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Impact of Educational Program about Food Safety on Improving Adolescent Students' Knowledge and Practices in Assiut

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Abstract

Food safety is a global health goal and food borne diseases are a major health issue. It is important to reach young adults with food safety education because of their current and future roles as caregivers. The aim of this study was to establish baseline assessment data regarding to food safety knowledge and practices among adolescent students and develop an educational program on the base of previous baseline data to increase their knowledge and improve their practices related to food safety. A quasi-experimental study design was used in carrying out at 4 secondary schools (two schools were east and the others were west) in Assuit. The sample included 1000 students (as baseline assessment data) and 200 students randomly selected for the educational program. The main result in this study was no statistically significant differences between the pre test and post test practices and knowledge in the control group but there was statistically significant difference between the pre-post test practices and knowledge in the study group. The study was concluded that, the students' knowledge and practices about food safety were increased significantly among students who had the food safety educational program. It is recommended that the developed programs should be taught among different age group students that do not offer food safety program.

Keywords: Food safety, Knowledge, practices, Food borne diseases, Secondary schools & adolescent students

Impact of menopausal symptoms on quality of life among women's in Qena city.**Reda R. Ali, Sayed A. Mohamed Taha, Manal F. Moustafa & Sahar F. El saied**

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Abstract

Background: Menopause, the time when a woman stops having menstrual periods, is not a disease or an illness for most women, menopause is a normal occurrence.. The most common age range at which women experience menopause is 48-55 years.. **Aim of the study:** To assess the Impact of menopausal symptoms on quality of life among women's in Qena City. **Subject and Method:** it was a descriptive study and a convenient sample included 250 menopausal women. Data was collected through a questionnaire to collect necessary data. **Setting:** The study was conducted at out patient's clinics of Qena University and general hospitals and south valley university. **Results:** the study results revealed that there was a positive strong correlation between MRS and QOL ($r = 0.878$). **Conclusion :** It can be concluded that post-menopausal women in this study had severe menopausal symptoms and this had adversely affected on quality of life. **Recommendations:** Implement appropriate health educational programs are essential for improving the quality of life of menopausal women in Qena city.

Keywords: *Menopausal Symptoms, Quality Of Life & Women.*

The Effect of Music on Preventing Intraoperative Awareness in Pediatric Patients Undergoing Open-Heart Surgery

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Abstract

Use of music has the potential to positively affect patient perception during intraoperative of surgical treatment. Intraoperative awareness is the most frustrating complication in patient undergoing surgery under general anesthesia. **Study design** was Quasi-experimental research design. **Three tools** were used to conduct this study namely: "Preoperative assessment tool", "intraoperative assessment tool" and "postoperative assessment tool". **Method:** In a prospective, randomized double blind study, patients were randomized into two equal groups; In C group (n = 25) patients acted as the control and did not listening to music, while in music group (n = 25) patients listening to music. In both groups, auditory evoked potentials index electrodes connected before induction of anesthesia at operative room to detect depth of anesthesia and occurrence of intraoperative awareness. An interview with the patients and their parents to evaluate occurrence of awareness by using a semi-structured in-depth questionnaire. **The main results:** The results of the current study revealed that there was statistically significant decrease in occurrence of awareness in music group versus the control group (P value =0.000***). **Conclusion:** The application of music was highly effective in reducing intraoperative awareness.

Key words: *Intraoperative Awareness, Music Therapy & General Anesthesia.*

Gap Between Current and Ideal Immediate Normal Postpartum Nursing Care at Woman's Health University Hospital, Assiut.

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Abstract

Improving the quality of obstetric care is an urgent priority in developing countries where maternal mortality remains high. Optimal obstetric care is the key requirement in reducing maternal mortality. The **Aim** of this study is to identify the gap between the current and ideal immediate normal postpartum nursing care at Woman's Health University Hospital, Assiut. Descriptive observational **Design** was used. Convenient **Sample** of 500 women were included. **Data collected** from June 2013 to January 2014, an interview questionnaire and clinical audit chart were used. The **Results** revealed that mean age of subjects was 27.83 ± 4.85 years, multiparae constitutes more than half of subjects. Hygienic & nutritional advices were not done by nurses. Breast feeding advices were provided to around one quarter of subjects. Check for uterine contractions was provided by the nurse for nearly half of subjects. Immediate newborn care was provided by nurses in different high percentages, while monitor baby breathing not done by nurses. It is **Concluded** that, a gaps were identified between current and ideal immediate normal postpartum nursing care. Hygienic & nutritional advices not provided by nurses. All items of immediate post-partum care except check for uterine contractions not provided by the nurses. Immediate newborn care was the most item of care provided by the nurse. Reaudit is **Recommended** to improve quality care.

Key Words:- Immediate Post Partum Period, Audit & Ideal Care.

Factors influencing health promoting behaviors of elderly in rural area at Assiut and Sohag governorate

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Abstract

Health promotion behavior is one of the main criteria for determining health that is recognized as the basic factor in catching numerous diseases. **Aim of this study:** to identify the factors affecting health promoting behaviors of elderly in rural areas. **Subjects and method:** A Descriptive research design was utilized. This study was conducted in four villages. The total number of sample was 1000 elderly. An interview questionnaire was used to collect data about: Personal information and availability of health care services, Health Promoting Lifestyle Profile scale (HPLPII), perception of chronic diseases and social support scale. **Results:** The main results of study 46.9% had moderate total health promoting behaviors while 42.6% had low total health promoting behaviors. Statistically significant difference between all personal data of elderly and their total health promoting behaviors. Also It was noticed that majority (89,9 %) of elderly have social support. **Conclusion:** the total score of elderly's health promoting behaviors who were living in Assiut & Sohag governorates ranged between the low and moderate level. **Recommendations:** The routine services for the elderly should improve the ability of health personnel to provide knowledge and information on HPB as well as to educate the caregivers and to motivate the elderly to engage in daily practice of HPB.

Key words: *Elderly, Health Promotion & Health Promoting Behavior.*

Relationship between Interprofessional Communication and Sharing Information and Nurses' Burnout and Work Autonomy

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Abstract

Interprofessional communication can positively improve clinical outcomes. **Aim:** to examine the relationship between interprofessional communication and sharing information and nurses' burnout and work autonomy. **Methods: Design:** cross-sectional correlational. **Sampling:** all physicians and nurses working in critical care units at Damanhour National Medical Institute, Egypt (N=167). Tools: self-administered questionnaires composed of four parts, namely: Communication and Sharing Information (CSI) scale; Maslach Burnout Inventory-Human Services Scale (MBI-HSS); Global Work Autonomy Scale (GWA); and a demographic data sheet. **Results:** the findings showed that sharing of medical information and nurses-physicians communication were the highest dimensions. High mean of emotional exhaustion; depersonalization; and personal accomplishment dimensions of burnout; as well as total work autonomy. Significant differences were found between age and interprofessional communication and sharing information and both burnout dimensions (emotional exhaustion) and (depersonalization). No significant differences were found between all demographic characteristics and both nurses' burnout (personal accomplishment) and total work autonomy. An intermediate positive correlation was found between total communication and sharing information and burnout dimensions: emotional exhaustion and depersonalization and total work autonomy. **Conclusion:** total communication and sharing information are positively correlated to both burnout subscales: emotional exhaustion and depersonalization; and total work autonomy. However, total communication and sharing information and burnout subscale (personal accomplishment) are not correlated. **Recommendations:** strategies that foster patient-centered communication; and development of policies to equalize power dynamics; and enhance teamwork should be implemented.

Keywords: *Interprofessional Communication, Sharing Information, Nurses' Burnout & Work Autonomy.*

Developing a Job Description for Assistant Nurses at Assiut University Hospitals

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Abstract

Back ground: Health Care Assistants (HCA) emerged primarily to support the professional nurse and to undertake non-nursing duties under the supervision of qualified nurses. Recently unlicensed personnel have been used as substitutes for professional nurses. **Aim of the study:** To develop a job description for assistant nurses. **Setting:** The study was carried out at Assiut University Hospitals. **Subjects and methods:** The subjects included all head nurses working in the designated settings (n = 72) and 10% of the total assistant nurses (n = 40). **Data collection tools:** The data for the present study was collected using three different tools: a questionnaire sheet, an observation sheet (job analysis) and focus group discussion. **Results:** The present study revealed that there is no training program and orientation made for assistant nurses and there is no job description for them. There was congruency between the head nurses' opinions, job analysis and focus group discussion as regards indirect care, and environmental activities performed by assistant nurses. **Recommendations:** The researchers recommended a conduct training program for assistant nurses about infection control principles, communication skills, and nursing profession .Constant direct supervision by authoritative persons for assistant nurses should be established in the hospitals.

Keywords: *Assistant Nurses, Job Analysis & Job Description.*

Comparison the effect of incentive spirometry and conservative therapy among open heart surgery patients for the prevention of postoperative pulmonary complications

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Abstract

patients under Open heart surgery, high risk for many respiratory complications post operatively, chest physiotherapy techniques are used to increase lung volumes, improve oxygenation and decrease the incidence and severity of pulmonary complications after cardiac surgery .deep breathing is a major part of the therapy. **Aim** ,This study amid to compare the effect of incentive spirometer, and conservative therapy among open heart surgery patients for the prevention of postoperative pulmonary complications. **Design**, Aquasi –experimental design. **Setting**, conducted in postoperative intensive care unit of Assiut university hospitals. **Subject**, a convenience sample of 50 adult open heart patients of both sexes.**Group1** (incentive spirometry), **group2** (conservative therapy).25 patients for each. **Tools**, Two tools were developed in this study, **tool one** (Patient's socio demographic characteristics and health status among open heart patients), **tool two** (Observation checklist for post-operative pulmonary complications among open heart surgical patients).**Result** of this study revealed that a statistical significant difference was found between the two groups regarding to atelectasis . As regard pulmonary secretion it was noticed that a highly percent 80%&72% of patients in group 2(conservative therapy)&1(incentive spirometer) respectively. **Conclusion** of this study illustrated that a positive effects of incentive spirometer compared with other physiotherapy breathing techniques on occurrence of pulmonary complications among open heart patients postoperatively, showed a significantly smaller amount of secretions and atelectasis, improved oxygenation and had less reduction in FVC(forced vital capacity) and FEV1 (forced expiratory volume in one second)on the fourth postoperative day compared to conservative therapy. **Recommendations**, Explain to the nurse the deference between deep breathing exercise alone and deep breathing exercise with anther maneuver.

Key words: *incentive spirometer, conservative therapy, postoperative pulmonary complications & open heart surgery.*

Effect of phase one cardiac rehabilitation on occurrence of early complications Among acute myocardial infarction patients with ST segment-elevation

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Abstract

Phase one cardiac rehabilitation is important for patients with acute myocardial infarction. Critical care nurses play an important role on relieving pain, improving respiratory distress, maintaining adequate tissue perfusion by decreasing the heart work load, and early recognition of complications. **Aim:** to evaluate the effect of phase one cardiac rehabilitation on occurrence of early complications among acute myocardial infarction patients with ST segment-elevation. **Patient and methods. Design:** a quasi-experimental research design is used in this study. **Setting:** this study is conducted in the coronary care unit, Assiut University Hospital. **Sample:** a convenience sample of 60 patients (control and study) 30 each. **Tools:** Three tools are used for data collection. I –Acute myocardial infarction patient assessment, II- modified Borg's rating perceived exertion Scale, III -Hospital anxiety and depression scale. **Methods:** training the patient up to a heart rate of 120 beats / minute or peak heart rate, guided by symptoms of chest pain and dyspnea (Borg's rating of perceived exertion < 10) for the study group were performed for 5-days during phase one cardiac rehabilitation, Hospital anxiety and depression scale was applied tool for both groups. **Results:** findings of the present study show significant difference recurrence of chest pain was between both groups in 4th day. Also the duration of chest pain per hr in the 2nd day & 3rd day between both groups indicates highly statistical significant difference ($p < 0.05$), and improve Heart rate, respiratory rate & decrease anxiety from 3rd to 5th day in the study group than control group, also shows Borg's (RPE) scale shows highly significant increased in study group during exercise from admission to 5th day. **Conclusion:** phase one cardiac rehabilitation is associated with significant improvement of the study group versus control group regarding for dyspnea, heart rate, chest pain, anxiety and depression.

Key words: *phase one cardiac rehabilitation, early complication, acute myocardial infarction, Borg's rating perceived Scale & anxiety & depression.*

Risk factors of post operative pyrexia in infants and children at Assuit University Children Hospital.

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Abstract

Post operative pyrexia is one of the most common problems seen in the post operative ward. **Aims:** to identify risk factors of post operative pyrexia in infants and children at Assuit University Children Hospital. **Subjects and Method:** Descriptive research design was used. The present study was conducted in the pediatric surgical unit at Assuit University Children Hospital. The sample included two groups. Group I pyrexia group 212 children with pyrexia, group II non pyrexia group 76 of children who have no pyrexia. One tool was used to collect the required data **Results:** blood transfusion was given to approximately half of group I compared to only (6.6%) of group II. More than two fifths of children had signs of wound infection, urinary catheterizations respectively in group I compared to 13.2% children in group II respectively. The majority of children received intravenous fluid after operation in group I compared to (14.6%) of children group II. **Conclusion:** Risk factors of post operative pyrexia are wound infection, respiratory problem, urinary tract infection, blood transfusion, drains and catheters, medications and intravenous line infection. **Recommendations:** Increasing mother's and nurses awareness related to risk factors of post operative pyrexia, health education about importance of hand washing before and after wound dressing and giving medication.

Key words: *prevalence, risk factors & pyrexia.*

Impact of Synergy Model application on Patients with Acute Coronary Syndrome Outcomes

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Abstract

Synergy model gives nurses a common language for a definition and relation between patients and nurse's needs, so patient with acute coronary syndrome need immediate nurses knowledge in coronary care unit. **Aim:** the aim of this study is to investigate the impact of Synergy model application on patients with Acute Coronary Syndrome outcomes. **Design:** a quasi-experimental research design is used in this study. **Setting:** This study was carried out in the coronary care unit at Sohage University Hospital. **Subjects:** Sixty critically ill adult patients who are admitted to the previously mentioned setting, and 12 (twelve) number of nurses in coronary care unit. **Tool:** Synergy model tool which include two parts, **Part I:** Patients' characteristics, (Stability, Resiliency and Resource availability) **Part two:** Nurse-Competence (Advocacy moral agency, Caring practice and Clinical judgment). **Results:** Findings of the current study revealed statistical significance deference in both patient's needs and nurse's knowledge according to Synergy model for level I, level 3, level 5 which determine quality of nurses and the behavior toward the patient. In this study there are highly statistical significance different according to patients needs and nurses knowledge With (P=0.000*), (0.004)*. **Conclusion:** The synergy model outlines that when patients' characteristics and nurses competencies synergize, optimal patient outcomes are achieved. As the patient is primary focus, optimal outcomes are defined as what patients themselves acknowledged as important.

Key words Synergy model, acute coronary syndrome& patient outcomes.

Effects of Expiratory Muscle Training and Pursed-Lips Breathing on Health Status and Dyspnea among Chronic Obstructive Pulmonary Disease Patients

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Abstract

The aim was to examine the effectiveness of expiratory muscle training and pursed-lips breathing on health status and dyspnea among patients with chronic obstructive pulmonary disease. A true experimental design was utilized. **Setting:** The study was carried out in the outpatient chest clinic at Assuit university hospital. **Subjects:** A purposeful sample of 127 diagnosed as COPD patients. They were randomly distributed to 4 subjects, classified into 3 study and one control group . **Three tools** : Tool 1: Structured interviewing questionnaire tool, Tool 11: ST George's Respiratory Questionnaire (SGRQ), Tool III: Assessment of the patients' condition includes the modified Borg scale and MRC breathlessness scale. **Results:** majority were male patients, more than 50 years old. There was significant improvement in total health status $P= 0.001$ and shortness of breath among the study subjects than the control subjects' $=0.01$. Also, there was statistical significant improvement in the pulmonary function tests PE_{max} , PI_{max} , $paco_2$, Hco_3 and Sao_2 in the study subjects than the control subjects' P value (0.002, 0.005, 0.001, 0.001, 0.001) respectively. **Conclusion:** There was statistical significant improvement after implementation of the respiratory training in total health status score and Borg scale post Six Minute Walk Distance)6 MWD(among PLB and Both exercise subjects when compared with the EMT and control subjects after 8 weeks. **Recommendation:** Further researches is required to identify clearly the benefits of breathing exercises in breathless patients with COPD and treatments should be closely monitored for variations in response and modified accordingly.

Key words: *Chronic Obstructive Pulmonary Disease, Expiratory Muscles Training, Pursed Lip Breathing & Dyspnea.*

Nutritional Status and Academic Achievement among School-Age Children with Chronic Kidney Disease at Assiut University Children Hospital

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Abstract

Chronic kidney disease (CKD) is recognized as a major health problem affecting approximately 13% of the US population. Nutritional status and academic achievement were affected in 1.3% of Egyptian school age children with urinary abnormalities. **Aim:** to assess nutritional status and academic achievement among school-age children with chronic kidney disease at Assiut University Children Hospital. **Subjects and Method:** The study sample was composed of 102 school-age children with CKD. The study was conducted in the Pediatric Nephrology Unit and Outpatient Clinics at Assiut University Children Hospital. Data were collected by utilizing the designed questionnaire sheet that consists of sociodemographic data, socioeconomic data, children's anthropometric measurement as well as assessment of their academic achievement. **Results:** The results of study revealed that the percentage of anthropometric school-age children under study was normal or around average with no statistical significant between CKD and nutritional status. Regarding academic achievement, about one third of the studied children with CKD had pass average academic achievement score. **Conclusions:** Based on the results of the present study, chronic kidney disease did not affect nutritional status, but it negatively affected academic achievement in school-age children at Assiut Children University Hospital.

Keywords: *Chronic Kidney Disease, Academic Achievement, Nutritional Status.*

Effect of Chest Physiotherapy and Recruitment Maneuvers on Hemodynamics and ICU Stay of Mechanically Ventilated Patients with Acute Lung Injury.

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Abstract

Background Acute lung injury Patients may require mechanical ventilation to survive Chest physiotherapy & Recruitment maneuvers are two methods that improve respiratory efficiency and promote Hemodynamic stability

Aim To investigate effect of chest Physiotherapy & recruitment maneuvers on hemodynamic parameters and length of ICU stay of mechanically ventilated Patients with Acute lung Injury **Design** Quasi-experimental design

Setting The study was carried out in trauma intensive care unit at Assiut university hospital. **Subjects:** A convenience sample of 60 matched patients and randomly assigned into two equal groups diagnosed as having an acute lung injury, coma scale ≥ 13 , on mechanical ventilation **Tools** **Tool:** acute lung injury mechanically ventilated patient assessment sheet were utilized to collect data **Methods** study group was exposed to two sessions/day of chest physiotherapy& recruitment maneuvers until disconnection from mechanical ventilator in addition to the routine hospital care. **Results** Significant statistical was put into evidence between the two studied groups in the hemodynamic parameters HR was (96.71 \pm 11.39) in study group (110.64 \pm 11.14) control group after 30 min (p=0.001) after 12 (93.16 \pm 22.79) in study group (91.07 \pm 7.0) in control group (p=0.05) Temperature in control group (38.9 to 38.6) (37.3 to 37.7) in study group (p=0.001) control group stayed longer in ICU than study group (p=0.001)**Conclusion** Combining Chest physiotherapy Recruitment maneuvers are of great values for improvement of respiratory efficiency and promote Hemodynamic parameters Replication of the study on larger propriety sample is recommended.

Key words: *Chest physiotherapy, Recruitment maneuver, Hemodynamics, ICU stay , Mechanical ventilator & Acute lung Injury.*

Improving Maternity Nurses : Compliance With Safety Precautions During Labour In District Hospitals at Qalioubia Governorate

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Abstract

Background: Midwives should use the safety precautions as the basic level of parturient safety when delivering care to all parturient, therefore should have sound knowledge and compliance with safety measures, standard precaution of infection control and nursing care provided during labour. **The aim** of this study was to improve the maternity nurses' compliance with safety precautions during labour at labour unit. **A quasi experimental study design** was used and conducted at labour unit in all (9) District hospitals at Qalioubia governorate. **Convenient sample** of 81 nurses working in the previously mentioned settings were used. **Tools of data** collection included 1- A Structured interview questionnaire to assess nurses' knowledge and barriers regarding safety precautions, 2- Observational checklist to assess nurses' practices ,3- Educational and training contents for nurses. **Results** revealed that there was a significant improvement in nurses' compliance as well as their knowledge and practices toward safety measures, infection control and care provided during labour , pre-intervention, post intervention and at follow up. **The study concluded** that the intervention of the study significantly improves the nurses' compliance with safety precautions during labour by increasing their knowledge and practices. **The study recommended** the important of Orientation program for newly appointed employees about safety precautions for parturient during labour as might that affects their performance.

Keywords: *Safety Measures, Labor Room, Compliance & Standard Precaution.*

Stress Among Mothers of Hospitalized Children at Qena Governorate

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Abstract

Background: Mothers of ill children face many crises, and these crises occur not only at the birth of the child, but also in a number of di

fferent stages of life. Crises are repeated with the child's hospitalization resulting in extra pressures and disruption in family's life. **Aim:** This study aimed to investigate the relationship between the child's hospitalization and stress experienced by the mother. **Design:** Descriptive correlation design was used in this study. **Subjects and method:** 213 mothers of 213 children who were available at inpatient pediatric wards of General Hospital in Qena & Qena University Hospital Two tools had been used. **Tools:** Self Structured Questionnaire for Stress Assessment was used as instrument for data collection in this study. **Results:** There was statistical relation between child's gender and level of mother stress. There were statistical relations between level of stress experienced by mothers group and both nature of disease and number of previous hospitalization. **Conclusion:** Based on the findings of this study pediatric hospitalization was the most fearful and stressful situation faced the mothers. **Recommendations:** Further studies must be conducted to assess knowledge and attitude of parents toward child hospitalization and amount of information needed by parents to deal with such situation.

Key words: *Hospitalized Child, Mother & Stress.*