

## ASSIUT SCIENTIFIC NURSING JOURNAL

### (ASNJ)

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## Relation between Nutritional Status and Chronic Diseases among Elderly at Assiut City

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### Abstract

The occurrence of chronic diseases weakens the activity of the elderly and affects the nutritional status which exposes them to the risk of malnutrition as a result of poor health. **The study aimed** to assess the relation between nutritional status and chronic diseases among elderly at Assiut City. **Subject and method:** Descriptive cross sectional research design, Convenient sample were used in this study. The study was conducted on 1033 patients in outpatients' clinics at main Assiut university hospital. The study included two tools; the first included socio-demographic, medical history, nutritional habits and oral health, while the second mini-nutritional assessment scale. **Results:** 59.5% of the studied sample suffering from hypertension, while 36.5%, 37.4% of them had diabetes mellitus and orthopedic diseases respectively, and 65.1% of studied sample had mild Charlson Comorbidity Index (CCI). Also 63.1% of studied sample at risk for malnutrition, and 30.7% were well-nourished. **The study concluded that** There were a significant relation between mini-nutritional assessment scale and different chronic diseases. **The study Recommended that:** Establish periodically nutritional assessment of elderly to identify at risk by using Mini-Nutritional Assessment scale and develop continuous health education program for elderly and their caregiver about nutritional need specifically with chronic diseases.

**Keywords:** *Chronic Diseases, Elderly, & Nutritional Status.*

## Effect of Educational Program Regarding Brucellosis Among Blood Donors at Assiut University Hospital's Blood Bank

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### Abstract

Brucellosis is a serious community health problem and endemic disease in Egypt in both animal and human. Community health nurse had vital role to prevent & control of brucellosis. **Aims:** to evaluate the effectiveness of the educational program about brucellosis among blood donors. **Methodology:** Quasi experimental design was used. This study was carried out at the main University hospital's blood bank in Assiut. The studied sample selected by simple random sample who was 300 blood donors. An interview questionnaire was used which included their socioeconomic characteristics. Also, pretest was done by questions regarding knowledge, attitude and their reported practices about brucellosis to assess the effectiveness of the educational program through immediate posttest. Blood sample was collected from all blood donors and analyzed by the enzyme linked immunosorbent assay (ELISA) test to detect the positive cases **Results:** According to their residence all the studied sample from rural areas. The prevalence of brucellosis was 16 % among them. Regarding knowledge of studied blood donors about brucellosis, in pre test the mean score was  $10.37 \pm 5.20$  while after implementing the educational program the mean score increased to  $27.37 \pm 2.37$  with highly significant differences ( $P$  value=  $<0.001$ ). The mean score of reported practices and attitude were ( $1.9 \pm 1.14$ ,  $13.31 \pm 2.05$ ) respectively. **Conclusion:** Brucellosis is a community health problem in Assiut Governorate. The blood donors' knowledge, attitude and practices were mostly poor and after completion of the program a significant improvement were achieved in the blood donors' knowledge. **Recommendation:** Further researches are needed to update the individuals' knowledge, positive attitude and appropriate practices about brucellosis.

**Keywords:** Blood Donors, Brucellosis & Educational Program.

## Assessment of Psychosocial and Demographic Characteristics Related to Relapse in Schizophrenic Patients at Psychiatric Hospital of Assiut University.

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### Abstract

Relapse among schizophrenic patients is a major challenge for mental health service providers in Egypt. Relapse has negative consequences and it can affect to patients, their families, the mental health care providers and the country's economy. **The study aimed to** assess psychosocial and demographic characteristics associated with relapse in schizophrenic patients. **Subjects and Method:** A descriptive correlational research design was used in this study. purposive sample were utilized, consisting of 100 patients who have schizophrenia and accepted to share in the study. Tools of the study include personal data, socio economic assessment scale and a specially designed semi-structured scale of relapse factors. **Results:** The participants consisted of 100 patients (58 males, 42 females), high statistically significant relation was found between socio economic level and age group "(p= 0.007), no statistically significant relation was noticed between relapse factors and socio economic level. There is a negative correlation between social stigma and gender. The study **concluded** that there was a highly statistically significant relation between socio economic level and age group "(p= 0.007). ,However there wasn't statistically significant relation between relapse factors and socio economic level, negative correlation between social stigma and gender Recommendation, Primary mental health care must be enhanced to prevent relapse among mentally ill patients, further studies are needed to investigate these factors on larger sample size with another tools and different settings

**Keywords:** *Psychosocial & Demographic Characteristics Schizophrenia –Relapse.*

## Assessment of Respiratory Functions among the Elderly with Chronic Obstructive Pulmonary Disease on their Knowledge and Practice at the Main University Hospital in Assuit City

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### Abstract

**Background:** Chronic Obstructive Pulmonary Disease (COPD) is a common lung disease that interferes with basic functions of elderly breathing. **Aim:** to assess the respiratory functions among the elderly with COPD on the knowledge and practice. **Subjects and methods:** Descriptive cross sectional research design was used to conduct this study in Chest Departments at the Main Assuit University Hospital. Purposive sample of 169 COPD elderly was participated. Three tools were used includes: 1<sup>st</sup> tool: Elderly assessment sheet, it includes two parts (Socio-demographic & health history and Bristol COPD knowledge assessment sheet), 2<sup>nd</sup> tool: Observational checklists used to assess the practice of elderly: (breathing & coughing exercise, inhaler technique) and 3<sup>rd</sup> tool: Respiratory functions assessment sheet used to evaluate the (dyspnea grade, oxygen saturation, respiratory rate and peak flow meter). **Results:** The main age of studied sample  $65.50 \pm 5.16$  (60-78), 73.4% were male and 70.4% were smokers. The vast majority of studied sample had poor knowledge & practice with impaired in respiratory functions. **Conclusion:** Vast majority of the studied elderly had poor knowledge & practice which had negative impact on respiratory functions. **Recommendations:** Health education program for elderly with COPD to improve their knowledge & practice and respiratory functions is very essential to manage their disease.

**Keywords:** COPD, Elderly, Knowledge, Practice & Respiratory Functions.

## Knowledge and Attitudes of Health Care Team towards AIDs Patients at Assiut Fever Hospital

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### Abstract

**Background:** Health-care professionals occupy a potential forefront position in HIV/ AIDS prevention programs and the management of AIDS patients. **Aim of the study:** to assess knowledge and attitudes of health care team at Assiut Fever Hospital towards AIDs Patients. **Material and Methods:** A cross sectional study was conducted at Assiut Fever Hospital. A convenient sample of 202 of health care team participated in the study. Self-administered questionnaire used for data collection it include three sections; 1- socio-demographic characteristics. 2- Questions regarding knowledge about AIDs. 3- Attitudes of health care team towards AIDs Patients. **Results:** the study revealed that 66.3% of studied participants were females, 47% had ten years or more, 56.4% of the studied health care team had attending training about AIDs, while 73.3% of them are dealing with AIDS patients as a part of work. 44.6% of studied health care team had good knowledge about AIDS and 63.9% of them had negative attitude towards AIDS patients. **Conclusions:** Although the health care team had a good level of knowledge; they had negative attitudes towards AIDs Patients. **Recommendation:** Continuing in-service trainings on HIV/AIDS for health care team is needed.

**Keywords:** *AIDS, Attitudes, Health Care Team & Knowledge.*

## Relationship Between Nurses' Work Life Interference and Job Performance

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### Abstract

**Introduction:** Many healthcare employees are dissatisfied with their job and working conditions. Frequently, their job dissatisfaction involves stressful situations that result in work-related illness, long-term absenteeism and lack of performance **Aim:** Assess the relationship between nurses' work life interference and job performance **Study design:** A descriptive correlational research design was used. **Setting:** The study conducted in General ICU at Assiut University Hospital. **Subject and Method:** The study subject consisted of (44) nurse working in General ICU at Assiut University Hospital. The data collected through self – administered questionnaire which includes personal characteristics data, Work Interference with Personal Life Scale, and Observational Performance Checklist tool. **Results:** More than half of the studied nurses reported they are all the time put personal life on hold for work, job performance level of the studied nurses was satisfactory and there was no statistical significance difference between nurses' personal data and studied variables **Conclusion:** There was a significant negative correlation between nurses' work life interference and job performance. **Recommendations:** Formulate a team-based management and training for all departments, and nurse manager should use democratic leadership style in supervision to increase nurses' commitment.

**Keywords:** Nurses, Work Life Interference & Job Performance.

## Role clarity as a Predictor of Nurses' Job Satisfaction

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### Abstract

**Background:** Job satisfaction affected positively by role clarity and in turn job satisfaction adds positive effect to nurse's roles and responsibilities. When employees and employers are satisfied with their jobs, this will make them committed to their organizations and in turn contributes to organizational success. **Aims:** To explore the relation between role clarity and job satisfaction among nurses and the relations between nurses' personal characteristics data, role clarity, and job satisfaction. **Design:** A descriptive correlational design was used. **Subject and Method:** The study was carried out at Medical and Surgical Departments at Assiut University Hospital, total number (141 nurse) (62) in Surgical and (79) in Medical. Using three tools, Personal characteristics data sheet, Role clarity questionnaire, and Job satisfaction questionnaire. **Results:** Causes of role ambiguity has the highest mean score ( $32.72 \pm 5.22$ ). Nurses perception about role clarity correlated positive with job satisfaction dimensions of communication and relations ( $0.293^{**}$ ). Communication and relations correlated positive with educational qualification and marital status (0.020 and 0.005) respectively. **Conclusions:** Nurses are aware of causes of role ambiguity, and nurses' perception about role clarity correlated positive with job satisfaction dimension of communication and relations. **Recommendations:** During orientation period at the time of employment clearly define job description, job specification, and job classification that will reflect positive on their job satisfaction and general moral, and emphasis on educational preparation of diploma nurses with more courses and guidelines on how to understand their roles and responsibilities.

**Keywords:** Role Clarity, Role ambiguity, Job Satisfaction & Nurses.

## Effect of Educational Nursing Program on Performance and Self-efficacy of Females Undergoing Mastectomy

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### Abstract

**Background:** Breast cancer and its treatment lead to physical and psychological problems. So, nurses are responsible to identify patients' needs, then identify the appropriate nursing diagnosis and initiate plans for care based on such needs. **Aim:** To evaluate the effect of educational nursing program on performance and self-efficacy of females undergoing mastectomy. **Patients and Methods:** A quasi-experimental research design was utilized in this study. It was conducted in the general surgery wards, and follow up was carried out in oncology and general surgery out patient clinics at Assiut University Hospital and South Egypt Cancer Institute. A convenient sample of sixty adult female patients undergoing mastectomy, their ages ranged from 20 to 65years old . Patients were divided into two equal groups (study and control) thirty patients for each. **Tools:** Three tools were utilized in this study for data collection; **Tool (I):** Knowledge assessment questionnaire, **Tool (II):** Observation checklist, and **Tool (III):** General self-efficacy scale. **Results:** A highly statistically significant improvement was found in the study group regarding their performance and self efficacy post-program implementation than pre-program with P-value <0.001\*\*. **Conclusion:** Application of educational nursing programs had a positive effect on performance and self-efficacy of females undergoing mastectomy. **Recommendations:** distribution of the educational booklet in the general surgery department and clinic for females undergoing mastectomy based on their needs assessment to improve their outcomes.

**Keywords:** Knowledge, Mastectomy, Practice & Self- efficacy.

## First Line Nurse Managers' Attributes and Work Stress Levels at Assiut University Hospitals

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### Abstract

**Background:** Not all the first line nurse managers have the same levels of leadership attributes so that being effective or ineffective nurse managers depends on the level of attributes she/he has. **Aim:** Determining the first line nurse managers' attributes and work stress level. **Study design:** Descriptive research design was used. **Setting:** Conducted at Assiut University Hospitals. **Subject:** First line nurse managers no.= 77 **Methods:** The data were collected using two tools; **I-** Structured self-administer questionnaire including; **a)** Personal data sheet, **b)** Assertiveness scale, **c)** Personal accountability checklist, **d)** Johari Window Questionnaire, and **e)** Protective Nursing Advocacy Scale **II-** Perceived work stress scale. **Results:** The study revealed that the highest percent of the first line nurse managers were not-assertive (72.7%), having high level of accountability (59.8%), had open level of awareness (16.9%), advocating others (85.7%), and had moderate level of stress (83.1%). **Conclusion:** There was negative relation between the first line nurse managers' attributes and work stress level. **Recommendation:** Implementing continuous educational programs for nurse managers to improve nurse awareness, and assertiveness

**Keywords:** Nurse Managers, Attributes & Work stress.



## **Knowledge of Workers about their Occupational Hazards at Sugarcane Factory in Luxor Governorate**

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### **Abstract**

**Background:** Workers in sugar mills are exposed to occupational hazards as accidents, bagassosis and hearing loss in many manufacture parts of the sugar production. **The aim of the study:** to assess knowledge of workers regarding their occupational hazards at Sugarcane Factory **Methods:** Cross sectional research design was used in this study. It conducted at Sugarcane Factory. The total number of the studied sample was 541 workers; Simple random sample was used. **Tools of the study:** self-administrated questionnaire was used which included personal data, questions to determine their occupational hazards and knowledge of workers regarding occupational hazards **Results:** The mean age of workers was  $45.74 \pm 8.44$ , 62.1% of them had secondary education and 76.7% of them had >10 years of experience. According to their occupational hazard, 68.2% of workers had back pain, 63.2% complained from nervousness. According to their knowledge about occupational hazards, 71.2% of workers had poor knowledge. Also, there is statistically significant relationship between knowledge and their educational level (P value = 0.037). **Conclusion:** Almost of workers had poor of knowledge about occupational hazards also; the occupational hazards were prevalent among them. **Recommendations:** Training and health education programs should be implemented to increase workers' knowledge about occupational health hazard in sugarcane factory.

**Keywords:** *Sugarcane, Occupational Hazard & Workers.*

## Effect of Back Massage and Reflexology on Labor Pain Reduction and Vital Signs During First Stage of Labor at Sohag University Hospital

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### Abstract

**Background:** Labor is a normal physiological process, which while should be an occasion for rejoicing, it also accompanies it with lots of pain, agony, and discomfort and certain risks. **The aim of the study** was to assess the effect of back massage and reflexology on labor pain reduction and vital signs during first stage of labor. **Subjects and Methods:** Quasi-experimental design was used to conduct this research. This study was carried out at obstetric emergency department at Sohag University Hospital. **A purposive Sample** of 150 women. **Tools** used in this study, Tool I: Patient assessment sheet. Tool II: Visual Analogue Scale. Tool III: Hemodynamic stability. **The main results:** showed that there are statistically significant differences regarding pain reduction before and after applying back massage and reflexology during first stage of labor and no statistically significant differences regarding vital signs before and after applying them. **Conclusion:** Both back massage and reflexology have effect on pain reduction and don't have effect on vital signs during first stage of labor. **Recommendation:** Further studies of efficacy as well as effectiveness are needed to determine the clinical applicability of back massage and reflexology in a large sample.

**Keywords:** *Back massage, First stage, Labor, Reflexology & Vital Signs.*

## Patterns and Outcomes of Abdominal Trauma Patients Admitted to Trauma Intensive Care Unit

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### Abstract

Abdomen is the third most common area of the body that is damaged because of trauma. The nurse must be aware of specific assessment findings associated with abdominal trauma and immediate recognition of problems, **so this study aimed** to assess patterns and outcomes of abdominal trauma patients admitted to trauma intensive care unit.

**A descriptive research design** was used. **Setting:** This study was carried out in trauma intensive care unit at Assiut University Hospital. **Sample:** 60 adult critically ill patients with abdominal trauma. **Tools:** Patient profile characteristic's sheet and abdominal trauma severity scores and outcomes assessment sheet were used. **Main results:** There were 65% males and 35% females. Mean Age was 36.62±10.8. Blunt trauma accounted for 86.67% while penetrating was 13.33%. Motor car accidents was the main cause of trauma with 51.67%, liver and spleen the most affected organs. Mortality rate was 10%. Gastrointestinal and respiratory complications are the most occurred. **Conclusion:** Abdominal trauma patients need frequent assessment as majority of the studied patients at a high risk for developing complications. **Recommendations:** Training the nurses about how to use abdominal trauma scoring systems for frequent assessment of patients' health statue from first day of admission.

**Keywords:** *Abdominal Trauma, Intensive Care Unit, Outcomes & Pattern.*

## Explore The Common Types Of Acid-Base Disturbances Among Critically Ill Patients In Intensive Care Unit

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### Abstract

**Background:** Acid-base disturbances are common in critically ill patients and pose a great burden in the management of the underlying condition. **Aim:** To explore the common types of acid-base disturbances among the critically ill patients in ICU. **Design:** A descriptive study design was utilized. **Setting:** This study was carried out in the Trauma and general Intensive Care Units at Assiut university hospital. **Sample:** Eighty adult male and female patients admitted to trauma and general ICUs. **Tools:** Three tools were used in this study, patient assessment tool, APACHE II tool, and Acid-base parameters assessment tool. **Result:** Eighty patients suffered from acid-base disorders with mean age ( $41.88 \pm 13.39$ ) years. The mean pH on admission was ( $7.34 \pm 0.13$ ), the mean length of ICU stay was ( $10.90 \pm 7.86$ ). Respiratory alkalosis was the most frequent of simple acid-base disturbance (73.8%) followed by metabolic alkalosis (33.8%), respiratory acidosis (32.5%). Mixed acid-base disorders were relatively less frequent, the common combination was metabolic acidosis with respiratory acidosis (15.0%). **Conclusion:** Acid-base disturbance are common among critically ill patients presenting at the ICU. Respiratory alkalosis was the most frequent simple acid-base disturbance was observed among such group of patients. **Recommendation:** Acid-base disturbance should be monitored closely, diagnosed early, and managed correctly during hospitalization.

**Keywords:** *Acid-base Disturbances, Critically Ill Patients & ICU.*