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## ASSIUT SCIENTIFIC NURSING JOURNAL (ASNJ)

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## Designing Nursing Recommendations for Patients with Chronic Bronchitis at Al- Badary Central Hospital

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### Aabstract

**Background:** Chronic bronchitis is defined as a productive cough that lasts for three months or more per year for at least two years. **The aim of this study was** to evaluate effect of designed nursing recommendations on knowledge for patients with chronic bronchitis. **Methods: Research design:** Quasi experimental (pre – post) test research design was utilized to conduct this study. **Setting:** The study was conducted at internal medical unit of Al-Badary Central Hospital. **Subjects:** Sixty adult patients with chronic bronchitis, the age ranges between (18-65) years, both male and female. **Tools:** An interview questionnaire sheet for patients. **Results:** There was statistically significant difference between pre and post implementing of designed nursing recommendations in relation to signs and symptoms and patient's knowledge about chronic bronchitis in all items with p-value 0.001. **Conclusion:** Designed nursing recommendations had statistically significant effect on patient condition and knowledge **Recommendation** : Patient should be provided with sufficient information on chronic bronchitis and health improvement before discharge from the hospital.

**Keywords:** *Designed, Nursing Recommendations & Chronic Bronchitis.*

## Prevalence and Risk factors leading to Vascular access failure among Hemodialysis Patients (Suggested Nursing Guideline)

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### Abstract

**The aim of the study** was to identify the prevalence and risk factors of vascular access failure among hemodialysis patients. **Patients and method:** A descriptive exploratory research design was utilized. This study was conducted in dialysis unit at Assiut University Hospital. The study sample consisted of 200 consecutive adult patients attended to dialysis unit at Assiut University Hospital within a period of 6 months their age ranged from 20 to 65 with mean age (40.76±13.24) years. **Tools: Tool 1:** A patients interview questioner sheet. **Tools 2:** Risk factors and causes of vascular access failure. **Results:** Incidence of vascular access failure among hemodialysis patients at Assuit University Hospital in over six month was (34.5%). Their age ranged from 40-65 year. Aging, diabetes, obesity, and infection were the major risk factors for vascular access failure. **Conclusion:** There was statistical significant relation ship were found between the vascular access failure and duration of dialysis. **Recommendation** Simple illustrated guidelines about vascular access and risk factors for failure should be available for patients in all dialysis units.

**Keywords:** *Hemodialysis, Nursing guideline Prevalence, Risk factors & Vascular Access Failure.*

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## Nursing Assessment for Predictors of Failed Weaning Among Prolonged Mechanically Ventilated Patients

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### Abstract

**Background:** For adult patients with prolonged mechanical ventilation (PMV $\geq$ 7 days), weaning success is an important prognostic factor in patients requiring prolonged mechanical ventilation. Weaning failure has been attributed to various factors. The **aim:** of the study was to identify factors contributing to long term mechanical ventilation. **A Descriptive research design** was adopted to conduct this study. The study was conducted in the intensive and trauma care units at Assuit university. **A convenient sample:** of sixty adult male and female patients admitted to mentioned settings and connected to MV. **Tools:** Tool one: socio-demographic data and clinical data, Tool two: weaning criteria scale, Tool three APACHE II score Tool four: Neurological assessment by using FOUR score. **Results:** the most common risk factors delay weaning were cardiovascular (66%) and neuromuscular (54.2%). **Conclusion:** a highly statistically significant relation was found regarding to factors as age, length of ICU stays, RSBI, PH, hemoglobin, WBCs, platelets count and respiratory rate. **Recommendations:** 1-good monitoring of the cardiovascular assessment with cardiologists 2- the weaning indexes have some limitations, related to study population 3- integration with other departments should be more supported.

**Key words:** *Failed Weaning, Weaning Failure, Prolonged Mechanical Ventilation & Predictors.*

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## Hand Skin Problems: Prevalence and Risk Factors Among Nurses Working at Surgical Departments in Ministry of Health Hospitals

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### Abstract

**Background:** Hand skin problems are widespread problems among health care members especially nurses. **Aims:** to determine the prevalence and risk factors of hand skin problems among nurses who are working at surgical departments in Ministry of Health Hospitals. **Design:** Descriptive cross-sectional study. **Setting:** This study was carried out at three ministry health hospitals in Assiut government: Al-Eman, Al-Shamlaa and Ophthalmology Hospitals. **Sample:** A purposive sample of 200 nurses working in surgical and operating room departments at Assiut ministry of health hospitals. **Tool:** A structured self-administrator's questionnaire, included demographic characteristic of nurses, history about hand skin problems and risk factors for hand skin problems. **Results:** More than one third of nurses working from 40-45 hours weekly. More than one quarter of nurses were having hand skin problems and 11.5 % were complaining from hand skin problems less than one year ago. Majority of nurses had a satisfactory level of knowledge about risk factors of hand skin problems. Repeated hand washing is most common risk factors of hand skin problem. **Conclusion and Recommendations:** About a quarter of nurses have hand skin problems and some of them complained from hand skin problems less than one year ago. Efforts to improve skin condition must focus on improving products and identifying any interactive effects between hand care products and glove materials and brands.

**Keywords:** *Hand Skin Problems, Nurses, Prevalence & Risk Factors.*

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**Effect of Contrast Hydrotherapy on Pain Intensity And Quality Of Life Outcomes For Patients With Knee Osteoarthritis**

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**Abstract**

**Background:** Knee osteoarthritis (OA), also known as degenerative joint disease, is typically the result of wear and tear and progressive loss of articular cartilage. It is most common in elderly women and men. **Aim.** Evaluate the effect of Contrast Hydrotherapy on Pain Intensity And Quality Of Life Outcomes for Patients With Knee OA. **Setting:** The study was conducted at Assuit University Hospital in out patients' clinics. **Subjects:** 90 adult patients with knee osteoarthritis. **Tools:** were selected three tools **Tool I:** Bio-socio demographic characteristics **Tool II:** Numeric pain rating scale. **Tool III:** WHOQOL questionnaire. **Results:** Significantly decreased mean scores of pain post contrast hydrotherapy  $p < 0.05$  and increased mean scores of all domain of quality of life post one month of contrast hydrotherapy intervention  $p < 0.001$ . **Conclusion:** contrast hydrotherapy was significantly effective in reducing pain associated with knee osteoarthritis and improving their quality of life with statistically significance differences. **Recommendation:** Contrast hydrotherapy should be included in the early effort to manage patients with knee osteoarthritis.

**Keywords:** *Knee Osteoarthritis, Contrast Hydrotherapy & Patient Outcomes.*

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## Effect of Daily Interruption of Sedation on Level of Consciousness Among Mechanically Ventilated Patients

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### Abstract

Critically ill patients require mechanical ventilator that also need for sedation. Sedative infusions are associated with several disadvantages, so the implementation of daily interruption of sedation was suggested, nurses should closely monitoring sedation and level of consciousness to minimize these complications. **Aim:** This study was carried out to evaluate the effect of daily interruption of sedation on level of consciousness among mechanically ventilated patients. **Design:** a quasi-experimental design. **Setting:** In ICUs at Assiut university hospital. **Subjects:** A convenience sampling of 60 adults patients. Sample was assigned to two equal groups (study and control). **Tools:** Two tools were utilized to collect data of study, **tool I:** Patient assessment sheet. **Tool II:** Sedation assessment tool. **Method:** The researcher used preparatory, implementation and evaluation phases to implement this study. **Results:** This study revealed that there was a gradual improvement every day in duration of interruption that led to improve ment in the levels of sedation and consciousness among study groups rather than control groups. **Conclusion:** implementing daily interruption of sedation improve level of consciousness among mechanically ventilated patient. **Recommendation** Provide in-service education and training program for critical care nurses regarding applying daily interruption of sedation.

**Key words:** *Daily Interruption Of Sedation, Level of Consciousness & Mechanical Ventilation.*

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## The Effect of Psycho-Education on Depression, Anxiety and Pain for Patients Undergoing Hip And Knee Replacement

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### Abstract

Hip and knee replacement can be worrying, compromising the patient both physically and psychologically. Preoperative Psycho-education supports the success of interventions in reducing depression, anxiety and pain. **The study aimed to:** assess the effect of psycho-education on depression, anxiety and pain for patients undergoing hip and knee replacement. **Subjects and Method:** Pretest - posttest control group **design** was used. Purposive **sample** follows inclusion criteria included 90 patients; Preoperative psycho-education was applied for 43 patient as experimental group and another 47 patient didn't receive psycho-education as control group. **Tools:** patients were assessed through personal data sheet, Hospital Anxiety and Depression Scale (HADS) and Visual Analogue Scale (VAS). **Results:** both experimental and control group have high level of depression, anxiety and pain, there was significant improvement in levels of depression, anxiety and pain in the experimental group than control group after one month of operation. The study **concluded** that, preoperative psycho-education could be of high benefit in reducing depression, anxiety and pain for patients undergoing hip and knee replacement. **Recommendation,** Liaison psychiatric nurse, Psycho educational and relaxation training should be available to deal with the anxiety and depression.

**Key words:** *Psycho-Education, Depression, Anxiety, Pain, Hip & Knee Replacement.*

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## Incidence of Violence Against Some Disabled Children in Assiut City.

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### Abstract

**Background:** Children with disabilities face significant barriers to enjoying their fundamental rights. They are also denied access to basic services, such as health care and exposed to discrimination, as well as sexual, physical and psychological violence. **Aim of the study:** To determine the incidence of violence against some disabled children at Assiut city. **Subjects and methods:** Descriptive research design was utilized in this study. Multi stage random sample used to include (10%) which represent 60 disabled pupils. The study was conducted in the following schools El-Nour school for blind pupils, El-Amal school for deaf girls in El-Arbeen district and El-Amal school for deaf boys in Assiut city. A structured interviewing questionnaire for disabled children. It include personal characteristics and exposure to violence in the previous 3 months. **Results:** The present study illustrated that it was found that 88.8%, 77.7% & 40.0% of disabled children were exposed to physical, psychological and sexual violence respectively. **Conclusion:** the majority of the disabled children were exposed to violence **Recommendations:** Increase public awareness about disabled children rights through mass media.

**Keywords:** *Violence & Disabled Children.*

## Family Caregivers' Burden of Hemodialysis Elderly Patients at Assiut City

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### Abstract

**Background:** One in 10 elderly people worldwide have kidney disease, according to the first detailed global report on care delivery for kidney disease, family caregivers of hemodialysis patients experience high levels of burden.

**Aim of the study to** assess family caregivers' burden of hemodialysis elderly patients **Subjects and method:** This study included 83 family caregivers were participated in the study. Descriptive research design carried out in the present study for hemodialysis patients' family caregivers within all hemodialysis units at Assiut city. Convenient sample are used in this study by total coverage technique. An interview questionnaire designed by the researchers after reviewed the related literature; it was structured into three parts: Part (1): Care givers personal data and properties, Part (2): Caregivers knowledge about CKD, Part (3): Zarit Sh Caregiver Burden Scale that used to assess caregivers' burden.. **Results:** Only 1.2% of caregivers had mild burden& 71.1%had severe burden. **Conclusion:** it is concluded that there was a high percent of studied caregivers had severe burden, also 38.6% of them had good knowledge. **Recommendations:** Involving family caregivers counseling and coping mechanisms regarding hemodialysis elderly patients to decrease burden's level.

**Key words:** *Hemodialysis, Elderly, Family Caregivers & Burden.*

## The Effect Of Nursing Application Of Neuromuscular Electrical Stimulation on Mechanically Ventilated Patient's Outcome

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### Abstract

**Introduction:** Intensive care unit acquired muscle weakness is a common complication of immobility. It is an acquired neuromuscular disorder associated with increased duration of mechanical ventilation and weaning suggesting a possible relation between the limb and respiratory neuromuscular involvement. **Aim of study:** was to evaluate the effect of nursing application of neuromuscular electrical stimulation on mechanically ventilated patient's outcome. **Design:** Quasi –experimental research design. **Setting:** The study was conducted in general intensive care unit and trauma unit at Assuit University **Subject:** Three tools designed and used by the researcher for collecting data for the study. **Tool I:** Patient assessment tool that consist of four parts. **Tool II:** Riker sedation-agitation scale. **Tool III:** muscle assessment tool that consist of three parts. **Method:** the researcher assessed ICUAMW, muscle strength and mortality rate. **Results:** There was a significant increase in muscle strength interventional group than control group ( $47.66 \pm 16.84$ ) versus ( $23.70 \pm 11.58$ ), p. value > 0, 05 and consequently significant decreases in the incidence of ICU acquired muscle weakness (24.2 %) versus (75.8%). **Conclusion:** Application of neuromuscular electrical stimulation nursing application had apposite effect on MVPatients outcomes. **Recommendation:** Keep the electrical muscle stimulation device available in all the intensive care units.

**Keywords:** *Acquired Muscle weakness, Patients Out Comes, Electrical Stimulation, Immobility & Nursing Application.*

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## Effect of Teaching Program Regarding Care for Acute Meningitis on Nurses Performance at Emergency Unit

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### Abstract

**Background:** Meningitis is defining the patients as having inflammation of the meninges with a continuous fever. The triage nurse must be fully aware of the signs and symptoms of the disease and refer the patient immediately to the emergency room physician. **The aim** of this study was carried out to evaluate the effect of teaching program about nursing care of acute meningitis on nurse's performance at emergency units. **Subjects and method,** A quasi-experimental research design was used to conduct this study at the emergency unit at Assiut University hospital **Sample** All available of nurses (30 nurses). **Results:** The results of the study present that the effectiveness of teaching program regarding nurses knowledge toward acute meningitis is a positive in post-test of teaching program. (knowledge at pre program is 15.5%. However, knowledge at post program become 48.5%. Practice at pre program is 8.6%. However, Practice at post program become 23.7%). **Conclusion:** The majority of nurses had satisfactory knowledge and skills toward acute meningitis after applying of teaching program more than before implementation of program with statistical significant differences between pre-post teaching program. **Recommendation:** The study recommended that the latest guidelines of acute meningitis should be available in written format in critical and emergency units.

**Key words:** *Teaching Program, Nurse Performance , Meningitis & Emergency Unit.*

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## Effect of Clinical Pathway on Satisfaction of Patients Undergoing Thyroid surgery

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### Abstract

The patient satisfaction is a health care outcome indicator. The clinical pathway (CP) has evolved as an important tool for enhancing efficient healthcare. The aim of the study was to measure the effect of CP implementation on satisfaction of hospitalized patients undergoing thyroid surgery. The study was conducted at the Al-Thawra Modern General Hospital which is located in Sana'a capital of Yemen. The consecutive patients admitted between June 2014 and October 2014, were enrolled to the conventional care group (n=30) and the consecutive patients admitted between November 2014 and March 2015, were recruited to the CP group (n=30). Pre-operative assessment and Patient's satisfaction questionnaire tools were used for data collection. The results revealed that the patients in the CP group had higher level of satisfaction than the conventional care group (Mean±SD: 109.9±15.4 versus 83.6±14.6). The results also revealed that there were strong negative correlation between CP outcomes (length of hospital stay and complications) and patient satisfaction (respectively,  $r = -0.514$ ,  $r = -0.76$ ) Conclusion: The implementation of CP in the management of patients undergoing thyroid surgery had increased significantly the level of patients' satisfaction regarding admission, patient care, education, length of stay and complications.

**Key word:** *Clinical Pathway, Satisfaction & Thyroid Surgery.*

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## **Khat abusing: Effect of Educational Program about Khat Abusing on Self-Care Adherence for Diabetic Patients in Sana'a, Yemen Republic**

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### **Abstract**

Yemeni diabetic patients believe that khat chewing helps to lower their blood glucose. Different studies suggested that substance use especially khat chewing in diabetic patients is associated with poor adherence to treatment and outcomes, resulting in mortality and morbidity. Health professionals require greater awareness of khat use and related health problems. **The aim** of the study was to explore the effect of educational program about khat abusing on Self-Care Adherence for diabetic patients in Sana'a, Yemen Republic. **Subjects and Methods:** The total number of selected adults diabetic patients abusing khat both male and female attending to educational program in outpatient diabetic center of Al Thawra Modern General Hospital at Sana'a, Yemen Republic from September 2014 until the end of July 2015 were 116. **Tools:** Patient Assessment Questionnaire, Adherence to Self-care scale and Severity of Dependence Scale-Khat were utilized for data collection. **Results:** There was a strong improvement in Self-Care Adherence  $p < 0.001^{**}$  and there was negative statistically significant correlation between self-care adherence level and Severity of Dependence Scale-khat score (Pearson coefficient  $r = -0.251^*$ ,  $p < 0.012$ ). **Conclusion:** there was improvement of Self-Care Adherence for less addicted and there was negative relation between the level of khat abusing dependence and self-care adherence.

**Key word:** *Khat, Diabetic Patients, Abusing & Self-Care Adherence.*

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## Assessment of Workers' Knowledge toward Occupational Hazards in Tiles Factories at Assiut Governorate

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### Abstract

Occupational health and safety is an important issue because of high rates of associated morbidity and mortality of exposed workers to occupational hazardous. **Aim:** This study aimed to assess workers' knowledge about Occupational Health Hazard in Tiles Factories at Assiut Governorate. **Research design:** Descriptive cross-sectional research design was carried out in this study. **Setting:** The study was carried out in tile factories at Assiut Governorate. It included four (4) industrial cities namely: Arab El Awamer city in Abnoub El\_Safa city in BinyGhalib, El\_Zrapy city in Aboteg a factory ,Dashlout in Dirout factories. **Sample:**total coverage sample(400) of workers from the previous setting. **Tools of the study:**-Interview questionnaire sheet which developed by researcher after reviewing the relevant literature. **Results:**Finding revealed that 58.3% of the studied sample have poor knowledge about occupational health hazards in tile factories There were statistical significant difference between the total score of the studied sample knowledge about occupational health hazardous and studied sample age, marital status, level of education **Conclusion:** More than half of the studied sample have poor knowledge about occupational health hazards in tile factories. **Recommendation:**The study recommended that, Provide education &training programs should be carried out regularly, special for using of personal protective equipment.

**Keywords:** *Tiles & Occupational Hazards.*

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## Assessment of Coping Strategies Among Family Caregivers of Psychotic Patients

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### Abstract

**Background:** Coping is understood as the process of managing external or internal demands that are considered as taxing or exceeding the resources of the person. There is no formal classification of coping strategies, and these are understood as adaptive versus maladaptive. **Aim:** To assess coping strategies of family caregivers of psychotic patients. **Subjects and Method:** A descriptive correlation design using a convenience sample of family caregivers of 100 of psychotic patients recruited from the Psychiatry and Neurology Hospital at Assiut University. **Tools:** Socio-demographic characteristics of family caregivers and Coping Strategies Inventory Short – Form (CSI-SF) were used. **Findings:** Caregivers use emotion focused engagement strategies more than other subscales with a mean of (10.0±4.4), followed by emotion focused disengagement strategies (9.2±4.1). **Conclusion:** Family caregivers greatly used emotion focused engagement and emotion focused disengagement to cope with their psychotic patients. **Recommendation:** Further studies is needed to explore the relation between socio-demographic characteristics and coping strategies of family caregivers of psychotic patients

**Keywords:** *Coping, Family Caregivers & Psychotic Patients.*

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## Knowledge and Attitude of Adolescent students' Toward Premarital Examination in Secondary Schools at Assiut City

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### Abstract

**Background:** Premarital examination is one of the health promotion activities that provided in the maternal and child health service programs. This aimed to early detection of any health problem and treatment, Preparation for marriage; providing family life education. The community health nurses play an fundamental role in providing premarital care services that include assess hereditary risk, provide information, and appropriate helpful counseling. **The study aimed to:** To assess students' knowledge and attitude toward premarital examination. **Subjects and Methods:** Descriptive cross sectional research design was used in this study. Multistage random sample was used in this study. The study was conducted in 4 randomly selected secondary schools. The total number of sample was 879 students. Two tools were used in this study the first tool included personal characteristics and student's knowledge, while the second tool lickert scale toward premarital examination. **Results:** regarding knowledge 66.0% of studied students had poor score of knowledge while 50.4% of them had negative attitude toward premarital examination. **Conclusion:** A significant gap in student's knowledge regarding premarital examination, while about half of them had positive attitude, also there is positive Correlation between total score of students knowledge and attitude about premarital examination. **Recommendation:** Conducting counseling sessions with social workers in schools to convey information to students about premarital examination

**Keywords:** *Knowledge, Attitude, Adolescent Student, Premarital Examination & Secondary School.*

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## Effect of Nursing Management on Pin Site Infection Among Incidence Patients with External Fixators

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### Abstract

**Background:** Pin site infection is the most common complication of external fixator. **Aim of the study:** To evaluate the effect of nursing management on pin site infection incidence among patients with external fixators. **Subjects and Methods:** A sample of 80 patients (males and females) attended to the trauma department that their ages ranged from 18 to 65 years old, had open or closed fracture in lower and/or upper limbs that were indicated for external fixation application. The study was conducted in traumatology department at Assiut University Hospital. **Tools:** (I): Patient assessment sheet. **Tools:** (II) Checketts and Otterburn's Grading System. **Results:** Only four (5.0%) patients developed pin site infection, whose grade was grade I. There was highly statistical significant relation between pin site infection and smoking p 0,001. **Conclusion:** After providing nursing management for patients with external fixators most of studied patients didn't develop pin site infection. **Recommendation:** Increase patients' awareness about the importance of pin site care and periodic check up to prevent developing any complications which can effect on their quality of life.

**Keywords:** *Nursing Management, Pin Site Infection & External fixator.*

## Awareness of Surgical Nurses Regarding Pain Assessment and Management (Suggested Nursing Guidelines)

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### Abstract

**Background:** Pain considers a typical sign for every patient before & after surgery, nurses have an essential part in pain assessment and its management; therefore, they ought to have a solid foundation toward it. **Aims:** were to identify nurses' awareness regarding pain assessment and management and design nursing guidelines regarding pain assessment and management. **Research design:** descriptive research design was utilized to conduct this study. **Setting:** The study was conducted in the surgical departments of Assiut University Hospital & Elazhar University Hospital. **Sample:** Eighty nurses were working in the surgical departments of the above mentioned hospitals. **Tools:** Interview pain awareness questionnaire. **Results:** (93.8%) of surgical nurses had poor awareness regarding pain assessment and management. **Conclusion:** Most of the surgical nurses had poor awareness regarding pain assessment and its management for surgical patients. **Recommendation:** Nurses need for in-service training programs and refreshing courses to improve their knowledge which will reflect on their practice while working with those patients

**Keywords:** *Awareness, Pain Assessment And Management & Surgical Nurses.*

## Effect of Implementing Nursing Instructions on Patients' Outcomes Undergoing Transurethral Resection of Bladder tumor

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### Abstract

Transurethral resection is a procedure in which bladder tumors can be removed. **Aim:** Assess patients' knowledge about bladder cancer and transurethral resection, design nursing instructions for patients undergoing transurethral resection and evaluate the effect of implementing nursing instructions on patients' outcomes. **Setting:** The study was carried out in the Urology Hospital at Assiut University Hospital. **Subjects:** 60 adult male patients (18-65) yrs old. Patients were divided randomly into two equal groups (study and control) 30 patients for each. The study group was received the nursing instructions while the control group was received the routine care. **Research design:** Quasi-experimental research design was used here. **Data collection tools:** I) Pre/post structured interview questionnaire. II) Pain numeric rating scale. **Results:** there was statistically significant difference between the study and control groups on knowledge score, and assessment of complications. **Conclusion:** there was significant improvement post implementing the nursing instructions among the study group. **Recommendation:** Instructions should be applied to improve patients' condition in simplified booklet.

**Keywords:** *Transurethral Resection, Bladder tumor & Nursing Instructions.*

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## Impact of Educational Intervention on Reducing Postpartum Sleeping Pattern Alterations

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### Abstract

**Background:** Most women (78%) reported their sleep quality to be worse during the childbearing period than in any other time of their lives. Postpartum sleep disturbances are caused by the natural physiological alterations that follow childbirth. **Aim:** Is to assess the sleeping quality index among postpartum mothers and to determine the impact of educational intervention on improvement of postpartum sleeping pattern alterations. **Design:** Randomized control trial design. **Sample:** Consisted of (550) women immediately after delivery and divided into two main groups 275 for each. Study group received educational intervention booklet about good sleeping pattern and followed at 15<sup>th</sup> day and after 42<sup>nd</sup> day postpartum at Al Azhar Assiut University Hospital. The second group received the routine hospital care. **Tools:** Socio demographic data, the current delivery outcomes and Pittsburgh Sleep Quality Index, 2016 questionnaire. **Results:** About two thirds (65.8%) of the study group had moderate sleep quality Vs. (69.8%) of the control group with no statistical significant difference between both groups immediately after delivery. While there are highly statistical significant difference between both groups after 15<sup>th</sup> days and after 42<sup>nd</sup> days postpartum (P=0.000), for sleep quality items. **Conclusion:** Maternal sleep quality improved after 15 day and 42 day postpartum after implementing sleeping educational intervention. **Recommendations:** Further efforts are needed through educational intervention programs by nurses to improve maternal sleeping quality during pregnancy and the postpartum period.

**Keywords:** *Pregnancy, Postpartum, Sleep, Sleep Disorder & Sleep Hygiene.*