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## ASSIUT SCIENTIFIC NURSING JOURNAL (ASNJ)

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## Effect of an Educational Program about Acute Respiratory Distress Syndrome on Critical Care Nurses' Performance

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### Abstract

**Background** Literature review cited that, Acute respiratory distress syndrome (ARDS) is one of the major manifestations of multiple organ failure syndromes, and is a leading cause of death in the Intensive Care Unit. **Aimed** this study to evaluate the effect of that an educational program on nurse's performance about acute respiratory distress syndrome. **Design** a quasi-experimental (pre/post-test design). **Setting** critical care units at Al-Thawra Modern General Hospital Authority in Sana'a-Yemen. Method Sample was (75) critical care nurses that of all nurses working in a selected setting. **The tool I:** Pre /Post Nurses Questionnaire, **tool II:** Pre /Post Observation Checklist. **Results:** As regard age, of nurses were > 25 years (53%), the education level, the nursing diploma was the most (72%), experience year of nurses had an experience of less than 5 years was (65.3%). The implementation of the education program revealed the improvement of critical care nurse's knowledge, practice scores, and levels regarding acute respiratory distress syndrome with high statistical significance difference between pre and post-implementation programs, ( $p < 0.001$ ). **Conclusion,** it can conclude that implementing an educational program about acute respiratory distress syndrome care is highly effective in inducing improvement in nurses' related knowledge and practice.

**Keywords:** ARDS, Critical Care Nursing & Performance.

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## Assessment of Nurses' Knowledge and Practice about Venous Thrombo Embolism for Cancer Surgery Patients

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### Abstract

**Background:** Venous thromboembolism (VTE) a common complication and important cause of death. VTE consists of two forms: deep vein thrombosis (DVT) and pulmonary embolism (PE) venous thrombo embolism (VTE). **Aim** assess nurses' knowledge and practice about venous thrombo embolism for cancer surgery patients. **Study design:** A descriptive research design used in the study. **Setting:** The study was conducted in the surgical unit, at Aswan oncology center. **Subjects:** The study included on a convenience sample (30) nurses working in surgical unit, at Aswan oncology center. **Tools:** two tools were used for data collection, a structured Interview questionnaire sheet for nurses and an observation check list for nurses practice **Result:** The total score of Nurses' knowledge about VTE were unsatisfactory level (96.7%), also the total score of observed nurses' practice level regarding prevention was unsatisfactory (93.3%). **Conclusion:** Nurses` knowledge and practice levels regarding the care of Venous Thrombo Embolism for Cancer Surgery Patients and venous thromboembolism prevention were unsatisfactory which needed an improvement. **Recommendation:** Nurses needed for in-service training programs and increase awareness to update their knowledge and practice regarding the care of Venous Thrombo Embolism for Cancer Surgery Patients.

**Keywords:** *Cancer Surgery Patients , Nurses` Knowledge & Practice, Venous Thromboembolism.*

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## Effect of nurse' Managers Professionalism Behavior on Their Job Satisfaction at Assuit University Hospital

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### Abstract

**Introduction:** Professionalism is one of the soft skills which allows to be efficiently related to other, improve personal relations and lead to better work performance and fulfillment. **Aim:** Investigate the effect of professionalism behavior on job satisfaction of nurse managers at Assuit University hospital. **Research design:** A descriptive correlational design was used. **Setting:** This study was conducted at Assuit University Hospital. **Subjects:** the study subject consisted of (170) Nurse Managers classified to nursing directors, supervisors and head nurses working at Assuit University Hospital. **Tools:** the data collected through self – administered questionnaire which includes personal characteristics data, Behavioral inventory form for professionalism in nursing scale (BIPN) and Minnesota satisfaction questionnaire. **Results:** The highest mean scores regarding to professionalism behaviors domains were related to Self-regulation & autonomy, Competence and continuing education( $4.59 \pm 2.03$ ), ( $4.21 \pm 2.45$ ) respectively. The highest mean scores regarding to job satisfaction factors were related to Communication & relationship in the work and the working conditions( $23.91 \pm 4.70$ ), ( $19.28 \pm 4.27$ ) respectively. **Conclusions:** There is significant positive correlations between professionalism behavior and job satisfaction among nurse managers. **Recommendations:** Develop and implement continues educational programs for nurse managers that will affect the professional behavior of them.

**Key words:** *Professionalism Behavior, Job Satisfaction & Nurse Managers.*

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## Effect of An Educational Program on Critical Care Nurses Performance regarding Emergency Care for Patients with Pulmonary Embolism

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### Abstract

**Background:** Pulmonary embolism is the most important emergency in the cardiovascular system with a high rate of mortality without appropriate treatment. **Aim:** To investigate the effect of an educational program on critical care nurses' performance regarding pulmonary embolism emergency care. **A Quasi-experimental design** was utilized in this study. This study was carried out in the medical, surgical and emergency Intensive Care Unit at Al-Thawra Modern General Hospital Authority in Sanaa – Yemen. **The sample of this study** consisted of 75 nurses' for implementing the program. **Tools** utilized for data collection were the **nursing questionnaire and observation checklist**. **The results** There were statistically significant differences ( $P < 0.000$ ) in the total nurses' knowledge scores regarding emergency care for a patient with pulmonary embolism, pre-implementation of the program compared with the immediately post-implementation and post three months follow up. There were statistically significant differences ( $P < 0.000$ ) in total nurses' practice scores regarding emergency care for patient with pulmonary embolism pre-implementation compared with the immediately post-implementation and post three months follow up. **Conclusion:** there was a statistically significant difference between the nurse knowledge and practice in pre/post and follow up implementing of the educational program.

**Keywords:** *Emergency Care, Educational Program & Performance.*

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## Effect of Psycho-Educational Program on Depression among Drug Addict Patients at Assiut University Hospital

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### Abstract

Psycho-educational program which enhanced health behaviors, increased coping skills, give information about what substance abuse is, and its complications on drug addict patients physical and mental health. **Aim of the study:** Evaluate the effect of psycho-educational program on depression among drug addict patients. **Design:** Quasi-Experimental pretest posttest controlled design was used. **Subjects and method:** The studied sample consisted of 100 drug addict patients, 50 were study group & 50 were control group. **Tools:** Personal data, pattern of drug addiction questionnaire, and Beck Depression Inventory (BDI). **Results:** pre psycho-educational program, the majority of drug addict patients had severe levels of depression while, post program, the drug addict patients (study group) had less levels of depression than control group who didn't received psycho-educational program. **Conclusion:** Psycho-educational program had positive effects on levels of depression among study group than control group. **Recommendations:** Psycho-educational program should be part of the treatment strategies among drug addict patients and their families.

**Key Words:** *Depression, Drug Addict Patients & Psycho-educational Program.*

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## Self- esteem Among Male and Female Nursing Students Enrolled in Maternity Curriculum- Assiut University

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### Abstract

**Background:** The complex nature of nursing and midwifery as professions, and the challenges for students to achieve competencies to meet their profession's clinical and academic requirements all of these factors may have a negative effect on students' self-esteem. **Aim:** The study aims to assess the level of self-esteem among male and female nursing students enrolled in maternity curriculum, at Assiut University. **Methods:** Purposive sample of 475; (172 male and 303 female), third year nursing students, Faculty of Nursing, Assiut University were enrolled. Descriptive design was used in this study, two tools were used for this study; personnel data sheet and Eldesoky self-esteem scale (2004). **Results:** The study findings revealed that both female nursing students and male nursing students had moderate level of self-esteem (42% and 43%) respectively, and also there are statistically significant difference between levels of self-esteem and "family residency and pre-university qualifications. **Conclusion:** The present study concluded that there were no differences in self-esteem levels between males and females nursing student. **Recommendations:** The study recommended incorporating self-esteem-related teaching activities into the existing curriculum to improve students' self-esteem. Further studies must be done to generalize the results.

**Key Words:** *Self-esteem, Nursing Students & Maternity Curriculum.*

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## Learning Organization Culture Among Head Nurses at Different Health Care Sectors in Assiut City

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### Abstract

**Background:** Learning organization culture is one of hospitals principals in which leaders encourage active learning activities. **Aim:** assess learning organization culture among head nurses. **Setting:** different health care sectors in Assiut city. **Subject and method:** 105 head nurses were participated. **Tool:** questionnaire sheet were used, which includes two parts: Personal data sheet and dimensions of learning organization questionnaire. **Results:** more than half of head nurses are married and aged less than or equal 30 years (58.1%, 56.2%) respectively. The majority of head nurses are females having bachelor degree in nursing science (97.1, and 84.8%). Assiut University Main Hospital head nurses have the highest mean scores regarding all domains of learning organization culture followed by El Mabaraa Hospital head nurses while El Shamla Hospital head nurses has the lowest mean scores. **Conclusion:** there is statistical significant difference between the three hospitals as regards all domains of learning organization culture. **Recommendations:** implement policies and training programs to improve learning organization culture, and new researches should be done to test the factors affecting the learning organization culture at different health care sectors in Assiut city.

**Keywords:** *Head Nurses, Learning Organization, Culture & Health Care Sectors.*

## Effect of Educational Nursing Protocol on Minimizing Venous Thromboembolism for Patients Undergoing Simultaneously Arthroscopic ACLR and High Tibial Osteotomy

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### Abstract

**Background:** Venous thromboembolism (VTE) refers to a blood clot that starts in a vein. It includes both deep vein thrombosis and pulmonary embolism. **Aim:** Evaluate the effect of implementation of educational nursing protocol on minimizing VTE for patients undergoing simultaneously arthroscopic anterior cruciate ligament reconstruction (ACLR) and high tibial osteotomy (HTO). **Research design:** Quasi experimental (Pre/posttest) research design was utilized. **Subjects:** A convenient sample of 30 adult patients undergoing simultaneously arthroscopic ACLR and HTO (age: 18 to 50 years old) both sexes were recruited. **Setting:** The study was conducted in the Unit of Arthroscopy and Sports Injuries in Orthopedic Department and the Arthroscopic Outpatient Clinic at Assiut University Hospital. **Tools:** (I) Pre/post patient structured interview questionnaire and (II) VTE evaluation sheet. **Result:** there was statistical significant difference regarding total knowledge score for studied patients in pre and post implementing nursing protocol and no patients were developing VTE. **Conclusion:** the study findings revealed that educational nursing protocol were significantly effective in improving patient's knowledge about VTE and in preventing VTE.

**Key words:** *Nursing Protocol, Venous Thromboembolism & Anterior Cruciate Ligament Reconstruction, High Tibial Osteotomy.*

## Assessment of Nurses' Knowledge and Practice for Patients Undergoing a Bronchoscopy [Suggested Nursing Care Guidelines]

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### Abstract

**Aim:** to assess nurses' knowledge and practice for patients undergoing bronchoscopy procedures and design suggested nursing care guidelines for those nurses. **Design:** descriptive research design was utilized in this study. **Setting:** The study was conducted on 40 nurses at bronchoscopy unit of the chest department, at Assiut University hospital. **Tools:** A structured interview questionnaire sheet for nurses. Including: Demographic data, an observation checklist for nurses and develop suggested nursing care guidelines. **Results:** Fifty two of studied nurses had poor knowledge score, and regarding the total score of nurses' practice, (87.5%) of them was satisfactory. In addition, there was no correlation between nurses' knowledge and practice total scores and their demographic data except between good knowledge level score and their ages and marital status. **Conclusion:** the studied nurse practice level was satisfactory while their knowledge scores were not in the same line.

**Keywords:** *Knowledge, Practices, Bronchoscopy & Suggested Nursing Care Guideline*

## Effect of Educational Program for Nurses Performance Regarding Infection Control Precautions, toward patient on Mechanical Ventilation.

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### Abstract

**Background:** Patients on mechanical ventilation have a greater risk of acquiring infections; however, this problem is greatest in critical care units. **Aim:** Evaluate effect of educational program for nurses Performance regarding to infection control standard precautions, for patients on mechanical ventilation. **Study design:** Quasi-experimental research design was utilized in this study. **Setting:** The study was conducted in trauma ICU and emergency ICU at Assiut University hospital. **Sample:** A convenience sample of all available nurses. The sample size was 60 nurses. **Tools:** Utilizing two tools, Nurse's knowledge questionnaire and Observational checklist. **Results:** The majority of the studied Sample statistical significant difference between before and after educational program as regard to total nurses' knowledge and practice with P-value <0.001\*\* .observed nurses' knowledge scores improved from 21.7% before the educational program to 75%after the educational program. In addition, the observed nurses' practice scores improved from 21.7%before the educational program to71.7%after educational program. **Conclusion:** Nurses` knowledge and practice regarding mechanical ventilation infection Control Standard Precautions in the trauma ICU and emergency ICU becomes to the satisfactory level after the educational program. **Recommendation:** Nurses need for continuous training programs to increase their performance regarding mechanical ventilation infection control standard Precautions.

**Keywords:** *Educational Program, Mechanical Ventilation, Nurses Performance & Infection Control.*

## Effect of an Educational Program on Nurses' Performance Regarding Heat Stroke.

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### Abstract

Heat stroke is an acute, life-threatening emergency characterized clinically by elevated body temperature and central nervous system dysfunction. The nurse has an important role in critical care team. Therefore, the aim is to evaluate the effect of an educational program on the nurses' performance regarding heat stroke. Quasi-experimental research design was used to conduct this study. This study was carried out at Emergency department and isolation room at Assiut University Hospitals. The sample: A convenient sample included all nurses working at Assiut University Hospital ;30 nurses in the emergency unit and 12 nurses in isolation room .Tools: Two tools were utilized in this study. Tool I: Nurses' knowledge assessment. Tool II: Nurses' performance observational checklist questionnaire. Results: The present study revealed that total mean scores of the nurses' knowledge was 13.02±4.49 pre implementation, 27.57±2.38 post implementation of educational program and 26.33±4.06 at follow up. Total mean scores of the nurses' performance was 112.64±8.84 pre implementation, 177.97±8.35 post implementation of the program and 160.67±14.44 at the follow up .So there is a significant difference between their knowledge before and after the educational program. Conclusion: The study concluded that the educational program led to improvement in nurses' knowledge and performance about heat stroke. Recommendation: The program should be utilized for all new graduated nurses to be orientated to all aspects of care provided for heat stroke patients.

**Keyword:** *Heat stroke, Nurse's Performance & Educational Program.*

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## Auditing of Nursing care for Patient with Upper Gastrointestinal Tract Bleeding at El -Rajhi Hospital

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### **Abstract**

Audit it is a systemic review and evaluation of records and other data to determine the quality of the services provided in a given situation. Upper gastrointestinal tract bleeding is the most common emergency and can potentially lead to serious hemodynamic compromise and mortality. **Aims of the study: General aim;** auditing of nursing care for patient with upper gastrointestinal tract bleeding. **Specific aims;** To assess current nursing management for patient with upper GIT bleeding .To develop nursing care standers for patient with upper GIT *bleeding*. And to identify the gap between the current nursing management and nursing care standers for patient with upper GIT bleeding .**Subjects and methods:** a descriptive research design. **Sample:** (60) nurses working at the Tropical, `Gastroenterology and Internal medicine department at El-Rajhi hospital, Assuit University . **Tool** utilized for data collection are assessment of current nursing management for patient with upper gastrointestinal bleeding. **Results:** the majority of nursing has satisfactory level of knowledge (73%) but above third of nurse's perform the steps of observation checklist correctly **Conclusion:** Positive correlation between nursing standard and total practice & knowledge score. In addition of a gap between routine nursing care and nursing standard **Recommendation** Witten standard of nursing care for nurse to monitoring the routine nursing care daily.

**Key words :** *Auditing, Nursing Care & Upper Gastrointestinal Tract Bleeding.*

## Effect of women's age on the maternal and fetal outcomes among primigravidae

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### Abstract

**Back ground:** Pregnancy at advanced maternal age is associated with adverse fetal outcomes & complicated by instrumental delivery or Caesarean section, prematurity, stillbirth and low birth weight compared to mothers aged 20 to 34 years. **Aim:** Assessment of maternal and fetal outcomes among elderly and younger primiparous women. **Design:** A case control retrospective design. **Sample:** Convenient sample of 829 women were recruited for this study divided into three groups on 3 different age levels. Group (I): "study group" all women delivering before the age of 20 years was 211. Group (II): "control group" all women delivering at age of 20 to 34 years was 539. Group (III): "study group" all women delivering at the age of 35 years and above was 79 from 1st. July 2017 to 31st December 2017 in women health hospital at Assiut University. **Tool: Tool I:** Sociodemographic and reproductive history structure interview sheet, including Personal data & Obstetrical data. **Tool II:** maternal and fetal outcome. **Results:** The complications during labour were (18.95%) had PROM in group "1". Compared to (14.95%) in group "2". And (10.12%) had preterm labour and PROM in group "3" with significance difference ( $P < 0.05$ ). Complication of post labour in study groups, there were (0.47%) in group "1" had post-partum hemorrhage and perineal tear in group "1" vs. no complication in both group control study with significance difference ( $P < 0.05$ ). **Conclusion:** maternal age, baseline, primiparity, educational level and residence with adverse pregnancy outcomes represented the need to control these modifiable risk factors from a public health perspective. **Recommendation:** awareness teaching programs about pregnancy outcomes on elderly primigravida. And orientation program through mass media regarding the benefits of early marriage.

**Key words:** AMA, Maternal & Fetal Outcomes, Primigravidae.

## Effect of Intradialytic Hemodialysis Exercises on Fatigue and Leg cramps

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### Abstract

Background: Hemodialysis is an ongoing process where patients experience complications such as hypotension, muscle cramps, fatigue and nausea during the procedure. Aim: To evaluate the effect of implementing intradialytic hemodialysis exercises program on fatigue and leg cramps. Subjects and methods: Pre/posttest was utilized in this study. it was conducted in dialysis unit at Sohag University Hospital, A sample of 60 patients who undergoing hemodialysis with fistula (peripheral vascular access), with age 18-65 years old. four tools were used: Tool(I): Structured Interview Questionnaire sheet, Tool (II):Cramp questionnaire chart and visual analogue scale : Pre/post test (after 2 months) Tool (III) : Fatigue severity scale and Tool (IV): Intradialytic exercise. Results. The mean age of the patients was  $43.80 \pm 12.089$  (range 18- 65). More than half of patients (58.3%) experienced muscle cramps in both the legs. As regard muscle involved in cramps, majority of patients(83.3 %) experienced muscle cramps in gastrocnemius muscle. Conclusion: The findings of the study revealed that there were statistical significance differences as regard cramps questionnaire chart, visual analogue scale and fatigue severity scale pre &post intradialytic exercises. Recommendations: Intradialytic exercises can be adapted as a procedure to the patients undergoing hemodialysis.

**Keywords:** *Fatigue, Hemodialysis, Intradialytic Exercises & Muscle Cramps.*

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## Designed Education Program for Nurses about Immediate and Long Term Nursing Management of Patient with Status Asthmaticus in El-Mobara Hospital at Assiut Governorate

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### Abstract

**Aim of this study** was to evaluate the effect of the designed education program on nurses' knowledge regarding immediate and long term management of patient with status asthmaticus. **Design:** A Qusi experimental research design was utilized in this study on a convenient sample of 30 nurses working at El -Mobara hospital. **Data collection tools** was; Nurse's Knowledge Questionnaire sheet, consisted from three parts part 1) demographic characteristics, part 2) knowledge assessment about status asthmaticus and part 3) assessment of immediate and long term management. In addition, designed education program. **Results:** The majority of them their age ranged from 20 -40 years. Majority of nurses had knowledge regarding care of patients with status asthmaticus at satisfactory level in post-test .while all of nurses had no knowledge regarding nursing care of bronchial asthma in pre-test. **The study Concluded** that application of designed education program for nurses about immediate and long term nursing management of patient with status asthmaticus was associated with significant improvements of nurses' knowledge. Therefore, **the Researchers Recommended** making a standardized written nursing care and training programs for nurses in asthmatic care to ensure high quality of information and care provided based on national and international standards.

**Keywords:** *Education Program, Immediate, Long Term, Nursing Management & Status Asthmaticus.*

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## Assessment of Knowledge and Attitude For patients and their Care Givers Regarding to Typhoid Disease in Outpatient Clinics in Fever Hospitals at Assiut Governorate

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### Abstract

Typhoid fever is a systemic bacterial illness of public health importance. The disease is transmitted person to person due to fecal contamination of food and water. **Aim:** Determine the incidence of typhoid disease for patient and caregiver in hospitals of Assuit governorate. Assess the knowledge, attitude of patient and their caregiver about typhoid fever. **Methods:** Descriptive cross sectional research design used in the present study. The study was carried out in the fever hospitals of Assuit governorate, which consists from (Assuit fever hospital, Dirout fever hospital, Elshamia fever hospital). Sample was total coverage to all cases attended to the previous setting during six months, the total cases around (400) cases (232) patients and (168) caregiver. Tools of the study was assess the knowledge of patient and caregivers about typhoid fever and their attitude reward typhoid disease. Data collection by direct interview to cases and their caregiver started from first January / 2018 to the end June / 2018, data was analyzed by SPSS version 20.0 **Results:** It was found that satisfactory knowledge of patient and caregiver related to typhoid disease. It was found that negative attitude of patients and caregivers regarding to typhoid disease. **Conclusion and Recommendation:** It was conclude that all patients and caregivers knowledge satisfactory while negative attitude were observed that toward typhoid fever. The study recommended that education at programs should be organized for patients and caregivers regarding management and prevention of typhoid fever.

**Keywords:** *Assessment, Typhoid Fever, Knowledge, Attitude, Determine, Patients & Caregivers.*

## Effect of Implementing Communication Strategies on Nonverbal Critically Ill Patients' Outcomes.

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### Abstract

The nonverbal critically ill patients have a considerable need for information and support, so verbal communication can provide orientation and meaningful sensory input to these patients, Information received by the nonverbal critically ill patients may assist in reducing stress, helping patients preserve self-identity. **Aim:** This study was carried out to investigate effect of implementing communication strategies on nonverbal critically ill patient's outcomes (level of consciousness, pain and duration of mechanical ventilation). **Design:** a quasi-experimental design. **Setting:** In (Trauma, General and Critical care ICUS) at Assiut University Hospital. **Subjects:** A convenience sampling of 60 adults patients. Sample was assigned to two equal groups (study and control). **Tools:** Three tools were utilized to collect data of study, **Tool I:** Patient assessment tool. **Tool II:** Level of consciousness assessment tool (FOUR scale). **Tool III:** Pain assessment tool (Critical care pain observation (CPOT) scale). **Method:** The researcher used preparatory, implementation and evaluation phases to implement this study. **Results:** Finding of present study revealed that there was significant statistical difference between both study and control groups regarding to level of consciousness (P value = 0.005\*\* & <0.001\*\*). **Conclusion:** implementing communication strategies had effects on promotion of level of consciousness, improve pain sensation and decrease duration of mechanical ventilation of the study group. **Recommendation:** Communication strategies should standardize as a basic part of care provided to all nonverbal critically ill patients in intensive care units.

**Keywords:** *Communication Strategies, Nonverbal Critically Ill Patient & Patients' Outcomes.*

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## Effect of Early Enteral Nutrition Guidelines on Occurrence of Gastrointestinal Complications Among Acute Lung Injury Patients

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### Abstract

Proper nutrition found to be an essential in health maintenance and restoration in the critically ill patient. **Aim of the study** was to evaluate the effect of early enteral nutrition guidelines on occurrence of gastrointestinal complications among acute lung injury patients. **Design** A quasi-experimental research design was used to conduct this research. **This study was carried out at** Trauma Intensive Care Unit at Assiut University hospital. **Sample:** was consisted of 30 patients in each group. **Tools: Tool I:** Modified patient assessment questionnaire, **Tool II:** Gastrointestinal complications assessment related to enteral nutrition. **Methods:** data about 30 patients receiving enteral nutrition before enteral nutrition guidelines were retrospectively compared with data for 30 patients admitted after implementation of the guidelines. **Results** of the present study showed Patients in the after intervention group had a lower gastrointestinal complications than before intervention group. **Conclusion:** Implementing early enteral nutrition guidelines reduce occurrence of gastrointestinal complications among acute lung injury patient in ICU **Recommendations:** Provision an educational programs for nurses about enteral nutrition guideline.

**Key words:** *Acute Lung Injury, Enteral Nutrition & Gastrointestinal Complications.*

## Effect of Nutrition on Pregnant Women Weight in Assiut Health Units

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### Abstract

**Introduction:** Pregnancy is a physiological process, woman's normal nutritional requirement increase during pregnancy to meet the needs of the growing fetus and the maternal tissues. **Aim:** To assess the effect of nutrition on pregnant women's weight. **Subjects and Method:** Descriptive research design used in four health units which selected by random sample; (450) pregnant woman included in the study. **Study Tool:** consisted of three parts; part (1): Socioeconomic scale. Part (2): Anthropometric measurements (weight and height). Part (3): Knowledge about nutrition of pregnant women. **Results:** There was a statistically significant difference between nutritional elements and maternal weight in all visits (four) and 73.3% had poor knowledge. **Conclusion:** There was poor knowledge among pregnant women regarding nutrition during pregnancy. Also there was a relationship between nutrition and maternal weight gain during visits of follow up. **Recommendation:** Health education program is needed to increase awareness of pregnant woman about effect of nutrition on maternal weight gain during pregnancy.

**Keywords:** *Nutritional knowledge, Nutritional Elements, Maternal Weight & Health Units.*

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## Relationship between Fetal Sex and pattern of Nausea, Vomiting and Cholasma among Pregnant women at Assuit city

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### Abstract

**Background:** Nausea and vomiting during pregnancy (NVP), is one of the most common complaints of pregnant women. Fetus's gender is one that stimulates these complaints. **Aim:** This study aimed to assess the relationship between fetal sex and pattern of nausea, vomiting and cholasma among pregnant women. **Methods:** Descriptive research design. Sample size included 400 pregnant women in their third trimester, that divided into four groups (primi- gravida with female fetus, primi- gravida with male fetus, multi- gravida with female fetus and multi- gravida with male fetus), each group have one hundred women, The study was conducted at antenatal outpatient clinic, Woman's Health Hospital, Assiut University and Qlta Maternal and Child Health Care center, Assiut, Egypt. Data was collected by using interview questionnaire. **Results:** This study showed there was relationship between gender of the current pregnancy , pattern, onset, time, frequency, end date of nausea, vomiting and cholasma (p-value 0.001, 0.005, 0.001, 0.002, 0.003 and 0.003 respectively). **Conclusion:** This study revealed that NVP and cholasma are more likely to occur among female fetus than male. **Recommendations:** Increase mother's knowledge about the effect of pregnancy hormones related changes on thier health through health education program.

**Key Words:** *Cholasma, Fetal Sex ,Nausea, Pregnancy & Vomiting.*