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E-mail: asn_jornal@yahoo.com

Tel: 01006712911 - 01065203229 & 088/ 2423809

Fax: 088 – 2335520

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Risk Factors And Pregnancy Outcomes Among Pregnant Women With Pre-Eclampsia

Rasha Mohamed Essa & Abeer Abd El Aziz Madian

Assistant Prof. of Obstetric & Gynecological Nursing Dept, Faculty of Nursing, Damanhour University, Egypt.
Lecturer of Community health Nursing Dept, Faculty of Nursing, Damanhour University, Egypt.

Abstract

Background: Pre-eclampsia (PE) is a pregnancy specific disorder and a major cause of both fetal and maternal morbidity and mortality worldwide. **The Aim** of this study was to identify risk factors and pregnancy outcomes among pregnant women with pre-eclampsia. **Research design:** An exploratory descriptive design was used. **Sample:** A purposive of 200 women who were selected randomly. **Setting:** from labor unit affiliated to Damanhour Medical National Institute. **Tools: three tools** were used to collect data. **The first tool** was a structured interview questionnaire. **The second tool:** assessment of women's knowledge regarding pre-eclampsia and the **third tool** pregnancy outcome assessment checklist. **Results:** Premature rupture of membranes was observed among approximately three-quarters of them. More than half of them had caesarean section labor. Fetal distress was observed among about one-third of them and low birth weight (1500-2400 gm) constituted 27.6% of study subjects. Furthermore, admission to neonatal intensive care unit and oxygen administration were needed for (23 % & 36.8%) of study subjects' neonates respectively. Also, positive significant correlations were observed between pre-eclampsia and age, education, residence, parity as well as number of antenatal visit. In addition 69.0% of study subjects had poor total score. The study **concluded** that, age, level of education, residence, parity, and antenatal visits were determinants risk factors of pre-eclampsia in which that was significantly associated with maternal and neonatal morbidities as well as increasing cesarean section, LBW, and birth asphyxia. Consequently, it is **recommended** that teaching programs should be conducted to identify mothers at risk and encourage them for proper antenatal care.

Keywords: *Pre-Eclampsia, Risk Factors, Maternal Outcomes & Neonatal Outcomes.*

Identifying the effect of a Basic life Support teaching Program on nurses' Knowledge and skills at Emergency care unit

Manal Mohammed Abd El Naeem, Nadia Taha Mohamed , Mona Aly Mohammed & Mervet Anwar Abd El-Aziz

Assistant Lecturer of Critical care Nursing, Faculty of Nursing, Assiut University, Egypt.

Professor of Critical Care & Emergency Nursing Critical Care & Emergency Nursing, Faculty of Nursing, Alexandria University, Egypt.

Assistant Professor, of Critical Care Nursing. Faculty of Nursing, Assiut University, Egypt.

Assistant Professor, of Critical Care Nursing, Faculty of Nursing, Assiut University, Egypt.

Abstract

Nursing staff in the hospital are frequently the first to witness a cardiac arrest, they play a central role in the effective management of in-hospital cardiac arrest. **Aim:** Identifying the effect of a Basic life Support teaching Program on nurses' Knowledge and skills at Emergency care unit. **Research design:** A quasi experimental research design. **Setting:** Emergency care medical department at Assuit University Hospitals. **Sample:** Nurses working in selected setting and having more than one year clinical experience. **Methods:** Two tools were used for data collection. Knowledge and skills assessment tools. The current study was carried out on assessment of baseline nurses' level of knowledge and skills followed by implementation. The effect of teaching was carried out immediately after application of the program. **Results:** The study revealed that the majority of nurses had poor knowledge and skills related to CPR before teaching program which has been improved after teaching program. **Conclusion,** there was a significant improvement in the nurses' knowledge and skills related to CPR after teaching program. **Recommendation** annually assessment and refreshing courses to nursing staff with up- to- date guidelines to impart cognitive knowledge and psychomotor skills of CPR and to provide a standardized care to cardiac arrest patients.

Keywords: *Cardiopulmonary Resuscitation (CPR), Basic life Support; Knowledge, Skill & Teaching Program.*

Knowledge, Attitudes and Practices of Parents related to Antibiotic Use and Misuse among Children with Upper Respiratory Tract Infections

Amina Mohamed Thabet, Nora Abd-Elhamid Zaki & Ahmed Fathy.

Lecturer of Pediatric Nursing, faculty of Nursing, Sohag University Egypt.

Lecturer of Pediatric Nursing, faculty of Nursing, Assuit University Egypt.

Assistant Prof., of Public Health & Community Medicine Departement, faculty of Medicine, Sohag University Egypt.

Abstract

Upper respiratory tract infections (URTIs) are common in children and represent a significant cause of antibiotic misuse which contributes to the development of antibiotic resistance. **Aim of the study:** was to assess knowledge, attitudes and practices of parents related to antibiotic use and misuse among children with upper respiratory tract infections Descriptive research design was used to conduct the study at the pediatric Out-patient Chest Clinic in Assiut University Children's Hospital. Convenience sample was selected that included 420 parents with their children suffering from URTIs from December 2014 till February 2015. A questionnaire sheet was used to collect the data. Results of the present study revealed that 72.9% of the parents were females; the mean age was 35.4±9.3, 34.5% of the parents were having poor knowledge about the antibiotic use and misuse. Thirty percent think that antibiotics are safe, 48.1% of them reported that are a little informed about judicious antibiotic used. 41.5% pay a little attention to the possible side effects of antibiotics. **Conclusion,** more than one third of parents were having poor knowledge about the antibiotic use and misuse; and nearly half of them were having little information about judicious use of antibiotic which reflected on their self reported attitude and practice. **Recommendation** educational intervention for parents include educational materials about judicious use of antibiotic is needed.

Key Words: *Knowledge, Attitudes, Practices, Parents, Children, Upper respiratory tract infections, Judicious use, and Antibiotic, Misuse & Bacterial Resistance.*

Impact of an Educational Program about Cancer Pain Management on Nurses' Knowledge, Attitudes, and Practice at Intensive Care Unit

Bander A Musleh, Samy A Erfan, Mona A Mohammed & Mervat A Abd-ElAziz

Clinical Nurse Specialist in National Oncology Center Sana'a- Yemen.

Professor of Anesthesia and ICU, South Egypt Cancer Institute, Assiut University, Egypt.

Lecturer of critical care nursing, Faculty of nursing, Assiut University, Egypt.

Lecturer of critical care nursing, Faculty of nursing, Assiut University, Egypt.

Abstract

Background: cancer pain has emerged as a leading stressor for patients with cancer in the intensive care unit (ICU). Unrelieved pain gives rise to negative physiologic and psychological events that can be detrimental to critically ill patients' health outcomes. **Aim of the study:** evaluate the impact of an educational program about cancer pain management on nurses' knowledge, attitudes and practice at intensive care unit. **Subject and methods:** Quasi-experimental design was utilized in this study. A convenience sample of 55 ICU nurses 30 were nursing diploma, 17 were technical degree and 8 bachelor degree. The data were collected using the tool I Pre/post-test nurses' knowledge and attitudes assessment questionnaire sheet for assessment of nurses' knowledge and attitudes, tool II pre/post observation checklist to assess nurse practices. **Results:** The result reveals that the majority of nurses had unsatisfactory of knowledge and negative attitudes regarding cancer pain management pre-education program. The mean scores were improved significantly ($P=0.001$) post education program, also, the majority of nurse's practice were an inadequate pre-education program; they improved significantly ($P=0.001$) post education program. **Conclusion:** The study concluded that the education program leads to significant improvement in nurse's knowledge attitudes and practices about cancer pain management.

Key Words: *Educational Program, Cancer Pain, Management, Nurses & Intensive Care Unit.*

Nursing Students' Perception, Anxiety, and Stress during Objective Structured Clinical Examination (OSCE)

Eman S Ahmed, Safaa A., Mohamed, Magedda M. Mehany & Youssria E. Yousef.

Assistant Professor Pediatric Nursing, Faculty of Nursing, Assiut University, Egypt.

Assistant Professor. Community Health Nursing, Faculty of Nursing, Assiut University, Egypt.

Lecturer of Critical Care Nursing, Faculty of Nursing, Assiut University, Egypt.

Lecturer of Pediatric Nursing, Faculty of Nursing, Sohag University, Egypt.

Abstract

Determining the quality of students learning is an ongoing challenge to all nursing students. **Aim:** The aim of this study was to assess students' perception, stress, and anxiety experienced by nursing students during OSCE, for the 1st and 4th year nursing students. **Method:** - A descriptive exploratory research design was used for this study. This study was conducted at Faculty of Nursing, Assiut University, Egypt. A total of 451 undergraduate nursing students were enrolled in this study. First year (n=312) and 4th year (n=139). Three tools were used to collect data in this study: Tool one: OSCE questionnaire sheet to test perception of the nursing students during OSCE. Tool two: perceived stress scale (PSC) and Tool three: State and Trait Anxiety Inventory. **Results:** There was agreement among students that exam were fair, covered a wide area of knowledge, but needs more time each station. No significant differences between 1st and 4th year nursing students were found regarding the level of stress and anxiety. There was significant negative correlation between anxiety state, total anxiety, and stress with nearly most of OSCE attributes. **Conclusion:** nursing students viewed OSCE as an objective assessment for nursing practical courses. It covered a wide range of knowledge; the majority of the students viewed the examination as fair.

Key Words: *OSCE, Perception, Stress, Anxiety & Nursing Students.*

Effect of an Exercises Programme on Reducing Musculoskeletal Complications for Stroke Immobilized Patients

Marwa Ali. Elmasry, Zienab Abd El-Lateef. Mohammad, Ghaydaa Ahmed. Shehat & Hala Mohammed. Ghanem

Assistant lecturer of Adult Nursing- Faculty of Nursing- Assiut University, Egypt
Professor and Head of Adult Nursing Department- Faculty of Medicine, Assiut University, Egypt
Professor of Neurological Department - Faculty of Medicine- Assiut University, Egypt
Assistant Professor of Adult nursing- Faculty of Nursing- Assiut University, Egypt

Abstract

Stroke is a leading cause of disability. **Aim:** the first assess patient's knowledge and practice regarding musculoskeletal complications resulting from immobility. The second evaluate the effect of applying for an exercise programme on stroke immobilized patients' knowledge and practice. **Patient methods:** 60 patients conducted at neurological departments at Assiut University Hospital. . **Tools:** Data collected by using three tools; Tool I: Patient's health needs assessment sheet: part 1; A- included Sociodemographic patient characteristics, B- socio-demographic scale, according to Fahmy and Al-sherbeny (1983), part 2; assessment of the past and present health history, part 3; patient's Assessment for the musculoskeletal complications, Part 4: Assessment of patient's knowledge and practice regarding musculoskeletal complications resulting from immobility and importance of these exercises, Tool II- Musculoskeletal assessment sheet: Part 1; by Ashworth scale ,1964, Part 2; Scandinavian stroke scale,1991. **Results:** The incidences of musculoskeletal complications in the study sample were lesser than the control group and having higher mean score knowledge regarding stroke. **Conclusions:** providing a successful physical exercise programme for stroke patients was much more effective on the outcome of patients than those patients in the control group who received routine hospital care. Also, the mean score level of knowledge of the study group patients in the time of follow-up was higher than the mean score level of knowledge of control group patients who didn't receive the exercise programme. **Recommendations:** the exercise programme should be applying early as possible as from at the time of admission to the hospital.

Keywords: *Immobilized Stroke Patients, Exercise Programme, Musculoskeletal Complications.*

Assessment of Knowledge, Attitude and Practice toward Menstruation among Adolescent Girls at Sohag City

Manal Mohamad Abed, Youssria Elsayed Yousef & Neama Mohamad El-Maghraby.

Lecturer of, Department of Pediatric Nursing, Faculty of Nursing, Sohag University Egypt.

Assistant Professor, Department of Pediatric Nursing, Faculty of Nursing, Sohag University Department of Community Health Nursing, Faculty of Nursing, Assiut University Egypt.

Abstract

Aim of the study: To assess the knowledge, attitude and practice toward menstruation among adolescent girls at Sohag City **Methods:** A descriptive cross-sectional design was utilized for the study. A convenient sample of 100 adolescent girls was recruited for the study. A self-administrated questionnaire and Menstruation Attitude Questionnaire (MAQ) were used for data collection. **Results:** The level of knowledge was more significantly higher among urban girls and those with a higher level of education. Two-thirds had a satisfactory level of knowledge; more than two-thirds used sanitary pads as the ideal use during menstruation. The participants agreed that menstruation is a debilitating among 42 girls (42%), a bothersome among 15 girls (15%) and natural event among 53 girls (53%). Furthermore, they agreed that they can anticipate their menstruation among 80 girls (80%) and they denied the effect of it among 8 girls (8%). The majority of participants were informed about menstruation from their mothers as the first source of information. There was a positive correlation between participants' score of knowledge and their attitude toward menstruation. **Conclusions and Recommendations:** adolescent girls had a satisfactory level of knowledge about menstruation. Their mothers were the main source of information. The level of knowledge positively correlated with the girls attitude toward menstruation It is recommended to prepare girls for menstruation before menarche through providing them with well-planned school health program for girls and mothers about menstruation by well-trained educators.

Keywords: *Knowledge, Attitude, Practice, Menstruation & Adolescent Girls.*

Impact of Educational Training Program on Nurse's knowledge and practice for Intensive Care Unit Patient Undergoing Endotracheal Intubation

Abdul Nasser A Haza'a, Mona A Mohammed, Mervat A Abdel-Aziz & Hany A Ibrahim,

Clinical Nurse Specialist in Kuwait University Hospital, Yemen.

Lecturer of critical care Nursing, Faculty of Nursing, Assiut University, Egypt.

Lecturer of critical care Nursing, Faculty of Nursing, Assiut University, Egypt.

Professor of Anesthesia, Faculty of Medicine, Assiut University, Egypt.

Abstract

Background: Education programs are considered for providing nurses with theoretical and technical information needed to acquire new skills and knowledge. **Aim:** to assess nurses' knowledge and practice regarding patients who had an endotracheal tube and evaluate the effect of implementing education program on nurses' practice and patient's complications. **A Quasi-experimental design.** This study was carried out in Trauma and General Intensive Care Unit. **The sample of this study** consisted of 60 nurses and 120 patients who had endotracheal tube pre/post implementing the program. **Tools** utilized for data collection were **nursing questionnaire sheet, observation checklist sheet, and Patient assessment sheet.** **The results** There were statistical significant differences ($P < 0.000$) in the total nurses knowledge scores regarding endotracheal tube care, pre- implementation was compared with post-implementation and There were statistically significant differences ($P < 0.000$) in total nurses practice scores regarding endotracheal tube care pre- implementation was compared with post- implementation. The patient complication was less oral inflammation absence 70% post- implementing the program. **In conclusion:** there is the statistically significant difference between the nurse knowledge and practice in pre/post implementing the program. Improving nurses' knowledge and practice have a favorable effect in preventing post-endotracheal tube care complications.

Keywords: *Endotracheal tube, Knowledge, Practice, educational & training program.*

Mothers' Knowledge and Practice about Conjunctivitis in Early Childhood at Assiut Ophthalmology Hospital

Huda Sayed Mohammed, Hekmat Ibrahim Abd-El-Kreme & Khalid Ibrahim El-sayh,

Nursing specialist at Abnub Secondary Nursing School, Egypt.

Assistant Professor of Pediatric Nursing, Faculty of Nursing, Assiut University, Egypt.

Assistant Professor of pediatric, Faculty of Medicine, Assiut University, Egypt.

Abstract

Conjunctivitis is an inflammation due to infection in the lining over the eyeball and inside the eyelids. Inflammation can cause blood vessels in the eye to become larger; this makes the white of the eye look pink or red. Conjunctivitis is common among children under five years of age. **Aims:** To assess mothers' knowledge and practice about conjunctivitis in early childhood (< 5 years) at Assuit Ophthalmology Hospital. **Design:** Descriptive research design was used. **Setting:** The study was conducted in outpatient clinic at Assuit Ophthalmology Hospital. **The Subjects:** subject consisted of 200 mothers having children at early childhood (< 5 years) and suffering from conjunctivitis. **Results:** Results revealed that more than two fifths of them aged 1 - < 3 years. Female constituted 52.0% of the studied children. The majority of mothers lived in rural areas. The vast majority of them had poor knowledge and practice about conjunctivitis at Assuit Ophthalmology Hospital. **Conclusions:** There were significant relations between mothers' education, occupation, their knowledge and practice regarding early childhood conjunctivitis at Assuit Ophthalmology Hospital. **Recommendation:** Follow up sheet to every child has conjunctivitis frequently to identify causes of his recurrent infection and prevent it before complications that are avoidable before occurring.

Keyword: *Knowledge ,Practice, Mothers & Early Childhood Conjunctivitis.*

Measuring nurses' productivity at Assiut University Hospital

Safaa Abd Elaziz Rashed, Mohamed Ali Mohamed Al Torky & Sahar Mohamed Morsey

Assistant Lecturer of Nursing Administration, Faculty of Nursing, Sohag University, Egypt.

Professor of Community Health Faculty of Medicine, Sohag University, Egypt.

Assistant Professor of Nursing Administration, Faculty of Nursing - Assiut University, Egypt.

Abstract

Productivity is a critical determinant of the health care system. This **study aims** at measuring nurses' productivity, **Subjects and Methods:** The sample consisted of nurses working at medical units, surgical units, casualty and post operative ICUs. Their total numbers are ninety five nurses. Data collected for the period of six months by observation of nurses and by interviewing nurses for personal data. **Tools of data collection:** The data collected by using socio-demographic questions, nurses activity analysis, productivity formula **Results:** Nursing productivity was forty percent at medical units, fifty two percent at surgical unit, one hundred five percent at casualty ICU, and one hundred fifty two percent at post operative ICU. **Conclusions:** Duration of activities observed among staff nurses (64380) minutes observed among staff nurses for giving care at patient centered activities, while for personnel centered activity level it was (60) minutes for clerical skill level. The lowest percent of productivity at medical unit, surgical unit, post operative intensive care unit, while the highest percent at casualty ICU. **Recommendations:** Providing training program for nurses to improve performance, decrease wasted time, and increase patient care time. Productivity should be periodically measured to monitor the performance of nurses and inform nurses to improve their skills.

Key words: *Staff Nurses & Productivity.*

Liver Cirrhosis: Assessment of Patients Nutritional Status at Assiut University Hospital.**Shaymaa S. Khalil, Mohamed K. El-Sayed Youssef, Mimi M. Mekkawy & Mohamed O. Abdelmalek**

Assistant Lecturer of Adult Nursing, Faculty of Nursing/ Assiut University, Egypt.

Professor of Food Science and Technology, Faculty of Agriculture, Assiut University, Egypt.

Assistant professor of Adult Nursing, Faculty of Nursing, Assiut University, Egypt.

Lecturer of Tropical Medicine & Gastroenterology, Faculty of Medicine, Assiut University, Egypt.

Abstract

Death rate of patients with liver cirrhosis is 41.6% in Egypt. It is important to assess the nutritional status of this group of patients because these patients suffer from protein-calorie malnutrition. **Aim:** Assessment of nutritional status in patients with liver cirrhosis in Assiut university hospital. **Patient and Methods:** 60 adult patients with liver cirrhosis as a study group were conducted at Tropical Medicine and Gastroenterology Department at Assiut University hospital. **Tools** utilized for data collection were :(**I**) patient assessment and (**II**) nutritional assessment. **Results:** The main causes of patients with liver cirrhotic were HCV and HBV infection. Malnutrition was prevalent in 85% of patients. The most common malnutrition risk factors were dry mouth, taste alteration, food intolerance, multiple medications and the presence of ascites. **Conclusions:** the majority of patients with decompensated liver cirrhosis were malnourished regardless the etiology of liver cirrhosis. Identifying the patients that are approaching the state of malnutrition by simple and easily applied methods is necessary in order to provide nutritional support. **Recommendations:** Nutritional support and regimen, advice and guidelines by dietitian should be undertaken for all cirrhotic patients to prevent the occurrence of complications of malnutrition and improve clinical outcome.

Keywords :*Nutritional Assessment & Liver Cirrhosis.*

Effect of implementing rehabilitation program on knowledge, physical and psychological function of patients had lower limb amputation

Neama Mamdouh Mostafa, Zienab Abd El-Lateef Mohamed , Sonia Mohamed Rashad & Ayman Sayed Abd Elsalam

Assistant lecturer of Adult Nursing, Faculty of Nursing, Assiut University, Egypt.

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

Professor of physical therapy, Faculty of Medicine, Assiut University, Egypt.

Assistant professor of Vascular surgery, Faculty of Medicine, Assiut University, Egypt.

Abstract

Leg or foot amputation is the removal of a leg, foot or toes from the body. **The aim of the study** was to evaluate the effect of applying for a rehabilitation program on knowledge, the physical and psychosocial function of patients had lower limb amputation. A convenience sample of sixty adult patients divided randomly into two groups (study group and control group). **First tool** "patient' assessment sheet" **second tool** "psychosocial adaptation tool" **Results** concluded that; (100%) patients in both groups had an unsatisfactory level of knowledge about lower limb amputation at the time of admission. While post-operative and at the time of follow-up; control group still had an unsatisfactory level of knowledge and most of the study group patients became having a satisfactory level of knowledge. **Conclusion:** providing written program for patients was much more effective on the outcome and decrease complications of patients who had lower limb amputation than those patients in the control group who received resident's oral instructions. **Recommendations:** a nurse rehabilitator is of great value in both vascular surgery department and the outpatient clinic and a rehabilitation program is of great importance for the amputated patients.

Keywords: *Amputation, Rehabilitation Program & Psychosocial Adaptation*

Effects of Designed Educational Program about Reproductive Health on Nurses Knowledge

Nadia Abdalla Mohamed & Nadia Hussein Ahmed.

Assistant Professor of Obstetrics and Gynecology Nursing Department, Faculty of Nursing, South Valley University, Egypt.

Assistant Professor of Obstetrics and Gynecology Nursing Department, Faculty of Nursing, Assiut University, Egypt.

Abstract

Reproductive health is an essential part of human health and development for women, particularly during their reproductive years. **The aim** of the study: To evaluate the effects of a designed educational program about reproductive health and on nurses' knowledge. **Design:** A pre- post- test, non- equivalent design was used. **Setting:** The study was conducted at 16 primary health care units and Maternal and child health units in Qena governorate. **Sample** purposive Convenient samples of 100 nurses working in the selected setting. **Tools of data collection1-** Interview sheet to collect demographic data about nurses age ., Residence, and years of experience **2--:** A structured test that was developed by the investigators to collect nurses knowledge about reproductive health pre and post test. **The program:** The nurses were divided into 4 groups (25 nurses in each). The training program was conducted over a period of 12 days; 3 days per group for 3 sessions per day for three months and post-test after six months covering all information and practices of the program. **Results:** the improves the level of knowledge of adequate level increased from 28% before the health education program to 98% and a significant difference in knowledge. Between Nurses working for 10 years or more than those working less than 10 years **Conclusion:** The education program markedly improves the level of knowledge of those with adequate level increased from 28% before the health education program to 98% after the program.

Keywords: *Reproductive Health, Neonatal Health Care, Training, Nurses Knowledge &PHC-MCH Units.*

Patients' Satisfaction With Nursing Care In Hemodialysis Units

Emad Abd El Gawad Ali Rabie, Yousria Mohamed Salem, Maha Adel Salem & Wafaa Nor, Ahmed Besely.

Clinical Instructor Medical Surgical Nursing, Faculty of Nursing, Alexandria University, Egypt.

Emeritus Professor Medical Surgical Nursing, Faculty of Nursing, Alexandria University, Egypt.

Professor Medical Surgical Nursing, Faculty of Nursing, Alexandria University, Egypt.

Lecturer, Medical Surgical Nursing, Faculty of Nursing, Alexandria University, Egypt.

Abstract

Background: Patient satisfaction is a major goal of long term nursing care. Patient satisfaction is a subjective concept and is measured by the patients' perceptions, expectations and previous experiences with hospital personnel or the healthcare organization. It is an important indicator of the quality and efficiency of healthcare systems. Quality of care could be lost if patient expectations are not met. Regular assessment of hemodialysis patient satisfaction with nursing care is effective in increasing the quality of nursing care through identification of defects in nursing practices and implementation of necessary modifications. **Objectives:** the present study aimed to identify level of patients' satisfaction with nursing care in hemodialysis units. **Settings:** the study was carried out at the hemodialysis units of The Medical Research Institute Hospital (university hospital), Gamal Abd El Nasser Hospital (health insurance hospital), Sharq El Madina Hospital (governmental hospital) and El Shefaa Hospital (private hospital) in Alexandria, Egypt using a descriptive research design. **Subjects:** The study included 120 patients (30 from each hospital). **Tool:** one developed tool was used for data collection: "Hemodialysis patients' satisfaction with nursing care questionnaire sheet". **Results:** the majority (93.3%) of participants were dissatisfied with all aspects of nursing care at the selected settings. A statistical significant difference was found between the four selected settings about patients' satisfaction with introduced nursing care at hemodialysis units at the favor of private hospital. A statistical significant relation was found between level of education and patients' overall satisfaction with nursing care with p value equal (0.003*) as, 75% of satisfied patients were illiterate while, no patient with university education was satisfied. **Conclusion:** the majority of participants were dissatisfied with nursing care at hemodialysis units. **Recommendation:** Nurses should assess and identify the defects in nursing care, and carry out appropriate changes to improve the quality of nursing care and raise the patients' level of satisfaction.

Keywords: Patients , Satisfaction , Nursing Care & Hemodialysis.

Food Safety among Working and Non-Working Women in Damanhour

Doaa Abd el Salam Yacout.

Lecturer at Community Health Nursing Department, Faculty of Nursing, Damanhour University

Abstract

Although the public is increasingly concerned about food-related risks, the rise in food poisoning cases suggests that people still make decisions about food safety that are less ideal from a health and safety perspective. **The aim:** To assess the food safety knowledge and practices among working and non-working women in Damanhour. **Subjects & Methods: Research design:** Cross-sectional descriptive study. **Sample:** of 200 rural women were recruited (working and not working) from 2 villages in Damanhour. **Tool:** Structured interview questionnaire was used to collect data from food prepared women to identify their food safety knowledge and practices. The study conducted from August 2014 to December 2014. **Results:** Nearly 60% of the sample had a university education, nearly 40% of them were above 30 and less than 40 years old. Moreover, the majority of them had unsatisfactory food safety knowledge. The mass media was one of the main sources of their information. **Conclusion:** Significant differences was observed between women (working and nonworking) and their food safety knowledge and practices. **Recommendation** Develop and implement effective food safety educational programs that result in safer food handling practices of women in relation to all aspect of food safety.

Keywords: *Food Safety, Food Handling & Food Safety Knowledge.*

Technology Use among Middle Adolescent and its Effect on Sleep pattern, Attention Difficulties and Academic Achievement in Assuit city

Assmaa H. Ashour, Kawthar A. Fadel, Salwa A. Marzouk & Nora A. Zaki

Nursing Specialist, Technical Institute of Nursing, Assuit University, Assiut Egypt.

Professor of community health medicine Faculty of Medicine, Assuit University, Assiut Egypt.

Assistant professor of pediatric Nursing Faculty of Nursing, Assuit University, Assiut Egypt.

Lecturer of pediatric nursing Faculty of Nursing, Assuit university, Assiut Egypt.

Abstract

The evolution of electronic media has brought profound changes in the ways that adolescents communicate and learn. Strong concerns about potential positive and negative impacts on child and youth well-being. The **aimed to** study the pattern of technology use and identify the effect of technology usage on their sleep patterns, attention difficulties and academic achievement of adolescent's students. **Cross-sectional descriptive research design was used.** It was conducted at (10) secondary schools in Assiut city. The total number was 953 students. **Four tools were used** in collect the data; **Tool 1** self- administrative interview questionnaire **tool 2** Data about student's technology usage and sleep patterns, **tool 3** Attention Difficulties scale and **tool 4** Assessment level of academic achievement. **The result of this study** revealed that the most of the studied students (86.4 %) have computers at home and (94.3%) had their own cell phon. It was found that uses of technology are gender bias, the higher percentage of the technology users were males. **Based on finding it was concluded that** the technology play an important part in the adolescents' lives and the negative influence of the excessive use of technology on middle adolescents students, sleep, their attention abilities and academic achievement. **So the researchers recommended that** educational programs should be directed to the adolescent students about property use of technology.

Keywords: Technology Usage, Adolescents, Sleep Pattern, Attention Difficulties & Academic Achievement.

Assessment Cognitive Functions Among Elderly Patients Attending Out Patient Clinics in Assiut University Hospital

Heba M. Fahmy, Hoda D. Fahmy, Alaa El-Din M. Darweesh & Asmaa G. Mohammed.

Assistant lecturer of Geriatric Nursing, Geriatric Nursing Department, Faculty of Nursing, Assiut University Egypt.
Professor of Community Health Nursing, Community Health Nursing department, Faculty of Nursing, Assiut University Egypt.

Professor of Psychiatry, Psychiatry Medicine Department, Faculty of Medicine, Assiut University Egypt.
Assistance Professor of Community Health Nursing, Community Health Nursing Department, Faculty of Nursing, Assiut University Egypt.

Abstract

Cognitive impairment is common among older adults. It doesn't not only threaten their quality of life but also has a negative impact on caregivers, as well as represents challenges in different clinical care settings. **The aim of the study** assess cognitive functions and identify the prevalence of cognitive impairment among elderly patients attending outpatient clinics in Assiut University Hospital. **Material and Methods:** the study included 580 elderly patients recruited from outpatient clinics of Assiut University Hospital, aged 60 years and older, they were selected by none- probability quota sample from the first of July 2012 until the end of June 2013 screened by Mini-Mental State Examination (MMSE) for cognitive functions, they also were assessed for their sociodemographic characteristics, health habits and Activities of Daily Living (ADL). **Results:** The present study shows that 18.8% of elderly patients had cognitive impairment, 57.8 % of elderly with cognitive impairment have no leisure activities, and 7.3% of them were found to be totally dependent in ADL. **Conclusion:** elderly patients at high risk to develop cognitive impairment especially those who are aged ≥ 65 years, female, live in rural area, not educated, lives alone and have impairment in ADL. **Recommendations:** screening for cognitive impairments among the elderly is important in early detection for those with cognitive impairments.

Keywords: *Elderly, Cognitive Functions & Cognitive Impairment.*

Effect of Nursing Care Guidelines for Post Anesthetic (Phase One) on Patient Outcome at Assiut University Hospital

Marzoq Ali Ahmed, Hany Ahmed Ibrahim, Mona Aly Mohammed & Mervat Anwar AbdEl-Aziz

Clinical Nurse Specialist in Kuwait University Hospital Sana'a, Yemen.

Professor of Anesthesia, Faculty, of Medicine, Assiut University, Egypt.

Lecturer of critical care Nursing, Faculty of Nursing, Assiut University, Egypt.

Lecturer of critical care Nursing, Faculty of Nursing, Assiut University, Egypt.

Abstract

Background: The post anesthesia nurse assumes important for the care and clinical stabilization of the patient in the immediate postanesthetic phase one period until they are fit. **Aim** this study was carried out to investigate the effect of nursing care guidelines for postanesthetic (phase one) on patient outcome. **Tools** three tools were utilized to collect data pertinent to the study, which is **Tool I** Patients assessment sheet consists of three parts. **Tool II** Richmond Agitation Sedation Scale. **Tool III** faces pain scales. **Methods** a quasi-experimental design. The sample was (102) patients that divided into two groups (control 51 and study 51) collected over sixth months. **Results** As regarding to all time intervals hemodynamic parameters, respiratory status and immediately post anesthesia pain related operation there were statistically significant difference ($p < 0.001$) between control and study groups post anesthesia phase one, also As regard post-anesthesia complication reduce with statistically significant difference relation to airway obstruction, pain related operation and hypothermia ($p < 0.009$, $p = 0.029$ and $p = 0.017$) respectively between both groups. **Conclusion** apply nursing care guideline for post-anesthetic showed statistically significance difference of hemodynamic parameters, respiratory status outcomes, decrease pain level and complication.

Keywords: *Post Anesthesia Phase one, Nursing Guideline & Patient Outcome.*

Impact of Non-Pharmacological Intervention of Primary Osteoporosis in Elderly People at Suez Canal University Hospitals

Farida Kamel Yousef

Lecturer of Community Health Nursing Faculty of Nursing , Suez Canal University Egypt.

Abstract

Primary osteoporosis is simply the form seen in older persons and women postmenopausal in which bone loss is accelerated over that predicted for age and sex. **The study aim** is to evaluate the impact of the non-pharmacological intervention of primary osteoporosis in elderly people. **Design:** a quasi-experimental research study. **Sampling & setting:** A purposive sample consisted of 30 elderly patients, both sexes were recruited from bone density measurement unit at Suez Canal University Hospital. **Tools:** Patient's assessment sheet, Body Mass Density by (Dual energy x-ray absorptiometry). A health education intervention was designed to improve osteoporotic patients' health condition and was evaluated two months after intervention. **Results:** There was a positive improvement regarding activities of daily living. Regarding sport, the mean of sporting time was 37.0±59.7 changed to 59.3±53.2 (post intervention), while exposure to the sun was 6.7% changed to 34.2% of post 2 months. **Conclusion:** Apply on-pharmacological intervention by improving elderly practice exercise, take balanced diet contain calcium and prevent risk factors that lead to lack absorption of calcium, slightly enhance activities of daily living for study subjects. **Recommendation:** Education about risk factors and preventative measures of osteoporosis need to start early in perimenopausal years and not be delayed to postmenopausal years.

Keywords: *Primary Osteoporosis, Elderly, Non-Pharmacological Management & Body Mass Index.*

Couples' attitude toward husband attendance during childbirth

Safaa Rashad Mahmoud, Safaa Ibrahim Ahmed & Nabila Taha

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

Obstetrics & Gynecological Health Nursing, Faculty of Nursing, Sohag University, Egypt.

Obstetrics & Gynecological Nursing, Faculty of Nursing, Assiut University, Egypt.

Abstract

Childbirth is a turning point in life. The presence of the husband in the delivery room can provide emotional support for the mother; establish an earlier relationship between a father and his infant. **Aim** to identify the couples' attitude toward husband attendance during childbirth. Descriptive **design** was used in this study. Convenient **sample** of 270 couples were recruited for this study. The **Settings** were 4 villages from Assiut & Sohag governorates (two from each). **Tools** of data collection were interview questionnaire which include personal data for both husband & wife, and the couples' attitude scale which includes 27 statements with five points Likert' scale. **Results** More than one-third of wives and their husbands have had university education; half of the studied wives were employee. There was positive attitude among both couples and there was positive correlation between husband and wife attitude. The study **concluded** that the majority of couples believed that attendance of husband during childbirth provide mother with emotional support, and strengthens the couple's relationship. **Recommendations** facilities, physicians and nurses should allow and encourage husband to attend child birth, also further researches about the husband's presence and its effect on perinatal outcomes is highly recommended.

Keywords: *Couples, Attitude, attendance & Childbirth*