers. Long-term care affects areas that are indicative of quality of life, such as health, socioeconomic status, and psychological status. The burden experienced by the caregiver can lead to depression, anxiety, burnout, decreased physical health, social isolation and economic difficulties. The identification of the characteristics of the caregivers and their difficulties will be important in the formation of support groups, planning of the service to be taken, determination of resources, improvement of the services provided by health institutions and health policies.

Keywords: Disabled Child, Family, Care Burden

ADDRESS FOR CORRESPONDENCE: Nevin GÜNAYDIN, Ordu University, Turkey

E-Mail Address: gunaydinnevin@gmail.com

THE ROLE OF NURSES IN TRADITIONAL-MODERN MEDICINE CONFLICT

Nevin GÜNAYDIN, Ordu University, Turkey

Funda ÖZPULAT, Selcuk University, Turkey

Abstract

In almost all societies around the world traditional medicine applications are being resorted to for diagnosis and treatment of various diseases. Because of the difficulty of reaching the public among the modern medical methods, traditional medicine methods can be used more frequently in rural areas. Another reason for the widespread use of traditional methods is that modern methods are expensive. For these reasons, cheap and easily accessible traditional methods are encountered although scientific validity is discussed. Traditional methods can also be used for a variety of reasons, including longer and healthier living, reducing side effects of medications, strengthening the immune system, relieving hopelessness, strengthening healthy behaviors, avoiding tension and loss of control. There is a constant conflict between modern medicine and traditional medicine. Modern medicine and traditional medicine often coexist in spite of the fact that modern medicine usually does not approve traditional medicine. Above all, the common roots between modern medicine and traditional medicine are available at every level of society, and their subordinate medical systems are often together. Health services need to be planned, implemented and evaluated taking these facts into consideration. The nurse enhances the quality of care by taking into account the cultural characteristics of the individual and broadens the perspective of the nursing. It is the right approach for nurses to avoid conflict with the individual they care for in cultural practices, act together and guide them to develop a healthier lifestyle.

Key words: Traditional Medicine, Modern Medicine, Nurse

ADDRESS FOR CORRESPONDENCE: Nevin GÜNAYDIN, Ordu University, Turkey

E-Mail Address: gunaydinnevin@gmail.com

AN IMPORTANT HEALTH PROBLEM IN WOMEN: GYNECOLOGICAL CANCERS

Nevin GÜNAYDIN, Ordu University, Turkey

Funda ÖZPULAT, Selcuk University, Turkey

Abstract

Cancer disease, as old as human history is one of the most dangerous diseases that threaten human life despite countless studies on this subject. For this reason, cancer is an important health problem for every society. Gynecological cancers are of special importance for the meaning expressed by the female reproductive organs. Gynecological cancers affect women, partners and family physically, psychologically, socially and economically. It creates short and long-lasting adjustment difficulties, shaking one's homeostatic balance. According to the World Health Organization (WHO) International Agency for Research on Cancer (IARC) estimates there are 6.7 million new cases of cancer and 3.5 million deaths among women in 2012. 56% of them and 64% of deaths were in less developed countries. Among women these numbers are expected to increase to 9.9 million cases and 5.5 million deaths by 2030. These figures constitute about one-fourth of the female cancer cases and deaths in the region, the majority of which are in China. Following East Asia, the largest number of cancer cases and deaths occur in North America and South-Central Asia. In North America cancer cases and death cases constitute about 90% of the total area. Cancer cases and deaths in India account for about 65% of South-Central Asia. Gynecological cancers are one of the most important causes of morbidity and mortality in women after breast cancer and it is necessary to determine the incidence of gynecologic cancers to determine the risk factors associated with gynecological cancers, to investigate the cause of gynecological cancers, to prevent gynecological cancers and to develop appropriate strategies for treatment. The precautions to be taken against gynecological cancers are very important in preventing the emergence of new cases. Increasing the number of surveys to be done on the subject will be useful in revealing the true dimensions of the gynecological cancer risk and health education needs and preventing the disease from occurring.

Keywords: Women, Health Problems, Gynecological Cancer

ADDRESS FOR CORRESPONDENCE: Nevin GÜNAYDIN, Ordu University, Turkey

E-Mail Address: gunaydinnevin@gmail.com

HEALTH PROGRAMS AND SOCIAL EFFECTS

Nevin GÜNAYDIN, Ordu University, Turkey

Funda ÖZPULAT, Selcuk University, Turkey

Abstract

Mass media is an indispensable place in the everyday life of contemporary people. Together with technological development, television is the most widespread and most effective mass communication tool in our lives. Television has always been evaluated at a different location from other mass media. It has become a device both in our country and throughout the world, in which people spend their lives for a considerable period of time. When the development stages of the mass media and their accessibility to the individual are taken into consideration, none have reached the power of the television. Discussions on the effects of television on individuals and society generally converge on two poles. These are divided into positive and negative effects of television on the individuals. However, the focus of the discussions is on the negative effects of television. In recent years, the number of health programs on national television has increased visibly. Almost every television channel has a health program. Broadcast times of programs especially in the morning can reach up to 1-2 hours a day. Audiences are connected via telephone, telling their complaints and waiting for a solution proposal in these health programs,, these programs can often turn into advertisements for physicians and health care providers. Doctors deal with the issue of examination and diagnosis with new technology in these programs. At the same time, the increase of the health programs in the written and visual media increases the anxiety of the disease in the society, it can bring about problems such as going to the doctor more and using the wrong and unnecessary drugs.

Keywords: Television Programs, Health, Social Impact

ADDRESS FOR CORRESPONDENCE: Nevin GÜNAYDIN, Ordu University, Turkey

E-Mail Address: gunaydinnevin@gmail.com

IN INTENSIVE CARE UNITS: COMPASSION FATIGUE LEVEL IN NURSES'S PROFESSIONAL QUALITY OF LIFE

Tuğba Balık, Kanuni Education and Research Hospital, Turkey

Şule KURT, Recep Tayyip Erdogan University, Turkey

Burcu GENÇ KÖSE, Recep Tayyip Erdogan University, Turkey

Havva Öztürk, Karadeniz Technical University, Turkey

Abstract

AIM: This study was done in order to explore compassion fatigue levels on nurses who work intensive care unit. **METHOD:** Population of this descriptive study was composed of 71 nurses who worked at a research and training hospital in intensive care units. No sampling was made and all the population was targeted and the study was undertaken with 110 nurses who accepted to answer the survey forms. The data were gathered using a survey form of 14 questions addressing nurses' socio-demographic characteristics and Professional Quality of Life Scale to determine compassion satisfaction, compassion fatigue and burnout levels. For the analyses of the data; percentages, ANOVA, Kruskal Wallis, Mann Withney U and t-test were employed. **FINDINGS:** 40.8% of the nurses were aged between 25 and 31 years, 78.9% of them were female, 62% of them were married, 63.4% of them had university graduation, 62% of them had a professional experience of 0-7 years, 47.9% of them had a hospital experience and 45.1% of them had intensive care unit experience of 0-3 years. 90.1% of the nurses worked willing, 67.6% of them cared 3-5 patients, 69% of them worked 16 hours and up. The average Professional Quality of Life score of nurses is 1.97 ± 0.4 and the average compassion fatigue level score of nurses is 1.18 ± 0.7 . However, gender of nurses ($p=0.00$), professional experience of nurses ($p=0.01$) and intensive care unit experience of nurses ($p=0.04$) between Professional quality of life scores were statistically significant. **RESULT:** Intensive care nurse' compassion fatigue level was found moderate level. Gender of nurses, professional experience of nurses, intensive care unit experience of nurses affected professional quality of life and gender is also affected compassion fatigue level.

Key words: Nurse, compassion fatigue, intensive care unit

ADDRESS FOR CORRESPONDENCE: Burcu GENÇ KÖSE, Recep Tayyip Erdogan University, Turkey

E-Mail Address: gencburcu@hotmail.com

ASSESSMENT OF DELEGATION LEVEL IN NURSE MANAGERS

Şule KURT, Recep Tayyip Erdogan University, Turkey

Burcu GENÇ KÖSE, Recep Tayyip Erdogan University, Turkey

Tuğba Balık, Kanuni Education and Research Hospital, Turkey

Havva Öztürk, Karadeniz Technical University, Turkey

Abstract

AIM: This study was done in order to explore delegation levels among nurse managers. **METHOD:** The population of this descriptive study was done with 22 nurses who accepted to participate in the study out of 50 nurse managers who worked at a public hospital and a research and training hospital. Limitation of the study was the small number of nurse managers in the city where they study was undertaken. The data were collected through a survey form that addressed nurses' demographic characteristics and Scale for Nurse Managers Delegation Level. The data were analyzed with percentages, Kruskal Wallis and Mann Withney U. **FINDINGS:** 68.2% of the nurses were aged between 30 and 39 years, 86.4% of them were female, 81.8% of them were married, 68.2% of them had university graduation, 40.9% of them had a professional experience of 10-15 years and 50% of them had a administration experience of 2-5 years. General delegation level of nurse managers was found to be 2.81 ± 0.57 . However; such sub-dimensions of the scale as gender, success in time-management, working hours, submission to others' requests in name of the clinical unit and being a guide for nursing processes at the units affected average sub-dimension scores of delegation among nurse managers and these findings were statistically significant. Cronbach's Alpha coefficient of the study was 0.739. **RESULT:** Nurse managers' delegation level was found to be at moderate level. Yet; gender, time-management, working hours, allowing others to request in name of the clinical unit and being an organizational guide affected nurse managers' delegation levels.

Key words Hospital, nurse, delegation

ADDRESS FOR CORRESPONDENCE: Burcu GENÇ KÖSE, Recep Tayyip Erdogan University, Turkey

E-Mail Address: gencburcu@hotmail.com

MATERIALS MEASURED TO BE PARENTHOOD IN THE PRENATAL AND POSTPARTUM PERIOD SETTLED IN TURKISH

Aylin ÇAKŞAK, Cankiri Karatekin University, Turkey

Dilek YILDIZ, University of Health Sciences, Turkey

Derya SULUHAN, University of Health Sciences, Turkey

Berna EREN FİDANCI, University of Health Sciences, Turkey

Abstract

INTRODUCTION-PURPOSE: The scale developed in the context of a certain culture and language, features that culture-specific conceptualization and sampling. Scale adaptation is a planned, systematic preparation for the same scale to be applied in different cultures or languages. Scales describe the scientific quality and reliability of research. Some scales are used to evaluate the relation of parents with newborn during pregnancy and postpartum period. The use of these scales is of great importance in terms of being healthy parents and collecting beneficial generations. This study was carried out to examine the scales adapted to Turkish that assessed parenthood status during pregnancy or postpartum period. **METHODS:** This study is conducted between 20.03.2018-30.03.2018 through Turkey Measuring Tools Directory, YÖK Thesis Search, Google Scholar, Dergipark using key words such as “being a parent”, “being a parent in the postpartum period”, “parenting pregnancy”, “postpartum”, “parenting scale” and so on. **RESULTS:** Maternal Attachment Inventory-MAI, Prenatal Attachment Inventory, Inventory of Functional Status After Childbirth-IFSAC, Neonatal Perception Inventory-NPI, The Postpartum Parenting Behavior Scale-PPBS, Prenatal Self Evaluation Questionnaire-PSEQ, Postnatal Paternal-Infant Attachment Questionnaire-PPAQ, Semantic Differential Scale-Myself As Mother, Mother to Infant Bonding Scale-MIBS and What Being the Parent of a New Baby is Like-WPL were adapted to Turkish, and it has been determined that the majority are valid and reliable. **CONCLUSION:** It has been determined that many of the scales are valid and reliable for Turkish society. Likert-type scales are the most commonly used scaling techniques in social studies. There are many scales that include parents as well as mothers. The scales evaluate, especially the new parent, love, stress, fear, feelings and behaviors.

KEYWORDS: Being a parent, parenthood, prenatal period, postpartum period, parenting scale

ADDRESS FOR CORRESPONDENCE: Aylin ÇAKŞAK, Cankiri Karatekin University, Turkey

E-Mail Address: aylinpekyigit@hotmail.com

Validity and Reliability of 5-D Itch Scale on Chronic Renal Disease Patients

Neşe ALTINOK ERSOY, Hacettepe University, Turkey

İmatullah AKYAR, Hacettepe University, Turkey

Abstract

Problem Statement: Pruritus, a common health related quality of life reducing issue for chronic renal disease patients, is defined as an unpleasant sensation causing skin itchiness. It affects almost half of end-stage renal disease patients, and a comprehensive assessment is sorely needed for prevention, treatment and management. Despite having visual analog scale as a measurement tool, multidimensional scales are needed to understand patient and plan effective nursing care. **Purpose of Study:** Research was conducted as methodological design with the aim of validity and reliability of multidimensional 5-D Itch Scale. The scale was developed by Elman, Hyman, Gabriel and Mayo at the Texas Southwestern Medical Center in Dallas, **Methods:** Study was conducted in two phase, validity and reliability, validity was language, content and construct validity and reliability was internal consistency and test-retest study with 100 patients. Socio-demographic form and 5-D Itching Scale were used to collect data of the study. For content validity, Davis's technique was used with content validity index. For construct validity, Bartlett's Test of Sphericity was used with the Kaiser-Meyer-Olkin test in the explanatory factor analysis, and the goodness of fit index was used in the confirmatory factor analysis. For internal consistency analysis, Cronbach's alpha reliability analysis was used. The Intraclass Correlation Coefficient is calculated for the Test-Repeat Test. In addition, consistency and stability in repeated measures were determined by the Bland Altman Graphical Approach. The use of permission the scale was taken from researchers who developed the scale. The investigation was approved by the ethics committee and informed consent was taken by the patients. **Results:** Translation of the scale from English to Turkish and back to English from Turkish was found compliant compared with the original. According to findings Kaiser-Mayer-Olkin test result was found 0.678, Bartlett's sphericity test result was found 0.000 and explained total variance for the 5-D Itch scale was found 70.284% at first stage. Cronbach's Alpha reliability analysis results of the 5-D Itch Scale was found 0.608 and harmony between first test and re-test Inter-Class Correlation Coefficient- ICC was found 0.936. **Conclusions and Recommendations:** 5-D Itch Scale was found to be valid and reliable in chronic kidney disease patients. Based on results of this study, this scale is recommended for use in determination of nursing interventions for itching symptom management, assessment of itching in kidney failure patients and use in clinical research.

Keywords: Hemodialysis, nursing, pruritus, chronic kidney failure, 5-D Itch Scale.

ADDRESS FOR CORRESPONDENCE: Neşe ALTINOK ERSOY, Hacettepe University, Turkey

E-Mail Address: nese.altinok@hacettepe.edu.tr

Pruritus and Nursing Approach in Chronic Renal Failure Patients

Neşe ALTINOK ERSOY, Hacettepe University, Turkey

İmatullah AKYAR, Hacettepe University, Turkey

Abstract

Itching, known as pruritus in Latin, is described as an unpleasant sensation that causes scratching. Pruritus affects the quality of life negatively because of physiological, physical and mental changes such as lesions, bleeding and infections in patients, causing fatigue and insomnia. Systemic causes of pruritus; chronic renal failure, liver diseases, iron deficiency anemia, hematological diseases, hypothyroidism / hyperthyroidism, Hodgkin's lymphoma and AIDS. Chronic renal failure associated with these systemic diseases, previously known as uremic pruritus, appears to be a disturbing symptom in patients with end stage renal disease. In a cohort study with 29,000 hemodialysis patients from 12 countries, the rate of itching was 42%. In a study from Turkey done in 2006, the frequency of pruritus was found to be 61.5% in continuous distant peritoneal dialysis patients and 50.2% in peritoneal dialysis patients. High prevalence of pruritus states and reveals the standardized and multidisciplinary symptom management approach as an essential component of pruritus care. Symptom management, which is one of the important roles of nursing, enables creative thinking in patient care and plays an important role in nursing science and clinical practice. Nurses role in pruritus care of hemodialysis patients begins with taking the patient's detailed itching history and physical examination, medications, scratching behavior and its effect on sleep patterns and integrity of the skin. Use of validated multi-dimensional tools is highly recommended in terms of initial assessment, and follow-up of treatment efficacy. European Guideline for Chronic Pruritus, general measures for chronic itch management are discussed in two sections 1) Avoidance 2) Recommendations. Avoiding status and factors are; dry skin/climate, hot weather etc. , recommending status and factors are; warm weather, non-alkaline soaps etc.

ADDRESS FOR CORRESPONDENCE: Neşe ALTINOK ERSOY, Hacettepe University, Turkey

E-Mail Address: nese.altinok@hacettepe.edu.tr

Patient Engagement in Chronic Disease Management of Older Adults

Dilara Usta, Hacettepe University, Turkey

Neşe Altınok Ersoy, Hacettepe University, Turkey

İmatullah Akyar, Hacettepe University, Turkey

Fatoş Korkmaz Mail, Hacettepe University, Turkey

Abstract

Aim: In this paper, we will discuss the importance of patient engagement in geriatric population with chronic diseases. Patient engagement is described as a patient-centered care model, in which healthcare professionals engage patients as peers to make decisions about their care, based on clinical evidence and patients' care expectations. There are four consequent phases of patient engagement process: blackout, arousal, adhesion, and eudaimonic project. These phases are promoted in a process of a disease condition includes patient's emotional, cognitive, and behavioral dynamics that affect patient's attitudes and meaning-making skills during their care. Understanding the position of engagement provides clinicians and healthcare services to better adapt the patient's engagement phase thereby develop more efficient ways to enhance patients' role in their care management. Patient Engagement in older adults: Across the industrialized world, countries face the challenge of caring for aging populations with rising rates of chronic disease and disability. As older adults front of many chronic conditions, making patients in their own healthcare management is discussed as a key strategy. Researchers have shown that patients who participate in their care are more likely to obtain better physical, psychological and organizational outcomes. At this point, patient engagement process is becoming significant in comprehensive health risk appraisal and self-management of chronic diseases. This patient-centered care model provides patients better information about their condition and empowers them to take responsibility for their care. When older adults play an important role in their own healthcare, this will decrease the burden of their caregiver and improve the quality of the healthcare services.

Keywords: chronic disease, older adults, patient engagement

ADDRESS FOR CORRESPONDENCE: Dilara Usta, Hacettepe University, Turkey

E-Mail Address: dilarausta06@gmail.com

EXAMINATION OF THE EFFECTS OF NURSING INTERVENTIONS APPLIED FOR INTRADIALYTIC HYPOTENSION

Gülşah Kesik, Hacettepe University, Turkey

Leyla Özdemir, Hacettepe University, Turkey

Abstract

Aim: Although intradialytic hypotension is the most common hemodialysis-related complication, there is no clinical guideline or evidence for its appropriate management. The aim of this study was to examine the interventions applied for intradialytic hypotension and the effects of these interventions on blood pressure. **Methods:** This descriptive study involved 57 patients, whose blood pressures and interventions for intradialytic hypotension during 6 hemodialysis sessions were followed, 342 follow-ups were monitored. **Results:** In the 342 follow-ups, intradialytic hypotension developed in 219. The Trendelenburg position alone was applied in 195 follow-ups (89%), the Trendelenburg position and pump-rate reduction were applied together in 24 follow-ups (11%). Pump-rate reduction alone was used in 151 follow-ups (68.9%). Intradialytic hypotension developed at significantly high rates in cases where the first hemodialysis session was performed after a 2-day break and in cases of high target ultrafiltration and pump rate values. **Conclusions:** The Trendelenburg position alone and reducing the pump rate plus Trendelenburg positioning increased the blood pressure significantly in cases of intradialytic hypotension. Excessive Trendelenburg position and reducing the pump rate by 20–60 ml/min compared with the onset rate of hemodialysis were more effective for increasing the blood pressure.

ADDRESS FOR CORRESPONDENCE: Gülşah Kesik, Hacettepe University, Turkey

E-Mail Address: gulsah_dogann@outlook.com

PREVENTION AND NURSING APPROACH FOR INTRADIALYTIC HYPOTENSION IN HEMODIALYSIS TREATMENT

Gülşah Kesik, Hacettepe University, Turkey

Leyla Özdemir, Hacettepe University, Turkey

Abstract

The number of patients in need of hemodialysis treatment in our country and in the world is increasing day by day. Although hemodialysis treatment is life saving, it also causes acute and chronic complications. Intradialytic hypotension is the most common complication of intradialytic complications and it is defined as in comparison with the pre-treatment a decrease in systolic blood pressure of 20 mmHg or more, or a decrease in mean blood pressure of 10 mmHg or more during hemodialysis treatment. Intradialytic hypotension can cause nausea, vomiting, cramps, restlessness, tiredness, fainting, and other complications. Intradialytic hypotension is very important for nurses because of the need for emergency nursing intervention. Although there are independent nursing interventions applied by nurses in the case of intradialytic hypotension, these interventions are not evidence based and do not have a specific standard. To conclude, it can be said that the number of researches made for intradialytic hypotension by the nurses is insufficient and it needs to be improved and nursing care should be standardized.

ADDRESS FOR CORRESPONDENCE: Gülşah Kesik, Hacettepe University, Turkey

E-Mail Address: gulsah_dogann@outlook.com

THE EFFECT OF EMPHATIC TENDENCY LEVELS OF NURSES ON THEIR CONFLICT RESOLUTION SKILLS

Sevil Masat, Ondokuz Mayıs University, Turkey

Esra Danaci, Bülent Ecevit University, Turkey

Asuman Sener, Ondokuz Mayıs University, Turkey

Tugba Kavalali Erdogan, Ondokuz Mayıs University, Turkey

Tugba Cinarli, Ondokuz Mayıs University, Turkey

Zeliha Koc, Ondokuz Mayıs University, Turkey

Abstract

OBJECTIVE: This study was conducted as a descriptive study to determine the effect of nurses' empathic tendency levels on their conflict resolution skills. **MATERIAL AND METHOD** The research was carried out with the participation of 228 nurses, who agreed to participate in the study, of 550 nurses working in a university hospital in Samsun, between August 20 - October 20, 2017. The data was collected using a questionnaire consisting of 25 questions, Empathic Tendency Scale and Rahim Organizational Conflict Inventory-II. Empathic Tendency Scale, developed by Dokmen (1988), is a 5 step likert scale, consisting of 20 items, that aims to evaluate people's potential to empathize with other individuals. Rahim Organizational Conflict Inventory was developed by Rahim (1983) and adapted into Turkish by Gumuseli (1994). The inventory is a five step likert scale, consisting of 28 items, that aims to solve conflicts between individuals and their managers and other coworkers. For using the questionnaire and the scale, a written permission was given by the related institution and an informed permission was given by the nurses participating in the study. Percentage calculation, one-way analysis of variance, Kruskal-Wallis test, and Mann-Whitney U test are used for evaluating the data. **RESULTS:** The average of the nurses that participated in the study is 32.3 ± 6.3 . It is determined that 89.9% of the nurses are female, 68.9% are married, 85.1% have bachelor's or postgraduate degree, 94.7% are working in various departments, 73.2% love their jobs, and 72.8% are working as staff nurses. For nurses, the average score in Empathic Tendency Scale is 69.9 ± 7.5 . A statistical relationship has been found between some of the sociodemographic and occupational characteristics of the nurses and their average score in quality of working life scale and Rahim Organizational Conflict Inventory ($p < 0.05$). In this study, a positive, moderate relationship has been found between Empathic Tendency Scale and Rahim Organizational Conflict Inventory, dimension of Integration ($r = 0.494$, $p < 0.001$). **CONCLUSION:** According to the data gathered in this study, it is determined that Empathic Tendency Scale score has a direct proportion to Rahim Organizational Conflict Inventory-II, dimension of Integration.

Keywords: Nurse, Quality of Working Life, Professional Attitudes in Nursing

ADDRESS FOR CORRESPONDENCE: Sevil Masat, Ondokuz Mayıs University, Turkey

E-Mail Address: svlmst@gmail.com

THE RELATIONSHIP BETWEEN QUALITY OF WORKING LIFE AND PROFESSIONAL BEHAVIOR FOR NURSES WORKING IN AN UNIVERSITY HOSPITAL

Sevil Masat, Ondokuz Mayıs University, Turkey

Tugba Cinarli, Ondokuz Mayıs University, Turkey

Asuman Sener, Ondokuz Mayıs University, Turkey

Tugba Kavalali Erdogan, Ondokuz Mayıs University, Turkey

Gülhan Simsit, Ondokuz Mayıs University, Turkey

Zeliha Koc, Ondokuz Mayıs University, Turkey

Abstract

OBJECTIVE: This study was conducted as a descriptive study to determine the relationship between nurses' quality of work life and professional attitudes. **MATERIAL AND METHOD** The research was carried out with the participation of 165 nurses, who agreed to participate in the study, of 550 nurses working in a university hospital in Samsun, between July 15 - August 15, 2017. A questionnaire consisting of 21 questions, Quality of Nursing Work Life Scale, and Professional Attitude Inventory at Occupation are used to gather data for this study. Quality of Work Life Scale, developed by Brooks (2001), and adapted into Turkish by Sirin (2011), is a 6 step likert scale, consisting of 42 items. Professional Attitude Inventory at Occupation, developed by Erbil and Bakir (2009), is a 5 step likert scale, consisting of 32 items, that aims to evaluate the vocational professionalism of midwives and nurses. Percentage calculation, unpaired t test, one-way analysis of variance, Kruskal-Wallis test, and Mann-Whitney U test are used for evaluating the data. **RESULTS:** It is determined that 95.8% of the nurses are female, 82.4% are married, 92.7% have bachelor's degree, 92.1% are working in various departments, and 63% are working as staff nurses. For nurses, the average score in quality of work life scale is 105.9 ± 7.5 . A statistical relationship has been found between some of the sociodemographic and vocational characteristics of the nurses and average score for quality of work life scale ($p < 0.05$). The average score for professional attitude inventory at occupation, for nurses, is 118 (76-159). A statistical relationship has been found between some of the sociodemographic and vocational characteristics of the nurses and their score in professional attitude inventory at occupation ($p < 0.05$). In this study, it is determined that there is no statistical relationship between the average scores of Quality of Work Life Scale and Professional Attitude Inventory at Occupation ($p = 0.188$, $r = -0.103$). **RESULT:** According to the data gathered in this study, it is determined that there is no relationship between quality of working life for nurses and their professional attitudes at occupation.

Keywords: Nurse, Quality of Working Life, Professional Attitudes in Nursin

ADDRESS FOR CORRESPONDENCE: Sevil Masat, Ondokuz Mayıs University, Turkey

E-Mail Address: svlmst@gmail.com

CONSIDERATIONS FOR PSYCHOLOGICAL ENDURANCE LEVELS OF NURSES WORKING IN PUBLIC HOSPITALS

Tugba Kavalali Erdogan, Ondokuz Mayıs University, Turkey

Asuman Sener, Ondokuz Mayıs University, Turkey

Sevil Masat, Ondokuz Mayıs University, Turkey

Gulsah Kaya, Sinop Atatürk Training And Research Hospital, Turkey

Cansu Atmaca Palazoglu, Gumushane University, Vocational School of Health Services

Zeliha Koc, Ondokuz Mayıs University, Turkey

Abstract

OBJECTIVE: This study was conducted as a descriptive study to determine the factors affecting psychological endurance levels of nurses. **MATERIAL AND METHOD** The research was carried out with the participation of 168 nurses, who agreed to participate in the study, of 320 nurses working in a university hospital in Samsun, between November 30 - December 30, 2017. A questionnaire consisting of 21 questions and Psychological Endurance Level Scale for Adults are used to gather data for this study. The Psychological Endurance Levels Scale was developed by Friborg, Hjemdal, Rosenvinge and Martinussen (2003), and adapted into Turkish by Basim and Cetin (2011). It is 5 step likert scale, consisting of 33 items. There are no minimum, maximum or cutoff scores in this scale. When evaluating this scale, higher scores indicate higher levels of endurance. For using the questionnaire and the scale, a written permission was given by the related institution and an informed permission was given by the nurses participating in the study. Percentage calculation, Kruskal-Wallis test and Mann-Whitney U test were used for evaluating data. **RESULTS:** The average of the nurses that participated in the study is 32.82 ± 7.11 . It is determined that 84.5% of the nurses are female, 62.5% are married, 46.4% have bachelor's degree, 89.9% are working in various departments, 71.4% love their jobs, and 93.5% are working as staff nurses. The average score in psychological endurance scale, for nurses, is 123.3 ± 21.3 . A statistical relationship has been found between some of the sociodemographic characteristics of the nurses and their score in psychological endurance scale for adults ($p < 0.05$). **CONCLUSION:** In this study, it is determined that nurses have high levels of psychological endurance. According to the data gathered in this study, it is determined that the nurses who are married, have kids, love their jobs and the department they are working at, and chose their departments of their own volition, have high levels of psychological endurance.

Keywords:Endurance, Nurse, Psychological Endurance.

ADDRESS FOR CORRESPONDENCE: Tugba Kavalali Erdogan, Ondokuz Mayıs University, Turkey

E-Mail Address: tugbakavalali@hotmail.com

Health perception of nurses and affecting factors

Cansu Atmaca Palazoglu, Gümüşhane University, Turkey

Beliz Yekeler Kahraman, Gümüşhane University, Turkey

Ayşe Elkoca, Gümüşhane University, Turkey

Esra Danacı, Bülent Ecevit University, Turkey

Abstract

Aim: This study was carried out to determine the health perception of the nurses and the affecting factors. **Method:** The study was carried out with the participation of 80 nurses working in the state hospital in Gümüşhane city center. The data was collected using the nursing introductory information form and the "The Perception of Health Scale". In the analysis of the data, Kruskal Wallis and Mann Whitney U test with frequency, percentage, mean, standard deviation were used and in the examination of the relations between variations, Pearson correlation test from nonparametric methods was used. **Results:** Of the nurses participating in the study, 92.5% were women, 7.5% were men, 55% were married, 58.8% had no children, 46.3% were graduates, 68.8% loved their work, 62.5% were satisfied with the service and 60% worked in shifts. The mean age of the nurses was 29.9 ± 6.4 years, the mean working years were 8.4 ± 6 years, and the mean weekly working hours were 48.2 ± 10.5 hours. The Perception of Health Scale mean score differs according to family structure and income of nurses; the data analysis showed that elementary family structure had significantly more health perception than extended family and the ones with more income than expenditure had significantly more health perception than the ones with less income than expenditure or equal income to expenditure. **Conclusion:** There is a positive relation between The Perception of Health Scale and the Control Center, Self-Awareness, Precision and Health Care subscales. While the level of health perception of nurses forming the study group is increasing, the levels of self-awareness, precision and importance of health are increasing. In literature research, sufficient numbers of studies were found to examine the health perception of nurses. That's why the comparison of obtained data couldn't be made due to insufficient study. It is recommended to increase the work in this area.

Keywords: nurse, health, health perception

ADDRESS FOR CORRESPONDENCE: Cansu Atmaca Palazoglu, Gümüşhane University, Turkey

E-Mail Address: cansuatmaca029@windowslive.com

IS DIALYSIS A RISK FACTOR FOR FOOT ULCERATION?

VACİDE AŞIK ÖZDEMİR, Recep Tayyip Erdoğan University, Turkey

Nesrin Nural, Karadeniz Technical University, Turkey

Abstract

Foot ulceration is a crucial health problem that influences quality of life negatively, requires hospitalization, causes loss of extremities and foot related mortality and produces a serious financial burden upon individual costs and health costs due to its treatment and medical management. Although the relation between dialysis treatment and foot ulceration is multi-factorial and has not been understood fully, the studies done indicate that foot ulceration is associated with such factors as physical-psychological health, mobility level, vision problems, nutritional status, smoking, hypoalbuminemia, low serum phosphorous level, tissue oxygenation, uremic neuropathy, peripheral artery disease, diabetes, anemia, edemas in lower extremities, susceptibility to infections, pressure on feet and legs during dialysis and receiving dialysis treatment twice or three times a week. As a result, it is evident that not only individuals with diabetes but also adults who receive hemodialysis treatment are considered to be under high risk in terms of foot ulceration and therefore it is necessary to pay due attention to the fact that these people with hemodialysis treatment should have the same foot assessment, training and care recommendations as those with diabetes. It is important that an awareness of foot ulceration should be developed in these people and those health professionals who provide care to them and therefore, nurses should focus on foot care.

Key Words: Hemodialysis, Foot Ulceration, Risk Factors, Nursing

ADDRESS FOR CORRESPONDENCE: VACİDE AŞIK ÖZDEMİR, Recep Tayyip Erdoğan University, Turkey

E-Mail Address: vacide2001@hotmail.com

NURSES' LISTENING AND PROBLEM-SOLVING SKILLS

Oğuzhan Ofşin, Bursa Mustafa Kemalpaşa State Hospital, Turkey

Semanur Kumral Özçelik, Marmara University Health Science Faculty, Turkey

Abstract

In this compilation, we have sought to emphasize the importance of the skills of listening and problem solving. Communication is the process whereby knowledge, ideas, emotions and thoughts and every other kind of meaningful message are exchanged with the help of symbols. Above all, communication begins with listening, and effective listening behavior is the foundation of effective communication. It has been shown that many people listen to or keep in their mind only very little of what is being said to them. Listening is the reaction shown toward visual and aural symbols. Listening is the process in which individuals select from and become interested in the verbal or non-verbal messages they hear, try to make meaning out of these messages, remember and respond. Developing empathy for the sender of the message enriches active listening. Empathy facilitates the process of understanding the actual content of the message. A listener who empathizes listens with care to the contents of a message, refraining from voicing an opinion. The aim here is to develop the skill of fully understanding what is being communicated without making judgments or forming opinions. It has been reported in a study that the listening behavior of nurses can contribute to communications between patient and nurse. At the same time, miscommunication is among the first and foremost reasons for medical errors. Active listening is a primary source of communication for nurses. It is vital to understand what patients say about themselves. The nurse must make more of an effort to concentrate on active listening so that the messages sent by the patient are understood and problems can be solved. Nurses that use active listening skills are better enabled to effectively manage their patients' treatment and care. By using their active listening skills, nurses can make use of techniques that facilitate reaching nursing diagnoses through communication and in this way help to ensure a successful interaction in which the nurse actually listens to the information provided by the patient and indicates that this information has been absorbed. Good communication is generally the most effective way of problem solving. Problem-solving skills refer to the level of an individual's capacity to acquire the knowledge and methods needed to find a solution and to be prepared to use and combine these methods to implement the solution. Problem solving is a natural part of all healthcare professional practices and the basic requirement for developing high quality patient care and professional skills. High quality healthcare necessitates recognizing and resolving health issues. Nurses with a high level of problem-solving skills can produce healthy solutions and increase the quality of healthcare services. To conclude, nurses who are equipped with effective listening skills are better able to cope with problems they may encounter and better enabled to communicate and interact with patients and their families as well as with other healthcare professionals.

Keywords: Communication, listening, nurse, problem-solving.

ADDRESS FOR CORRESPONDENCE: **Oğuzhan Ofşin**, Bursa Mustafa Kemalpaşa State Hospital, Turkey

E-Mail Address: oguzhanofsin@hotmail.com

Effects of Hospitals' Transformation and Change on Nurses: Levels of Job Satisfaction, Organizational Commitment, Work Alienation and Organizational Cynicism of Nurses

Semanur Kumral Özçelik, Marmara University Health Science Faculty, Turkey

Havva Öztürk, Marmara University Health Science Faculty, Turkey

Ayşe Nefise Bahçecik, Marmara University, Health Science Faculty, Nursing Department

Abstract

Background: Successful implementation of changes is affected by the attitude of employees against the change and innovation. In addition, these changes may result in cynic thoughts, alienation to work, and reduced levels of job satisfaction and organizational commitment of employees who negatively affect organizations. **Objectives:** This study is conducted to determine change-related opinions and attitudes, and levels of job satisfaction, organizational commitment, work alienation and organizational cynicism of nurses working at hospitals undergoing rapid change and transformation. **Methods:** This research was a descriptive and comparative study. Participants were 1000 nurses working in 52 public hospitals affiliated with the Ministry of Health in Istanbul/Turkey selected by the stratified sampling method. Data were collected with a questionnaire about the demographic characteristics of nurses and Attitude Against Change Scale, Work Alienation Scale, Organizational Cynicism Scale, Job Satisfaction Scale and Organizational Commitment Scale. Data were analyzed by frequency, percentage, mean, t-test, ANOVA and Tukey HSD, the Pearson Correlation Analysis, Linear Regression Analysis. **Results:** Fifty nine percent of nurses mentioned that their workload increased and 57% had feelings of uncertainty, confusion, and uneasiness due to the constant experience of change and novelty. Of the nurses, 47% felt insecure and 43% totally agreed that such changes negatively impacted their performance. In addition, total scores of nurses were 83.01 ± 18.71 for attitude towards change scale, 80.35 ± 13.97 for work alienation scale, 41.51 ± 11.78 for organizational cynicism scale, 59.54 ± 14.05 for job satisfaction scale and 43.84 ± 14.70 for organizational commitment scale. Young nurses with little professional experience working in specialized departments have a more negative attitude against change and were more inclined to cynical thoughts and alienation and also had lower job satisfaction ($p < 0.05$). While organizational cynicism and work alienation scores of nurses affected the attitude against change scale negatively, satisfaction and organizational commitment scores affected it positively ($p < 0.01$). **Conclusion:** Nurses have a med-level positive attitude against change, but they experience many problems related to changes. The primary influence on their attitudes against change was their cynic thoughts.

Keywords: Change, Nurses, Hospital, Transformation

ADDRESS FOR CORRESPONDENCE: Semanur Kumral Özçelik, Marmara University Health Science Faculty, Turkey

E-Mail Address: snkozcelik@gmail.com

The Relationship Between Organizational Cynicism and Organizational Identification in Nurses

İbrahim Enes UYAR, Marmara University Health Science Faculty, Turkey

Semanur Kumral Özçelik, Marmara University Health Science Faculty, Turkey

Abstract

The research was performed to examine the relationship between organizational cynicism and organizational identification in nurses. This descriptive and correlational study was carried out with 337 nurses at 11 public hospitals in Istanbul. Data were collected with the Information Form, Organizational Cynicism Scale and Organizational Identification Scale. Descriptive statistics, Student's t test, One-way ANOVA test, Mann Whitney-U test, Kruskal-Wallis-H tests, Pearson Correlation Analysis were used to evaluate the data. Nurses had a mean age of 29.91 ± 7.52 years, 81.9% were females, 67% had bachelor's degree and had a mean occupational experience of 8.25 ± 8.07 years. Nurses' total score from the Organizational Cynicism Scale and mean scores from the cognitive, affective and behavioral subscales were 3.10 ± 0.84 , 3.14 ± 0.93 , 2.92 ± 0.96 and 3.21 ± 0.88 , respectively. Nurses' mean score from the Organizational Identification Scale was 3.15 ± 0.88 . There was a negative, modest and statistically significant relationship between the scores nurses achieved from the Organizational Identification Scale and their total score from the Organizational Cynicism Scale and mean scores from the cognitive, affective and behavioral subscales ($r = -0.434$; $p < 0.01$, $r = -0.437$; $p < 0.01$, $r = -0.402$; $p < 0.01$, $r = -0.345$; $p < 0.01$, respectively). A negative, significant relationship between organizational cynicism and organizational identification was demonstrated as a result of the study.

Keywords: Nurse, Organizational Cynicism, Organizational Identification

ADDRESS FOR CORRESPONDENCE: İbrahim Enes UYAR, Marmara University Health Science Faculty, Turkey

E-Mail Address: ibrahimenesuyar@gmail.com

HEMŞİRELERİN VERİMLİLİĞE İLİŞKİN TUTUMLARI VE ÖRGÜT İKLİMİ ALGILAYIŞLARI

Cansel Onay Kaya, Marmara Üniversitesi, Turkey

Nefise Bahçecik, Marmara Üniversitesi, Turkey

Abstract

Araştırma hemşirelerin verimliliğe ilişkin tutumları ve örgüt iklimi algılayışlarını belirlemek amacıyla yapıldı. Tanımlayıcı nitelikteki çalışma İstanbul ilindeki 12 devlet hastanesinde 335 hemşirenin katılımıyla gerçekleştirildi. İstatistiksel incelemelerden Data were collected with the Information Form, Örgüt iklimi ölçeği ve Verimliliğe ilişkin tutum ölçeği, Descriptive statistics, Student's t test, One-way ANOVA test, Pearson correlation analysis, Lineer regresyon analizi (Backward) kullanıldı. Hemşirelerin yaş ortalaması $29,75 \pm 6,12$ yıl olup, %57,3 ü bekar %63,6 sı lisans mezunu, % 26 sı 5-9 yıl arası mesleki deneyime sahiptir. Hemşirelerin örgüt iklimi ölçeği puan ortalaması puanlar 1,48 ile 4 arasında değişmekte olup, ortalama $2,93 \pm 0,42$ dir. Verimliliğe ilişkin tutum ölçeği puan ortalaması 5,77 ile 86,54 arasında değişmekte olup, ortalama $43,96 \pm 11,41$ dir. Araştırma sonucunda hemşirelerin verimliliğe ilişkin tutum ölçeğinden aldıkları toplam puanları ile örgüt iklimi ölçeği toplam puanı arasında istatistiksel olarak pozitif yönde orta düzeyde anlamlı ilişki bulundu ($r=0.440$; $p=0.001$; $p<0.01$).

Anahtar Kelimeler: Hemşire, Örgüt İklimi, Verimlilik

ADDRESS FOR CORRESPONDENCE Cansel Onay Kaya, Marmara Üniversitesi, Turkey

E-Mail Address: cancel_91@hotmail.com

ERGENLERDE OLUMSUZ DEĞERLENDİRİLME KORKUSUNUN ÖZGÜVEN ÜZERİNE ETKİSİNİN İNCELENMESİ

Meltem Özcan, Erzincan University, Turkey

Meryem Fırat, Erzincan University, Turkey

Abstract

Giriş: Ergenlik dönemi kimlik gelişiminin kazanıldığı gelecekle ilgili kararların alındığı bir dönemdir. Bu nedenle ergenlerin kendilerine güvenleri ve çevre ile iyi iletişim kurabilmeleri sağlıklı davranış geliştirebilmeleri açısından son derece önemlidir. Olumsuz değerlendirme korkusu ve özgüven gibi psikolojik özellikler ergenlerin ruhsal iyilik halini doğrudan etkilemektedir. Araştırma lise öğrencilerinin olumsuz değerlendirilme korkularını, öz güven seviyelerini ve bunların birbiri ile olan ilişkisini inceleyebilmek amacıyla gerçekleştirilmiştir. **Yöntem:** Araştırmanın evrenini Erzincan İl merkezinde bulunan lise öğrencileri, örneklemini ise Ertuğrul Gazi Anadolu Lisesinde okuyan öğrenciler oluşturmaktadır. Veri toplama aracı olarak kişisel bilgi formu, Olumsuz Değerlendirilme Korkusu Ölçeği (ODKÖ) ve Öz-güven Ölçeği kullanılmıştır. Veriler ders saatlerinde sınıflara girilerek ulaşılabilen 344 öğrenciden toplanmıştır. Verilerin analizinde SPSS paket programı kullanılmıştır. **Bulgular:** Araştırma kapsamına alınan öğrencilerin yaş ortalaması 15.73 ± 0.93 olup, %60.2'si erkeklerden oluşmaktadır. Öğrencilerin babalarının %34.3'ü üniversite mezunu iken annelerinin ise sadece %11.3'ü üniversite mezunudur. Öğrencilerin %41.9'u ailelerinde ilk çocuk olduklarını, %40.7'si koruyucu bir aileye sahip olduklarını ve %66.3'ü de hayatlarından memnun ve mutlu olduklarını ifade etmişlerdir. ODKÖ puan ortalaması 41.65 ± 8.36 olarak bulunmuştur. Öz-Güven Ölçeği toplam puan ortalaması 3.76 ± 0.64 , dış öz-güven puan ortalaması 3.75 ± 0.70 , iç öz-güven puan ortalaması 3.78 ± 0.70 olarak bulunmuştur. Ölçekler arasında yapılan korelasyon analizinde istatistiki açıdan pozitif yönde anlamlı bir ilişki olduğu bulunmuştur ($p=0.000$). **Sonuç:** Öğrencilerin öz-güven ölçeğinden aldıkları puan ortalamaları nedeni ile yüksek düzey özgüvene sahip olduğu ve olumsuz değerlendirilme korkusu ile ilişkili olduğu sonucuna varılmıştır.

Anahtar Kelimeler: Olumsuz Değerlendirilme Korkusu, Öz-güven, Erge

ADDRESS FOR CORRESPONDENCE Meltem Özcan, Erzincan University, Turkey

E-Mail Address: meltemcan24@hotmail.com

Psychometric Evaluation of the Turkish Version of The Engagement with Beauty Scale

Hulya Saray Kılıc, Bilecik Şeyh Edebali University School of Health, Turkey

Sevinc Mersin, Bilecik Şeyh Edebali University School of Health, Turkey

Ozlem Ibrahimoglu, Bilecik Şeyh Edebali University School of Health, Turkey

Abstract

Problem Statement: The main purpose of nursing is to use all the beauties that can affect the human being in care and to increase the psychosocial and physical comfort of the person. The nurse's perception, however, often affects this comfort. In life, nurses who are aware of their beauty and who can define their own feelings will provide quality care in all aspects of the illness. For this reason, we can say that the results of this study, in which we are studying the validity and reliability of the scale of influence from beauty, can be used to evaluate the nurse's perception of beauty in patient care. **Purpose of the Study:** The aim of this study was to evaluate the reliability and validity of the Turkish version of the Engagement with Beauty Scale. **Methods:** Nursing and paramedics students were the participants of the study. Data were collected by using a questionnaire form and the Engagement with Beauty Scale. Descriptive statistics, Mann–Whitney U test, Kruskal wallis test, correlation coefficients, and psychometric tests were used for the analysis of data. **Findings and Results:** This methodological study enrolled a sample of 325 participants. The majority of participants (%69,8) were women. The mean age was 19.73 ± 1.58 years. The Engagement with Beauty Scale had acceptable internal consistency (Cronbach's alpha coefficients:0,880) and test–retest reliability (Paired sample t test:0,997; p:0,320). **Conclusions and Recommendations:** The Engagement with Beauty Scale was found to be a reliable and valid tool. The Engagement with Beauty Scale can examine individual differences in appreciation of and engagement with beauty.

Key Words: Beauty Scale, Nursing, Nursing Care, Psychometric Evaluation

ADDRESS FOR CORRESPONDENCE Hulya Saray Kılıc, Bilecik Şeyh Edebali University School of Health, Turkey

E-Mail Address: oogutlu@gmail.com

Using of Relaxation Techniques in Nursing Practice

Ozlem Ibrahimoglu, Bilecik Şeyh Edebali University School of Health, Turkey

Hulya Saray Kılıc, Bilecik Şeyh Edebali University School of Health, Turkey

Abstract

Problem Statement: Stress is the whole of the cognitive, emotional, behavioral, and bodily influences that are created by any internal or external factor that destroys the balance of the organism. While stress at a specific dose motivates the person, allows the organism to grow and mature; excessive, long-lasting and ineffective stress can negatively affect the psychological and physical well-being of the individual. One of the first steps to be taken to deal with stress and other discomforts is relaxation techniques. Relaxation techniques such as passive relaxation, biofeedback, autogenic relaxation, basic breathing exercises, progressive relaxation exercises help to relax the mind while focusing on reducing muscle tension and slowing breathing. Nurses at home, in hospital or the community are in close proximity with patients with high levels of anxiety in every healthcare sector. They help individuals by recognizing the sources of stress in their lives and how overcome. The aim of nurses working with individuals who need stress management is to ensure that the highest potential for the wellbeing of the individual. **Purpose of The Study:** The aim of this article is to emphasize the importance of applying relaxation methods in nursing practice. **Methods:** This work was planned as a literature review. **Findings and Results:** According to compiled literature information, relaxation methods are classified and explained. **Conclusions and Recommendations:** Relaxation techniques are easy and convenient. There is no negative effect. Relaxation methods according to the needs of the patients who need stress management help the person to notice the tensions in the body, to control their muscles and to relax the stretched parts of the body.

Key words: Relaxation Techniques, Nursing, Stress, Coping With Stress

ADDRESS FOR CORRESPONDENCE Ozlem Ibrahimoglu, Bilecik Şeyh Edebali University School of Health, Turkey

E-Mail Address: ogutlu@gmail.com

Integrating Palliative Care in Heart Failure

Gülşah Çamcı, Marmara University, Turkey

Sıdıka Oğuz, Marmara University, Turkey

Abstract

Palliative care offers patients a care which achieves symptom control with good quality of life. Palliative care is usually identified with cancer patients but individuals with heart failure also need palliative care. According to the World Health Organization, palliative care is needed mostly by patients with cardiovascular conditions followed by cancer patients. Patients with heart failure suffer from several symptoms, they have poor quality of life and it is difficult to estimate the course of their disease. Patients with heart failure, however, do not receive enough palliative care. Patients with heart failure should have palliative care integrated to their care to ensure that they receive palliative care services. The present study investigated palliative care models offered to patients with heart failures, and examined their outcomes. Several studies have found that heart failure patients who receive palliative care had better symptom management and quality of life and reduced hospitalizations.

ADDRESS FOR CORRESPONDENCE : Gülşah Çamcı, Marmara University, Turkey

E-Mail Address: gulsah_camci@hotmail.com

OPINIONS OF NURSES IN INTENSIVE CARE UNIT OF A UNIVERSITY HOSPITAL ON EUTHANASIA

Zühal Ekşi, Marmara University, Turkey

Nermin Olgun, Hasankalyoncu University, Turkey

Abstract

Euthanasia is a right to end life on purpose based on different medical reasons. Euthanasia looks like suicide, on the other hand reasons for ending life must be acceptable with medical reasons. Since there have not been criteria for this, euthanasia has become an important discussion issue today. For this reason, we aimed to evaluate intensive care unit nurses opinions about euthanasia. In this respect, nurses (n=102) working at a public corporation in 2016 were subjected to survey. According to results of the study nurses do not support euthanasia in general. According to demography; male nurses, those who are older than 35 ages, higher license graduated, working in new-born unit, having 11-15 vocational experiment, single, not having child and having a fellow in the past in terminal period were supporting(not?) euthanasia. On the other hand, female nurses having age under 25, license graduated, anaesthesia and reanimation department worker, having 6 months-1-year vocational experience, single, having three children and not having a fellow in the past in thermal period were supporting(not?) euthanasia. Difference analysis results showed that there was only one significant difference between supporting euthanasia based on age ($p<0,05$).

Keywords: Intensive Care, Nurse, Euthanasia, Terminal Period

ADDRESS FOR CORRESPONDENCE Zühal Ekşi, Marmara University, Turkey

E-Mail Address: zuhaleksi1991@gmail.com

The Effect of Diabetes Education on Self-Management and Self-efficacy of Patients

Nermin Eroğlu, Fenerbahçe University, Turkey

Necmiye Sabuncu, Haliç University, Turkey

Abstract

The worldwide incidence of diabetes is increasing, and it is a chronic metabolic disease considered to be an epidemic. Self-management must be provided to prevent diabetes complications. Self-management is the self-care behaviors that enable the individual to make decisions and take responsibility for care, use medicine in the disease process, medicinal nutritional therapy and physical activity. The diabetic individual needs lifelong care, continues to care and treat with the help of specialists. Diabetes education increases the knowledge and skill of the individual to become active in self-care practices, to make independent decisions, to cope with problems and increase the ability to practice. An important determinant in the initiation and maintenance of positive health behaviors is the self-efficacy of the individual. Self-efficacy allows the individual to maintain self-management and self-care practices to become behavior. Self-management can be achieved through education and self-efficacy. Diabetes education is the most important component in the treatment of the individual and it helps the newly placed individuals to participate effectively in self care practices, to manage diseases, to achieve harmony in treatment programs and practices.

ADDRESS FOR CORRESPONDENCE Nermin Eroğlu, Fenerbahçe University, Turkey

E-Mail Address: nermin.guduloglu@hotmail.com

DETERMINING THE SELF-EFFICACY OF EPILEPSY PATIENTS

ÖZNUR ADADIOĞLU, Sakarya University, Turkey

SIDIKA OĞUZ, Marmara University, Turkey

Abstract

Problem Statement: Self-efficacy is an essential component of health-promoting behaviors and an important determinant in the initiation and maintenance of positive health behaviors in chronic diseases. There are no studies toward determining the self-efficacy of the epileptic individuals in our country. **Aim :** The aim of the study is to identify the self-efficacy of the epileptic patients and to determine the factors that affect self-efficacy. **Method:** The study was performed using face-to-face interview method in the Epilepsy Outpatient Clinic of Haydarpaşa Numune Research and Training Hospital. In this descriptive study, the sample group consisted of 200 patients who were over 18 years old, literate, received antiepileptic treatment and followed up with the epilepsy diagnosis for at least six months. Epilepsy Self- Efficacy Scale, whose validity and reliability study for the Turkish version was done by Adadioglu and Oguz, and patient diagnosis form, which was generated by the researchers, were used in data collection. Patient diagnosis form consists of 24 items, which question the sociodemographic characteristics and the characteristics of the disease process. Epilepsy Self- Efficacy Scale comprises a total of 31 11-point Likert items. The scale has four subdimensions, which are medical management, general management, seizure management, disease and drug management. Data analysis was performed in the computer environment, using percentile, mean, standard deviation, student t-test, Mann Whitney U, One Way ANOVA, Kruskal Wallis-H and correlation tests. **Findings:** The mean age of the patients was 37.54 ± 12.37 , and 60% were male, 57.5% were married, 52.5% were high school graduates and 41% were employed. It was found that the patients have had epilepsy for 15.53 ± 10.64 years, and have had seizures since they were 19.90 ± 10.80 years old. Of the patients, 90.5% lived with their families, 72.5% were middle class, and 52.5% did not have any chronic diseases other than epilepsy. Of the patients, 97.5% stated that they are informed about their disease, 78% stated that they obtain this information from the doctor, 87.5% stated that they take their medication regularly, 65% stated that they use a single medication, 86.5% stated that they ask the doctor when they have a problem with the drug, 98.5% stated that they regularly go to the check-up, 88% stated that the frequency of the check-ups is set by the doctor, 41% stated that they have not had any seizures within the last year, 86% stated that none of their family members have epilepsy, 93.5% stated that they are supported by their parents, 81% stated that they do not hide their disease from the others and 93% stated that they do not drive. In terms of total internal consistency, the Cronbach Alpha coefficient of the Epilepsy Self- Efficacy Scale was 0.954. The mean scores of the patients for the subdimensions of the Epilepsy Self-Efficacy Scale were as follows: 8.17 ± 1.44 for "Medical Management", 4.82 ± 1.90 for "General Management", 6.39 ± 1.70 for "Disease and Drug Management", and 8.16 ± 1.43 for "Seizure Management", and the mean score of "Epilepsy Self-Efficacy Total" was 6.80 ± 1.39 . Statistically significant difference was detected between the mean score of the Epilepsy Self- Efficacy Scale and gender, educational background, occupational status, economic status, seizure frequency, regular use of medication, the number of drugs used, behaviors when there is a drug-related problem, family support, being informed about the disease, and hiding the disease from others ($p < 0.05$). No difference was detected between the Epilepsy Self- Efficacy Scale and marital status, living with the parents, the presence of chronic diseases from whom the information about the disease is obtained, going to the check-ups, frequency of check-ups, the presence of epilepsy in the family, and employment status ($p > 0.05$). No correlation was detected between the age, duration of diagnosis, the age when they first had their seizures of the individuals, and the mean scores of epilepsy and self-efficacy scale. **Conclusion:** It was found that the self-efficacy scores of the patients are higher than the average. It was found that gender, education, occupational and economic status, the frequency of seizures, regular medication use, the number of drugs used, behaviors when faced with a drug-related problem, the presence of family support, being informed about the disease and hiding the disease from the others increased self-efficacy. **Recommendations:** The self-efficacy belief of the individual with epilepsy plays an important role in his/her adaptation to the disease and disease management. Thus, the nurses' awareness on the importance of the concept of self- efficacy in individuals with epilepsy must be increased.

Keywords : epilepsy, epilepsy self-efficacy scale, nursin

ADDRESS FOR CORRESPONDENCE ÖZNUR ADADIOĞLU, Sakarya University, Turkey

E-Mail Address: oznuradadioglu@sakarya.edu.tr

INVESTIGATION OF THESES REGARDING EPILEPSY CONDUCTED IN THE FIELD OF NURSING IN TURKEY

ÖZNUR ADADIOĞLU, Sakarya University, Turkey

SIDIKA OĞUZ, Marmara University, Turkey

Abstract

Objective: The research was planned in order to investigate the master's and doctoral theses written by nurses in the field of epilepsy between 1988 and 2017 and to determine their tendencies to the topics. **Method:** This research was designed as a retrospective and descriptive research and the document search method was used. The theses were accessed online by connecting to the website of the Council of Higher Education (YÖK). After the date limitation, YÖK web page was searched using the keyword "epilepsy". Among the 998 theses accessed, 25 theses (masters and doctoral) written by nurses were included in the scope of the research. In the research, the type and year of the thesis, the department where the thesis was conducted, the sample group, the place of the thesis, the type of the study and the topics of the theses were evaluated. **Findings:** As a result of the searching that was conducted in line with the purpose, a small number of nursing researches regarding epilepsy were found. It was determined that twenty-five thesis studies regarding epilepsy have been conducted by nurses between 1988 and 2017. Of these theses, 84% were master's theses (n=21) and 16% were doctoral theses (n=4). The full texts of fourteen master's theses and two doctoral theses were reached. The abstract sections were used for theses that could not be reached in full text. When the theses were evaluated according to years, 59% of them were between 2010 and 2017. Of the theses, 36% have been conducted at universities in the Central Anatolia Region and 56% have been conducted in the nursing department. When the sample was examined, 32% of the theses have been carried out with epilepsy patients. Of the theses, 56% were descriptive, 12% were randomized controlled, 12% were quasi-experimental, 12% were methodological, 4% were methodological and descriptive, and 4% were descriptive and single-group intervention studies. All descriptive studies were master's theses. When the theses were examined based on the headings, the theses were grouped in a total of eight headings: knowledge and skill levels regarding epilepsy, scale validity studies in epilepsy, quality of life in epilepsy, healthy life behaviors in epilepsy, problems encountered in epilepsy, stigmatize in epilepsy, treatment adherence, and efficacy of training/ training program. It was seen that most of the study topics (28%) had focused on the efficacy of training in epilepsy. **Conclusion:** It was determined that the number of theses regarding epilepsy in the field of nursing was very low. It was seen that the most of the epilepsy theses that were in limited number were masters theses and have been conducted as a descriptive type of research. The number of doctoral theses should be increased and more experimental researches should be conducted instead of descriptive researches.

ADDRESS FOR CORRESPONDENCE ÖZNUR ADADIOĞLU, Sakarya University, Turkey

E-Mail Address: oznuradadioglu@sakarya.edu.tr

EVALUATION OF THE RELATIONSHIP BETWEEN MATERNAL EXPERIENCE AND LIKING OF CHILDREN LEVELS AND FACTORS AFFECTING

ELİF ERBAY, Bilecik Şeyh Edebali University, Turkey

SÜMEYRA TOPAL, Sakarya University, Turkey

ÖZNUR TİRYAKİ, Sakarya University, Turkey

NURSAN ÇINAR, Sakarya University, Turkey

Abstract

Aim: This study was conducted to determine the relationship between maternal experiences and liking of children levels of mothers and to examine the effecting factors. **Method:** The population of this descriptive and correlational study consisted of the mothers who had children in the age range of 0-3 years and applied to clinics and outpatient clinics in main campus and Mother and Child Hospital campus of the Sakarya University Training and Research Hospital. The sample consisted of 140 volunteer mothers who applied to the outpatient clinics during the research and had inclusion criteria of the study. The data was collected by using "Being a Mother Scale" (BaM-13), "Barnett's Liking of Children Scale" (BLOCS) and the questionnaire prepared by the researchers. The data obtained from the study was evaluated by transferring them to the computer and by using statistical software of IBM SPSS Statistics 23. **Results:** It was determined that 36.4% of the women included in the study were in the age range of 24-29 years, 37.9% of them were secondary school graduates, 88.6% were housewives, 65% had nuclear family structure and 32.9% were married for 2-4 years. It was found that, 55.6% of the 25.7% of the participants, who had a score of 9 which is the cut off value of BaM 13 scale and above, did not receive support from their parents in child care. As a result of the unpaired t test / ANOVA test, it was determined that there was a statistically significant difference in the mean BaM 13 values according to age groups ($p<0,05$). Mothers who were in the 18-23 age group, were found to have less maternity satisfaction than those in the 24-29 age group. When the relationship between the mean scores of Being a Mother Scale ($6,12\pm4,74$) and Barnett's Liking of Children Scale ($92,23\pm7,89$) was examined, it was found that there was a weak negative correlation between two scales ($p<0,05$). **Conclusion:** In this study, it was determined that as the maternity satisfaction decreases, the liking of children level decreases. The facts that the young age of the mother and inadequate support from her family in the child care were observed to negatively affect maternity satisfaction.

Keywords: Motherhood, maternity experience, liking of children

ADDRESS FOR CORRESPONDENCE ELİF ERBAY, Bilecik Şeyh Edebali University, Turkey

E-Mail Address: elif.erbay@hotmail.com

INVESTIGATION ON THE EFFECTS OF NEGATIVE EVALUATION ON SELF-CONFIDENCE IN ADOLESCENTS

Meryem Fırat, Erzincan University, Turkey

Meltem Özcan, Erzincan University, Turkey

Abstract

ENTRANCE: Adolescence is a period in which decisions about the future of identity development are made. For this reason, adolescents' confidence in them selves and the irability to communicate well with the environment are extremely important in terms of developing healthy behavior. Psychological features such as fear of negative evaluation and self-esteem directly affect the psychological well-being of adolescents. There search was carried out with the aim of examining the negative evaluation fears of the high school students, self confidence levels and their relation to each other. **METHOD:** The universe of the research is created by high school students in the Erzincan Provincial Center. The sample consists of students studying at the Ertuğrul Gazi Anatolian High School. Personal data form, Negative Assessment Fear Scale (ODCH) and Self-Confidence Scale were used as data collection tools. The data were collected from 344 students who could be reached by entering the classes during class hours. In the analysis of the data, SPSS package program was used. **FINDINGS:** The average age of the students was 15.73 ± 0.93 and 60.2% of them were male. While 34.3% of the fathers of the students are university graduates, only 11.3% of their mothers are university graduates. 41.9% of the students stated that they were the first children in their families, 40.7% had a protective family and 66.3% expressed satisfaction and happiness with their lives. ODKÖ score average was found as 41.65 ± 8.36 . The self-confidence scale total score average was 3.76 ± 0.64 , the external self-confidence score average was 3.75 ± 0.70 , and the internal self-confidence score average was 3.78 ± 0.70 . Correlations between the scales showed a statistically significant positive correlation ($p=0.000$). **RESULT:** It was concluded that the students' self-confidence score averages were associated with a high level of confidence and fear of negative evaluation.

KEY WORDS: Fear of negative evaluation, self-confidence, adolescents

ADDRESS FOR CORRESPONDENCE Meryem Fırat, Erzincan University, Turkey

E-Mail Address: meryemfirat@hotmail.com

Using of Relaxation Techniques in Nursing Practice

Ozlem Ibrahimoglu, Bilecik Şeyh Edebali University, Turkey

Hulya Saray Kılıc, Bilecik Şeyh Edebali University, Turkey

Abstract

Problem Statement: Stress is the whole of the cognitive, emotional, behavioral, and bodily influences that are created by any internal or external factor that destroys the balance of the organism. While stress at a specific dose motivates the person, allows the organism to grow and mature; excessive, long-lasting and ineffective stress can negatively affect the psychological and physical well-being of the individual. One of the first steps to be taken to deal with stress and other discomforts is relaxation techniques. Relaxation techniques such as passive relaxation, biofeedback, autogenic relaxation, basic breathing exercises, progressive relaxation exercises help to relax the mind while focusing on reducing muscle tension and slowing breathing. Nurses at home, in hospital or the community are in close proximity with patients with high levels of anxiety in every healthcare sector. They help individuals by recognizing the sources of stress in their lives and how overcome. The aim of nurses working with individuals who need stress management is to ensure that the highest potential for the wellbeing of the individual. **Purpose of The Study:** The aim of this article is to emphasize the importance of applying relaxation methods in nursing practice. **Methods:** This work was planned as a literature review. **Findings and Results:** According to compiled literature information, relaxation methods are classified and explained. **Conclusions and Recommendations:** Relaxation techniques are easy and convenient. There is no negative effect. Relaxation methods according to the needs of the patients who need stress management help the person to notice the tensions in the body, to control their muscles and to relax the stretched parts of the body.

Key words: Relaxation Techniques, Nursing, Stress, Coping With Stress

ADDRESS FOR CORRESPONDENCE Ozlem Ibrahimoglu, Bilecik Şeyh Edebali University, Turkey

E-Mail Address: oogutlu@gmail.com

Psychometric Evaluation of the Turkish Version of The Engagement with Beauty Scale

Hulya Saray Kılıc, Bilecik Şeyh Edebali University, Turkey

Sevinc Mersin, Bilecik Şeyh Edebali University, Turkey

Ozlem Ibrahimoglu, Bilecik Şeyh Edebali University, Turkey

Abstract

Problem Statement: The main purpose of nursing is to use all the beauties that can affect the human being in care and to increase the psychosocial and physical comfort of the person. The nurse's perception, however, often affects this comfort. In life, nurses who are aware of their beauty and who can define their own feelings will provide quality care in all aspects of the illness. For this reason, we can say that the results of this study, in which we are studying the validity and reliability of the scale of influence from beauty, can be used to evaluate the nurse's perception of beauty in patient care. **Purpose of the Study:** The aim of this study was to evaluate the reliability and validity of the Turkish version of the Engagement with Beauty Scale. **Methods:** Nursing and paramedics students were the participants of the study. Data were collected by using a questionnaire form and the Engagement with Beauty Scale. Descriptive statistics, Mann–Whitney U test, Kruskal wallis test, correlation coefficients, and psychometric tests were used for the analysis of data. **Findings and Results:** This methodological study enrolled a sample of 325 participants. The majority of participants (%69,8) were women. The mean age was 19.73 ± 1.58 years. The Engagement with Beauty Scale had acceptable internal consistency (Cronbach's alpha coefficients:0,880) and test–retest reliability (Paired sample t test:0,997; p:0,320). **Conclusions and Recommendations:** The Engagement with Beauty Scale was found to be a reliable and valid tool. The Engagement with Beauty Scale can examine individual differences in appreciation of and engagement with beauty.

Key Words: Beauty Scale, Nursing, Nursing Care, Psychometric Evaluation

ADDRESS FOR CORRESPONDENCE **Hulya Saray Kılıc**, Bilecik Şeyh Edebali University, Turkey

E-Mail Address: h.saraykiloc@gmail.com

THE EFFICIENCY LEVELS OF THE NURSE MANAGERS IN COMMUNICATION

Pınar Ekşi, Marmara University, Turkey

Ayşe Nefise Bahçecik, Marmara University, Turkey

Abstract

The research was planned in a methodological and descriptive style, with the aim of predicating efficiency levels of the nurse managers in communication. The universe and the sample of the research which was realized in a Training and Research Hospital, between the dates April 2003 and September 2003 constituted 115 nurses who worked in the hospital. But the research was actualized with 108 nurses who were not at annual and parturition leave. The data were collected by the researcher applied to the nurses and nurse managers with a questionnaire of two sections. In the first section, the socio-demographical characteristics of the nurses and the nurse managers were inquired, in the second section, the efficiency levels of the nurse managers in communication were evaluated with the "Communication Efficiency Scale" which was prepared by the researcher with the aim of predicating the communication characteristics of the nurse managers and was improved with the viewpoints of specialists for the structure and language validation. SPSS (Statistical Package for Social Sciences) for Windows 12.0 Program was used in the data evaluation. The data were evaluated with the percentages, total item correlation, Cronbach Alpha Coefficient, Factor Analysis, Mann Whitney-U and Kruskal Wallis-H tests. The reliability and the validity alpha coefficient of the Communication Efficiency Scale was found 0.93 in nurse managers and 0.92 in nurses. Factor analysis was done for the structure validation and the Communication Efficiency Scale was formed in one dimension. The average score which the nurse managers have taken from the Communication Efficiency Scale 89.15 ± 19.14 is at good level. The average score which the nurses have given to the nurse managers from the Communication Efficiency Scale 93.30 ± 18.68 is at good level. When the demographical characteristics of nurse managers have been compared with communication level, there was not found a statistical significant correlation ($p > 0.05$). But the nurse managers who are over 40 ages, license grad and had a long time professional experience were found conspicuous because of their high communication scores. As a result it was determined that the "Communication Efficiency Scale" is reliable and valid and can be used in these studies and the efficiency levels of the nurse managers who work in a Training and Research Hospital in İstanbul are enough.

Key Words: Nurse, Manager, Communication, Scale

ADDRESS FOR CORRESPONDENCE Pınar Ekşi, Marmara University, Turkey

E-Mail Address: pinarkulak77@hotmail.com

AUTHENTIC LEADERSHIP IN NURSING

Kadriye ÖZKOL KILINÇ, Karadeniz Technical University, Turkey

Havva ÖZTÜRK, Karadeniz Technical University, Turkey

Abstract

Nursing services require not only strong human relations and interaction but also provision of a high quality and productive patient care. Therefore, nurses should be motivated so that they can achieve their goals and there is need for leader nurses who will lead and guide the nurses in order to increase their performance and productivity. However, as stated by some studies done in our country, nurse managers do not always treat nurses equally and just or do not act ethically and thus fail to develop positive human relations when they carry out nursing services. In this sense, it is very important to have authentic leaders who assess knowledge objectively; are transparent, honest and clear in interpersonal relations; have self-awareness; know themselves with positive and negative sides and have developed internalized moral views. Besides, during the reviewing studies it was found that the number of the studies done on this subject in Türkiye was quite small as compared with the studies done in other countries but authentic leaders may increase success of the group by influencing performance, motivation, job satisfaction and job commitment of nursing group positively.

Keywords: Hospitals, nurses, nursing, leadership.

ADDRESS FOR CORRESPONDENCE Kadriye ÖZKOL KILINÇ, Karadeniz Technical University, Turkey

E-Mail Address: kadriyeozkol@gmail.com

THE EFFECT OF GROUP-BASED CASE STUDIES UPON NURSES' PERCEPTION OF NURSING DIAGNOSIS STATUS

Çiğdem Gamze ÖZKAN, Karadeniz Technical University, Turkey

Yeter KURT, Karadeniz Technical University, Turkey

Şule BIYIK BAYRAM, Karadeniz Technical University, Turkey

Betül BAYRAK, Marmara University, Turkey

Kadriye ÖZKOL KILINÇ, Karadeniz Technical University, Turkey

Abstract

AIM: This study was undertaken to explore the effect of group-based case studies conducted with nurses upon their perception of nursing diagnosis status. **METHODS:** The study was done as an interventional study between March and May, 2016. The sample of the study was composed of 164 students who studied in the first year of a nursing school of health sciences faculty of a university and who took Nursing Basics Course. Data were gathered with a socio-demographic survey designed by the researchers in line with the literature, form of students' views about nursing diagnosis, care plan assessment form and Perceptions of Nursing Diagnosis Survey. A training on Nursing Process and NANDA diagnoses was provided by one researcher during Nursing Basics Course. The training was provided through PowerPoint presentation, narration and question-answer methods and students were randomly grouped into five groups. Each group did 12 case studies under the guidance of a researcher for six weeks. Following the first case study, students filled in the forms. In the clinical practice, care plans designed by the students themselves were assessed. Following the final case study, forms were again filled in by the students. Official permissions from the institutions where the study was done and students' consents were obtained. For the assessment of the data; numbers, percentages, averages and Wilcoxon test were used. **FINDINGS:** It was found that average age of the students was 18.83 years (128 female, 36 male), average grades of 28.7% of the students were BB and 77.4% of the students graduated from Anatolian High School and Science High Schools. 61.2% of the students chose this profession thanks to employment opportunities. It was emphasized that 82.3% of the students did not hear anything about nursing diagnosis before and 35.9% of them had difficulty in finding the name of diagnosis while performing care plan. When care plans were investigated after case studies, it was seen that 89.6% of the students became able to make diagnosis correctly. Students' total score of Perceptions of Nursing Diagnosis Survey was 2.39 before case studies while it was 2.63 after case studies but it was statistically not important ($p=0.28$). On the other hand, score of third subdimension of the scale – the ease of use - was 2.63 before case studies while it was 2.41 after case studies and it was statistically significant ($p=0.00$). **RESULTS:** As a result of the study; it was found that case studies did not have any effects upon students' perceptions of nursing diagnosis but affected third subdimension of the scale – the ease of use - positively.

Keywords: Group study, nursing diagnosis, nursing students, case study

ADDRESS FOR CORRESPONDENCE Kadriye ÖZKOL KILINÇ, Karadeniz Technical University, Turkey

E-Mail Address: kadriyeozkol@gmail.com

ORGANIZATIONAL JUSTICE PERCEPTIONS OF NURSES

Şule Kurt, Karadeniz Technical University, Turkey

Kadriye ÖZKOL KILINÇ, Karadeniz Technical University, Turkey

Havva ÖZTÜRK, Karadeniz Technical University, Turkey

Abstract

AIM: The current study aimed at exploring nurses' organizational perceptions. **METHOD:** The population of this descriptive study was composed of 323 nurses who worked at a public hospital and a training and research hospital. No sampling was made in the study and whole population was targeted. The study was undertaken with 146 nurses who accepted to answer study-survey. The data were gathered with a survey form of 28 questions that addressed nurses' socio-demographic characteristics and Organizational Justice Scale which was developed by Colquitt (2001) and Turkish adaptation of which was performed by Özmen et al. (2007). For the analyses of the data; percentages, ANOVA, Kruskal Wallis, Mann Withney U and t-test were employed. Chronbach's Alpha coefficient in the study was 0.92. **FINDINGS:** 60% of nurses were aged between 20 and 30 years, 88% of them were female, 54% of them were married and 69% of them had university graduation. 51% of the nurses had a professional experience of 1-5 years and 9% of them had a administration experience of 1-5 years. 71% of them were employed at university hospital, 86% of them had 4A position (employment as worker), 68% of them worked for 1-5 years at the same hospital, 45% of them were employed in civil departments while 77% of them were employed at services/clinical units for 1-5 years. 50% of nurses were satisfied with the hospital where they worked while 72% of them were satisfied with the service where they were employed. 71% of nurses were satisfied with the chief managers and 66% of them considered their chief managers as just. 31% of them talked to head nurse when they thought there was an injustice, 33% of them thought that head nurses treated unjustly and 28% of nurses reduced their efforts in case of injustice. Besides; total score of nurses' organizational justice perceptions scale was 64.86 ± 13.85 . Additionally; being satisfied with the service where nurses were employed, being satisfied with the chief managers and considering these managers as just, thinking that they were unjustly treated in work-life made organizational justice sub-dimension scores statistically significant ($p < 0.05$). **RESULT:** Nurses' organizational justice perceptions were at moderate level. Yet, being satisfied with the service and chief managers, considering chief managers as just and thinking that they were not treated justly in work-life affected nurses' justice perceptions.

Key words: Nurse, organizational justice, hospital

ADDRESS FOR CORRESPONDENCE **Kadriye ÖZKOL KILINÇ**, Karadeniz Technical University, Turkey

E-Mail Address: kadriyeozkol@gmail.com

TRANSCULTURAL NURSING

Kadriye ÖZKOL KILINÇ, Karadeniz Technical University, Turkey

Esra Çaylak Altun, Karadeniz Technical University, Turkey

Abstract

Culture is a dynamic and relative process that is transferred from one generation to another; includes beliefs, traditions, customs and changes from one society to another. People's health beliefs and practices are affected by the culture in which they exist. In this sense; it is essential that nurses who experience the most interactions with health buyers/receivers and deliver health care services to those who have different cultures should know health related cultural beliefs and practices of those to whom they deliver health services in order to offer an effective and productive care. In this respect; transcultural nursing term emerges. Leininger defines transcultural nursing as "a branch or sub-branch of nursing that provides nursing care with cultural universality and cultural individuality; is based on comparative analyses and researches of different cultures; analyzes subcultures and differences in these subcultures in a respectful manner towards health, disease, care, belief and values and focuses on comparative studies." Besides; as known, health-disease practices and needs of individuals who live in different cultures may be different. In this sense; it is necessary for nurses to respect for others' cultural beliefs and to deliver nursing care by knowing and paying attention to their cultures because people's cultural beliefs and practices are very significant in that nurses give a holistic care. Therefore, it is a fact that is required by today's world to be a nurse who is culturally qualified and sensitive in order to give a nursing care of high quality.

Keywords: Nursing, nursing care, transcultural nursing

ADDRESS FOR CORRESPONDENCE **Kadriye ÖZKOL KILINÇ**, Karadeniz Technical University, Turkey

E-Mail Address: kadriyeozkol@gmail.com

CREATIVE DRAMA IN NURSING

Esra ÇAYLAK, Karadeniz Technical University, Turkey

Havva ÖZTÜRK, Karadeniz Technical University, Turkey

Kadriye ÖZKOL KILINÇ, Karadeniz Technical University, Turkey

Abstract

Creative drama is the enactment of an objective or an idea through using experiences of a group or members of a group with such techniques as improvisation and acting. These enactment processes are guided by an experienced leader/trainer and employ spontaneity, here and now principle and methods of pretending and each creative drama uses general features of the plays directly. Thus, participants learn how to see reality through fantasy, to grasp truth under the surface and to create awareness towards events. The objective is to understand rather than to play. Drama is an effective way to create such qualities as personal development, self-confidence, creativity, critical thinking, going beyond oneself, problem solving skills and creating solutions. Participants test their own experiences and views by comparing others' and see differences and similarities. In this way; individuals produce their solutions during games and have opportunity to express their feelings in a healthy way. With creative drama; group members attain the ability to develop an effective communication, to have an emphatic thinking, to improve creative imagination, to improve mental capacity, to express their opinions and ideas by thinking independently and critically, to make cooperation, to develop group belongingness, moral development, democratic attitudes and behaviors. These skills gained help individuals produce alternative solutions to negative and positive situations and therefore, develop healthier relations; as a result of which, nurses' self-efficacy and personal growth are enhanced, nurses consider themselves as a valuable part of the organization, their intra group communication-patient-nurse communication-organizational commitment are increased, decide more healthily by putting interest of the organization first, their communication with patients and other health team members are positively influenced and they play a key role in improving the organization by achieving motivation, creativity and changes.

Keywords: Nurses, nursing, drama

ADDRESS FOR CORRESPONDENCE **Kadriye ÖZKOL KILINÇ**, Karadeniz Technical University, Turkey

E-Mail Address: kadriyeozkol@gmail.com

Burden of family caregivers among adult cancer patients and affecting factors

Aysel Gurkan, Marmara University, Turkey

Yesim Dikmen Aydin, Marmara University, Turkey

Inci Kirtıl, Marmara University, Turkey

Sidika Oguz, Marmara University, Turkey

Abstract

Background: The vital role of family caregivers in the care of cancer patients is well recognized, however, the caregiving burden on them and the factors that affect them is poorly understood. Aim: The aim of the study were to assess burden of family caregivers as well as the socio-demographic and clinical characteristics of patients and caregivers, and the relationship between these factors and caregiver burden. Method: The cross-sectional study included 169 patients that are treated at radiation oncology, chemotherapy and hematology-oncology clinics in an education and research hospital and 169 family members who were primary caregivers. Data were collected between January 15 and February 15, 2015 by using questionnaire form consisting of sociodemographic and clinical characteristics of patients and family caregivers and Turkish version of Zarit Burden Interview. In evaluation of the data, percentage, mean (standard deviation), one-way ANOVA, student t test, Mann Whitney U test and Kruskal Wallis test was used. Results: The study population consisted of 95 (56.2%) female and 74 (43.8%) male caregivers aged 18-73 years. 44 (26%) caregivers reported no burden while 115 (68.1%) caregivers reported mild to moderate burden and 10 (%5.9) caregivers also reported heavy burden. It was found that there was a significant difference between caregiver burden and their gender, education level, income, and work status ($p<0.05$). It was found that the burden of caregivers who has a difficulty giving psychological support to patients and who struggles with hygienic practices and financial matters, was significantly higher than the others ($p<0.05$). It was found that there was a significant difference between caregiver burden and the ability of care recipient to perform self-care needs such as eating-drinking, dressing, bathing, toilet, walking, shopping, and home care ($p<0.001$). Conclusion: Study findings showed that family caregivers experienced social and emotional trouble from mild to heavy burden. Health care workers should be sensitized to the various burdens faced by family caregivers.

Key words: Caregiver burden; family caregivers; cancer

ADDRESS FOR CORRESPONDENCE Aysel Gurkan, Marmara University, Turkey

E-Mail Address: agurkan@marmara.edu.tr

Reliability and Validity of Turkish Version of the Functional Assessment of Cancer Therapy – Breast (FACT-B) Questionnaire

Ozlem Yalcin, Marmara University, Turkey

Aysel Gurkan, Marmara University, Turkey

Abstract

Background: The Functional Assessment of Cancer Therapy-Breast (FACT-B) scale is commonly used in order to assess the health-related life quality in patients with breast cancer. **Objective:** This study aims to verify the reliability and validity of the FACT-B scale in Turkish patients with breast cancer. **Methods:** The scale was first translated into Turkish and then back translated, and it was adapted into Turkish culture. The sample involved 185 patients with breast cancer who were followed up after cancer treatment in a breast polyclinic of a training and research hospital and who were chosen by a suitable non-randomized sampling method. The data were collected through the Turkish version of FACT-B and the Turkish version of the European Organization for Research and Treatment (EORTC) QLQ C30–BR23 scale. The reliability of the scale was assessed with test-retest and the Cronbach's α reliability coefficient. Confirmatory factor analysis, convergent validity, discriminant validity and criterion validity were used in order to assess the construct validity of the scale. **Results:** For the total scale, the coefficients showed a good internal consistency with Cronbach's α coefficient of 0.86 and with the coefficients for subscales except for BCS (0.58) ranging from 0.73 and 0.87. The 15-day test-retest reliability of the scale was supported with correlation coefficients of between 0.96-0.99. The factor structure of the scale showed acceptable fit to the data, implying that it could be applied to the Turkish population. Meaningful correlations between FACT-B and the other criteria ensured the convergent, criterion and discriminant validity of this scale. **Conclusion:** The study findings showed that the Turkish version of the FACT-B scale was a reliable and valid tool. Therefore, the scale can be used in clinical settings and studies in order to assess the health-related life quality of Turkish patients with breast cancer.

Keywords: Breast cancer, FACT-B, reliability, validity.

ADDRESS FOR CORRESPONDENCE Ozlem Yalcin, Marmara University, Turkey

E-Mail Address: oozlemyalcin@hotmail.com

The Effects of Progressive Relaxation Exercises on Side Effects of Chemotherapy in Cancer Patients

ASLI GENÇ, Marmara University, Turkey

SIDIKA OĞUZ, Marmara University, Turkey

Abstract

Chemotherapy, which is a systemic treatment in cancer treatment, plays a great and important role in cancer treatment while surgery and radiotherapy serve as local treatments. Depending on the treatment regime, chemotherapy has a number of side effects. Fatigue, nausea and vomiting, neutropenia, anemia, peripheral neuropathy, and sleep disorders are the most common side effects of chemotherapy and these significantly affect the quality of life of patients. One of the methods that are recommended in managing the side effects led by chemotherapy is the Progressive Relaxation Exercises (PRE), whose efficiency is still controversial. There are only few studies evaluating the efficacy of progressive relaxation exercises on the problems that cancer patients suffer such as pain, anxiety, depression, sleep disorders, nausea, vomiting, fatigue led by chemotherapy, and there is insufficient evidence. It was also reported that the studies carried out were methodologically weak. Cancer patients pass through difficult times due to the disease itself or the side effects of the treatment methods. It is believed that advanced, simple, inexpensive and reliable nursing practices such as the progressive relaxation training in addition to the standard pharmacological treatment will improve the control over symptoms and increase the quality of life of the patients.

Key words: Progressive relaxation exercises, chemotherapy, side effects

ADDRESS FOR CORRESPONDENCE ASLI GENÇ, Marmara University, Turkey

E-Mail Address: agenc@gelisim.edu.tr

The Efficiency Levels of The Nurse Managers in Communication

Nefise Bahçecik, Marmara University, Turkey

Abstract

Aim: The research was planned in a methodological and descriptive style, with the aim of predicating efficiency levels of the nurse managers in communication. **Method:** The universe and the sample of the research which was realized in Taksim Education and Research Hospital, between the dates April 2003 and September 2003 had constituted 115 nurses who work in Taksim Education and Research Hospital. But the research was actualized with 108 nurses who were at annual and parturition leave. The data were collected by the researcher applied to the nurses and nurse managers with a questionnaire of two sections. In the first section, the socio-demographical characteristics of the nurses and the nurse managers were inquired, in the second section, the efficiency levels of the nurse managers in communication were evaluated with the Communication Efficiency Scale which was prepared by the researcher with the aim of predicating the communication characteristics of the nurse managers and is improved with the viewpoints of specialists for the structure and language validation. SPSS (Statistical Package for Social Sciences) for Windows 12.0 Program was used in the data evaluation. The data were evaluated with the percentages, total item correlation, Cronbach Alpha Coefficient, Factor Analysis, Mann Whitney-U and Kruskal Wallis-H tests. **Result:** The reliability and the validity alpha coefficient of the Communication Efficiency Scale was found 0.93 in nurse managers and 0.92 in nurses. Factor analysis was done for the structure validation and the Communication Efficiency Scale was formed in one dimension. **Conclusion:** The average score which the nurse managers have taken from the Communication Efficiency Scale 89.15 ± 19.14 is at good level. The average score which the nurses have given to the nurse managers from the Communication Efficiency Scale 93.30 ± 18.68 is at good level. When the demographical characteristics of nurse managers have been compared with communication level, there was not found a statistical significant correlation ($p > 0.05$). But the nurse managers who are over 40 ages, license grad and had a long time professional experience were found conspicuous because of their high communication scores. As a result it was predicated that the Communication Efficiency Scale is reliable and valid and can be used in these studies and the efficiency levels of the nurse managers who work in Taksim Education and Research Hospital are enough.

Key words: Communication, Communication Efficiency Scale, Nurse Manager

ADDRESS FOR CORRESPONDENCE Nefise Bahçecik, Marmara University, Turkey

E-Mail Address: anbahcecik@marmara.edu.tr

Determination the professional image perceptions of nurses

Ayşe Dost, Istanbul Medipol University, Turkey

Nefise Bahçecik, Marmara University, Turkey

Abstract

Background: No matter how rarely it is studied, professional image is of great significance as it influences professional attitudes and behaviors. Since the respectability of a profession depends on the quality of the service it can provide for the public, it is essential that the service it provides for the public should be understood not only by the members of that profession but also by those who will benefit from the service. In general terms, it is known that image has played a key role in professionalizing nursing, whose roots can be traced back to 100-150 years ago. Therefore, it is necessary to identify any possible change in how nurses perceive their profession and what their image of nursing is. **Purpose:** The purpose of the present study is to determine the professional image perceptions of nurses. **Methodology:** This study was conducted as a descriptive study in order to determine the professional image perceptions of the nurses. The study was conducted on a total of 569 nurses who worked for hospitals under Istanbul Fatih Association of Hospitals, Turkish Hospitals Institution, between August and December 2013. The whole sample comprised of volunteers selected through simple random sampling (unmeasured random sampling). The data were collected via two instruments, namely the Descriptive Form and the Scale for the Image of Nursing Profession. The maximum score to be taken on the image scale is 210, the minimum score is 42. "42-75" score: very weak image perception, "76-109" weak image perception, "110-143" score: medium image perception, "144-177" score: good image perception, "178-210" : very good image perception All statistical operations and analyses were performed through Statistical Package for the Social Sciences (SPSS) 16. Data analysis involved an independent samples t-test, numbers, percentages, arithmetic mean scores, ANOVA, the Mann Whitney-U Test, the Kruskal Wallis-H test, and Fisher's Least Significant Difference. **Results:** The great majority of the participants (88.4%, n=503) were women, and 35.7% of them (n=203) were 31 to 40 years old. In addition, 58.5% of them (n=333) were married, and 48% had a bachelor's degree. 39.7% of the nurses (n=226) had a length of service less ranging from zero to five years. Nearly three quarters of them (72.1%, n=410) were serving as a clinic nurse. In addition, 62.9% of them (n=358) worked in the night/day (combined) shift. When asked to comment on the sufficiency of the number of nurses in their department, 70.3% (n=400) complained that there were an insufficient number of nurses in their department. As for their satisfaction with their profession, 39.9% (n=227) reported partial satisfaction with their profession. Among the reasons for their choice of becoming a nurse were to simply acquire a profession (47.8%, n=272). According to the findings, the nurses had average perceptions of professional image (3.33 ± 0.84). The average score on the image scale for the nursing profession is 139. They got the greatest mean score in professional qualities ($X=4.12 \pm 0.84$) whereas their lowest mean scores were in professional status ($X=2.58 \pm 1.00$) and working conditions ($X=2.59 \pm 0.50$). Furthermore, the variables age, educational status, type of task, income level and satisfaction with the profession led to significant differences among the participants in terms of their scores in the Scale for the Image of Nursing Profession ($p < 0.05$). **Conclusion:** The nurses had average perceptions of professional image A number of strategies need to be developed by nursing organizations, administrations and governments in order to eliminate certain critical problems that nurses are faced with.

ADDRESS FOR CORRESPONDENCE Nefise Bahçecik, Marmara University, Turkey

E-Mail Address: anbahcecik@marmara.edu.tr

Determining nurses' perceptions of organizational climate and attitudes towards change

Gül Çelik Öztörün, İstanbul Aydın University, Turkey

Nefise Bahçecik, Marmara University, Turkey

Abstract

Hemşirelerin örgütsel iklim algılarını ve değişime yönelik tutumlarını belirleme

Araştırma, hemşirelerin örgüt iklimi algılarını ve değişime yönelik tutumlarını belirlemek amacıyla yapılmıştır. Tanımlayıcı çalışma İstanbul'daki 5 kamu hastanesinden 341 hemşirenin katılımı ile gerçekleştirilmiştir. Veri toplamak için Bilgi Formu, Örgütsel İklim Ölçeği ve Değişime Karşı Tutum Ölçeği kullanılmıştır. Verilerin değerlendirilmesinde tanımlayıcı istatistikler, Student t testi, One-way ANOVA testi, Games-Howell testi, Kruskal Wallis-H testi, Mann Whitney-U testi ve Spearman korelasyon analizi kullanıldı. Katılımcı hemşirelerin yaş ortalaması 31.94 ± 8.04 , % 80.6'sı kadın, % 50.1'i bekar, % 51.6'sı lise, % 37'si 1-5 yıl mesleki deneyime sahipti. Hemşirelerin örgüt iklimi ölçeğinden aldıkları puan ortalamaları ve değişim ölçeğine karşı tutumları sırasıyla 3.06 ± 0.45 ve 60.80 ± 11.07 'dir. Sonuç; Hemşirelerin orta düzeydeki örgütsel iklim algıları ve değişime yönelik tutumları zayıftı; örgütsel iklim algıları ile değişim yönündeki tutumları arasında pozitif ve anlamlı bir ilişki vardı.

ADDRESS FOR CORRESPONDENCE Nefise Bahçecik, Marmara University, Turkey

E-Mail Address: anbahcecik@marmara.edu.tr

The Attitudes of Nursing Students toward Ageism

Semanur Kumral Özçelik, Marmara University, Turkey

Berna Orhan, Istanbul Medeniyet University, Turkey

Saime Erol, Marmara University, Turkey

Ayşe Nefise Bahçecik, Marmara University, Turkey

Abstract

Introduction: It is important in terms of ensuring that elderly individuals benefit adequately from healthcare services that nursing students, who will be a part of future healthcare teams, have a positive attitude toward the elderly individuals they provide care to and that they avoid any exhibition of discriminatory practices. Important responsibilities rest on the institutions that train the nurses who will have the opportunity to work with the elderly in many different settings (e.g., primary care, hospital, rest home). It is therefore of value that nursing students learn to adjust their attitudes toward aging and the elderly and that programs are organized to foster the development of positive attitudes. **Aim:** This study was conducted to determine the attitudes of second- and third-year nursing students toward ageism. **Materials and Methods:** As a descriptive study, the sample of the research comprised 233 students enrolled in the second and third years of the nursing department of a university in Istanbul. Data were collected with an "Information Form" and the "Ageism Attitude Scale (AAS)." Descriptive statistics and the Mann-Whitney U test were used in the analysis. **Results:** The mean age of the students was 20.68 ± 1.00 years and 85.7% were women. Of the students, 58.7% had experienced living with elderly individuals in the same house, 73.5% had cared for elderly individuals in clinical practice, 45.7% stated they wished to work with the elderly, 88.3% believed that their training would help them to develop communication skills that would facilitate their practices with elderly individuals. When the students were asked about what thoughts they associated with the concept of ageing, a large majority mentioned "compassion" (72.6%) and "weakness" (72.2%). The students' mean total mean score on AAS was 86.58 ± 7.80 ; their mean scores in "Restricting the Life of the Elderly" was 37.66 ± 4.22 and 31.14 ± 4.01 in Positive Discrimination toward the Elderly and 17.77 ± 2.84 in Negative Discrimination toward the Elderly. The difference between the associations of "compassion" and "wisdom" that students made with the word "aging" and their AAS total and Positive Attitude toward the Elderly scores was found to be significant ($p < 0.05$). **Conclusion:** At the end of the study, it was found that in general, the students had a positive attitude toward ageism.

Keywords: Nursing students, elderly, ageism.

ADDRESS FOR CORRESPONDENCE Semanur Kumral Özçelik, Marmara University, Turkey

E-Mail Address: snkozcelik@gmail.com

Assessment Of Stoma Patients' Problems They Face At Home In Accordance With 'Model Of Living'

Rabia Koca, University of Health Sciences, Turkey

Fatma ETİ ASLAN, Bahçeşehir University, Turkey

Abstract

Purpose: This descriptive study's aim is to assess problems of stoma patients they face at home in accordance with 'model of living'. **Material - method:** The research sampling consists of 70 stoma patients in General Surgery Clinics and Emergency Service of a Hospital that is affiliated with T. C. Ministry of Health Istanbul Eastern Anatolia Southern Public Hospitals Association. The data of the study were collected through face to face interview method between 1 December 2013 and 20 July 2014. Demographic Characteristics Form and Daily Living Activities form were used to collect data. In addition to descriptive statistical methods (Frequency, Percent, Average, Standard deviation), Pearson's Chi-squared test and FisherExact test was used in the comparison of the data. **Findings:** It is acquired that the average age of the stoma patients is $57.1 \pm 15,2$ (21-87) while %50 of them are women, %77.1 are married and %87.1 are primary school graduate. Moreover, it is seen that %70 of them are colorectal cancer and %75.7 of them have temporary stoma. %64 of patients' nutritions are arranged while %51 of them are restricted with liquid food. %54 of them have changed their clothing style, %62 are facing urinary leakage, %63 have skin disorder, %70 are in psychological breakdown while %64 have sleep disturbance. Dependency is another problem that stoma patients declare to have. **Conclusion and Recommendations:** It was determined that the patients included in the study were coping with many problems due to stoma. Based on the obtained results, it is recommended to provide training support to the stoma patients and their relatives regarding the adaptation process to the stoma.

Key Words: Stoma, Daily Life Activities, Stoma issues, Model of Living.

ADDRESS FOR CORRESPONDENCE Rabia Koca, University of Health Sciences, Turkey

E-Mail Address: rabiaalpkoca@gmail.com

Development of Obsessive and Compulsive Behaviors Scale of Mothers in Postpartum Period Regarding Baby Care: Validity and Reliability

Kevser Özdemir, Sakarya University, Turkey

Dilek Menekse, Sakarya University, Turkey

Nursan Çınar, Sakarya University, Turkey

Abstract

Purpose: This study was made to develop a scale instrument in order to determine obsessive and compulsive behaviors of mothers in the postpartum period with regard to baby care. **Method:** The study was performed between February and October 2017 with 233 mothers who applied to Pediatric Department of Training and Research Hospital of Sakarya University within the first 8 weeks after giving birth. 5 point likert scale draft which consist of 13 clauses prepared in accordance with the literature were sent to 11 experts for the content validity and their opinions were taken. Data was collected by using the introductory information form prepared by the researches and the draft of Obsessive and Compulsive Behaviors Scale of Mothers in Postpartum Period Regarding Baby Care, content validity of which was obtained. Explanatory and confirmatory factor analysis were applied for the validity measurement of the scale and for the reliability analysis of the scale, coefficient of internal consistency and test- retest method were applied. Test- retest method was applied with 47 participants. Data was evaluated via IBM SPSS Statistics 23 and IBM SPSS AMOS 23 programs. **Results:** Age average of the women who participated in the study was detected as 28.47 ± 15.47 . It was found for the construct validity of scale that Kaiser-Meyer-Olkin (KMO) value was 0,809 and Barlett's sphericity test was meaningful ($p < 0.01$). 4 clauses were removed from the scale since their factor load was under 0,400. It was determined that scale consists of 9 clauses and sole factor. Fit index values of scale concerning confirmatory factor analysis model are $\chi^2/df=1,452$, GFI=0,965, CFI=0,963, RMSEA=0,044 and SRMR=0,058. Cronbach alpha internal consistency reliability coefficient is 75. **Conclusions:** Results of this study demonstrate that "Obsessive and Compulsive Behaviors Scale of Mothers in Postpartum Period Regarding Baby Care" is a valid and reliable measurement instrument in order to determine obsessive and compulsive behaviors of women in the postpartum period.

Keywords: mother, baby care, postpartum period, obsessive and compulsive behaviours, scale developme

ADDRESS FOR CORRESPONDENCE Kevser Özdemir, Sakarya University, Turkey

E-Mail Address: dkose@sakarya.edu.tr

DIFFICULTIES EXPERIENCED BY HEALTH PERSONNEL WHO PROVIDE CARE AND TREATMENT FOR FOREIGN NATIONAL PATIENTS

Elif ÖZER EKİZ, Zeynep Kamil Gynecology And Pediatrics Education And Research Hospital, Turkey

Çiğdem GÜLŞEN, Zeynep Kamil Gynecology And Pediatrics Education And Research Hospital, Turkey

Ayşegül KURT, Zeynep Kamil Gynecology And Pediatrics Education And Research Hospital, Turkey

Abstract

Introduction: This study aimed to determine difficulties experienced by health personnel related to the hospital admission and treatment of foreign national patients who are increasing in number in Turkey. **Method:** The universe of the study included the entire health personnel working at a public branch hospital in Istanbul, while the sample consisted of 111 health personnel who agreed to participate in the study. In this descriptive study, data was collected in March 2018 using a questionnaire which was administered via face-to-face interviews and which was prepared by the researchers according to the literature. Data was analyzed using the SPSS 21 software and percentiles and frequencies were calculated. **Results:** Among the participants, 75% were midwives/nurses and 20% were doctors. Mean age was 32 years and mean duration of employment was 10 years. Forty seven percent of the participants worked at obstetrics clinics and 35% at pediatric clinics. Sixty one percent of the participants had a Bachelor's degree. Among the participants, 67.6% reported that they were partially able to communicate with foreign national patients and 22.5% reported that they could not establish communication. Seventy three percent of the participants stated that they tried to communicate using body language and 50% stated that the patients had an accompanying person. Ninety four percent of the participants reported that they encountered patients from Syria. Eighty eight percent stated that they did not use the ministry's interpreter line, while 87% reported that there is no hospital personnel who speaks foreign languages. Only 12% of the participants could establish verbal communication. It was found that 53% of the participants experienced difficulty in care and treatment, 90% experienced difficulties since they could not speak foreign languages, 60% experienced difficulties during admission and anamnesis, and 35% did not know about the ministry's interpreter line. Seventy percent stated that they did not use this line, while 36% thought that the interpreter line has shortcomings. In terms of difficulties related to accompanying persons, 77% of the participants had difficulties in communication and 12% stated that the accompanying persons had difficulty in adhering to rules. Fifty six percent of the participants reported difficulties in discharge training. Among the participants, 91% had difficulty in taking an anamnesis, 82% in explaining treatment procedures, 84% in providing information about the disease, 71% in taking consent, and 61% in ensuring personal hygiene. **Conclusion:** Communication has a major role in increasing the efficacy of healthcare services. In the current study, it was determined that health personnel had difficulty in communicating with foreign national patients but these difficulties did not prevent the provision of care and treatment. In order to increase the quality of healthcare services, it would prove to be beneficial to provide interpretation services within the hospital. **Key words:** Communication, health worker, foreign national patient

ADDRESS FOR CORRESPONDENCE Elif ÖZER EKİZ, Zeynep Kamil Gynecology And Pediatrics Education And Research Hospital, Turkey

E-Mail Address: elifozerekiz@gmail.com

The Attitudes of Nurses Working in Surgical Clinics to Patient Safety

Sibel MELER, Selçuk University, Turkey

Şerife KURŞUN, Selçuk University, Turkey

Abstract

Introduction-Purpose: General purpose of health care services is to raise the health level of the society and to provide safe, evidence-based, patient-focused, timely and accessible, efficient and effective health services. At every step of health care delivery, ensuring patient safety and preventing medical errors are among the priorities of the health care system. In this context, patient safety is defined as all of the measures taken by institutions and staff to ensure that health care services prevent damage to the person, report and correct it after identifying possible errors, and prevent them from reaching the person. In this context, this study was conducted to determine the patient safety attitudes of the nurses working in the surgical units of the hospitals located in a province center. **Material-methods:** This descriptive types of research, located in the center of a provincial two public hospital and two Faculty of medicine hospital between 01-31 January 2017 surgical volume in (clinical, intensive care and surgery room) with a total of 380 nurse was performed. there were used "introductory information form" and "Patient Safety Attitude Scale" In the collection of the data. Data were analyzed by descriptive statistics (number, percentage, mean, standard deviation) and nonparametric statistics (Kruskal Wallis and Mann Whitney U). **Results:** Nurses in Patient Safety Attitudes Questionnaire subscales of the scale of 137.06 ± 26.23 points; sub-dimensions of job satisfaction score of 31.23 ± 10.10 , 41.09 ± 8.97 points from the sub teamwork, safety climate subscale score from 17.24 ± 4.29 , 23.93 ± 6.05 points from the sub management approach, 16.05 ± 5.84 points lower than the size of defining stress and working conditions in the sub-dimension scores were found to be 7.49 ± 3.15 . **Conclusions and recommendations:** At the end of the study it was determined that the nurses had medium-level positive attitudes towards patient safety. In this context, nurses who play an active role in the provision of health services may be offered in-service training for patient safety.

Keywords: patient safety, surgical nurses, attitude

ADDRESS FOR CORRESPONDENCE Sibel MELER, Selçuk University, Turkey

E-Mail Address: sibelm@selcuk.edu.tr

Is The Nail-Biting Behavior An Indicator For Mental Health Problems Among Adolescents?

Fatma Nevin Sisman, Marmara University, Turkey

Ayşe Ergun, Marmara University, Turkey

Abstract

Problem Statement: Nail-biting is one of the most common behavioral problems in children and adolescent. The rate of nail biting changes between 22% to 48% among adolescents. **Purpose of Study:** This study was carried out to investigate the relationship between nail-eating behavior and mental health in adolescents. **Methods:** This study was done with systematic review method in February 2018. The studies examining nail-biting behavior among adolescents were reviewed using the keywords 'nail-biting' and 'adolescent' in Google Scholar, PubMed, Ovid, Springer, Science Direct, and Cochrane Library databases. The inclusion criteria for the studies were determined as follows: Published in the last decade, having the publication language of English, and access to the full text. Grey literature was left out of the examination. Forty-two studies meeting the inclusion criteria were reached. During evaluation of the articles, an answer was sought to the question, 'Is nail-biting behavior an indicator for mental health problems among adolescents?' A correlation between nail-biting and mental health was observed in 17 of the 43 articles. The other studies were those concerning mouth and dental health, dermatology, and medications. **Findings and Results:** When examining the articles investigating the correlation between nail-biting and mental health, the following conclusions were determined. There are two studies indicating that body-focused repetitive behaviors (such as nail-biting) are correlated with other psychiatric conditions. In one study, it is indicating that compulsive self-injury (such as nail-biting) may be the first symptom of psychiatric disease. One of the other studies reported that nail-biting behavior originated from infancy behaviors and that thumb-sucking behavior during infancy is an indicator of nail-biting during adolescence. In another study, the use of a pacifier and nail-biting were very common in children with attention deficit hyperactivity disorder (ADHD) who were not breastfed; however, nail-biting behavior itself was not a predictor for a later diagnosis of ADHD. There was also a study stating that tic and nail-biting behaviors could be associated with genetic predisposition in individuals with ADHD. Numerous psychological factors affect nail-biting. There were four studies have reported that nail-biting was correlated with irritability, anger, temper, somatic complications, and skin picking disorder and symptoms of emotional and mental diseases. Furthermore, it was stated that it could cause numerous psychological problems and especially obsessive-compulsive spectrum disorder (OCB) and nail-biting behavior and that ADHD and nail-biting behavior coexisted in three studies. It was stated that psychological state such as level of anxiety, depression, negative self-image, somatization and hostility were factors affecting nail-biting among adolescents in the other study. Apart from these, it was reported that stress, loneliness, imitation of other family members, heredity, inactivity, and transference from a thumb-sucking habit existed in the etiology of nail-biting behavior at the other studies. **Conclusions and Recommendations:** A relationship between nail-biting and mental health has been shown in many studies. The nail-biting behavior may be an indicator for mental health problems among adolescents.

Key words: adolescent, mental health, nail biting

ADDRESS FOR CORRESPONDENCE Fatma Nevin Sisman, Marmara University, Turkey

E-Mail Address: nevin4083@yahoo.com

An Example of Family-Focused Nursing Care Plan for Older Adults with Dementia According to the Family Management Style Framework

Fatma Nevin Sisman, Marmara University, Turkey

Ayşe Ergun, Marmara University, Turkey

Abstract

Problem Statement: The proportion of the elderly population to the total population is gradually increasing both in Turkey and worldwide. Approximately 4.5 million people have dementia, a figure that is expected to more than double to 10.2 million by 2050. The progressive decline associated with dementia challenges families as they manage behaviors and care decisions; in fact, family-based care of older adults with severe dementia requires 41.5 hours more of care per week than older adults with normal cognition. **Purpose of Study:** This study gives an example of family-focused nursing care plan for families caring for older adults with dementia according to the Family Management Style Framework (FMSF). **Methods:** The Family Management Style Framework was developed by Knafl et al. It is a well- establish framework for the study of family response to chronic condition care of children. Then it was adapted to families caring for older adults with dementia. It has been useful for describing the processes families experience, the way they manage care challenges, and family response patterns. We used adapted FMSF components for older adults with dementia for family focused nursing care process in this study. This framework has three components (definition of the situation, management behaviors, and perceived consequences) and each component has dimensions. In this study, nursing diagnoses for families caring for older adults with dementia were selected from NANDA diagnoses and nursing interventions were selected from the Nursing Interventions Classification (NIC). **Findings and Results:** Mrs. R., a 78-year-old, after losing her husband, she begins to live alone. After 2 years of her husband's death, Mrs. R gets dementia. She moves to daughter's home (Mrs. S), because of needing her daughter's help to meet care needs. Mrs. S is having difficulty managing her mother's care as dementia progresses. In this study, family focused nursing care was given according to FMSF nursing process we used 6 NANDA diagnoses. Two nursing diagnoses were used (decisional conflict, caregiver role strain) for definition of the situation component, 1 nursing diagnosis was used (disturbed sleep pattern) for management behaviors component and 3 nursing diagnoses were used (deficient diversional activity, impaired home maintenance and fatigue) for perceived consequences component. Nursing interventions were planned according to nursing diagnoses. **Conclusions and Recommendations:** Using the FMSF to better understand how families manage dementia care can provide clinicians with insights on how to work effectively with families. FMSF may prove useful to identify key aspects of caregivers' efforts to incorporate dementia management into everyday life, and to identify family strengths and care challenges to target for intervention.

Key words: Dementia, Family Focused Care, FMSF

ADDRESS FOR CORRESPONDENCE Fatma Nevin Sisman, Marmara University, Turkey

E-Mail Address: nevin4083@yahoo.com

Assessment of Sexual Function and Quality of Life in Women with Inflammatory Bowel Diseases

Bilgin Başkan, Marmara University, Turkey

Sıdıka Oğuz, Marmara University, Turkey

Betül Bayrak, Marmara University, Turkey

Abstract

Purpose: This cross-sectional and descriptive study has been conducted to assess sexual function and quality of life in women with inflammatory bowel diseases. **Materials and Method:** This study was conducted on 118 women with inflammatory bowel diseases, who applied to a university hospital in İstanbul and met the conditions of the survey. Patient information forms, Sexual Quality of Life -Female (SQOL-F) questionnaires were used in the survey. The data were assessed with descriptive statistics, Mann Whitney U, Kruskal Wallis, One-way Anova, t-tests and Pearson correlation analysis. **Findings:** The SQOL-F average score for the women with IBD was $55,41 \pm 2,54$. It was found that sexual function and quality of life was reduced in women with lower education levels, stress personalities and fatigue and those who do not work or who live in a large family ($p < .05$). The SQOL-F score of the women with active IBD was seriously decreased ($p < .0001$). Symptoms and findings resulting from IBD negatively affects the quality of sexual life ($p < .05$). Significant difference has been detected for the women's SQOL-F average scores according to the women's satisfaction with their sexual life and having problems in their sexual lives caused by their illnesses.

Conclusion: It was found that women with IBD has a reduced quality of sexual life.

Key Words: Inflammatory bowel disease, Ulcerative colitis, Crohn, Quality of sexual life, Nursing.

ADDRESS FOR CORRESPONDENCE Bilgin Başkan, Marmara University, Turkey

E-Mail Address: soguz@marmara.edu.tr

Profile of patients who admitted to the emergency of a state hospital in Turkey

Betül Bayrak, Marmara University, Turkey

Sıdıka Oğuz, Marmara University, Turkey

Yusuf Gümüş, Turkey

Gülşah Çamcı, Marmara University, Turkey

Abstract

Background: General complaint of patients who admit to the emergency service, are pain and chronic illness. Purpose: It is a descriptive study to determine profile of patients who admitted to the emergency service. Methods: This study was performed on 250 patient who admitted to the emergency of a state hospital in Turkey between 1 February 2015- 25 April 2015 dates. The data was collected by the questionnaire forms prepared by the researchers in accordance with the literature research. Data were analyzed by using frequency, percentage and chi square. Results: 52.2 % of the patient were male. 11.6% of the them were between 18-35 ages, 54.8% were between 36-65 ages and 33.6% were 65 age and over. 73.2% of patients in the city, 26.8% in rural area lived. 66.8% of patients with family, 33.2% stayed alone. 39.6% of patients were hypertension, 20.4% patients were heart disease and 7.6% were diabetes. It was determined coming to the emergency using 50.4% of patients with the private car, 19.6 % with ambulance % and 30% with public transport. It was found that 72% of patients reached more than 30 minutes to emergency. It was determined that pain of 5.2% of patients were ongoing less than two hours, 50.4 % had pain between 2-24 hours, 44.4% patients had an ongoing pain 25 hours or more. It was found that while 42.4% of the patients who get examined in less than 30 minutes, went to home, 57.6% of them get examined more than 30 minutes. Examination time of women were found more than men ($p=0.15$). Increasing pain time of patients were showed to increasing examination time($p=0.00$). Conclusions: It was determined that the patients who admitted to the emergency, reached to long time at hospital. Increasing pain time of patients were showed to increasing examination time

Key words: emergency, patient, hospital

ADDRESS FOR CORRESPONDENCE Betül Bayrak, Marmara University, Turkey

E-Mail Address: bayrak.betul@yahoo.com

Infections Associated with Invasive Device Which Occur in the Intensive Care Unit

Serap Tosman Balık, Marmara University, Turkey

Sıdıka Oğuz, Marmara University, Turkey

Betül Bayrak, Marmara University, Turkey

Abstract

Purpose: A descriptive and cross-sectional study was conducted to determine the relationship with occurrence of infection and use of invasive device in the intensive care unit. **Methods:** The target population of the study was comprised of 257 patients who were hospitalized in the Anesthesia and Reanimation Clinic from July 1 to September 30, 2011 and 173 patients who agreed to participate to the study. Data were collected using “Adult Patient” and “Adult Invasive Device” tracking forms. Infections were determined according to the criteria of Centers for Disease Control and Prevention. Data were examined with percentage, mean, Chi-square and Mann-Whitney U tests in SPSS 10.0 software pack. Infection rates were estimated according to the National Nosocomial Infections Surveillance System. It was compared with data obtained from Turkish National Nosocomial Infections Surveillance Network (UHESA) 2011 and National Healthcare Safety Network (NHSN) 2008. **Results:** Seventy four nosocomial infections developed in 50 patients which account to 28.9% of the cases. Density of nosocomial infections was 39.2/1000 and it was found that ventilator associated pneumonia rate (VAP) was 41.1/1000 and urinary catheter-associated, urinary tract infection (CAUTI), rate was 6.4/1000. central line-associated bloodstream infection (CLABSI) developed. Of all infections, 20.2% was primary BSI. VAP and CAUTI, rates were higher in comparison with data obtained from UHESA 2011 and NHSN 2008. A significant relationship was found between risk factors (length of hospitalization, respiratory failure, cerebrovascular diseases, trauma, intubation, mechanical ventilator, enteral feeding, central venous catheter) and the occurrence of the infection ($p<.05$), while it was observed that age and gender did not influence the occurrence of infection ($p>.05$). A difference was found between patients who died secondary to VAP and CAUTI ($p=.024$). In conclusion, use of invasive device in the intensive care unit, in association with the diagnosis, length of hospitalization, underlying disease and other risk factors, influences the development of infection.

Key words: Nurse care, invasive device, VAP, intensive care, CAUTI

ADDRESS FOR CORRESPONDENCE Serap Tosman Balık, Marmara University, Turkey

E-Mail Address: soguz@marmara.edu.tr

Determination The Status of University Students' Physical Activity and Their Knowledge About Importance of Physical Activity in Heart Health

Betül Bayrak, Marmara University, Turkey

Abstract

Background: Sedentary lifestyle causes to diseases such as cardiovascular diseases and musculoskeletal problems. Sedentary lifestyle is an important modifiable risk factor, Purpose: This study was conducted to examine the status of university student's physical activity and its correlation with their heart health. Methods: This research was performed as a cross-sectional and descriptive among the students who are studying in a University - health science department and social science department between the dates of October 2014-February 2015. Within the research , it was performed questionnaire by 602 students. For the analysis such data were used ; percentage ,frequency,average,chi-squared distribution and $p<.05$ is accepted as level of significance in all tests. Results: The average age of 20.04 ± 1.87 (min 17, max: 34) which is %69.3 of the subjects were women and 63% of them are studying in the Faculty of Health Sciences. At the research it was concluded that Social Science students were performed activity more ($p=.037$) than Health Sciences students and the reason why they have done activity is to meet other people. It was also determined that male students did more active ($p=000$) than female students and male student do this for fun and meet new people ($p=.001$). The factor performing activity for female students is that maintain their's weight or lose weight ($p=.006$). Moreover, the reason for lack of performing activity for female is lack of time ($p=001$), for male, it is economic liability ($p=.019$). Also,comparing with male and female, female students found activity has positive effect on heart health. Conclusion: Health Science students did less physical activity than Social Science students, male did less physical activity than female and male did physical activity for meeting the other peer and entertainment. Female did physical activity for lose weight and keep weight. Female who didn't physical activity have reason for it that they fave any time.

ADDRESS FOR CORRESPONDENCE Betül Bayrak, Marmara University, Turkey

E-Mail Address: bayrak.betul@yahoo.com

Determination The Status of University Students' Physical Activity and Their Knowledge About Importance of Physical Activity in Heart Health

Sıdıka Oğuz, Marmara University, Turkey

Betül Bayrak, Marmara University, Turkey

Rıdvan Yılmaz, Marmara University, Turkey

Gülşah Çamcı, Marmara University, Turkey

Abstract

Background: Sedentary lifestyle causes to diseases such as cardiovascular diseases and musculoskeletal problems. Sedentary lifestyle is an important modifiable risk factor Purpose: This study was conducted to examine the status of university student's physical activity and its correlation with their heart health. Methods: This research was performed as a cross-sectional and descriptive among the students who are studying in a University - health science department and social science department between the dates of October 2014-February 2015. Within the research , it was performed questionnaire by 602 students. For the analysis such data were used ; percentage ,frequency,average,chi-squared distribution and $p<.05$ is accepted as level of significance in all tests. Results: The average age of 20.04 ± 1.87 (min 17, max: 34) which is %69.3 of the subjects were women and 63% of them are studying in the Faculty of Health Sciences. At the research it was concluded that Social Science students were performed activity more ($p=.037$) than Health Sciences students and the reason why they have done activity is to meet other people. It was also determined that male students did more active ($p=000$) than female students and male student do this for fun and meet new people ($p=.001$). The factor performing activity for female students is that maintain their's weight or lose weight ($p=.006$). Moreover, the reason for lack of performing activity for female is lack of time ($p=001$), for male, it is economic liability ($p=.019$). Also,comparing with male and female, female students found activity has positive effect on heart health. Conclusion: Health Science students did less physical activity than Social Science students, male did less physical activity than female and male did physical activity for meeting the other peer and entertainment. Female did physical activity for lose weight and keep weight. Female who didn't physical activity have reason for it that they fave any time.

ADDRESS FOR CORRESPONDENCE Sıdıka Oğuz, Marmara University, Turkey

E-Mail Address: soguz@marmara.edu.tr

DETERMINATION OF THE ANXIETY AND DEPRESSION OF MOTHERS WHOSE CHILDREN STAY IN THE ONCOLOGY SERVICE

Sıdıka Oğuz, Marmara University, Turkey

Betül Bayrak, Marmara University, Turkey

Bahar Erişmiş, Turkey

Gizem Tepeli, Turkey

Kübra Kathan, Turkey

Abstract

in the world. The prevalence of coronary artery disease is increasing steadily. Myocardial infarction is the most important of coronary artery diseases. If risk factors are reduced, heart attack can be prevented. Purpose: The study has been planned as a cross-sectional and descriptive to determine the risk factors and awareness level of myocardial infarction in the university students. Methods: The research was carried out between the January - May 2016 with 800 students who studying in the nursing and law departments of the same university. Data was collected by Questionnaire prepared by the researchers in accordance with literature. Data were analyzed by using frequency, percentage, mean and chi square. Results: The mean age of the students was 20.49 ± 1.82 . 59.1% of students were in nursing department and 40.9% of them in law department. 19.8% of students had smoking habits. 50.4% of students answered correctly to the definition of myocardial infarction. 45.4% of those who correctly answered the definition of heart attack were nursing students and 5% were law students. 9% of the students claimed that they had no cardiovascular disease risk factors. 32.8% of the students had some cardiovascular disease risk factors in their family. The most known risk factor of myocard infarctus was stress with %88. The least known risk factor was menopause with 16.9%. All of the controllable risk factors were known at 51.5%. None of the controllable risk factors were known at 12%. The most well-known symptom of myocard infarctus was chest pain with 92.9% in both faculty students. Conclusions: it is detected that nursing students were more aware of myocard infarctus and their knowledge level was higher. According to students, stress was the most important risk factor and chest pain was the most important symptom in myocardial infarction.

Key words: myocard infarctus, university students, risk factors

ADDRESS FOR CORRESPONDENCE Sıdıka Oğuz, Marmara University, Turkey

E-Mail Address: soguz@marmara.edu.tr

DETERMINATION OF THE ANXIETY AND DEPRESSION OF MOTHERS WHOSE CHILDREN STAY IN THE ONCOLOGY SERVICE

Gülay Yıldırım, Marmara University, Turkey

Şenay Yıldırım Kahrıman, Marmara University, Turkey

Sıdıka Oğuz, Marmara University, Turkey

Sevim Dursun, Halic University, Turkey

Betül Bayrak, Marmara University, Turkey

Abstract

Aim: Cancer can cause health problems such as anxiety and depression in children and parents. The study was planned in order to determine the level of mothers whose children stay in the oncology service. **Method:** The research was carried out in Şişli Hamidiye Etfal Training and Research Hospital and Göztepe Training and Research Hospital in Istanbul between January 2015 and May 2015 after the necessary permissions were obtained. The universe of the descriptive study was mothers whose children stay in the oncology service of the hospitals where the research was conducted in Istanbul and the sample was the mothers (n: 149) who agreed to participate in the survey. Data were collected using the Information Form and the Hospital Anxiety Depression Scale (HADS). The information form consists of 35 questions in total. HADS is a scala developed by Zigmond and Snaith in order to determine the anxiety and depression risk of the patient. It contains 14 questions in total. The odd-numbered questions measure anxiety and the even-numbered questions measure depression. HADS is a Likert type. The validity and reliability of this scale in Turkish was made by Aydemir et al. The cut-off score for the anxiety subscale (HAD-A) was 10. The cut-off score for the depression subscale (HAD-D) was 7. Those above these points are considered at risk. Statistical calculations were made using the percentage and the chi-square test in the SPSS program. **Results:** The average age of the mothers in the study is 35.9 ± 7.4 . 62.4% of the mothers of the children in the oncology service were found to have anxiety and 85.9% of them had a risk of depression. Mothers with poor economic status were found to have more anxiety and depression risk than mothers with good economic status ($p < 0.001$). Mothers who have chronic disease in the other child was found to have a higher risk of depression than the mothers who do not have chronic disease in the other child ($p < 0,01$). Mothers of children who have been treated for more than four years have been found to be more at risk for anxiety and depression than their mothers who have been treated for about 1 year ($p < 0,05$, $p < 0,01$). Mothers who had to work in a job and leave the job because of the child's illness were found to have more anxiety than mothers who did not work and did not have to leave the job ($p < 0,01$). **Conclusion:** The results of the study show that in the mothers of the children in the oncology service, the economic condition is impaired and the prolongation of the treatment period increases both anxiety and depression risk. Factors such as the presence of chronic illness in the other child and leave work also contribute to depression and anxiety risk.

Key words: Anxiety, mother, depression, oncology service

ADDRESS FOR CORRESPONDENCE Gülay Yıldırım, Marmara University, Turkey

E-Mail Address: gulayyldrm@yahoo.com

RELATIONSHIP BETWEEN SPOUSAL VIOLENCE TOWARDS WOMAN AND PSYCHOLOGICAL SYMPTOMS IN WOMEN

Aysun BABACAN GÜMÜŞ, Çanakkale Onsekiz Mart University, Turkey

Sevinç ŞİPKİN, Çanakkale Onsekiz Mart University, Turkey

Özden ERDEM, Marmara University, Turkey

Abstract

Background: Psychologically serious health problems can be seen in women exposed to violence. Health problems can seriously threaten the life of the woman. Objective: To describe the relationship between spousal violence towards woman and psychological symptoms in women. Materials and Methods: The working group formed 135 married women over the age of 18 who volunteered to participate in the research and did not have non-disabled to communicate. The data were collected between September 2015 and June 2016. The study was conducted as a descriptive study in two different social life centers located in different districts in a province center. Before the study, written consent was obtained from the Clinical Research Ethics Committee and the relevant institution. Verbal consent was obtained from the women involved in the investigation. In order to determine the socio-demographic characteristics and experiences related to violence Brief Symptom Inventory (BSI) and the information form prepared by the researchers in accordance with the related literature were used. The data were collected through face-to-face interviews with participants. Descriptive statistics, Mann Whitney U test, were used in the evaluation of the data. In this study, the cronbach alpha value of BSI was 0.96. Developed by Derogatis (1992), scale is often used to scan spiritual statements and it is a 53 item self-report scale. Adapting to Turkey by Şahin and Durak 1994. The high scores on the scale and subscales indicate the frequency of the psychological symptoms of the individual. Results: Demographic characteristics of women in the study group's the average age is 41.93 ± 11.63 . % 34.1 of women is high school graduate, %40.7 of women is housewife and %85.9 of women have a child. % 92.6 of women have a nuclear family structure and % 51.9 of women have a job. According to the responses given to the Brief Symptom Inventory, the mean Positive Symptom Total score in women was 21.45 ± 3.12 (Min. = 0, Max. = 53) and Positive Symptom Distress Index score was 1.81 ± 0.84 (Min. = 1, Max. = 4) and the General Severity Index score was 0.82 ± 0.83 (Min. = 0, Max. = 4). When the psychological symptom subscale scores were compared according to the types of violence women who experienced physical violence; anxiety ($p < 0.01$, $z = -3.759$), depression ($p < 0.01$, $z = -4.157$), negative self ($p < 0.01$, $z = -4.431$), somatization ($p < 0.01$, $z = -4.097$) subscales significantly higher than women not experienced physical violence. Women who have experienced emotional violence; anxiety ($p < 0.01$, $z = -3.642$), depression ($p < 0.01$, $z = -4.113$), negative self ($p < 0.01$, $z = -4.383$), somatization ($p < 3.178$), and hostility ($p < 0.01$, $z = -4.462$) subscales score were significantly higher. Women who have experienced sexual violence, anxiety ($p = 0.012$, $z = -2.504$), depression ($p < 0.01$, $z = -2.621$), negative self ($p < 0.01$, $z = -3.496$) and hostility ($p < 0.01$, $z = -2.537$) subscale scores were found higher. Significant differences were found in terms of all symptom subscales between women who are experiencing economic violence and women who are not violent. Anxiety ($p < 0.01$, $z = -3.656$), depression ($p < 0.01$, $z = -3.738$), negative self ($p < 0.01$, $z = -3.747$), somatization ($p < 0.01$, $z = -3.481$) subscale scores were higher in women who experienced economic violence. Conclusion: Physical, emotional, sexual and economic violence negatively affect women's mental conditions. Anxiety, depression, negative self, somatization and hostility are higher in women who are exposed to violence. Considering that women who are exposed to violence have a higher risk of developing psychopathology efforts to prevent violence will positively affect women's mental health

ADDRESS FOR CORRESPONDENCE Aysun BABACAN GÜMÜŞ, Çanakkale Onsekiz Mart University, Turkey

E-Mail Address: ozden85@gmail.com

VEGETARIAN / VEGAN PREGNANCY IS A THREAT FOR HEALTH?

Gülbu Tanrıverdi, Çanakkale Onsekiz Mart University, Turkey

Özden ERDEM, Marmara University, Turkey

Abstract

Summary The vegetarian diet is meat, meat products, poultry, seafood and no meat products. Vegetarianism means not using anything derived from any animal. Well-balanced vegetarian diets provide normal growth and development. In addition, many diseases such as cardiovascular health, cancer, diabetes, blood pressure are effected positively. However, vegetarian diets, according to recommendations of nutrition experts; protein that is missing in organism should be planned in such a way that it does not cause health problems as compared to calcium, iron, zinc, vitamin B12, vitamin D, fatty acids and iodine components. Otherwise, wrong nutrition reduces the resistance of the body and increases the likelihood of getting illnesses. Vegetarian nutrition usually protects against chronic diseases such as heart disease, hypertension, stroke, type 2 diabetes and certain cancers, by providing lower body mass index, total serum, cholesterol level and blood pressure. However, in order to protect the health of vegetarians and to reduce the risk of certain chronic diseases, it is necessary to take adequate amounts of vitamin B12, vit D, omega-3 fatty acids, calcium, iron and zinc diet. In studies conducted, the lack of B12 in vegans is mentioned as a more common problem than vegetarians. A vegetarian diet can lead to nutritional deficiencies resulting from the elimination of some or all animal products. It is thought that this situation can affect the health of mother and baby negatively in pregnancy. Concerns about this make this issue debatable. The purpose of this study is to examine whether the vegetarian / vegan pregnancy is a health threat in the light of the literature. Results: None of the 22 studies examined reported an increase in serious adverse outcomes or major malformations other than a report of increased hypospadias in infants of vegetarian mothers. In five studies, vegetarian mothers were reported to have low birth weight babies, two studies reported higher birth weights. Nine studies on micro elements and vitamins suggest that vegan-vegetarian women are at risk of vitamin B12 and iron deficiency. There is insufficient evidence about vegetarian diets in pregnancy; it has been determined that the vegetarian diets are not harmful to the pregnancy in the light of the available evidence, paying attention to the vitamin and trace element requirements. It is important that pregnant women should take enough of the requirements of the fetus and women who have solid vegetarian adolescents or similar diets should be screened for eating disorders. According to the American Dietetic Association, a regular pregnancy period can be carried out with appropriately planned for vegan, lacto-vegetarian and lacto-ovo-vegetarian diets. However, the American Dietetic Association emphasizes that this diet can have some difficulties for individuals who do not have the necessary experience or knowledge of nutrition. Vitamin D and vitamin B12 supplementation are also necessary. Health care providers need to assess whether pregnant women are vegan or vegetarian, whether vegetarian-vegan diet is available, and whether there are nutritional deficiencies that affect their health. It is expected that health professionals should respect both the pregnant women's dietary preferences during pregnancy and evaluate the nutritional adequacy of the pregnant women. Vegetarians-vegans may have a sense of misunderstanding and defenses due to their choices. For this reason, it is important that counseling is carried out respectfully. In this direction health care professionals should apply a counseling approach that is far from prejudiced. It is suggested that the most appropriate diet option supported by evidence should be planned in a co-ordinated approach. Nurses and midwives are the health personnel who are the closest communication and have spent the most time with pregnant women. For this reason, nurses and midwives need to show an approach that pregnant woman can easily express their nutritional choices, not fear of criticism and not worry.

ADDRESS FOR CORRESPONDENCE Gülbu Tanrıverdi, Çanakkale Onsekiz Mart University, Turkey

E-Mail Address: ozden85@gmail.com

Determination of the nurses' levels of perception for the reasons of organisational conflicts

Derya Çakır, Bartın State Hospital, Turkey

Yasemin Ergun, Marmara University, Turkey

Abstract

Health institutions are where various disciplines have to work together for a common purpose, to provide vital services to people, to race against time, to use various technologies, and to communicate with a large number of people; therefore they are where conflicts are suffered most. This study was planned as a descriptive study of the organizational conflict level and reasons of nurses, and was conducted on total 313 nurses working for two hospitals located in the city of Zonguldak but having different statuses. A questionnaire form and a Conflict Scale developed by researchers were used for collecting data, with a reliability coefficient of 0.86 for said scale. The data were assessed performing descriptive statistical analyses, parametric tests and non-parametric tests in a computer. The conflict point of the nurses was found to be medium level (3.40). It was found that there are statistically meaningful differences ($p<0.05$) between the conflict scale as well as its sub dimensions and marital status, type of the hospital, working conditions, seniority at a position, satisfaction with the profession, satisfaction with the hospital, satisfaction with the department, being trained against conflict, and social activities. In the light of these findings, it can be suggested that organizational arrangements might be made to increase the employees' satisfaction level in order to lower the conflict level of the nurses.

ADDRESS FOR CORRESPONDENCE Yasemin Ergun, Marmara University, Turkey

E-Mail Address: yasemin3000@mynet.com

Evaluation of Nurses' Opinions about Computer Physician Order Entry

Müzelfe Bıyık, Marmara University, Turkey

Yasemin Ergun, Marmara University, Turkey

Abstract

This research was performed as a descriptive and analytic study to determine the perceptions of the nurses regarding the computerized physician order entry system. The study was conducted with 207 nurses working in four hospitals using this system in Bursa. Socio demographic data form and the computerized physician order entry system perception scale were used as data collection tool. Obtained data were analyzed by statistical methods and nonparametric tests. The scale met acceptable level of reliability and validity ($\alpha=0,94$). There was a statistically significant difference between the groups according to age, position, service and Institution, years of Institution experience and the period of using the system in terms of scale and sub-dimensions. In conclusion, it was determined that the nurses perceived the system as positive in spite of some difficulties related to this system. It is suggested that the problems with system should be solved and the training programs should be organized.

Key words; Nurse, computer physician order entry, medication errors

ADDRESS FOR CORRESPONDENCE Müzelfe Bıyık, Marmara University, Turkey

E-Mail Address: muzelfeuysal@gmail.com

RELATIONSHIP BETWEEN PRENATAL AND MATERNAL ATTACHMENT: A longitudinal study from Turkey

Nursan Çınar, Sakarya University, Turkey

Sinem Yalnizoğlu Çaka, Sakarya University, Turkey

Sümeyra Topal, Sakarya University, Turkey

Hilal Uslu Yuvacı, Sakarya University, Turkey

Abstract

Aim: This study was carried out to determine the effect of mother-fetus attachment that develops during pregnancy on mother-infant attachment in the postpartum period. **Method:** The population of the descriptive, correlational and longitudinal study consisted of all of the expectant mothers who attended the pregnancy follow-up polyclinic of an education and research hospital in Sakarya, and the sample consisted of 150 volunteer mothers who could be reached again within 1-4 months after birth and completely filled out the necessary forms from among the mothers who were included in the study in the prenatal period and completely filled out the necessary forms. Data were collected using the Question Form, which was prepared by researchers in accordance with the literature review, Prenatal Attachment Inventory (PAI) and Maternal Attachment Scale (MAS). Data were evaluated using number, percentage, mean and standard deviation, Independent sample t test, One Way ANOVA test, Mann Whitney U Test, Kruskal Wallis-H test and Spearman correlation analysis by SPSS package program in computer environment. **Results:** Of the women who were included within the scope of the study, 43.9% were between 24-29 years of age, 29.5% were high school graduates, 81.3% were housewives, 89.3% had a nuclear family structure, and 31.8% were married for 5-9 years. When obstetric and infantile characteristics of women were evaluated, it was determined that 81.3% of them had a planned pregnancy, 50.4% of them had the first pregnancy, 52.1% of them had a male infant, 77% of them did not have a health problem during pregnancy, and 96% of them did not have a health problem in their baby. When the relationship between participants' PAI (41.20±11.35) and MAS (26.05±5.13) point averages was examined, a weak, positive, statistically significant relationship was found between the two scales ($r: .304, p: .000$). **Conclusion:** It was observed that there was a relationship between the attachment between pregnant woman and developing fetus and the maternal attachment in the postnatal period. The fact that healthcare personnel determine the mother-fetus attachment in the prenatal period is important in the development of maternal attachment.

ADDRESS FOR CORRESPONDENCE Sinem Yalnizoğlu Çaka, Sakarya University, Turkey

E-Mail Address: sinemyalnizoglu@sakarya.edu.tr

Obesity Awareness and Associated Factors in Nursing and Midwifery Students

Sinem Yalnizoğlu Çaka, Sakarya University, Turkey

Sümeysra Topal, Sakarya University, Turkey

Nursan Çınar, Sakarya University, Turkey

Sevin Altınkaynak, Sakarya University, Turkey

Abstract

Aim: This study was carried out to determine the relationship between obesity awareness of the students studying in nursing and midwifery departments and some variables. **Method:** The population of the descriptive, correlational and cross-sectional study consisted of 1121 students studying in Sakarya University Faculty of Health Sciences during the 2016-2017 academic year, and the sample consisted of 891 students who volunteered to participate in the study. Data were collected using the Question Form containing sociodemographic characteristics of the participants, which was prepared by researchers in accordance with the literature, and the Obesity Awareness Scale. Body mass indexes of the students were calculated by performing height-weight measurements. Data were evaluated using number, percentage, mean and standard deviation, Independent sample t test and One Way ANOVA test by SPSS package program in computer environment. **Results:** No statistically significant difference was found between the students' family structure, economic condition, parental educational status, number of daily meals, and BMI and the obesity awareness scale and its sub-dimensions ($p>0.05$). It was observed that the scale sub-dimensions and scale total score averages were statistically significantly higher in the participants who exercised regularly ($p<0.05$). **Conclusion:** It was observed that those who exercised regularly had a higher level of obesity awareness.

ADDRESS FOR CORRESPONDENCE Sinem Yalnizoğlu Çaka, Sakarya University, Turkey

E-Mail Address: sinemyalnizoglu@sakarya.edu.tr

CARE BURDEN OF CAREGIVERS PROVIDING CARE TO CANCER PATIENTS

Özlem ÖZDEMİR, Kırklareli University

Serap ÜNSAR, Trakya University

Özgül EROL, Trakya University

Abstract

Cancer is a difficult disease with high mortality and morbidity rates that physically and emotionally affect patients and families (1). An important and integral part of care and treatment of cancer patients consists of primary caregivers selected from family members (2). Care is an experience perceived multidimensionally by caregivers and involves many difficulties (3,4,5). Care in cancer treatment is not single dimensional, it covers many areas such as emotional, physical or financial support (6). Caregivers of individuals diagnosed with cancer experience multidimensional problems while providing care (7). General health, physical, psychosocial and mental health of caregivers are affected (8). Studies that focus on the mental states of caregivers report increases in psychological symptoms such as depression, anxiety, anger, and mental distress (1). Caregivers of cancer patients experience various psychological problems. Lee et al. (6) conducted a 6 month evaluation and found that depressive disorders (12.9%) followed by alcohol abuse (1.5%) and primary insomnia (1.5%) were the most common psychiatric disturbances. In their study, Karabulutlu et al. (9) found that 88.7% of caregivers had poor sleep quality, 46% had anxiety, and 72% had risk of depression. This also affects the life and experiences of the caregiver (i.e. disruption of daily schedules, financial problems, family support-related problems, loss of physical strength and changes in self-confidence), and thus increases burden and affects quality of life (10). Studies on the quality of life of caregivers have shown that family members providing care for cancer patients have a high care load and low quality of life (2,9,11,12,13). Care load of caregivers providing care for cancer patients should be regularly evaluated by nurses. Caregivers should be supported based on their needs, and counseling should be provided. Caregivers should be given training on coping strategies.

ADDRESS FOR CORRESPONDENCE Özlem ÖZDEMİR, Kırklareli University

E-Mail Address: ozlem_18082006@hotmail.com

DETERMINING THE STATES OF PAIN IN PATIENTS DIAGNOSED WITH LUMBAR DISCOPATHY – CERVICAL DISCOPATHY AND METHODS THEY USE IN CASE OF PAIN

Zülfiye BIKMAZ, Kırklareli University

Özlem ÖZDEMİR, Kırklareli University

Fatih TUĞLU, Haseki Training and Research Hospital

Hürtan ACAR, Haseki Training and Research Hospital

Abstract

Objective:This study was planned with the aim of determining the pain severity, duration and methods in the case of pain in patients who were diagnosed with lumbar discopathy–cervical discopathy and did not receive surgical operation, as well as the socio-demographic factors that affect these. **Method:**This is a descriptive study.The sample consisted of patients of age 18 or older who are legally independent that visited with requests for Electromyography(EMG), were diagnosed with cervical/lumbar discopathy, had complaints of pain and volunteered to participate.63patients who visited the EMG laboratory in the period of March-May2017 and agreed to participate in the study were selected to be in the sample by the method of non-probability sampling. Ethics Board permission was received, and consent was obtained from the patients for conducting the study.The data were collected by a patient information form.TheVisual Analog Scale(VAS) was used to determine severity of pain.SPSS was used to statistically analyze the data, and the analysis included descriptive statistics, and significance tests for the differences among two or more groups. **Findings:**58.7%of the participants were female, and the mean age was 51.86 ± 14.87 (min:16, max:78).82.3% were married and the Body Mass Indices of 88.9% were over 25.0.28.6% stated that their complaints had been going on for 1-5years, and the VAS scores of 22.2% were 7. Complaints included numbing in 77.8%, prickling sensation in 58.7% and loss of strength in 31.7%.For alleviating their complaints,68.3%took analgesics-relaxants in pill or injection form,55.6%used analgesic-relaxant ointments.37.7%of the participants stated that they found the methods they used against their complaints partly useful. Relatives of 60.3%had surgical operations for herniated disc or neck, and 65.1%of the participants stated that they were not afraid of having an operation. While 72.9% of those with a monthly income of <2300 were not afraid of surgery, 61.5%of those with a monthly income of >2300 were afraid of surgery ($X^2=5.38$, $sd=1$, $p<0.05$). **Conclusion:**There were complaints of numbing,prickling,pain and loss of strength in the patients in general,the pain levels of those who experienced pain were concentration over VAS 6-8.Most participants used pharmacological methods for pain management,and state of having fears about surgery was related to economic factors.

Keywords: lumbar discopathy, cervical discopathy, pain, pain management

ADDRESS FOR CORRESPONDENCE : Zülfiye BIKMAZ, Kırklareli University

E-Mail Address: ozlem_18082006@hotmail.com

Determination of Nursing Students' Attitudes Towards Safe Use of Sharp Medical Instruments

Ayşe KACAROĞLU VİCDAN, Muğla Sıtkı Koçman University, Muğla, Turkey

Abstract

Purpose: This study was conducted to determine the attitudes of nursing students towards safe use of sharp medical instruments. **Method:** This descriptive study was conducted with 294 students in the Nursing Department of an university between February 1 and March 2, 2018. The data were collected using face-to-face interview technique, "Student Introductory Form and Cutter-Piercing Injury Cases" and "Attitude Scale for Safe Use of Sharp Medical Instruments by Healthcare Staff". The highest score that can be taken from the total scale is 125 while the lowest score is 25. In the evaluation of the data, percentage, frequency, arithmetic mean and standard deviation were used, while t-test was used for the paired group comparisons, one-way analysis of variance was used for the triple group comparisons. **Results:** The mean age of the participant students was 21.34 ± 1.42 . 72.1% of the students were female, 37.4% of them were female. 25.9% of the participants were second year students, 36.7% of them were third year students and 37.4% of them were fourth year students. 32.2% of the students were injured with a sharp instrument. 4.7% of them were injured while capping a syringe after treatment, 4.1% of them were injured during medication, 2.7% of them were injured while binning a used syringe into a waste box. When the mean subscale scores were evaluated, the mean cognitive subscale score was 57.03 ± 3.61 , the mean affective subscale score was 28.19 ± 2.13 , the mean behavioural subscale score was 33.25 ± 2.40 . The mean total scale score was 118.48 ± 7.11 . There was no significant difference in the mean scores of the students according to their genders and classes. **Conclusion:** Student nurses' attitudes towards the safe use of sharp medical instruments seem to be positive in terms of affective, cognitive and behavioural subscales.

Key Words: Sharp instrument, Injury, Student nurse, Attitude

ADDRESS FOR CORRESPONDENCE : Ayşe KACAROĞLU VİCDAN, Muğla Sıtkı Koçman University, Muğla, Turkey

E-Mail Address: aysevicdan64@hotmail.com

An Example of Mobile Assisted Teaching Assessment in the Learning of the Ventrogluteal Site by Nursing Students: Instagram Application

Ayşe KACAROĞLU VİCDAN, Muğla Sıtkı Koçman University, Muğla, Turkey

Abstract

Purpose: This study was conducted to evaluate mobile assisted teaching method in the learning of Ventrogluteal site by nursing students. **Method:** The study was designed experimentally with randomized controlled. The universe of the study consists of 226 students who take the Nursing Principles course. The study was conducted with 138 volunteers who met the research criteria. Students participating in the study were divided into the experiment (n = 69) and control (n = 69) groups by using the simple random sampling method. The students in the experiment group were trained by mobile assisted teaching method. Instagram application was used for mobile assisted teaching. The "training web page" related to the study was opened in the instagram. Only students in the experiment group were included in this page and training lasted five days. A total of 64 shares including theoretical information, images and videos, and a live broadcast for once related to the subject were published on the instagram page named "ventrogluteal" which opened during mobile assisted teaching period. The students in the control group were trained in the classroom. In both groups, after the training had been completed and 15 days after the training, the knowledge of the students was evaluated by the Knowledge Question Form and the application skills of them were evaluated with the Skill List. **Findings:** The mean score of knowledge of the participants in the experiment group was 17.33 ± 3.04 immediately after training, and it was 17.58 ± 2.87 15 days later of the training; the mean scores of knowledge of the students in the control group were 18.10 ± 1.90 and 18.35 ± 2.04 , respectively. The mean score of skill of the students in the experiment group was 21.83 ± 4.57 and it was 22.29 ± 4.46 in the control group. It was not found any statistically significant difference in both groups between the mean score of knowledge and mean score of skill ($p > 0.05$). **Conclusion:** It was seen that mobile assisted teaching is as effective as classroom teaching for evaluating the knowledge and skills of nursing students.

Keywords: Mobile assisted teaching, Instagram application, Nursing students, Ventrogluteal site, Intramuscular injection

ADDRESS FOR CORRESPONDENCE : Ayşe KACAROĞLU VİCDAN, Muğla Sıtkı Koçman University, Muğla, Turkey

E-Mail Address: aysevicdan64@hotmail.com

Predictors of breast self-examination behaviors of female university students: A cross-sectional study based on the Health Belief Model

Ayşe Koyun, Afyon Kocatepe University, Turkey

Ebru Polat, Adnan Menderes University, Turkey

Abstract

Objective Breast cancer is the most common type of cancer that leads to death among women. The aim of this study is to explore the predictors of breast self-examination (BSE) behaviors of female university students (FUSs) and examine the relationship between Health Belief Model (HBM) constructs. Design A cross-sectional study was carried out with 300 female students in Afyon Kocatepe University Health School between 5 and 28 April 2017. Data were obtained by self-administered questionnaires. Structured equation models used to identify significant predictors of BSE behaviors and potential relationships among variables. A final model was generated by using a model-fitting in which non-significant paths were dropped gradually. Results The fit indices of final model seemed acceptable. The BSE behavior was significantly associated with the level of self-efficacy, perceived susceptibility, and perceived barriers. There was a correlation between perceived susceptibility and perceived severity ($r = 0.26$, $p < 0.001$). Both higher level of self-efficacy and perceived severity were related to higher perceived benefits ($\beta = 0.25$ and $\beta = 0.35$, respectively), explaining 19% of the variability in perceived benefits. Both lower level of self-efficacy and perceived benefits were related to higher perceived barriers ($\beta = -0.13$ and $\beta = -0.36$, respectively), explaining 18% of the variability in perceived barriers. Both higher level of perceived susceptibility and lower level of self-efficacy were associated with more BSE behavior ($\beta = 0.14$ and $\beta = -0.17$, respectively). Although there seems to be a relationship between perceived barriers and BSE behavior ($\beta = 0.11$, $p = 0.049$), it has emerged that perceived barriers do not directly affect BSE behavior ($p = 0.214$). Perceived susceptibility and self-efficacy directly affected BSE behavior and explaining 7% of the variability in BSE behavior. Conclusions The HBM provides a useful framework for investigating predictors of BSE behavior among FUSs. Future breast cancer prevention interventions should focus on increasing perceived benefits, increasing perceived susceptibility, reducing perceived barriers, and improving self-efficacy among FUSs.

ADDRESS FOR CORRESPONDENCE : Ayşe Koyun, Afyon Kocatepe University, Turkey

E-Mail Address: ayse.tastekin@hotmail.com