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(ASNJ)

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- b) **For books:** Surname and initials of author(s). year of publication, title of book, edition, city, publishing press, page of specific reference. For example: Jones, C.J. and Smith, T.H. (1973), Kidney Disease, Boston, Little Brown and Company, Pp 50-58 .
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E-mail: asn_jornal@yahoo.com

Tel: 01006712911 &088/ 2335520

Fax: 088 - 2335520

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Nurses' Workload in Trauma and Post Operative Intensive Care Units at Assiut University Hospital

Ragab, O., G ; Al Torky , M., A; Abdalla , S., M.

Assistant Lecturer of Nursing Administration Faculty of Nursing Sohag University

Professor of Community Health Faculty of Medicine Sohag University

Assistant Professor of Nursing Administration Faculty of Nursing-Assiut University

Abstract:

The patient expects to receive high quality nursing care, delivered promptly and efficiently by nurses who appear to be satisfied with their workload .This **study aims** at measuring nurses' workload at trauma and post operative intensive care units. **Methods:** the subjects consisted of the total number of admitted patients, 112 patients at trauma ICU and 111 patients at post operative ICU and total number of nurses was 68 at trauma ICU and 23 at post operative ICU. Data collected for the period of 3 months by observation of nursing care given to all admitted patients at the selected sites for 24 hours from admission to discharge and **Results:** Trauma ICU patients and(nursing care given to the patient take about two thirds of 24 hours daily), post operative ICU patients had a workload. **Conclusions and Recommendations:** As NAS is a new workload measurement system at Assiut University Hospital and almost at Egypt it should be significantly used routinely to identify nurses' workload and to quantify staffing for effective use of nursing resource so: it is important to applying (NAS) to retain staff, and avoid waste of time and Inform staff with patient care results.

Key Words: *Staffing - Nurses Workload.*

Stressors and Coping Strategies among Faculty of Nursing Students at AL –Hussein Bin Talal University- Jordan

Sayead , Sh., El- A; Mohamed, I, I; El Nawafleh , H., & Address, P.,

Associate Prof., Faculty of Princess Aesheh Bint Al-Hussein for Nursing, AL –Hussein Bin Talal University-Jordan
Assistant prof. Psychiatric nursing, Faculty of Nursing, Assiut University- Egypt

Assistant prof. Community health nursing, Faculty of Princess Aesheh Bint Al-Hussein for Nursing, AL –Hussein Bin Talal University-Jordan

Assistant Prof. Medical- Surgical Nursing Faculty of Nursing, Assiut University-Egypt

Abstract:

Stress and the identification of potential stressors among nursing students have received much attention in the literature. Student perception of high stress levels can lead to poor academic performance, depression, attrition and serious health problems. Effective coping strategies facilitate the return to a balanced state, reducing the negative effects of stress. **The study aimed** to recognize various stressors among faculty of nursing students and to explore various coping strategies utilized by students to deal with stressors. A descriptive comparative **design** was utilized in this study. **Setting:** The study was conducted at Faculty of Princess Aesheh Bint Al-Hussein for Nursing- AL – Hussein Bin Talal University in Jordan. **Subjects:** The subjects comprised of all students from 1st to 4th year who agreed to participate in the study. The total number was 175 students; 62 of them were from first grade, 40 from second grade, 36 from third grade and 37 from fourth grade. **Tools:** Student Stress Survey and the Adolescent Coping Orientation for Problem Experiences Inventory (ACOPE) were used to achieve the aims. **Result:** The most common intrapersonal sources of stress were new responsibilities (88.0%) and change in sleeping habits (73.7%) and the most common academic sources of stress were lower grade than anticipated (86.9%) and increased class workload (86.3%). Concerning the environmental sources of stress, students reported car trouble (71.4%) and messy living conditions (64.6%) and the most common interpersonal source of stress was "change in social activities" (61.7%). Statistically significant differences were found between various grade students in relation to interpersonal and environmental sources of stress (p value was 0.043 and 0.013). As regards coping strategies, 56.0% of the sample reported using pray to cope with stressors, 54.3% and 53.1% reported try to keep up friendships or make new friends and say nice things to others often or always and 51.4% talk to a minister/priest/ rabbi. There are statistically significant differences between various grade students regarding use of seeking diversions and seeking professional support as coping strategies (p value = 0.029 & 0.014) respectively. **Conclusion:** Intrapersonal and academic stressors were the common stressors among faculty of nursing students. Praying, keeping up friendships or making new friends were the common used coping strategies to deal with stressors. There were statistically significant differences between various grade students regarding stressors and use of coping strategies. **Recommendation:** Psycho educational program about stress management techniques is essential to help students manage their stressors effectively.

Key Words: *Stress, Stressors, Coping Strategies, Faculty Of Nursing Students*

Evaluation of a Teaching Programme about post myocardial infarction medications for nurses of coronary care units at Minia University Hospital and El-Amiry Hospital

Mahany , A., D ; Taha , N., M ; Elshfay , O., A; Gamal El-Dein , G., A .

Critical Nursing, Faculty of Nursing , Minia University, Egypt

Cardiology, Faculty of Medicine, Minia University, Egypt

Critical Nursing, Faculty of Nursing, Assuit University, Egypt

Adult Nursing, Faculty of Nursing, Minia University, Egypt

Abstract:

The number of individuals diagnosed with myocardial infarction continues to increase; they are usually commenced on several long-term medications post-MI, Patient education regarding these medications is essential. Nurses play a vital role in educating MI patients, and as such, they themselves should be knowledgeable about what they teach. This study aimed to plan, implement, and evaluate the effect of a teaching program about post MI medications on nurses' knowledge. **Subjects & methods:** An exploratory study was conducted to meet the aim of this study. This study was carried out in CCU in Minia University Hospital and in EL Amiry hospital. The sample included all nurses (33) in the two hospitals. Data were collected through using a questionnaire sheet included two parts: - Part I; included items related to sociodemographic characteristics, Part II; comprised 49 questions covering knowledge related to post myocardial infarction medications (aspirin, beta-blockers, an ACE inhibitors, and statins). **Results** of this study illustrated that The majority of nurses in both hospitals were females, work as bed side nurses & have no previous training, also the study results revealed that in pretest (before conducting the teaching program) the majority of nurses of both hospitals (University hospital& El Amery hospital) had unsatisfactory level of knowledge about post MI medications while in post test nearly all of them had satisfactory & good knowledge level regarding these medications (with high statistical significance difference (P.value = 0.000), total knowledge scores of nurses who were working in University hospital were significantly higher score than those who working at El Amery hospital (P.01) . also a significant relation was found between nurses' knowledge and their educational level. **Conclusion** of this study illustrated that the implementing of the teaching program about post MI medications (beta blockers, aspirin, ACE inhibitors and statins) was successful in improving and upgrading nurses' knowledge about these medications. Hospitals should **recommend** conducting a teaching program about post MI medications to MI patients.

Key Words : *Teaching Programme Post Myocardial Infarction Coronary Care*

Postpartum Minor Health Problems Encountered among Women and Neonates Undergoing Cesarean Section at Women's Health Center - Assiut University Hospital

Masoud , A., M; Nour Eldein , S., A; Abd Elrady , S., Khames , M., A & Mohamed , E., M .

Assistant Lecturer of Obstetrics and Gynecological Nursing –Faculty Of Nursing – Assiut University

Professor of Obstetrics and Gynecological Nursing –Faculty of Nursing – Zagazig University

Professor of Obstetrics and Gynecological –Faculty of Medicine – Assiut University

Assistant Professor of Obstetrics and Gynecological Nursing –Faculty of Nursing – Assiut University

Lecturer of Obstetrics and Gynecological Nursing –Faculty of Nursing – Assiut University

Abstract

Minor complications are more common than major complications when having a Cesarean Section (C.S) may affect either the mother or the infant. Maternal morbidity following C.S is estimated to be eight times greater than that following vaginal delivery. **objective:** to identify postnatal health problems experienced by women delivered by C.S. **Methods:** A prospective study design was adopted in this study to achieve the stated aim, a purposive sample of all puerperal women (n=330) puerperal women and their newborns' who had C.S delivery in the postpartum wards of Obstetrics Department, Women's Health Center, Assiut University Hospital, Egypt. The Women's Health Center. **Results:** minor problems were reported by 88.8% of the puerperal women. (during 1st visit) and 74.2% during 2nd visit. **Conclusion:** the overall incidence of minor health problems following C.S is occurred among the majority of women (89.0%).

Key Words: *Cesarean Section (C.S), Health Problem, Postpartum, Minor Problems*

Routine Follow up Care among Elderly Patients Suffering from Chronic Diseases at Assiut University Hospital Clinics

Ragab , A., G; Ebrahime , H., D & Sharkawy , S., A.
Geriatric Nursing -Faculty of Nursing-Assiut University
Community Health Nursing-Faculty of Nursing-Assiut University

Abstract:

Older adults increasingly experience chronic and debilitating illnesses and disabilities. Many illnesses and disabilities require long term care support manage chronic illness, maintain function, and investigate daily living (White, et al., 2012). **The present study aimed at** identifying the factors affecting follow up among elderly patient suffering from chronic diseases attending to the medical outpatient clinics at Assiut University Hospital. **Subject & methods:** The present study carried out in six months started from October 2011 to April 2012. The sample consisted of 1179 elderly patient suffering from chronic disease. Structured Interview Questionnaire was developed by the researchers to collect the relative data, it consists of three parts. Part I: Included items related to socio demographic characteristic of the elderly patient. Part II: Included items related to chronic illnesses and family history. Part III: - Included investigations, frequency and place of follow up care. **The main results** of the present study showed that most of the elderly patient attending to outpatient clinic (84.1%) their age ranged from 60 -70 years old, and more than half of them (53.4%) were females, (77.8%) of the sample were married, and (81.4%) of them were illiterate, (64.9%) lived in rural area. The present study clear that about one third of elderly patient (32.7%) complain from chest disease , only (0.8%) patients complain from hepatitis disease, and (92.4%) of the elderly received their follow up care at University Hospital due to the health services and the low cost medications. Concerning the causes that preventing follow up: (53.3%) said due to the financial causes, (27.1%) at elderly depend on other member of the family and there are not available. **Conclusion & Recommendation:** The results obtained from this study revealed that the ability of older adults to access health care was negatively due to family income, disability and transportation. In the light of the results, the follow recommendations suggested: Health insurance must be available for all elderly people over 60 years old who live in rural and urban area. Elderly people and their family should be acquainted with different services available in the community to help elderly to meet their needs.

Key words: *Elderly Patient - Chronic Diseases - Routine Follow Up.*

Effect of a Parent-Focused Intervention for Autistic Children on Parenting Stress at Assiut City

Aly, Sh., E ; Ibrahim , H., D; Askar , G., A & Bayomi Soad Sayed.

Departments of Community Health Nursing- Faculty of Nursing- Assiut University
Pediatrics Medicine- Faculty of Medicine-Assiut University

Abstract:

Autism is a neurological disorder characterized by qualitative impairments in social interaction, qualitative impairments in communication, and restricted repetitive, stereotyped patterns of behavior, interests, and activities. Autistic Spectrum Disorders (ASDs) are relatively common without known etiology can be found in 80-90% of cases. **The study aimed** to evaluate the effect of a parent-focused intervention for autistic children on parenting stress at Assiut City. **Subjects and methods:** The study was Quasi-experimental research design. It was conducted in all autism centers at Assiut city which includes 7 centers and included 73 parents who agreed to participate in this study selected by convenient sample; this sample included 47 mothers and 26 fathers. The study included three tools: - a structured interview sheet, parents' knowledge assessment about autism, and parenting stress scale. **The main results** of the study indicated that there was highly statistically significant differences between mothers' and fathers' knowledge about autism ($P\text{-value} = 0.000$) in pre, immediate post-test and follow-up. Moreover there was highly statistically significant difference between Parental stress scale for mothers and fathers in pre-test and immediate post-test respectively ($P\text{-value}= 0.000$ * & 0.002 *) while no statistically significant difference between pre-test and follow-up respectively ($P\text{-value}= 0.152$ & 0.417). **The study Concluded that** there was improvement of parents' knowledge about autism in immediate post-test and follow up; moreover the parents' stress level was decreased in immediate post-test than pre-test while the stress level again slightly increase during follow up test. **The study recommended that:** Nursing staff should play a much greater role in supporting parents and providing them with important information through pediatrics clinics, Maternal and Child Health Centers (MCH), and others.

Key wards: *Autism - Autism Spectrum Disorders - Parenting stress*

Assessment of nurses' knowledge and practice regarding postoperative open cholecystectomy patients at Assiut university hospital

Ahmed, W., R ; Essaa, A., E; & Ahmed, A., M.

Medical Surgical Nursing Department, Faculty of Nursing, Assiut University, Assiut, Egypt.

General surgery department, Faculty of Medicine, Assiut University, Assiut, Egypt.

Medical Surgical Nursing Department, Faculty of Nursing, Assiut University, Assiut, Egypt.

Abstract:

Cholecystectomy is the surgical removal of the gallbladder. Surgical options include the standard procedure, called laparoscopic cholecystectomy, and an older more invasive procedure, called open cholecystectomy. Approximately 700,000 cholecystectomies are performed annually in the United States. The Aim of the study is to assess nurses' knowledge and practice regarding postoperative open cholecystectomy patients. Descriptive research design was utilized in this study .This study was conducted in the general surgery department at Assiut University Hospital. A convenient sample of 60 nurses was included in this study. Data collected by utilizing the designed interview questionnaire sheet consists of biosocial characteristics of nurses and assessment of nurses' knowledge, observation checklist sheet. The results can be concluded that more than half of nurses (81.7%) had poor level of knowledge regarding nursing care of open cholecystectomy. All nurses (100%) had an inadequate level of practice regarding nursing care for patients post open cholecystectomy. It was found that there was a positive relationship between total knowledge score and total practice score. Conclusion: it can be concluded that, Nurses` knowledge and practice regarding nursing care of patient post cholecystectomy are at a poor and inadequate level and need developing nursing care standards to improve nurses` knowledge and practice.

Key Words: Cholecystectomy, knowledge, practice, nurse.

Psychological Loneliness and Aggression among psychiatric patients

Zaki , S., M ; Abd El- Kader , N., M ; Fahmy , H., D; Abd El-Aziz , A., M & Abo EL-Magd , M., H.

Psychiatric & Mental Health Nursing, Faculty of Nursing – El Minia university.

Psychiatric -Mental Health Nursing, Faculty Nursing, Cairo University.

Community Health Nursing, Assiut University, 4 Psychiatric Nursing, Faculty of Nursing, Assiut University.

Psychiatric –Mental Health Nursing, Faculty of Nursing, El-Minia University..

Abstract:

Aggression and **violent** behavior are the chief concerns among staff, families and clients at inpatient psychiatric units. **The aim of this study** was to assess psychological loneliness, and aggression among psychiatric patients. Descriptive correlational research design was used in this study. The sample consisted of 100 psychiatric inpatients at Beni-Ahmad psychiatric hospital in El-Minia governorate. Three tools were utilized to measure the concepts of the study variables: Personal and clinical data Questionnaire, Psychological loneliness scale, and Aggression questionnaire. **Results** of the study revealed that 42%, 35% and 14% of patients were diagnosed schizophrenic, depression and manic disorders. Most of them (73%) had severe psychological loneliness and 51% had severe level of aggression. In conclusion, more than half of psychiatric patients had severe psychological loneliness and severe level of aggression. Psychological loneliness was negatively correlated with aggression, Recommendations: This study recommended to design and implement a psycho-educational program to decrease psychological loneliness and aggression among the psychiatric patients.

Key Words: *Psychological loneliness /Aggression/ psychiatric patients.*

Assessment of Psychological Distress among Suicidal Patients at EL Minia Poisoning Control Center

Kotb , F., N; Abd Elkader , N., M; Eissa , M., A; Mohammed , I., I & Hafez , M., E.

Psychiatric - Mental Health Nursing, Faculty of Nursing – El Minia University.

Psychiatric -Mental Health Nursing, Faculty Nursing, Cairo University.

Psychiatric Medicine, Faculty of Medicine, Assiut University.

Psychiatric –Mental Health Nursing, Faculty of Nursing, Assuit University.

Clinical toxicology, Faculty of medicine, EL Minia University.

Abstract

This study aimed at assessing the psychological distress of suicidal patients. A descriptive research design was utilized in this study. A sample of convenience of 50 suicidal patients was recruited from EL Minia Poisoning Control Center. A personal and medical assessment data sheet, stress scale, Hamilton depression scale, and Pierce suicide intent scale were used to achieve the purpose of the study. A structured interview method was used to collect data from patients. Results revealed that, almost two thirds of the sample were females, unemployed, residing rural areas, and most of them were in the age group ranged from 20<30 years old. The majority of the sample had a bad level of stress, most sever level of depression and a high intent for suicide. Statistically significant positive correlations were detected between stress, depression and suicide intent. In conclusion suicidal patients had a high level of depression and stress so, this group of patients were in a great need for continuous psychological treatment and educational program for them and their families. It was recommended that, structured group activity sessions are needed for suicidal patients, and creative non competitive activity for teaching them the social skills for interaction with others, and how to cope with stress, depression and suicidal ideation.

Key Words: *Psychological Distress, And Suicide*

Characteristics of Children with Acute Rheumatic Fever in Two Governorates of Upper Egypt

Elasyed ,Y., E; AbdelAziz , A ., Mohamad , M., & Roshdy , A.,

Departments of Pediatric Nursing, Faculties of Nursing, Assiut and Sohag Universityies

Department of Pediatrics, Faculties of Medicine, Assiut University

Abstract:

While the incidence and prevalence of acute rheumatic fever (ARF) and rheumatic heart disease (RHD) have been decreasing in developed nations since the early 1900s, they continue to be major causes of morbidity and mortality among children in developing nations. **Aim of the study:** The aim of the present study is to evaluate the characteristics of children with ARF in two governorates in upper Egypt. **Materials and Methods:** The study was conducted in pediatric cardiology clinics in pediatric departments of Assiut and Sohag University hospitals. The study included 160 children aged 5-15 years old with ARF, eighty from each pediatric department of Assiut and Sohag University Hospitals. A control group of apparently healthy children of same number for each group was included. Three tools for collecting data were used in this study: tool one is an assessment questionnaire of children and parents knowledge about rheumatic fever (RF). Tool two: Assessment of socioeconomic condition of families. Tool three included anthropometric measurements of children. **Results:** ARF was more common among male children (62.5%) than females (37.5%) in Assiut compared with Sohag group (41.3%, 58.7% respectively) (**P=0.002**). Children with RF were more prevalent among families living in rural areas in Assiut and Sohag (78.8% and 60% respectively) than urban (21.25% and 40% respectively) (**P=0.008**). High percentages of illiteracy of the fathers of children with RF in Assiut (58.8%) and Sohag (62.5%) and similarly were the mothers in Assiut and Sohag (87.5% and 77.5% respectively). There was a significant difference between low socio-economic class (200-400 L.E) of families in Assiut and Sohag and RF (**P=0.009**). The Majority of fathers of the two study groups in Assiut and Sohag were workers and farmers (85.0% and 71.25% respectively). Also the majority of mothers in both groups were housewives (95.0% and 82.5% respectively). About one quarter in Sohag group (23.75%) had a family history of RF compared to 21.25% in Assiut. There was a lack of parents' knowledge about RF including definition, causes, signs and symptoms, treatment, persons at risk of RF, its complications and caring of child with RF. **Conclusion:** RF occurs equally in both sexes to some extent, more common among rural, crowded, low socioeconomic families with high percentage of illiteracy, unemployment, and lack of knowledge about RF among parents.

Key Words: *Rheumatic Heart Disease ; Acute Rheumatic Fever Children Knowledge ;Upper Egypt .*

The Relationship between Future Anxiety and Aspiration Level among El-Minia Faculty of Nursing Students

BY

Hassan, S., S; Abed El-Kader , N., M ; Mohamed , I., I & Abu-Elmagd , M., H.

Psychiatric & Mental Health Nursing, Faculty of Nursing – El Minia university

Psychiatric -Mental Health Nursing, Faculty of Nursing, Cairo University

Psychiatric -Mental Health Nursing, Faculty of Nursing, , Assiut University

Psychiatric –Mental Health Nursing, Faculty of Nursing, El-Minia/Umm Al quraa University

Abstract

Few studies have explored the effect of future anxiety on aspiration level among nursing students in Egypt. Therefore, the aim of this study was to assess and investigate the relationship between future anxiety, and aspiration level among faculty of nursing students at El-Minia. A descriptive correlational design was utilized in this study. This study was conducted at the Faculty of Nursing at El-Minia University. The sample included all the four grade students. Three tools were utilized to measure the variables of the study: socio-demographic data sheet, future anxiety scale, and aspiration level scale. Results of this study revealed that, females represent 68 % of the sample, and more than half of the sample resided in rural area. Fourth year students had the highest mean score of future anxiety. However, the total mean scores of aspiration level were higher among second and third grade students. There were highly significant negative correlations between future anxiety score with aspiration level score. Designing and implementing psychological counseling program is recommended to help in decreasing future anxiety level and improving aspiration level of the undergraduate nursing students.

Key words: Future Anxiety/Aspiration Level.

Effect of Chronic Kidney Diseases on Physical Growth and Intelligence Quotient in Children and Adolescents at Assuit Children University hospital.

Kamal , F., El-Zahraa; Abdelaziz .,A & Elasyed , Y ; Roshdy , A.

Departments of Pediatric Nursing, Faculties of Nursing, Assuit and Sohag Universities,
Department of Pediatrics, Faculties of Medicine, Assuit University

Abstract

The prevalence of chronic kidney disease is increasing rapidly worldwide. The study **aimed** at assessing the effect of CKD on physical growth and intelligence quotient of children and adolescents at Assuit Children University Hospital. The study was descriptive comparative study. The study was conducted in Pediatric Nephrology and Dialysis Unit and pediatric nephrology Out-patient clinic in Assuit Children University Hospital. **Sample:** The study included 62 pediatric patients with chronic kidney diseases aged 2-18 years (CKD children) and 62 apparently healthy children aged 2-18 years who were collected from relatives of the CKD children (healthy children). There are **three tools** used for collecting data in the study, tool one is an assessment questionnaire sheet for children and parents which included sociodemographic data, past medical history and present medical history of the child. Tool two included anthropometric measurements which were plotted on Egyptian growth charts. Tool Three was stanford– Binet Intelligence Scale (SB 5). **The main results of study:** There are significantly higher subnormal percentiles in head circumference in CKD children compared to healthy children. There are very significantly higher subnormal percentiles in stature for age percentile, weight for age percentile and total, verbal and nonverbal I.Q in CKD children compared to healthy children. **Conclusion:** CKD negatively affect physical growth and intelligence quotient in children and adolescents at Assuit Children University Hospital. **Recommendations:** nurses must make sure the family schedules and keeps follow-up appointments to assess growth, developmental progress, and the effectiveness of treatment plan.

Key Words: *Chronic Kidney Diseases, Physical Growth, Intelligence Quotient, Pediatric, Nurses*

Mothers' Knowledge and Attitude Regarding Acute Diarrheal Disease at Outpatient Clinic ,Assiut University Children's Hospital

Mohamed , A., A ; Kotb , S., A ; El Magrabi , N., M ; & El Sayh , K ., I.

Community Health Nursing ., Faculty of Nursing., Assuit University

Pediatrics Medicine ., Faculty of Medicine., Assuit University

Abstract:

Diarrhea occurs world wide and causes 4% of all deaths. It is most commonly caused by gastrointestinal infections which kill around 2.2 million people globally each year, mostly children in developing countries. In 2008, Egypt prevalence of diarrhea in children aged under five years who receiving Oral Rehydration Solution is 28.4 %. **Aim of the study** was to assess mothers' knowledge and attitude regarding management of acute diarrhea .**Subject and Method:** cross sectional study was used. It included 600 randomly selected mothers from Assiut University Children's Hospital during 2012. Data Collection from mothers through two tools; first tool was interview questionnaire sheet. It consisted of two parts; first part included Socio-demographic data and the second part mothers' knowledge about diarrhea. The second tool included likert scale to assess mothers' attitude towards diarrhea. **Results:** The mean age of mothers was 26.08 ± 5.401 , with no significant relation between mothers' age and their knowledge regarding diarrhea . As regards level of education, it was observed that about than two fifth (40.7%) of mothers were illiterate, while only 9.3% of them were high education. 57.8 % of mothers had satisfactory knowledge of about diarrhea. While, 86.2% of them had positive attitude towards diarrheal disease. **Conclusion:** There was a significant difference between mothers' knowledge and their education level. Also, there was a significant difference between numbers of diarrheal episodes and type of feeding. **Recommendations:** It is very important to provide good sanitation and improvement of housing conditions especially in rural areas.

Keywords: *Diarrhea; Management; Knowledge; Attitude*

Assessment Nurses Performance for Patients with Cancer Receiving Chemotherapy at South Egypt Cancer Institute at Assiut University

Sabra , H., E; El. Shemy, H., M ; Mohamed , M., A ; Mohamed , S., Sh &Yousef H, R.

Assistance Lecturer- Nursing Administration Quena University Supersersity.

Professor Of Nursing Administration , Faculty Of Nursing Ain Shams University .

Professor Of Clinical Oncology Faculty Of Medicine, Assiut University.

Assistant Professor Of Nursing Administration , Faculty Of Nursing, Assiut University

Abstract:

The descriptive study **aimed** at assessment nurses performance for patients with cancer receiving chemotherapy at South Egypt Cancer Institute at Assiut University: **Subjects** included in the study were 65 nurses from male, female and private oncology units. The collection of data was achieved by using **observation checklist**: this tool aims at assess performance of the nurses who providing care for patients with cancer receiving chemotherapy. It was developed by the researcher based on review of related literature. This tool consisted of two parts. **Part I**: Entailed. Socio-demographic characteristics of the studied nurses such as age, sex, qualification, and years of experience. **Part II**: Entailed the nursing care for patients with cancer receiving chemotherapy. It includes 147 criteria under 10 heading that identify nursing care for patient with cancer receiving chemotherapy. **The results** of the study showed that nursing care provided for patients with cancer receiving chemotherapy were inadequate. **Based on** the finding of the study. It is recommended that the oncology unit should be staffed with qualified and adequate nurses who are to make assessment and to provide adequate nursing intervention during three day shifts according to patients needs.

Key words: *Patient with Cancer, Chemotherapy*

Assessment of Nurses' Knowledge and Attitudes toward Fever Management for Children at Assiut Children University Hospital

Wasef, A., k., G ; Roshdy, A ; Gadallah, M., A ; & Elasyed., Y.

Departments of Pediatric Nursing, Faculty of Nursing, Assuit and Sohag Universities ,
Department of Pediatrics, Faculty of Medicine, Assuit University

Abstract

Fever is one of the most common presenting signs of illness in office based primary care pediatric practice, accounting for 19% to 30% of visits. Fever is also the second most common reason for hospital admission of children. **The aim of this study:** is to assess nurses' knowledge and attitude toward fever management. Descriptive research design was utilized to meet the aim of this study. **Subjects and method:** This study was conducted in three units (Gastroenterology Unit, Intermediate and Intensive Care Units) at Assuit Children University Hospital. The subjects of this study consisted of 73 nurses who were working in the previous units. Two tools were used to collect the required data for this study, tool one: Structured questionnaire sheet for assessment of nurses' knowledge regarding fever and fever management, tool two: Fever management attitude scale (**FMA**) for assessment of nurses' attitude related to fever and fever management (Walsh et al., 2005). **Results:** The main results of study demonstrated that 78.1% of studied nurses had unsatisfactory knowledge about fever and fever management. Statistically significant difference was illustrated between nurses place of work and their total percent score of knowledge (**p-value =0.021**). It was shown that nurses who worked at intensive care unit have satisfactory score of knowledge compared with the nurses who worked at intermediate care unit (**34.5% and 23.1% respectively**). It was noticed that antipyretic use without doctor order was reported by 43.8% of nurses. Forty six and half percent of nurses (46.5%) had negative attitude toward antipyretics were minimally effective in preventing recurrences. Most nurses (83.6%) disagreed that febrile convulsions do not cause neurological damage. **Conclusion:** More than three quarters of nurses included in this study had unsatisfactory knowledge about fever and fever management. All nurses have positive attitude toward fever and its management. **Recommendations:** Carrying out health education programs for all nurses to improve a general knowledge and attitude toward fever and its management.

Key words: *Fever, Nurses' Knowledge, Attitudes, Children, Fever management*

Nurses Perception of Incentives System in Assiut University Hospital

Ahmed , D ., M ; Yousef , H ., R ; & Abd Elkhalek , E ., M.

Infection Control Unit at Assiut University Hospital

Nursing Administration, Faculty of Nursing, Assiut University

Public Health & Community Medicine, Faculty of Medicine, Assiut University

Abstract:

Background: Incentives play an important role in organizations as it influences a variety of work-related behavior, as well as the motivation of employees. **Aim of the study:** The present study was conducted in the main Assiut University Hospital to assess nurse's perception about the incentives system. **Subject sand Methods:** This study included 271 nurses who randomly selected from all units at the main Assiut University Hospital. The study included both quantitative and qualitative methods for data collection. **Results:** High percent of the participants reported that the most important incentives are fair remuneration, bounces, appropriate working hours, and different services (health/ education). The promotion, appreciation of work efforts, a good relations with colleagues and superior encouragement were the most important morale incentives. This is confirmed by the results of Focus group discussions as about half of the participants especially female nurses considered the morale incentives are more important than the financial one especially the good dealing and the respect from the physicians. **Conclusion and Recommendations:** In conclusion, this study indicates that nurses know what they want from incentives. Attention to priorities and flexible incentives system may help to create the cohesive work environment that nurses seek. Determine the objectives are the most important factors to increase the effectiveness of the incentive system.

Key Words: Incentive System - Nurses- Punishment, Positive Incentives

Knowledge and Attitude of Tuberculosis Patients and Their Family Caregivers about Tuberculosis in Minia Governorate

Abdelwaha , A., A; Sadek , R., R; Kotb , S., A & Ahmed , M., A.

Public Health and Community Medicine., Faculty of Medicine., Minia University

Community Health Nursing ., Faculty of Nursing., Assiut University

Community Health Nursing ., Faculty of Nursing., Beni-suif University

Abstract:

Background: Tuberculosis continues to pose serious public health problem threats, especially in developing countries. It is a common and often deadly infectious disease caused by mycobacteria, usually Mycobacterium tuberculosis in humans. Tuberculosis usually attacks the lungs but can also affect other parts of the body. Each year, approximately 2 million persons worldwide die of tuberculosis and 9 million become infected. **Aim of this study:** to assess knowledge and attitude of TB patients and their family caregivers about TB in Minia governorate. **Subject and Methods:** Cross sectional research design was utilized in the present study. This study was carried out in Minia governorate; three districts namely Beni-mazar, Minia and Mallawy that were selected randomly. The study sample included 125 patients' and 173 family caregivers. Two tools were used in this study. First tool: consists of three parts: Part I; included sociodemographic characteristics , Part II; included environmental assessment sheet. Part III; included Knowledge of patient and their families about Tuberculosis disease. Second tool: Likert scale used to assess attitude of patients and their families about tuberculosis. **Results:** This study illustrated that the age of TB patients and their family caregivers ranged between (18-60) years with the mean age (34.8±13.7, 38.8±13.9), respectively. Concerning the educational level, it was found that the highest percentage in both groups were illiterate, it represents 43.2% in the TB patients and 43.9% in the family caregivers, respectively. Also, the present study showed that the majority of TB patient and their families had poor knowledge and negative attitude about TB. **Conclusion:** the findings of this study illustrated that more than half of patient and their families had poor knowledge about TB and more than three quarters of them had negative attitude especially in rural areas. **Recommendation:** there is a strong need for increasing patients and family caregiver's awareness about TB transmission and prevention.

Key Words: *Tuberculosis, prevention and family*

Impact Of Health Education Programme About Obesity For Obese Female Employee At Assiut University

Mohammed ,F., M ; Bader El-din , S., A ; Bayomi , S., S. & Elmagrabi , N., M.

Community Health Nursing, Faculty of Nursing, Assiut University

Community Health Nursing, Faculty of Nursing, CairoUniversity

Community Health Nursing, Faculty of Nursing, Assiut University

Abstract

Egypt is one of the countries in the world where the problem of obesity has been nearing an epidemic level. Currently, nearly 70% of adult women and 48% of men in Egypt are overweight or obese. This study aimed to evaluate the impact of the health education programme to control obesity among female employees at Assiut University. A quiz-experimental design was used to apply health education intervention. A convenient sampling technique was utilized. Data was collected using *two tools*, the *first* tool, self administered questionnaire it cover two parts, *part one* included socio-demographic. *Part two* consisted female employees' knowledge about nutrition and obesity) the *second* tool Anthropometric measurements (waist circumference weight, height, and BMI). The mean age was 45.60 ± 9.65 . The results illustrated that about three quarters (74.0%) of the studied sample has poor knowledge in pre-test compares to only (12.0%) in post-test had poor knowledge. Also more than one quarter (26.0%) of the studied sample had satisfactory level of knowledge in pre-test, while in post-test more than half (54.0%) of them have the satisfactory level of knowledge. There is a significant difference in pre/post tests of female employees' knowledge. Conclusion the health education program has an effective role in improvement of knowledge about balanced diet and obesity. Also, recommended that Booklets of Arabic language about obesity and management of body weight should be available in library of faculties. Increase public awareness about balanced diet, nutritional needs in every age group.

Key Words: *Obesity, Body Mass Index and Health Education Programme*

Risk factors during Pregnancy and Its Relation to Preterm Pre-Labour Rupture Of Membranes

Ahmed , A ., A ; Al-Hussain , T ., K ; Mohamed , S ., N ; El- dien , H ., A.

Obstetrics and Gynecology Medicine, Assiut Faculty of Medicine

Obstetrics and Gynecology Nursing, Assiut Faculty of Nursing.

Abstract

Preterm premature rupture of the membranes (pPROM) is the rupture of membranes during pregnancy before 37 weeks of gestation. This study aimed to determine the Risk factors during Pregnancy and Its Relation to Preterm Pre-Labour Rupture Of Membranes. This prospective case-control study was carried out at the labor ward of the women's Health Center in Assiut. It included 250 pregnant women with pPROM (cases) and 250 no pPROM (controls). Data were collected using structured interview and physical assessment sheets. The results revealed that more study group women reported carrying heavy objects ($p=0.04$), using daily transportation ($p =0.006$), and total physical activity ($p =0.04$), more history of PROM ($p <0.001$), complaints ($p <0.001$), and sexual intercourse during third trimester ($p =0.03$). It is concluded that the risk factors of pPROM include woman's job status, residence, level of activity, previous history of PROM, having complaints during pregnancy, and having sexual intercourse during the third trimester. It is recommended that the management of pPROM include the management protocol should be improved, and strictly followed, with training of health care providers in following it. Further research is proposed to investigate the effectiveness of nursing interventions aimed at reducing the risk factors of pPROM on its occurrence.

Keywords: Risk Factors – Prom- Pprom

Body Image and Eating Behaviors among El-Minia University Students

Hassan , Z., M ; Ewis , A., A ; Hossein , Y., ELS ; Mahmoud , S ., R.

Public Health and Community Medicine Dept., Faculty of Medicine El-Minia University.

Community Health Nursing Dept., Faculty of Nursing Assiut University.

Community Health Nursing Dept., Faculty of Nursing El-Minia University.

Abstract:

body image and eating behavior have been major concern for adulthood especially among college students. In this study, we aimed to know body image concern among college students and assess the relationship between body image and eating behavior among university students. **Subjects and Methods:** cross-sectional study of 495 male and female students enrolled in first and fourth grade from practical and non practical faculties randomly selected completed a questionnaire consisting of socio-demographic characteristics, Eating Attitude Test (EAT-26), Body Shape Questionnaire (BSQ-34) and Body Figure Rating Scale (BFRS). **Results:** The majority of male and female students have normal weight and average body mass index, Females choose (thin figure, very thin and below average, respectively) as a current shape which represent their body shape. While males choose shape (below average and thin figure) as current shape. Females were significantly more feeling anxious, overweight, and concerned about their body shape than males ($p=0.001$, 0.01 and 0.04 , respectively). **Conclusions:** Based on the results of the present study, it was concluded that about more than half of participants have normal weight according BMI. The present study found that females were more concerned about their body shape more than males. Body shape concerns among females were associated with anxiousness, feeling overweight, and preoccupation with food and purging behavior. **Recommendations:** health education about body image and its effect on psychological status and eating behaviors of the students and how to deal with negative body image.

Key words: *Body Image, Eating Behavior and College Students.*