

# 3<sup>RD</sup> WORLD CONFERENCE ON HEALTH SCIENCES

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**Abstracts Book**

**28-30 April 2016**

**Pine Bay Holiday Resort  
Kusadası – Turkey**

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**(HSCI-2016)**

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Izmir, Turkey**

## **ABSTRACTS BOOK**

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## **ABSTRACTS**

### **Relationship Between Optimal Feeding Practices with Anthropometric Status Of Low Birth Weight Infant in Ogan Ilir, South Sumatera**

**Suci Destriatania**, Sriwijaya University, Indonesia.

#### **Abstract**

Background: Low birth weight (LBW) infants are at higher risk of early growth retardation, infectious disease, developmental delay and death during infancy and childhood. The World Health Organization recommend optimal feeding of LBW infants in low and middle income countries. Feeding practices and anthropometry indices of LBW infants in 3 villages in Ogan Ilir district South Sumatera were investigated. Methods: A cross sectional study involved 116 infant from 12-24 months with measurements of infant feeding practices and antropomethry to assess anthropometry indices. Weight and length measurements were converted to weight-for-age z (WAZ), length-for-age z (LAZ), and weight-for-length z scores according to the WHO Multicenter Growth Reference Study child growth standards. Result :There was a significant interaction of breast feeding duration with WAZ (p 0,001) and HAZ (p 0,001). Complementary feeding composition was associated with WAZ (p 0,03). Mother's behavior in giving complementary feeding and mother's knowledge of breastfeeding related with weight for lenght z scores (p 0,05). Conclusion: finding of this study indicates that infant feeding recomendation and role of mother is important on growth of infants and young children. Intervention program should focus on enhancing infant feeding recommendations, particularly in low-income countries.

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# Community Participation in Utilizing Basic Health Services at Village Health Post (Poskesdes) in Ogan Ilir District-Indonesia

**Asmaripa Ainy**, Sriwijaya University Indonesia.

## Abstract

Ministry of Health of Republic of Indonesia has developed a policy for the achievement of the Indonesian Health Development through the National Program of Alert Village since 2006 and reinforced through Active Alert Village in 2010. One of the efforts of the program is basic health services to the community through village health posts (in Indonesia called Poskesdes). This study aimed to explore community participation in Ogan Ilir district in utilizing basic health services at Poskesdes. A qualitative approach was conducted through direct observation and in-depth interviews to the village heads, midwives, cadres, and local residents in three villages in Ogan Ilir district. The results showed that the basic health services held in Poskesdes are prenatal care, family planning, child growth assessment and health screening for elderly. Poskesdes were opened every day because midwives as the responsible person for health services at Poskesdes also live near Poskesdes. Health officers, village heads, village midwives, and cadres informed community concerning provision of basic health services in Poskesdes by way of mouth, information in mosques or home visit. There is need good coordination of health workers, village heads, midwives and cadres for enhancing community participation in utilizing basic health services at Poskesdes.

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# **An Investigation Of The Relationship Between Self-Efficacy Level and Healthy Lifestyle Behavior Of University Students**

**Funda Özpulat**, Selcuk University, Turkey.

## **Abstract**

The present study was planned to determine the relationship between self-efficacy level and healthy lifestyle behavior of university students. The sample of the study consists of students attending to the Beysehir Faculty of Tourism, Selcuk University. The study was conducted between 30 November-14 December 2015. A questionnaire developed by the researchers, the General Self-Efficacy Scale and the Healthy Lifestyle Behaviors Scale II were used for data collection. The resulting data were analyzed using the SPSS 17.0 software. In addition to evaluation of the data in percentages and numbers, descriptive statistics calculations, One Way Anova Test and Correlation Analysis were applied to the data as well. 27.2% of the students participated in the study were 4th grade and 26.7% were 3rd grade students. 50.9% were female students. The mean age of the students was  $20.79 \pm 1.73$ . 27.2% of the students smoked, 16.8% consumed alcohol, and 44.0% exercised. Considering foods regularly consumed by the students; the students replied with 21.7% carbohydrate, 18.4% milk and dairy products, and 17.9% white meat. The General Self-Efficacy Scale arithmetic mean score of students was  $63.89 \pm 9.63$ , the Healthy Lifestyle Behaviors Scale arithmetic mean score was  $133.36 \pm 18.15$ . It was found as a result of the study that students' self-efficacy level varied according to gender, there was a statistically significant relationship between students' self-efficacy level and alcohol use, exercise status, health assessment and academic achievement and there was also a statistically significant relationship between healthy lifestyle behaviors and exercise status and health assessment. Self-efficacy and healthy lifestyle behaviors are acquired during childhood, therefore families, school administrators and teachers have important tasks in children's education. Health professionals can contribute to the establishment of this awareness on a significant level through trainings, seminars, projects and various activities. Training programs aimed at gaining university youth healthy lifestyle behaviors can greatly contribute to students' future lives and help them improve their health.

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# The Relationship Between Self-Efficacy Level and Gender Perception Of University Students: Beyşehir Example

Funda Özpulat, Selcuk University,Turkey.

## Abstract

**Aim:** The present study was planned to determine the relationship between self-efficacy level and gender perception of university students. **Methods:** The sample of the study consists of students attending to the Beyşehir Faculty of Tourism, Selcuk University. The study was conducted between 1 December-28 December 2015. A questionnaire developed by the researchers, the General Self-Efficacy Scale and the Gender Perception Scale were used for data collection. The resulting data were analyzed using the SPSS 17.0 software. In addition to evaluation of the data in percentages and numbers, descriptive statistics calculations, Independent-Samples T Test, One Way Anova Test and Correlation Analysis were applied to the data as well. **Results:** The mean age of the students participated in the study was  $21.00 \pm 1.51$  and 52.2% were male students. 27.5% of the students were 2nd grade and 27.1% were first grade students. The mean Gender Perception Score of female students participated in the study was  $95.84 \pm 11.54$ , while it was  $72.09 \pm 14.18$  for male students, which showed that gender perception of students varied according to gender ( $<0.05$ ). In addition, there was a statistically significant relationship between gender perceptions and self-efficacy levels of students with a margin of error of 0.01. **Conclusion:** As a result of the study, it was found that students' gender, the place where they lived prior to the university education, and economical status had significant effects on their self-efficacy level and gender perceptions and there was a statistically significant relationship between self-efficacy level and gender perception. Especially families, school administrators and teachers have important roles in the education of children and youth, raising their level of awareness, establishing the concept of gender equality and gaining a high level of self-efficacy. Health professionals can contribute to the establishment of this awareness on a significant level through trainings, seminars, projects and various activities.

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# Women and Immigration

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## Abstract

Since the first existence of man in the world, immigration has occurred due to many reasons such as surviving and accommodation needs of people, famines, invasions, wars, curiosity and discovery desires. Improvement in the immigration opportunities owing to industrial advance through the time, and economical discrepancies between countries have caused immigration to become one of the most debated issues in many areas such as scientific, economic, and political fields. It can be argued that rather "poverty" lies beneath the immigration. Poverty not only may bring along many health and social problems but also it may cause women and children to be more vulnerable. Women, who are exposed to many negative factors in their own societal structure such as sex discrimination, traditional gender roles given in the society, and the lack of women's participation in the education, are forced to cope with the similar effects where they immigrate and their living space can become more restricted. Psycho- social pressures and different cultural expectations generally lead to marginalisation in the immigrated country and working life and familial responsibilities form hard conditions for the women the most in the family. On the other hand, immigration provides opportunities such as working life and education that they would not achieve in their own countries for women, and enables them to benefit health and social services. Whether domestic or internationally, immigration could also affect women's health immensely, either positively or negatively. When negatively affected, women's health deteriorates physically and psychologically and their life quality lessens.

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# **Health Right and Health Goals in The Agenda For Sustainable Development. What Kind Of Development We Want**

**Florencia Quercetti** , Argentina.

## **Abstract**

Health right has been recognized for the international community as a fundamental right by means of international legal instruments. The Millennium Development Goals 2001-2015 (MDG) included three specific health goals: (4) reduce child mortality, (5) improve maternal health, (6) combat HIV/AIDS, malaria and other diseases. Those were formulations focused in specific diseases and issues. The "MDG Progress Report 2013" concluded that besides some progress had been made in goals 4 and 5, the expected percentages had not been achieved. Concerning goal 6, numbers had continued being alarming at that time: 2, 5 million people infected in the world. On January 1st 2016 the new Goals of Sustainable Development (SDGs) had come into force, replacing the MDG. The document presented by the General Assembly in the UN Conference for the approval of the post - agenda 2015 (September, 2015), includes a specific goal of health: "Guarantee good health and the well-being" (3). From the analysis of its goals, a considerable extension of the topics covered can be observed in comparison to the previous ones (MDG): well-being promotion, prevention, mental health assistance, smoking control, and universal access to reproductive and sexual health services. In addition, health right concerned access to medicines (due to the Doha Declaration), increase of health- care financing, and the achievement of the Universal Coverage in Health. The current work will have the objective of analyze the presence of "well-being" concept in the new agenda, and its meaning. This concept is coherent with a comprehensive view of development which, in terms of health, contrasts with the health coverage perspective characterized by its focus on financial aspects. The risk of the financial target is to set aside "health determinants", an unavoidable aspect for the cooperation between goals.

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# Antioxidant Activity and Total Phenolic Contents of Some Algerian Medicinal Plants from Chlef Region

**Halima Saiah**, Hassiba Ben Bouali University, Algeria

**Rachida Allem**, Hassiba Ben Bouali University, Algeria

## Abstract

This work had two objectives: the first, to evaluate the total phenolic or flavonoid contents of six Algerian medicinal plants and second, to determine whether these compounds have antioxidant properties. The polyphenolic extractions of the dried powdered samples have been performed using 80 % methanol. Total phenols and flavonoids concentrations were analysed using Folin-Ciocalteu's and aluminum chloride methods. The antioxidant activity was investigated with three different methods: the  $\beta$ -carotene bleaching (BCB) test, the 2,2-diphenyl-1-picryl-hydrazyl-hydrate (DPPH) free radical scavenging method and the ferric reducing activity power (FRAP) assay. The total phenolic and flavonoids contents of the samples varied from  $(30.34 \pm 0.52)$  mg GAE/g extract to  $(602.71 \pm 2.01)$  mg GAE/g extract and from  $(16.61 \pm 0.04)$  mg QE/g extract to  $(21.91 \pm 0.31)$  mg QE/g extract, respectively. The antioxidant activity measurement, expressed as percentage inhibition of DPPH free radical, ranged from  $(44.00 \pm 0.06)$  % to  $(95.70 \pm 0.49)$  %. With further data analysis, it was found that there was a positive correlation between the total phenolic content of a given sample and its antioxidant activity ( $R^2=0.8064$ ). These results suggest that phenolic compounds in these plants provide substantial antioxidant activity which varies to a great extent. Hence, these plants can be used to discover bioactive natural products that may serve as leads for the development of new pharmaceuticals research activities.

# The Effect Of Shotblocker in The Relief Of Pain Based on Hepatitis B Vaccinated into Deltoid Muscle

Emel Tuğrul, Turkey.

## Abstract

Introduction: Different techniques are used for reducing the pain in intramuscular injection that is one of the nursing functions. ShotBlocker is one of the techniques used for reducing the pain. Objective: This study was planned to examine the effect of the ShotBlocker in the relief of pain based on hepatitis B vaccinated into deltoid muscle in adults. Method: This study was planned as randomized-controlled and single-blinded. It was conducted with 242 participants aged 18-31 between September and November in 2013. It consisted of two groups as experimental and control group. While ShotBlocker was being used during the vaccination in the experimental group, routine vaccination was performed in the control group. The pain scores of the participants were evaluated by VAS (Visual Analog Scale) at the end of the vaccination. While evaluating the data, T-test, arithmetic mean, and number and percentage distribution were used. Results: It was determined that there was no difference between the pain scores of both groups in which ShotBlocker was used and it wasn't used during the injection. The pain level of the women was found to be higher than the men in the experimental and control group. It was also determined that body-mass index affected the pain in the experimental and control group. It was determined that as the body-mass index of the participants increased, the pain level of them reduced.

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# The Role Of The School Social Work in Preventing Drug Addiction

**Ural Nadir**, Baskent University, Turkey.

## Abstract

Drug addiction is one of the most important topic discussed nowadays in Turkey and on the world. On the one hand 'drug addition' is a problem by itself, on the other hand health problems and issues about relationship related with drug addiction are mostly shown in the literature. However, the age to start using drug is decreasing day by day. In Turkey, the age to start using those volatiles decreased to 12, the age to start using pills and marijuana decreased to 16. Following this information, preventing the use of drug especially in teenagers and strategies to fight with this effect become an important issue. The positive effect of fighting program based on the school and the family is unignorable. The need of a great teamwork is also important to reach the purpose of preventing drug addiction. At this point, school social services come into play in many countries around the world. The purposes of the school social services are; solving problems about development period and about family and living conditions, utilization of social services in needed cases, provision to continue successfully the training activity (Duman 2000). One of the most important recent documents is National Children Rights Strategy Document and Action Plan including 2013 and 2017 years, published in 2011 by the Ministry of Family and Social Policies which has not yet implemented in Turkey. In the action plan the problem of violence in schools is highlighted and starting to use school social services in 2016 in schools is foreseen. It is known that there is a staff of 600 social workers within the Ministry of Education. It has not been an assignment to the staff yet. In this paper, the framework of school social services will be submitted and it will be discussed what kind of studies can be done about construction of the school services in the light of evidence-based approach especially used in international literature and kind of studies can be done working with school, family and student about the drug addiction with this kind of construction.

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# The Significance Of Multidisciplinary Approach in Ensuring The Management Of Symptoms in Palliative Care

Ümran Çelik Barmakçı, Turkey.

Zühal İnce, Turkey.

## Abstract

Palliative care is a care system which increases the life quality of patients with progressive, incurable and terminal illnesses. When the patient and his/her family encounters an issue that threatens the life of him/her, this approach prevents the suffering by curing the ache, physical, psychosocial and spiritual problems after early detection and evaluation, and therefore increases the life quality of patient and his/her family. In recent years; the increase in cancer incidence, extending the lifetime of cancer patients with treatments, chronic illnesses occurring as a result of extended lifetime have brought about the need for palliative care centers. The purpose of palliative care is; not investigating the reason of the symptom but to cure the symptom itself. Until today, palliative care experts have constitutively been serving the cancer patients but then it has recently been understood that the palliative care should not be limited to cancer patients only. WHO bases the palliative care upon four milestones; management of symptoms, teamwork, relationships and communication, supporting the patient's relatives during the disease and after death. It is known that the terminal period is different for all individuals and the requirements differ from person to person. The patient in terminal period should be regarded as a person that should make the best out of the remaining days of his/her life rather than a "Dying" person by healthcare professionals and they should not care about the death of the patient but the comfortability of him/her until death. In the care of a patient who is living his/her last days, meeting the emotional and physical needs of him/her is directly related to the nurse having the required knowledge, skills and understanding. Relieving the pain of the patient in terminal period and families, giving the sufficient medical care, avoiding the application of methods that will not provide any benefit, giving tranquil, comfortable, sufficient emotional, spiritual support and care is the responsibility of the multidisciplinary team consisting of a medical doctor, nurse, psychologist, physiotherapist and social service expert. The patient in terminal period necessarily goes through many stages when fighting his/her illness. These stages are sorted as denial, anger, negotiation, depression and adoption. Psychological support must be provided in order for the patient to go through these stages comfortably. All symptoms that discomforts the patient, notably the pain must be taken under control in palliative care. Interdisciplinary cooperation must be provided in order to control the symptoms.

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# "How is The Mental Health Of Someone Who Has Been Exposed to Mobbing For Two Years in Health System Affected?" Case Report

**Çelik Barmakcı Özpulat**, Yıldırım Beyazıt Hastanesi, Turkey.  
**Zühal İnce**, Yıldırım Beyazıt Hastanesi, Turkey.

## Abstract

Mobbing, also known as psychological terror, is a traumatic case which causes stress and job dissatisfaction. Someone who has been exposed to mobbing may experience psychological and physical diseases and therefore may not be able to work, might get fired or resign due to the major uneasiness that they undergo. Mobbing may be imposed to force someone to accept an idea, to get rid of someone, to please oneself in some group of people and because of prejudices caused by not liking someone belonging to a specific group. It is known that the mobbing behavior is very common in health sector and universities. When mobbing is taken into account with regards to the health sector, it may occur because of the intense, stressful workplace environment of health sector and also working in turns, nonabilities, insufficient wages, injustices in academic career and promotion may cause mobbing. Because the nursing is a tiresome profession both psychologically and physically, the motivation of nurses that are exposed to mobbing drastically decreases and this issue causes the patient care to fall into danger. The awareness level with respect to mobbing is rather low in Turkey. Correspondingly, people may undergo mobbing without being conscious of what they are going through. Therefore, it is quite important to increase the level of awareness of any employee notably the managerial staff with regards to mobbing. While raising the awareness of people in terms of legal rights, psychiatrists and psychologists should not rule out mobbing in evaluating their patients. While choosing an administrator; personality characteristics, fairness, toleration and communication skills, esteem and emotional intelligence must also be considered besides expertise. These are all the significant points to take into consideration in order to fight against mobbing.

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# Solution Suggestions to Prevent Violence That Happens in Healthcare Institutions

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## Abstract

The purpose of this study is to analyze violence in healthcare institutions and to suggest solutions for factors increasing violence risk by examining scientific studies made in accordance with the general description of violence. Researches and studies show that violence, which has a history as old as humanity and has become a common public health issue, is increasing rapidly in the recent years in addition to becoming a negative part of our daily lives. Workplace violence which is a type of violence is an important public health issue. Especially the healthcare professionals are the biggest target and the victim of workplace violence. In this respect, working in a healthcare institution is more risky in the sense of being subject to violence than working in other workplaces. In the findings of studies made about violence risk factors towards healthcare professionals, there are several factors that increase the risk of violence. In order to prevent or increase the violence acts that happen in healthcare institutions, studies should be made about the reasons of violence and solution suggestions.

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# Cardiac Protective Effects Of Vitamin E Supplementation on Diabetes - Induced Oxidative Stress and Homocysteine in Rat

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## Abstract

**Context.** Diabetes is one of the causes of cardiovascular damage because it increases production of free radicals. Antioxidants, such as vitamin E (vit E), have been tested for efficacy in defending against free radical mediated tissue injuries. **Objective.** We aimed to investigate the effect of vit E on oxidative stress status and homocysteine (Hcy) in cardiac tissue of diabetic rats. **Subjects and Methods.** Sixteen Wistar male rats were treated with streptozotocin (STZ) (60 mg/kg) to induce diabetes. Diabetic rats were divided into two groups: non-treated diabetic (NTD) and vit E-treated diabetic (VETD) rats. The VETD group received 300 mg/kg vit E with daily feeding. Eight normal rats of the same age were used as the control group. After 6 weeks, the rats were anesthetized, their cardiac tissue was removed, and homogenated supernatant was separated. Samples were assayed for total antioxidant capacity (TAC), lipid peroxidation (LPO), nitrite (NO<sub>2</sub>-), nitrate (NO<sub>3</sub>-) and homocysteine (Hcy). **Results.** The contents of LPO, NO<sub>3</sub>- and Hcy in NTD compared to control group indicate a significant increase, but the levels of these parameters decreased in VETD ( $P<0.05$ ). There was a significant decrease in the amount of TAC in the NTD group but in VETD group, that significantly increased ( $P<0.05$ ). The amount of NO<sub>2</sub>- in NTD and VETD groups, compared to the control group, did not show any significant changes ( $P>0.05$ ). **Conclusions.** Significant decrease in the cardiac tissue oxidative stress and Hcy resulted from vit E supplementation strongly indicated that this radical scavenger may promote a protective effect on diabetic cardiomyopathy through the attenuation of oxidative stress and increase antioxidant defense mechanism.

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# Protective Effects Of Radish *Raphanus Sativus* On Fertility Markers Of Wistar Rat

**Cherif Abdennour**, University Badji Mokhtar-Annaba, Algeria.

## Abstract

Red radish *Raphanus sativus* is of great nutritional value, but the plant seems undervalued by scientific community. Aim: The aim of the present study is to investigate the protective effects of fresh root jus (RS) on fertility markers in rats exposed to mercury intoxication. Materials and methods: Four groups of adult males were chronically exposed to 0.8g HgCl<sub>2</sub>/kg food (group 1), to 1ml RS/rat per os (group 2), to 0.8g HgCl<sub>2</sub>/kg food + 1ml RS/rat per os (group 3) and to 1ml RS/rat per os (Hg+RS), in addition to the control (group 4) for a period of 30 days. The epididymal sperm (concentration, motility and viability) were evaluated together with the plasma testosterone and the histological profiles. Results: The data showed a significant reduction in testosterone level and in spermatozoa concentration and motility in the Hg group compared to the control. Moreover, testicular histological architecture demonstrated a slight seminiferous tubular degeneration accompanied with low sperm density when exposed to inorganic mercury. In contrast, the fertility markers and the histological profile of the combined group were comparable to that of the control. Conclusion: Radish has not only protected fertility, but it boosted reproductive markers, which is possibly related to its chelating and antioxidant capacity.

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# Trans-Tibial Amputation Rehabilitation in a Rural Community in South Africa: An Overview

**Liesel Wegner**, University of the Western Cape, South Africa.

**Anthea Rhoda**, University of the Western Cape, South Africa.

## Abstract

**Background:** The loss of a lower limb results in disability and a decreased level of functional independence and quality of life. A person with a lower limb amputation who lives in a rural setting is often doubly disadvantaged by their disability, as well as the difficulty accessing rehabilitation and health care services. The main aim of rehabilitation of the person with a lower limb amputation is to rehabilitate them to the point where they can function independently with the assistance of a prosthetic limb. **Aim:** The aim of this study was to explore the common causes of lower limb amputation in this setting in comparison to what is reported on in the literature, and to describe the patient journey from initial diagnosis to prosthetic fitting. One of the main objectives of the study was to identify specific challenges experienced by the members of the multidisciplinary team involved in the rehabilitation of a person with a trans-tibial amputation. **Methods:** This study was set in a rural health district in the northern part of the Kwa-Zulu Natal province in South Africa. The study utilised a mixed methods approach and a multi-stage evaluation design. The study sample was selected from a number of different study populations which included medical records of person who had suffered an amputation, prosthetic and non-prosthetic users and all the members of the multidisciplinary team involved in trans-tibial amputation rehabilitation in this rural community. Qualitative data were analysed using a thematic content analysis and quantitative data were analysed descriptively. **Results:** The main findings of the study were that contrary to what is reported on in the literature in rural settings, diabetes was the most common cause of lower limb amputation in this setting. The first point of patient contact was a traditional healer, who was often not well informed, and an alarming number of patients did not survive the amputation surgery. Inaccessibility of health services, staff shortages and lack of resources were the overriding themes relating to the challenges of multidisciplinary rehabilitation in this rural setting. **Conclusion:** The study provides an holistic overview of the current process of care and prosthetic rehabilitation of a person with a trans-tibial amputation in a rural setting. The significance of this study is that it provides baseline information for improvement and highlights some of the challenges experienced by both patients and health care professionals working in rural settings.

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# Occurrence and Characteristics of Coagulase Positive and - Negative Staphylococcus Isolates From Raw Fish samples

Golchin Memari, Gazi University, Turkey.

## Abstract

**Introduction:** Staphylococcus also are widespread in untreated water, raw meat and meat production. Staphylococcus are not part of the normal fish microflora. The presence of Staphylococcus on fish is an indication of post-harvest contamination due to poor personnel hygiene, or disease in fish. The aim of this study was to determine the presence, virulence and technological properties of Staphylococcus species on raw fish samples from Turkey of Ankara city. **Methods and Materials:** Samples (n=80) of raw fish were collected from five market in Ankara. 55 samples contaminated with Staphylococcus species. We isolated by sampling from Skin, Gills and intestine fishes. This samples were mixed with enrichment buffered Peptone Water(1/10) then diluted and streaked onto Baird Parker agar or Manitol Salt Phenol Red agar. **Result:** 165 Staphylococcus species isolated and identified from 55 fish samples. It is determined that isolated Staphylococcus strains are composed of 36.36% *S.warneri* (60), 23.63% *S.haemolyticus*(39), 7.78% *S.intermedius*(13), 6.06% *S.saprophyticus*(10), 5.45% *S.simulans*(9), 5.45% *S.capitis*(9), 4.84% *S.xylosus*(8), 4.24% *S.aureus*(7), 1.81% *S.epidermidis*(3), 1.81% *S.schleiferi*(3), 1.21% *S.caprae* (2), 0.60% *S.cohnii* subsp. *urealyticum* (1), 0.60% *S.cohnii* subsp. *cohnii*(1). We examined DNase activity, Protease, Lipase, Hemolysine and Slime production. The result of Staphylococcus isolates were 58.79% DNase positive, 59.4% Hemolysin positive, 83.93% Slime positive. **Discussion:** The results showed low number of *S.aureus* indicates that the wholesale fish markets are fairly high level of hygiene. The most prevalent Staphylococcus species were *S.warneri* and *S.haemolyticus*. As a conclusion the detection of more than one strain of Staphylococcus in examined fish samples, Slime production, Lipolytic, proteolytic and DNase activity indicates that it poses an important risk for public health. Although the results of study showed that Slime production, DNase and Hemolysine activity in high levels.

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# High Consanguinity Practicing: Understanding Of Reproductive Risks Associated with Consanguineous Marriages in Pakhtoon Population Of Khyber Pakhtunkhwa Province- Pakistan

**Ruqiya Pervaiz**, Near East University, North Cyprus.

## Abstract

The study was conducted with the aim to determine the prevalence of consanguineous marriages and to determine the knowledge about reproductive risk associated with consanguineous families. A questionnaire was designed and a sample of 1500 people (662 male and 838 females) was interviewed from different urban-rural areas. A five-point response scale was used to test the knowledge of people about the risk of consanguinity. The empirical estimations confirmed the frequency of consanguinity marriages was 68%. The mean coefficient of inbreeding calculated was 0.112. The results indicated that second cousin marriage was the most dominant type of marriage. The Level of education showed small but significantly negative effect on the incidence of consanguineous marriages  $P < 0.001$ . Likewise, consanguinity was higher in urban population than the rural population  $P < 0.001$ . Respondents with higher age group and education, consanguineous marriage type, and from rural areas showed a significantly higher knowledge about consanguinity risks than the respondent with low age group, lower education status, non-consanguineous marriage type, and from urban location. The overall consanguinity in Pakhtoon population is very high. This is because of the target population has got very little knowledge about its risk. Therefore, the target population should be kept abreast. Propagation of knowledge and information about consanguinity risks and introduction of genetic counseling in the area are recommended. The study was conducted with the aim to determine the prevalence of consanguineous marriages and to determine the knowledge about reproductive risk associated with consanguineous families. Questionnaire was designed and a sample of 1500 people (662 male and 838 females) was interviewed from different urban- rural areas. A five point response scale was used to test the knowledge of people about the risk of consanguinity. The empirical estimations confirmed the frequency of consanguinity marriages was 68%. The mean coefficient of inbreeding calculated was 0.112. The results indicated that, second cousin marriage was the most dominant type of marriage. The Level of education showed small, but significantly negative effect on the incidence of consanguineous marriages  $P < 0.001$ . Likewise, consanguinity was higher in urban population as compare to rural population  $P < 0.001$ . Respondents with higher age group and education, consanguineous marriage type, and from rural areas showed a significantly higher knowledge about consanguinity risks as compare to the respondent with low age group, lower education status, non-consanguineous marriage type, and from urban location. The overall consanguinity in Pakhtoon population is very high. This is because of the target population has got very little knowledge about its risk. Therefore the target population should be kept abreast. Propagation of knowledge and information about consanguinity risks and introduction of genetic counseling in the area are recommended.

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# Human Values and Risk Factors in Young People Who will Give Health Service

**Türkan Kadiroğlu**, Atatürk University, Turkey.

## Abstract

**Aim.** Because human values guide all aspects of human life, it is one of the most important issues in youth period which develop personality. To develop of young people who will give health service, during their education, Determination of what will be brought to the forefront and how a path to be followed may be guide. This study's aim is to determine the human values and risk factors in young people who will give health service. **Method.** The descriptive study, between September 2014 and June 2015, was carried out on first-year students of the health sciences faculty. For the study, ethical approval and official permission were received from the relevant authorities. All first-year students have created the universe. Students who accept participation (N=224) without sampling were included in the study. In the data were collected, Personal Information Form and Human Values Scale was used. The data, in the computer, were evaluated with percentage, mean, variance and correlation analysis. **Findings.** In the study, it is determined that young people whose family has equivalent to revenue expenditure have the highest significantly ( $p < .05$ ) and young people whose family has average income have the lowest mean score. It is determined that the young people in nursing have level the highest human values score. Overall, it can be expressed that young people in the health education have moderate human values level. The high income is a risk factor for young people in health education in terms of human values. **Conclusion.** During training young people to give health care, the development of human values and even to be studied in order to reach its optimal level. Personal development courses organized and can be integrated into the curriculum as selective courses for this.

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# **Milk with Honey is Healing After Tonsillectomy; Bleeding, Pain and Wound Healing are in a Better Condition: An Experimental Study with Contol Group**

**Eda Gülbetekin**, Turkey.

## **Abstract**

**Aim:** To assess the effect of milk with honey in children undergoing tonsillectomy on bleeding, pain and wound healing. **Material and Method:** The experimental study wit contol group was conducted out ear, nose and throat clinic and outpatient clinic in a public hospital between June 2013-September 2015. In the study, it were studied with children undergoing tonsillectomy who are 6-17 years of age (N=68). The all of the universe was included in the study. The standardized natural flower honey was applied to children in the experimental group after tonsillectomy, every day, in addition to the standard diet in clinical routine. The children were assigned randomly the experimental and control groups according to the operation sequence. In collecting the data, a questionnaire, pain, wound healing and visual analog scales was used. The data were analyzed by percentage distributions, means, chi-square test, variance analysis, and correlation analysis. It was depended on ethical principles. **Results:** In the study, it was determined that not bleeding, is significant less pain and the level of wound healing of children in group milk with honey than children in milk group ( $p<.001$ ). It has been found that a strong negative correlation between the level of pain and wound healing of children in milk with honey and milk groups ( $p<.001$ ). **Conclusion:** It has been determined that milk with honey was effective in prevent bleeding, reducing pain, and accelerate wound healing. Honey, which is a natural nutrient is a safe care tool that can be applied in children undergoing tonsillectomy without diabetes and allergic to honey and oral feeding in addition to routine clinical the diet.

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# **Mothers' Practices with Respect to Starting Supplementary Food and Problems They Face in This Period**

**Sibel Öztürk**, Atatürk University, Turkey.

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**Esra Yıldız**, Atatürk University, Turkey.

## **Abstract**

**Purpose:** The purpose of this study is to discuss practices with respect to starting supplementary food and determine problems mothers face in this period. **Method and Instrument:** This study was conducted out through descriptive research design. The universe of this study consisted of mother with 6-12 month baby that was registered to one of the family health center in Erzurum between October 2015 and January 2016. **Selection method** was not employed to create sampling of this study. Participants consisted of 375 mothers that consented to participate in this study. Data was collected by the researcher through a questionnaire based on literature was analyzed via percentage distribution chi square in a computer-based environment. **Findings:** The study indicated that 30.7 % of mothers got information about supplementary food from their mothers/ mothers in law, 45. 3% of them from midwives and nurses while starting supplementary food. The study also suggested that 11.8 % of mothers started supplementary food in first month, 26. 4 % of them in 4<sup>th</sup> or 6<sup>th</sup> month, 53.5 % of them after 6<sup>th</sup> month. It was also pointed out that 33.9% started supplementary food with ready baby food, 23.2 % with yoghurt, 21.3 % with vegetable soup, 2.9 % with baby food made by tea. It was also determined that when mothers started supplementary food, at most 31.7 % of them suffered from gas pains, 28.5 % of them from bowel obstruction, 19.5 % from vomiting and 10.1 % from diarrhea. **Conclusion:** This study demonstrated that mothers have lack of competence and efficiency in starting supplementary food. It also recommends nurses and midwives in that field to emphasize on that issue during monitoring babies. Getting support from nurses and midwives while starting supplementary food is highly critical for mothers. It is a must to increase this rate to enable mothers to make efficient and sufficient practices during this period.

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# The Effects of Regular Physical Exercise on the Values of the Physical Properties and Body Compositions of Breast Cancer Patients in Remission

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## Abstract

The aim of this study is to determine the effect of regular physical exercises (step aerobic and resistance exercises) on physical properties and body compositions values of breast cancer patients in remission. In this study; sampling was formed three groups by 30 breast cancer female patients in remission that mean aged  $53,13 \pm 6,45$ ; step aerobic (n=11), resistance (n=10) and control (n=9); which completed anti-cancer cure in Akdeniz University Medical Faculty Hospital in the Medical Oncology Clinic. They were conducted as randomized controlled selection and homogeneous property. For patients in exercise groups, particular exercise programs (step aerobic and resistance) which take an hour in a day, three days in a week, 12 weeks were applied, but control group were not included in exercise program. Physical properties; height, weight and BMI and body compositions; % Fat, Fat Mass, FFM, skinfold measurements (SF triceps, SF suprailiac, SF thigh, SF % Fat) were conducted to all patient groups before and after this study. It was confirmed for research by Akdeniz University Medical Faculty Clinic Ethic Committee in Researches. The results of the study, positive results were appeared on regular physical exercise on patients' physical properties and body compositions values of breast cancer patients in remission. Our study was demonstrated similar results as actual literature. Positive results that decreases in BMI, % Fat, SF thigh in step aerobic exercise group, % Fat, SF thigh and SF % Fat values, increases in FFM values in resistance exercise group. However, negative results that increases in BMI, SF suprailiac values, decreases in FFM in control group.

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# Comparison Of The Work Time and Permissible Work Time Based on WBGT Index: Case Study in Iranian Offshore Installations

**Haji Omid Kalte,** Tarbiat Modares University, Tehran, Iran.

## Abstract

Background: Heat stress is one of the most important harmful agents in the workplace especially in hot environments. Measurement and assessment of this index is necessary for comparison with standards and ensuring the employees' health. The purpose of this research is study of heat index on an oil platform and comparison with standard limit based on the work time and permissible work time. Methods: Wet Bulb Globe Temperature (WBGT) index was used for calculation of heat load value because of its appropriate validation and ease of measurement. Also according to the findings, the permissible working time was calculated and compared with the people's work time period. Results: Based on findings of this study, the duration of work time in offshore installations was 9 hours. Also the minimum and maximum of WBGT values were 32.4 °C and 39.5 °C, respectively. Conclusion: According to the results, allowable working time on the studied oil platform was more than standard limit. It is recommended to allocate the appropriate rest time and not to work out door in hot times of a day to reduce the harmful effects of hot weather conditions.

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# **Inference Procedures to Quantify The Efficiency-Equality Trade-Off in Health From Stated Preferences: A Case Study in Portugal**

**Micaela Pinho**, Portucalense University, Portugal.

**Anabela Botelho**, Aveiro University, Portugal.

## **Abstract**

**Objectives:** Explore whether health-related preferences fed into a social welfare function with constant elasticity of substitution (CES-SWF). We intend to calculate the trade-off between efficiency and equality in health outcomes by socio-professional classes through two inference procedures of aggregating stated preferences. **Methods:** A self-administered questionnaire was used to collect data from a sample of 422 college students in Portugal. Respondents faced three hypothetical allocation scenarios where they should decide between two health programmes that assign different health gains to two anonymous sub-groups of the populations or identified by socio-professional classes. Combinations of the respondents' median response to these three questions were used to propose two different inference procedures illustrating how the parameters values of the CES-SWF might be determined. **Results:** We inferred from the set of both inference procedures a range of values for each parameter of the social welfare function revealing that the application of these inference procedures produces consistent internal results. **Conclusion:** We conclude that there is on the part of the median respondent some inequality aversion between "higher" and "lower" socio-professional classes, and when there are deviations from the anonymity principle they go towards benefiting the more economically and/or socially disadvantaged groups in society.

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# **Türkiyede Sağlıkta Dönüşüm Programı Sonrası Kritik Sağlık Göstergelerinin Yıllara Bağlı OECD Ülkeleriyle Karşılaştırmalı Analizi**

**Fırat Kara, Turkey.**

## **Abstract**

2002 yılından itibaren Türkiyede uygulamaya koyulan sağlıkta donusum programının hedeflerinden biri kritik sağlık göstergelerinde OECD ülkelerinin ortalamasına erişebilmektir. Sağlıkta donusum programının uygulanmasıyla birlikte doğumla beklenen yaşam süresi ve nüfusun bağışıklama oranlarında artış olduğu, 5 yaş altı çocuk ölümleri ile alkol ve tütün mamüllerinin kullanımında ise azalma olduğu tespit edilmiştir. Ancak sağlıkta donusum programı ile yapılan reformlara rağmen kritik sağlık göstergelerinin çoğunda OECD ülkeleri ortalamasının gerisinde kalındığı görülmektedir. Çalışmamızda sağlıkta dönüşüm programının uygulamaya koyulmasından itibaren kritik sağlık göstergelerinin OECD ülkeleri verileriyle karşılaştırması hedeflenmiştir. Bu doğrultuda Sağlık Bakanlığının yayınladığı veriler ile OECD ülkelerinin sağlık hizmetleri istatistikleri karşılıklı olarak yorumlanacaktır. Elde edeceğimiz bulguların sağlıkta donusum programının uygulanması açısından yol gösterici olacağı düşüncesindeyiz.

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# Health Beliefs and Self-Efficacy Regarding Osteoporosis Of Women in Turkey

**Nülüfer Erbil**, Ordu University, Turkey.

## Abstract

**Aim:** To investigate health beliefs and self-efficacy regarding osteoporosis of women. **Method:** This descriptive and cross-sectional study was conducted one public hospital in Turkey. The sample consisted of 296 women applying to outpatient clinic of this hospital. Data were collected by a socio-demographic questionnaire, Osteoporosis Health Belief Scale and Osteoporosis Self-Efficacy Scale. **Results:** The average age of the women was  $34.88 \pm 12.82$  years. Of the 233 participants, 78.7% were married, 37.2% were primary school graduates, and 58.8% of them were housewives. Perception income of 56.5% of the women were middle level. 63.9% of them resided in the province, 20.3% of them were postmenopausal, and 10.1% of women had hip fracture in the family history. Only four women had undergone hip fracture in the past. 29.4% of them were informed about osteoporosis and their information sources about osteoporosis were doctors (59.3%) and nurses (17.5%). Women's osteoporosis health belief scale mean scores was  $138.27 \pm 17.93$  and osteoporosis self-efficacy perception mean score was  $790.64 \pm 260.96$ . Both of scales mean scores were found low. It was found that women's osteoporosis health belief scale total score and osteoporosis self-efficacy total score weren't correlated ( $r = -.017$ ,  $p = .772$ ). Osteoporosis health belief was found to be correlated with age, education, income perception and body mass index of women. Osteoporosis health belief of women who postmenopausal and hip fracture at family were higher than women without postmenopausal and hip fracture at family and differences were significant. In addition to, osteoporosis self-efficacy of women was found to be correlated with education and income. **Conclusion:** The results of this study revealed that level of health belief and self-efficacy with the osteoporosis of women were low. The health belief and self-efficacy about osteoporosis of women should be developed giving information about prevention from osteoporosis including its effects and prevention behaviors and the risk factors of osteoporosis.

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# A News Media Analysis Of Economic Sanction Effects on Access to Medicine in Iran

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## Abstract

In the past decades economic sanctions have been used by different countries or international organizations in order to deprive target countries of some transactions. While the sanctions do not target health care systems or public health structures, they may in fact affect the availability of health care in target countries. Objective. In this study, we used media analysis to assess the impacts of recent sanctions imposed upon the Central Bank of Iran in 2012 on access to medicines in Iran. Methods. We searched different sources of written news media including a database of non-specialized weeklies and magazines, on-line news sources, web pages of daily newspapers and health care oriented weeklies from 2011-2013. We searched the sources using the general term “medicine” to reduce the chances of missing relevant items. The identified news media were read, and categorized under three groups of items announcing “shortage of medicines”, “medicines related issues” and “no shortage”. We conducted trend analyses to see whether the news media related to access to medicines were affected by the economic sanctions. Findings. A total number of 371 relevant news media were collected. The number of news media related to medicines substantially increased in the study period: 30 (8%), 161 (43%) and 180 (49%) were published in 2011, 2012 and 2013, respectively. While 145 (39%) of media items referred to shortage of medicines, 97 (26%) reported no shortage or alleviating of concerns. Conclusion. Media analysis suggests a clear increase in the number of news media reporting shortage in Iran after the sanctions. In 2013, there were accompanying increases in the number of news media reporting alleviation of the shortages of medicines. Our analysis provides evidence of negative effects of the sanctions on access to medicines in Iran.

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# Automatic Identification Of Public Health Related Turkish Tweets

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## Abstract

With the current widespread use of social media sites like Twitter and Facebook, people have started to instantly share news, opinions, and ideas through these platforms. Public health related concerns and news are also commonly shared on them, especially on Twitter, and hence there is an increasing research attention on the analysis of tweets to instantly detect public health events. In this study, we present a software application that automatically detects public health related Turkish tweets and provide its performance evaluation result on a large tweet set. First, we built a public health ontology in Turkish so that the ontology concepts (terms) can be used by our application. The ontology is built semi-automatically where related Wikipedia articles are automatically processed to extract some concepts and these are later revised by the domain experts conducting the study. The remaining concepts are also manually included by the experts. The concepts of our ontology are from four classes: (1) generic public health terms (2) disease names (3) generic medication names (4) adverse drug reactions. We implemented a computer program in Java programming language, which utilizes the existence of the ontology terms in a given tweet to determine whether it is related to public health or not. We evaluated our program on a randomly sampled set of 1,000,000 tweets which were acquired between February, 25 and March, 16, 2015. The program identified 1,052 tweets (~0.1%) as related to public health. To evaluate this outcome, the experts labeled these tweets and it is found that about 819 tweets are related to public health while 233 tweets are not, therefore, the precision of the program is 78%. 386 of the correctly identified tweets (~47%) are about upper respiratory tract infections like common cold, flu, laryngitis, sinusitis, as expected due to the period of our tweet set. We believe that our program, with further enhancements on it, will be very beneficial for public health experts who need to track public health events in a timely manner within the whole country.

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# Comparison Of Critical Health Indicators Of Turkey After Health Development Program with OECD Countries

**Firat Kara**, Turkey.

## **Abstract**

The aim of Health Development Program been executed since 2002 is to reach the average critical health indicators of OECD countries. It was confirmed that there is an increase in lifespan and immunization of the population, and a decrease in death rate under 5 year olds, tobacco and alcohol consumption. In spite of the reforms executed by Health Development Program, it is observed that most of the critical health indicators fail to reach OECD average. In our research, we aim to compare critical health indicators of OECD countries after the execution of Health Development Program. In this regard, the data issued by the Ministry of Health and statistics of health services of OECD countries will be interpreted. We truly believe that the findings of the research will serve as a guidance for the implementation of Health Development Program.

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# Pain Beliefs and Ethical Sensitivity in Pediatric Nursing

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## Abstract

**Aim.** To determine the human values and risk factors in young people who will give health service. **Method.** The descriptive study was carried out on first-year students of the health sciences faculty. For the study, ethical approval and official permission were received from the relevant authorities. All first-year students have created the universe. Students who accept participation without sampling were included in the study. In the data were collected Personal Information Form and Human Values Scale was used. The data were evaluated with percentage, mean, variance and correlation analysis. **Findings.** In the study, it is found that the girls have higher levels than men of humane values and young people in the midwifery departments have the highest average level of human values ( $p>.05$ ). Among young people, living in the family, the mother of junior-high school graduates and unemployed, and over his father's college education, free level of profession dealing with human values were higher ( $p>.05$ ). The level of human values in young people living in families in district is determined higher than the others ( $p>.05$ ). The young people whose family has equivalent to revenue expenditure have the highest significantly ( $p<.05$ ) and young people whose family has average income have the lowest mean score. It is determined that the young people in nursing have level the highest human values score. **Results.** It should the development of their human values, even be trying to reach the optimal level during the training of young people will give health care.

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# Hemodynamic Response After Exercise Of Acute Stroke Patients

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## Abstract

**Aim:** The time to start rehabilitation is very important in stroke patients. If rehabilitation starts early, it keeps the symptoms and complications which may arise under control. Great care should be taken with the hemodynamic response in rehabilitation of acute stroke patients. This study aims to demonstrate hemodynamic responses after exercise in acute stroke patients. **Materials and Methods:** 20 patients which were hospitalised in the neurology department followed by physiotherapy and rehabilitation were included in the study. Patients did not have severe cardiac pathology. The average age of patients is  $72 \pm 2$  and 12 patients are male and 8 are female. 90 percent of patients is ischemic stroke and 10 percent of patients is hemorrhagic stroke. A physiotherapy program was applied to the patients which included in bed exercises and bed mobilization which lasted 45 minutes. Patients were assessed in terms of values of heart rate, respiratory rate, blood pressure and O<sub>2</sub> saturation before and after physiotherapy and rehabilitation program. **Results:** Patients' average heart rate 10 beat, respiratory frequency 3 breath/minute, diastolic blood pressure 10.4 mmHg, systolic blood pressure 6.5 mmHg, O<sub>2</sub> saturation % 1.4 increase was found. **Conclusion:** Acute stroke patients which have applied physiotherapy and rehabilitation early showed an increased hemodynamic response. However the increase is clinically on safe levels. Stroke patients are aimed for clinical stability in the early periods therefore it is important for their hemodynamic responses to be kept in control and not cause any risks while physiotherapy and rehabilitation is applied.

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# Clinic Pilates Exercises' Effects on Depressive Symptoms Of Healthy Women: A Pilot Study

**Seda Karaca**, Muğla Sıtkı Koçman University, Turkey.

## Abstract

**Aim:** Depression is a mental disorder which is one of the most widespread public health problems in our century. The effects of exercises on mental health have been studied by many researchers. Informations which are related to positive effects of regular physical activity on both prevention and treatment of depression are observed. Clinic Pilates exercises is becoming popular in types of exercises that healthy women prefer. The purpose of this study was to determine the clinic pilates exercises' effects on depressive symptoms of healthy women. **Methods and Materials:** In this study, 38 healthy women who didn't do regular exercises before participated voluntarily. The group performed clinic pilates exercises that were directed by physiotherapist during 12 weeks, 3 days a week, 1 hour per day. Demographic variables were recorded by researchers. Beck Depression Inventory was used for determining depression levels of individuals. The questionnaire was used for three times; at the beginning, at the end of 6th week and 12th week of the exercise programme. **Results:** The mean age of individuals was  $31.05 \pm 4.47$ . At the beginning, the average score of Beck Depression Inventory was  $19.08 \pm 7.07$ . At the end of 6th, it was  $15.98 \pm 6.83$ . At the end of 12th week, it was  $12.96 \pm 7.79$ . The relationship between depression level with practising clinic pilates exercises were found statistically significant ( $P < 0.05$ ). **Conclusions:** This study indicates that long-term clinic pilates exercises contribute to decrease the level of depression. Studies that will demonstrate the relationship between practising clinic pilates exercises and depression level with more participants are needed.

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# The Effect Of Energy Drink and Supplement Food Consumption on Children and Youths

**Selvinaz Saçan**, Adnan Menderes University,Turkey.

**Derya Adıbelli**, Adnan Menderes University,Turkey.

## Abstract

In recent years children and youths begin to consume energy drinks and defined as a supplement food that vitamins, protein, plant, plant and animal products in our country and around the world. Because these products are licensed by the Ministry of Food, Agriculture and Livestock in our country, there are no side effects, unlike medications notified. Children and youths perceived these products as harmless because of selling in markets, internet and herbalists, the lack of age limit for buyer, missing information in media as well as the impact of popular culture. Even some parents' unconscious behavior such as have their children consumed energy drinks because of especially developed for the attention of their children increases the rate of consumption of these products. However random and excess consumption of these products threaten the health seriously. Children have started to consume energy drinks towards the end of elementary school, observed to consume energy drinks together with alcohol in environments where the youth group meet during high school period. Energy drinks that having different ratio of additives to be used together with alcohol increases the toxicity. Although there were studies about children and youths' consumption of energy drinks and supplement foods in international literature, there were no studies about this subject in our country. Unconscious consumptions of energy drinks and food supplements impact on children and youths should be determined with interventional studies by researchers.

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# Investigation Of Quality Of Life and Job Satisfaction Of Women Working in The Health Field

**Seda Karaca**, Muğla Sıtkı Koçman University,Turkey.

## Abstract

**Aim:** Job satisfaction is an emotional answer to assesment of employees' jobs and working life in the work environment and place. The aim of this study was to investigate quality of life and job satisfaction of women who worked in the health field. **Materials and Methods:** The study included the participation of 55 volunteer women who worked in the health field. Demographic variables were recorded with the help of a questionnaire. Job satisfaction was evaluated by Minnesota Job Satisfaction Scale and quality of life was evaluated by World Health Organization Quality of Life Instruments(WHOQOL-BREF). **Results:** The mean age of individuals was  $38,30 \pm 11,24$ . It was observed that the variety of occupations of nurse was 43.6%, physiotherapist was 16.4%. Average years of service in the profession of individuals' was  $8.71 \pm 0.79$ , the Minnesota Job Satisfaction score was  $3.24 \pm 0.7$ , the WHOQOL-BREF average score was 85.69. As a result of correlation analysis, it was found a strong positive correlation between job satisfaction and WHOQOL-BREF ( $p < 0.01$ ). Professional groups grouped as physiotherapists, nurses and other health workers and compared Minnesota job satisfaction scale and WHOQOL-BREF scores between the groups; there was no significant difference ( $p > 0.05$ ). There was meaningful statistical difference in Minesota scores between satisfied with the job and non-satisfied with the job groups ( $p < 0.05$ ). **Conclusion:** Individuals' get satisfaction of their work has an important role in the quality of life. The strategys which develop to contribute the job satisfaction in the health field are needed.

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# Determining Health Beliefs and Attitudes towards Prostate Cancer Scans in Individuals Over 40

**Dilek Kılıç**, Atatürk University, Turkey.

## Abstract

**Aim:** This study has been carried out with the purpose of determining health beliefs and attitudes towards prostate cancer scans in individuals over 40. **Method:** The study has been carried out among the academic and administrative staff of Iğdır University between June 2013 and July 2013. The study has been a descriptive one. The boundaries of the study has been comprised of academic and administrative staff over 40 of Iğdır University (n=78). There has not been chosen any paradigm in the study and it has been completed with those who were accessible and accepted to take part in the study. A questionnaire form including 'Personal Questionnaire' and 'Prostate Cancer Scans Based on Health Belief Model' has been used as a data collection tool. Research Ethics Committee Approval and permissions from other institutions have been taken in order for the study to be carried out. Percentage distributions, Chi-square, t test in independent groups, Mann-Whitney U test have been used in the evaluation of the data. **Findings:** In the study, it has been found out those participants' point averages of health motivation level and obstacle perception level which affect Prostate Cancer Scans Based on Health Belief Model prostate scans are high; point averages of sensitivity level and perception of severity level are low. It has been determined that there are significant differences ( $p<0.05$ ) between sub-dimensions of Prostate Cancer Scans Based on Health Belief Model perception of severity and health motivation according to participants' ages and between their working time with the perception of severity and their sub-dimensions. It has been found that there is a significant difference ( $p<0.05$ ) in terms of health motivation points of the participants according to whether they think about having a prostate examination or scan in the future and perception of severity according to considering prostate examination something embarrassing and dimension of obstacle perception and points of sensitivity perception according to where the information related to prostate cancer are obtained. **Conclusion:** It has been determined that most of the participants have not attended prostate cancer scans, their level of obstacle perception is high, sensitivity and severity perception is low, their age and working time affect Prostate Cancer Scans Based on Health Belief Model.

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# Lean Hospital Approach in Health Care

**Haluk Sengun**, Bahçeşehir University, Turkey.

## Abstract

The cost of health care has been rising rapidly in our country and in the world and it takes more from the budget. Costs, malpractices, wasted time, and general bureaucratic inefficiencies has bought a need for the new approaches. Lean management is the elimination of any activity that does not add value to an organization's end product, and using what is referred to as a "just-in-time" inventory strategy, which aims to reduce inventory and associated carrying costs. Technology can reduce the manual labor involved in many processes that take place within a hospital and improve overall efficiency. Lean organizations differ from traditional organizations in putting the power of improving an organization into the hands of the employees that directly interact with the end product, rather than management. The largest difference between traditionally managed organizations and lean organizations is their focus on systemic improvement. Lean organizations focus on identifying the root causes of all problems and adjusting processes to stop the same problems from occurring in the future. The purpose of this study is to present lean hospital management system to the health sector in Turkey, which can benefit us in all means, can be used. In this way, lean system can support health care workers and doctors, making sure that they can give their full attention to the situation in their hands. This system will reduce risks, costs, and waste while empowering and making it easier for the hospitals to improve in the long run.

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# Awareness Of Public in Practicing and Prevalence Of Medical and Herbal Plants in Turkey

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## Abstract

In order to determine the usage frequency and prevalence of medical and herbal plants, five herbalists and five people were selected randomly according to social distance scale in İstanbul, Eminönü. This study based on grounded theory and it is about the embedded information consumption to the use of herbal plants in the public. From different region of the city, we interviewed with herbalists and the public consumption behavior has been observed. Based on this information, interviews were conducted by going to herbal plants center of İstanbul, Eminönü, Grand Bazaar. Themes were established by coding the data obtained from observation and experiences. As a conclusion of this research study, while there is a positive attitude towards consumption of herbal plants, it is seen that conscious consumption of herbals was weak in the public.

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# The Investigation The Anticoagulant Satisfaction Levels Of Cardiac Failure Patients.

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**Nuray Dayapoğlu**, Atatürk Üniversitesi, Turkey.

## Abstract

**Aim:** The aim of this study is to determine the anticoagulant satisfaction levels of cardiac failure patients. **Material and Method:** This descriptive research, study was conducted with 96 patients (35 males, 61 females; mean age  $61.18 \pm 13.15$ ) who visited a cardiology polyclinic of a hospital. A socio-demographic information form and the Duke Anticoagulation Satisfaction Scale (DASS) which assesses the needs and perceptions of patients who use anticoagulant were used as data collection tools. The validity and reliability study for the DASS was conducted by Yıldırım and Temel. Its internal consistency coefficient is 0.89. In this study, its internal consistency coefficient was found to be .87. The data were analyzed using the SPSS 18.00 package program. **Results:** The participants' DASS total mean score was found to be  $86.34 \pm 20.63$ . The patients' hassles and burdens sub-dimension mean scores were  $28.44 \pm 11.48$ , and their positive psychological impacts sub-dimension mean scores were  $25.44 \pm 7.74$ . Their limitations sub-dimension mean scores were  $32.44 \pm 12.24$ . A significant correlation was found between the age groups and the scale mean scores ( $p < .05$ ), while there was no significant correlation between their scores and education level or gender ( $p > .05$ ). A strong, positive correlation was also found between the limitations sub-dimension and the hassles and burdens sub-dimension of the scale ( $r: .729$ ,  $p < .001$ ). A negative, statistically significant correlation was found between the positive psychological impacts sub-dimension scores ( $r: -.316$ ,  $p < .01$ ). A strong, positive and statistically significant correlation was found between the hassles and burdens mean scores and DASS total mean scores ( $r: .860$ ,  $p < .001$ ). **Conclusion:** This study revealed that the satisfaction levels and life quality perceptions of patients who received anticoagulant treatment were poor. Moreover, the anticoagulant satisfaction levels and life quality perceptions of younger patients were poorer. Further studies examining the satisfaction and life quality of patients with cardiac failure while using anticoagulant medicine should be conducted.

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# Developing Online Dietary Self-Monitoring Application

**Adem Karahoca**, Bahçeşehir University, Turkey.

## Abstract

The purpose of this research is to design and develop useful online dietary self-monitoring application in order to trace and monitoring all daily physical and nutrition activities with calorie information by take into account Turkish people. Chronic and acute diseases of obesity and overweight problems have been growing because people are getting more passive in their lives with using technologies in big cities of Turkey. People have less physical activities and more eating and nutrition activities in their life. Thus, with the advantage of using technology, online dietary self-monitoring application is designed and developed as a web application in order to create awareness of how peoples' daily activities affect their lives. Users who work in weekdays are selected for sample. 10 female and 7 male users between 19 and 51 ages are selected as a volunteer. Dietary Self-Monitoring Application (DSMA) is used by sample users for one day according to the usage scenario. After using DSMA for one day, System Usability Scale survey and DSMA Usability survey applied to the users as an online without any interfere. According to the SUS survey average score and usability test score, sample users thought that DSMA application is a useful and effective online dietary self-monitoring application by Turkish people.

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# The Effects Of Vancomycin and Daptomycin on Rat Liver

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**Mehmet Ali Kisaçam**, Firat University Veterinary Medical School Elazig, Turkey.

**Kadir Servi**, Firat University Veterinary Medical School Elazig, Turkey.

## Abstract

**Aim:** Nosocomial infections, a big problem in recent years, are quite common in Turkey as well as in the World. Several agents like vancomycin and daptomycin are used to struggle with these infections. The aim of the study was to compare the effects of vancomycin and daptomycin in rat liver. **Material and Methods:** 21 adult male Sprague Dawley rats were divided in three groups (n=7); control, vancomycin and daptomycin group. Vancomycin induced at the dose of 200mg/kg intraperitoneal and daptomycin at the dose of 4 mg/kg intraperitoneal for 14 days. At the end of the experimental period, rats were decapitated and liver was taken. Liver catalase (CAT) activities, malondialdehyde (MDA) and glutathione (GSH) levels were determined spectrophotometrically. **Results:** There wasn't any significant difference between groups for MDA levels and CAT activities. But also MDA levels of vancomycin group insignificantly increased than the other groups. GSH level decreased significantly in vancomycin group compared to daptomycin and control groups ( $p<0.001$ ). **Conclusion:** This results show that vancomycin has created damage in the liver. Daptomycin administration can be more safety than vancomycin against nosocomial infections.

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# **Osteoporosis Knowledge, Health Beliefs and Risk Factors of Individuals Desired of Bone Mineral Density**

**Dilek Kılıç**, Atatürk University, Turkey.

## **Abstract**

**Aim:** This study was carried out as descriptive relational with the aim of determining risk factors and knowledge level and osteoporosis health belief of individuals desired of bone-mineral density. **Method:** The context consisted of 110 males and 126 females, at the age of 35 years and over, applying for Bone Densitometer Unit of Nuclear Medicine Center of Aziziye- Yakutiye Hospital of Ataturk University. As the whole context was taken to the contend of the study, the method of sampling wasn't applied. In the collection of the data, personal information form, the scale of osteoporosis health belief, osteoporosis self-efficacy-proficiency scale and osteoporosis information test were used. The data were evaluated by using frequency, percentage, standart deviation, t-test, variance analysis, chi-square analysis, sperman brown correlation analysis, binary logistic regression analysis and hosmer-lemeshow analysis method in computer media. **Findings:** Health belief score of the participants was  $139.99 \pm 79$  and osteoporosis information score was  $10.06 \pm 4.30$  and the score of osteoporosis self-efficacy proficiency was  $742.00 \pm 213.44$ . It was found out that score averages of calcium barriers and exercise barriers , giving importance, sensitivity from osteoporosis health beliefs of the women were higher than those of the men ( $p < 0.001$ ). It was also found out that score averages of subdimension and osteoporosis self-efficacy proficiency scale of the men were higher than those of the women ( $p < 0.001$ ). In the result of DEXA analysis carried out, it was determined that %57.1 of the women and %27.3 of the men had the diagnosis of osteoporosis. Of the protective behaviours from the osteoporosis; it was found out that there was no distinction between men and women as regards calcium intake ( $p > 0.05$ ) but as regards exercise, it was higher in men than women ( $p < 0.05$ ). **Conclusion:** In logistic regression analysis carried out determine risk factors affecting on having osteoporosis diagnosis, it was determined that sex, age and the use of drug became effective factors.

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# A Smart Phone Application for Monitoring of Chronic Disease at Home

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**Alp Kut**, Dokuz Eylül University,Turkey.

## Abstract

The aim of the Project is to develop a mobile application to improve the treatment process (like hypertension, diabetes) that will help the monitoring of patients at home. The mobile application will be able to read measured values that is used to monitor the patients in case of this devices are support the technologies like BlueTooth. However, foreseen in the project, in our country the usage of the devices with communication capability to be used for the patient monitoring system(i.e. blood pressure-pulse meter, saccharimeter, pedometer, etc.) are not common enough yet. For this reason measured values to be obtained with conventional measuring equipment must be entered into the system. To facilitate this process the mobile application module will be an application that is allowed transfer the manual measurements to be made with conventional devices. The data to be collected with the mobile application will be sent to server by using an available WiFi connection at home. If the WiFi connection is not available at home then the GSM connections of smart phones will be used to sent the data to be collected with the mobile application. By using mobile application the patients can continue their treatment in their home and in this way the doctors will be able to follow a more stable and healthy way. In line with this project the parameters that should be followed regularly like blood pressure, blood sugar, body workout, smoking timing will used to store into the system in certain periods. The low or high values occur in the measured value will be noticed by the mobile application. So either the patient or the the doctor associated with the medical center will be informed. In this way the reports of patients and the critical stuations may have occur will be followed regularly by the doctors. And also the application will check if a patient take into account or not this reminders. Also the stuations that is not measured will be delivered to the doctors and the patients by the system and the threatment of the patients will become more regular. Another reason to use mobile application module is to transfer the measurement data from devices without communication capability into the phone by using a proper interface. The mobile application will be design as a multiple choice menus to make easy to use for the patients. By using mobile application the significantly rate increase of comply with the therapy is the main goal of the project. The Project also has the features of report techniques that the analysis the measured data based on server. Through this reports the forms of treatments can be monitor regularly and in case of the stuations that is not well for the patient will be detected in time.

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# Peer Victimization and Quality Of Life in The School Age Adolescent

**Ayla Hendekci**, Atatürk University,Turkey.

## Abstract

**Aim.** This study has been planned as descriptive with goal which determine peer victimisation and quality of life in the school age adolescent. **Method.** 166 students which Consequential Giresun Provincial Directorate for National Education, situated in city center, booked in secondary education institution, receive education in 7. and 8. class and admit that participate in this survey, has constituted sample of this survey. To survey, received permission at Giresun Provincial Directorate for National Education and verbal and written consent received student participate in this survey. In gathered datum; Form of Personal Knowledge, Olweus Persecutor/ Questionnaire Victim and Kiddo Kindl Scale of Quality of Life Adolescent Form have been used. **Results.** Students that participate in this survey, average age is  $13.68 \pm 0.62$ , 78.9% of students with family, 54.2% have stated that relationship is very good with friends. It was determined that 16.8% of students (66.6% girl, 33.4% boy student) was victim, 3.6% (100% boy student ) was persecutor. It was determined that Student of Scale of Quality of Life average of total point was  $76.67 \pm 10.68$  in the boys and was  $72.07 \pm 10.38$  in the girls and difference of intersexual was important ( $p < 0.05$ ). **Conclusion.** In accordance with existing findings of this survey that stage of data collection is at the point of finish can be said that girls students are victim, boys students are persecutor. Also is thought that quality of life is low in girls students rather than boys students and this can affect exposure of persecutor. It is suggested that experiences acquired in school age affect attitude and behavior of person, this condition can affect quality of life at the present time and in the future, therefore behavior of persecutor should be identified in the early period and should be planned proper enterprises.

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# Prevalence Of Depression in Elder Individuals in Turkey and The Affecting Factors

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## Abstract

Elderly population in the world gradually increases both numerically and proportionally due to reasons like decrease in fertility and deaths. Elders generally have a respectable position in the Turkish family structure. However, there is a gradual increase in the number of elder individuals living in nursing homes due to reasons like the changes brought along modern life and participation of women in business life at higher rates, family bonds are gradually weakening especially in cities, and the social support factors, which are known to have an effect upon the depression risk of elder individuals, are gradually decreasing. Making interventions aimed at reviving the cultural features that would strengthen family relations and bonds, developing national action plans that would enable elder individuals to be physically active and the society to grow old healthfully and bringing various social activities and hobbies in elders will be considerably effective upon decreasing depressions that may be encountered in elder individuals.

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# Condition Of Street Children in Turkey

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## Abstract

The problem of street children is a social issue to be handled. The condition of street children regarding the street life and their communication with their families shows a variation and they could be categorized differently in different periods of their life. Considering the studies in Turkey; it is observed that reasons like poverty, migration, irregular and negative relations with family are effective upon children to be thrown in the streets. In order to solve the problem of street children, we need especially national studies to be conducted by the support of government. These programs could be effective upon decreasing the number of street children through reaching families at risk, developing programs that would support education and healthy development of children, providing consultancy services for families regarding the intra-family communication, organizing training programs that would increase the consciousness and awareness level of parents.

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# Knowledge and Attitudes For Blood and Organ Donation Of University Students

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**Melike Tura**, Selçuk Üniversitesi,Turkey.  
**Ümran Çelik Barmakçı** , Selçuk Üniversitesi,Turkey.

## Abstract

Purpose: Our Project Was Made To Lean The Thoughts About Blood And Organ Donation Of The Students In The Akşehir Kadir Yallagöz Health Highschool, The Economic And Administrative Sciences Faculty And The Vocational Highschool. Methods And Materials: In May 2015, The Survey "The Thoughts And Attitudes Of Students About Blood And Organ Donations" Was Distributed To 391 Students In The Selcuk University Akşehir Kadir Yallagöz Health Highschool, Economic And Administrative Sciences Faculty And The Vocational School. All Of Them Were Asked To Fill Out The Form Completely. In The End, The Results Were Analyzed By The Spss Programme Results: 284 (72,6%) Of The Students Who Took Part In The Survey Were Female, 107 (27,4%) Of The 391 Students Were Male. 21,8% Of The Students Of The Syo, 17,3% Of The Myo And 22,3% Of The Ibf State That They Donated Blood In Their Life Before. Also, The Students Were In The Opinion That The Most Important Cause For Donation Of Blood İst To Rescue A Human Life. In The Other Side, Students Who Didn't Donate Blood Mention That They Are Scared Of Blood Donation. In The Subject Organ Donation, It's The Same Reason Why Students Would Donate Organs; To Rescue A Human Life. One Of The Dominant Reasons Why They Wouldn't Do It Is Their Religious Mentality. Conclusion: Summed Up, It's Obvious That The Education And Gender Doesn't Affect The Willingness To Donate Blood Or Organs. But It's Important To Mention, That The Level Of The Known Information Depends On The Received Education. According To The Results, The Rates Of Blood And Organ Donation Can Rise İf The People Get Support In Reference To Their Fears And Religious /Spiritous Values. This Is Possible With The Use Of Media, Articles In Journals And Magazines And The Social Network, In Which People Should Be Able To Find Supporting Information About Blood And Organ Donation.

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# Family Health Center Workers' Health Education Skills

**Esma Kabasakal**, Hacettepe University, Turkey.

## Abstract

**Objective:** This study was conducted to determine family health center workers' health education skills. **Methods:** The sample of the study consisted of 144 health personnel working in family health centers in Yenimahalle district in Ankara. The study is a descriptive. **Results:** 56,3% of the physicians often can determine patients' individual health risks and able to determine the state of being ready to change the behavior. Rate of provide the patient's treatment 72,9%. 50% of family health center workers think they have understandable education message. It was found that 33,3% said that 33,3% of respondents planning education. Mostly of the planned education are nutrition (46,5%), individual hygiene (39,6%), training for risk groups (36,8%), education for substances such as alcohol, tobacco (33,3%). Considering conditions to determine the needs and priorities of patients in health education 64,7% of physicians, 60% of family health physicians were often able to identify the patient's needs and priorities. It was found that expression 75,6% of physicians can illuminate in a clear manner about the side effects of treatment to patients, 53,6% of family health workers often can be informed as soon as possible in patients with acute disease. **Discussion:** One of the basic principles of medical ethics is respect for autonomy. The first patient to understand the most important provisions of the bug and lighting must attend the options associated with it. The first of the most important conditions is that participate to patient in a understandable manner and lighting options associated with it. It is necessary to increase of health personnel's education skills. **Results:** Health personnel should be improved in terms of consulting and training services by using effective communication skills. It is recommended to make health education skill training to health personnel.

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# Health Needs Of Mainstreaming Students in Schools

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## Abstract

Students with disabilities or special education needs have worse physical and mental health, social adjustment, and participation outcomes when compared to their peers without disabilities is largely inconclusive. Education practices for children with special education needs are disaggregated education and mainstreaming education given into general education classes. Disaggregated education is carried out according to the type and degree of obstacle under the enhanced program by special trained teachers. Mainstreaming is the practice of educating students with special needs in regular classes during specific time periods based on their skills. Regular education classes are combined with special education classes. Children with special education needs have some health problem types including autistic spectrum disorders, medical conditions, physical and/or sensory disabilities, emotional/behavioural difficulties and learning disabilities. All children, including children with special educational needs, have a right to an education which is appropriate to their needs. Children spend a lot of time in school and evidence suggests that supporting them with longterm conditions to manage symptoms, integrate with peers and achieve their academic potential is very important. It may require to modify classroom activities and school routines to accommodate their needs. Teachers should be informed of children's symptoms, medical requirements and support needs in school. School nurses have a key role at this area. They should assist children, provide advice and guidance to families, support health including therapeutic supports, assist with significant medical care needs, impairment physical or sensory function and their behaviours which are a danger to themselves or other pupils. The findings indicate that more attention needs to be given to designing and implementing supports to improve children health and school satisfaction of students.

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# Health Promoting Prisons and Children Rights Living Mothers

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## Abstract

Prison society, ethnic, is composed of individuals with differences cultural, gender-specific issues and health related attitudes and behaviors. Being a prisoner is detract from many important stimulus like family, social group. People who are in prison conditions, without discrimination because of their legal status, have a right of access to health services. It is required to be in a team of multidisciplinary professionals and equal health care to prisoners in order to give quality work. The goal of all professional studies should be provide the necessary health care for prisons and rehabilitate them for society. Prison environment is an opportunity to improve prisoners' health, diagnose to health and health education. Indeed, the World Health Organization (WHO) in the mid-1980s announced target institutions for health promotion strategies for the basic principles of the Ottawa Convention as schools, homes, prisons and community groups. The purpose of the prison health promotion practice are individuality protection, reactive disease oriented risk reduction, health education and counseling, ensuring hygiene, reduction of infectious diseases and to manage the illegal drug intake. Children of prisoners remain in prison until three age. Unfortunately, most of the time these children can be ignored. Health workers should provide services in a holistic approach and receive appropriate care to children's developmental stages. Under the theme of "Health for all" behind prisos closed doors, children's education needs, being happy and taking care as development period rights must not be forgotten.

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# Face of War: Syrian Refugee Children and Nursing Care

**Esma Kabasakal**, Hacettepe University, Turkey.

**Elif Bakır Gökdoğan**, Hacettepe University, Turkey.

## Abstract

Syrian refugees escape the civil war and conflict in Syria since 2011. The act of refuge generally occurs due to lack of economic conditions, social supports, life safety and political pressure and hope better living conditions, support their children and escape the political chaos. The number of Syrian in Turkey is excess 1,6 million. Only 13% of refugees live in 22 camps in 10 city, the rest are living outside of camps. More than 75 % of Syrians in Turkey composed of women and children need special protection. Children work in informal jobs so they are deprived of their rights in the workplace and social protection. They can't access medical care and information about children rights. Problems such as shelter, crime, school problems, language problems, education problems, forced marriage, hate speech, and cultural adjustments are growing. Children abuse and neglect are increased and adolescent girls forced into prostitution. Unplanned births increased. Children and adolescents can not access primary health care. While Syrian "persistence" policies implementing it is important to build children protection policy. Vulnerable children should place on refuge homes as an acute. It is important to health workers awareness, information and know about their society. Primary health system is first step to application for health and social problems. Nurses have important roles like interview, train, guidance and counseling for empower them. Health workers access remaining hidden and overlooked problems behind closed doors with home visits.

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# Students Health Should Promote in Schools: Health Promoting Schools

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## Abstract

Health Promotion described as the best in the whole process as increase people control over their health and health levels. It is expected to take of school-age children health care services in schools. School health services has a very important role for the protection and promotion of the health of all school employees. School health services can prevent many cases negatively affect to health. Studies shows that school health services effects positively for all students and school employees health. Like increases in school performance, reduces school absenteeism, decreases in crime rates. An important component of health promotion in schools is to create a health policy in order to control the development work. School health policy should include all aspects of the school life. At the same time, these policies must be created primarily developed to respond to local needs. That is the issue at the local level, it should be developed according to the problems and priorities, for example; while violence can be a very important issue in one school, other schools should be prioritized in terms of food. School healt promotion programs should be in quality, by specialized professionals in the field (nurses in dealing with this issue has emphasized the necessity of being specialized in this field), common standards for nurses to work in this field should be able to use the common language, should be open to the continuous development, should be in coordination with other health care organizations, should be reconciled school-based curriculum and sould be able to use community as a tool to promote school health. In health promotion schools, school health nurse is the leader of the team creates and plans programs. This mission is the process of using the nursing autonomy and making it responsible for the decisions and gives a key role continued from beginning to end. In our country we need school nurses promote students health in school.

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# Back Pain in School Children: The Care Of The School Bag

**Emine Gökçeoğlu**, Atatürk University, Turkey.

## Abstract

**Aim.** To examine the effect of schoolbags on back pain in children. **Method.** The descriptive study, between December 2015 and February 2016, in Muş was carried out on school children in a primary school as determined by lot. For the study, ethical approval and official permission were received from the relevant authorities, participants volunteer of children and their families and have been taken into written consent. The population of the study has been created by school children aged 6-12 years, children in a branch chosen by lot from each grade level (N=280) were included in the sample. In collecting the data, a questionnaire, combined with facial expressions and visual analog scale was used. The data, in the computer, were evaluated with percentage, mean, variance and correlation analysis. **Findings.** In the study, children's bag weight is determined as  $3.99 \pm 1.18$  kg on average. The majority of children who are experiencing pain in any part of the body have bag with overweight than 3kg. It has been found that the majority of the children has carried the bag on his shoulder ( $p < .01$ ). It has been determined that the majority of the children living back ( $p < .01$ ), back and shoulder ( $p < .001$ ), neck and back pain ( $p < .001$ ) among children have stated as normal and heavy the weight of the bag. It has been found that children carrying on one shoulder ( $p < .05$ ) and assessing as heavy their bags ( $p < .001$ ) have significantly more pain than others. It has determined that the majority of children living neck and back pain have themore than three kilos bag ( $p < .05$ ). A positive correlation has been found between children's bag weight ( $p < .01$ ), ratio of the weight of the bag/body weight ( $p < .001$ ) and the level of pain. **Conclusion.** Less than 3 weight bags, handling bag on double shoulder and be low level of the bag weight to body weight ratio seem to be important.

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# Addictions, Anxiety Level and Problem Solving Skills in Smoking Cessation Process

Nevin Günaydın, Turkey.

## Abstract

**Objective:** This study was conducted to determine the level of anxiety and problem-solving skills of smoking dependent patients who admitted to smoking cessation clinic in an Education and research Hospital. **Method:** In this study participants who admitted to smoking cessation outpatient clinic, SCID-II confirmed the diagnosis of nicotine dependence according to DSM-IV by applying the relevant departments and patients who were between 18-60 years of age. To collect data "Fageström Addiction Test", "Problem Solving Inventory" were used **Results:** The average age of the participants was  $17.18 \pm 3.53$  they start smoking. This average time was  $20.83 \pm 12.40$  smoking participants. They used a daily average of  $22.04 \pm 12.56$  cigarettes. 68% of them were I previously tried it to quit smoking, 32% of them have been trying. 76.7% of them have tried it 1-3 times that of smoking cessation, 15.1% of them 4-6 times, 5.2% 7-9 times, 2.9% of them have tried to quit more than 10 times. After quitting smoking, 46.3% of respondents (80) are at very irritability, restlessness, 532 (55) shortages have been experienced anxiety. 52.9% of smoking respondents want to leave the cigarette because of health problems, 33.1% of them voluntarily, 14% of them because of family and environmental requests. There was a relationship between problem-solving approach and addiction levels of the participants in non-addicts admitted to related outpatient unit. The dependence level increases one of problem-solving approach of the elements are quitting smoking, avoidant, planned, safer approach reduced. **Recommendations:** the development of problem-solving approach will reduce the dependency level of the non-addicted individuals, non-dependent individuals, is thought to reduce the orientation to addictive substances.

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# Effect Of Physicochemical Constraints on Lipase Activity Of an Algerian *Pseudomonas* Sp

**Fatima Adda Nehal**, University Hassiba Ben Bouali of Chlef, Algeria.

## Abstract

Microbial lipases today occupy a place of prominence among biocatalysts owing to their ability to catalyze a wide variety of reactions. *Pseudomonas* sp. has very significant lipase activity of industrial interest such as detergents and food industry. After the quantitative study of lipase activity of five species to conclude that this activity influenced by several physicochemical parameters such as temperature, pH, salts and organic solvents. Better lipase activity was detected after incubation at 37 °C for 30 h at pH 8, the addition of a few salts such as CaCl<sub>2</sub>, KCl, and MgSO<sub>4</sub> with an optimum in the presence of MgSO<sub>4</sub>. The addition of ethanol and methanol increased lipase activity however hexane and acetone cause the decrease in this activity.

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# **The Relationship Between The Depression, Anxiety, Stress Levels, The Suicide Possibility, Solution-Focused Thinking Of University Students**

**Nevin Günaydın, Turkey.**

## **Abstract**

**Objective:** This study was conducted to determine the relationship between the depression, anxiety, stress levels and the possibility of suicide. **Method:** The study was applied to the students to students who attend a university in the 2014-2015 academic year. To collect data "Depression, anxiety, stress scale (DAS)", "Suicide Probability Scale (SPS)", "Solution-Focused Inventory" were applied. **Bulgular:** In the study, 63.3% of students who participated were female and 36.7% of them were male and the mean age of the participants were  $20.54 \pm 2.41$ . The average score of negative self and exhaustion subscale was  $39.27 \pm 6.77$ , the mean score of adherence to escape from life was  $17.31 \pm 4.22$ ,  $18.01 \pm$  the mean score of anger was  $18.01 \pm 5.06$  in the suicide probability scale The average score of depression subscale was  $13.95 \pm 10.32$ , the mean score of anxiety subscale was  $14.28 \pm 9.05$ , the mean score of stress subscale was  $17.10 \pm 9.07$ . There was found a positive relationship between the depression subscale and commitment escape from life of suicide possibility ( $p < 0.05$   $r = 0.028$ ). There was found highly significant relationship between the anxiety and depression ( $p < 0.01$ ,  $r = 0.881$ ), stress ( $p < 0.05$   $r = 0.781$ ). There was not found between the depression, anxiety, stress level and solution-focused thinking **Conclusion:** There was found a relationship between the suicide probability (escape from the commitment to life) and the levels of depression. There was not found between the levels of anxiety, depression and the suicide probability but it was determined that anxiety and stress increases, depression increases.

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# The Relationship Between Depression Levels and Education Requirements Of Outpatient Psychiatric Patients

Nevin Günaydın, Turkey.

## Abstract

**Objective:** The present study was conducted to determine depression symptoms and education requirements. **Methods:** This study was conducted in a state hospital in the Psychiatry Department of Ordu. To collect data in this study "Socio-demographic Data Form", " Education Requirements Cards " and "Beck Depression Inventory" were used. **Results:** The mean age of the patients were  $37.91 \pm 15.35$  in the study. The proportion of choosing the number one card (What do I have a problem related to my mind, or my mood?) is 23.9% as the most important card in the education requirements cards The proportion of choosing the number two card (What are the factors and causes of my illness?) is 22.6% as the secondary important card in the education requirements cards The proportion of choosing the number two card (What are the factors and causes of my illness?) is 22.6% as the secondary important issues in the education requirements cards The proportion of choosing the number eleven card (How should I eat, drink and sleep?) is 12.4% as the least important issues in the education requirements cards. Accordingly, the vast majority of participants admitted to the psychiatric clinic want to know changes in mental status, factors which cause disease and what actually the problem and how to take control as the most important issues The vast majority of participants admitted to the psychiatric clinic want to know what the causes of the disease and what the factors affecting the disease as the secondary most important issues The vast majority of participants admitted to the psychiatric clinic want to know what to do sleeping, eating, drinking related to the disease as the least most important issues.

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# Hemşirelik Eğitiminde İntörnlük Sistemine Bakış

**Nurgül Bölükbaş,** Turkey.

## Abstract

Hemşirelik eğitimi birbirini tamamlayan teorik ve uygulama bölümlerinden oluşmaktadır. Teorik eğitimde verilen bilgilerin klinik ortama aktarılması ve bakımın kalitesini geliştirmek için hemşirelik eğitiminde girişimci, kollaboratif, bileşik model gibi çeşitli eğitim modelleri tartışılmaktadır. Bu modeller içinde en çok uygulanan ise son yıl içinde düzenlenen klinik eğitim ağırlıklı programlardır. Hemşirelik eğitiminde önemli yer tutan klinik öğretim öğrenciye teorik bilgisini uygulamaya koyma, mesleki kimlik kazanma ve yaparak öğrenme fırsatı veren bir süreç olarak tanımlanabilir. Günümüzde öğrencilerin mezuniyete daha etkili olarak hazırlanmaları için intörnlük uygulama programlarına yer vermeye başlanmıştır. Dünyadaki hemşirelik okullarının pek çoğu hemşirelik eğitim programlarının son yılın eğiticiler tarafından danışmanlık yapılan ve klinik hemşireleri ile birlikte çalışılan intörnlük uygulamaları şeklinde düzenlenmiştir. Bu programların süresi ile ilgili değişiklikler olmakla birlikte temelde aynı hedefler doğrultusunda yapılandırıldığı görülmektedir. Ülkemizde bu sistem yaygın olmayıp bazı hemşirelik programlarında yeni entegre edilmektedir. Bu programlarla ilgili yapılan çalışmalarda öğrencilerin bu eğitim deneyiminden memnun oldukları ve mezuniyet öncesi kendilerine olan güvenlerinin arttığı belirtilmiştir. Klinik hemşirelerle intörnlük eğitimi ile ilgili yapılan çalışmalarda da olumlu geri dönüşler bildirilmiştir. Günümüzde değişen sağlık bakım gereksinimleri doğrultusunda eğitiminde yenilenmesi kalite ve verimlilik açısından önemlidir.

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# Children Abdominal Pain Cases: Parents' Hospital Application Attitudes and Pain Control Practices

**Fatma Gül Can**, Atatürk University, Turkey.

## Abstract

**Aim.** To examine children abdominal pain cases, determine parents' hospital application attitudes, pain control practices and factors affecting them. **Method.** The descriptive study was carried out in Ağrı City Center, at Emergency Outpatient Clinic of the Private Life Hospital, between December 2015-February 2016. For the study, ethical approval and official permission were received from the relevant authorities. It was given attention to the voluntary participation and written consent of children and families. The study population were created by 2-12 age group children who suffering from abdominal pain clinic and their parents accept participation (N=105) without sampling were included in the study. In the data were collected, Personal Information Form was used. The data, in the computer, were evaluated with percentage, mean, chi-square and correlation analysis. **Findings.** In the study, it was found that 23.8% of children with abdominal pain of constantly, 62.9% of all with common pain and 6.7% of all with pain in the right lower quadrant. It was determined that 65.7% of children admitted to the hospital two or three times due to abdominal pain, 91.4% of all reached the hospital within two hours, and they, later applicant, thought that their child would be heal. It was found that diarrhea in 75.2% of children, temperature in 74.3%, vomiting in 58.1%, cough and runny nose in 28.6%, urinary symptoms in 21% and constipation in 2.9% accompanied with abdominal pain. It was determined that 72.4% of parents made some pain control applications until they reach hospital, 33.3% of all made hot application, 19% of all drank herbal tea to drink, %56.2 of all gave medication. The education level of parents affected the number of hospital admissions with abdominal pain of children ( $p < .05$ ). It was found that child age group affected parents to make hot application and any application, the child's gender influenced the making hot application ( $p < .05$ ). A positive correlation was found between the age of children and the number of admission to hospital ( $p < .05$ ). **Conclusion.** The applications to the hospital more than two times due to abdominal pain may indicate diagnostic challenge. Even if the low rate, thought that their child would be heal may increase the risk of acute abdomen. Made hot application until reached to hospital can cause appendicitis perforation. It may mask the diagnosis given tea to drink and drugs. The low educational level of parents and young children aged pose a risk for hospital admissions, to give drug before and non pharmacological practices.

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# University Students' Attitudes Toward Natural Birth

**Handan Özcan**, Turkey.

## **Abstract**

Background: The study was planned in this perspective, to assess views of students of Gumushane University on natural childbirth. Methods: After getting required consent, 641 participants who volunteered were interviewed face-to-face and the questionnaire was filled. Students who have attended the study were randomly picked from each department. Findings: Age of participants varied between 18 and 38 and the median age was determined to be  $20.84 \pm 1.97$ . A 61.3 percent of participants were women and 97.2 were single. A 32.9 percent of the participants declared fear of labor pain, 20.2 feared delivering a disabled or sick child and 17.9 percent had fear of perineovaginal fracture. A 35.0% majority of participants said that they would prefer normal birth as they see it more suitable to baby's health while another 11.8% expressed they would favor cesarean, as it offered less pain. Conclusions: Nowadays, due to the increased rate of cesarean section and invasive delivery preferences, raising awareness regarding natural birth among a new generation of young people in our society is of important concern and we feel the need to emphasize the importance of developing and supporting educative and informative programmes for this

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# The Effect Of Training to Relieve Cancer Patients' Chemotherapy Symptoms

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**Sevilay Hintistan**, Karadeniz Technical University, Turkey.

## Abstract

**Objective:** This was a quasi-experimental study to assess whether the training given to cancer patients affected their chemotherapy symptoms. **Methods:** The sample consisted of 60 patients who had received chemotherapy (intervention group 30 patients; control group 30 patients) in the Trabzon/Turkey. The data were collected using the Patient Information Form and Chemotherapy Symptom Assessment Scale between September 2012-September 2013. The first individual training for the intervention group took place after the second cycle of chemotherapy. The Chemotherapy Symptom Training Booklets were distributed to these patients. Individual training for each patient in the intervention group was repeated after the third and fourth cycles of chemotherapy. The Chi-Square, Mann Whitney U tests, percentages, median were used to evaluate the data. **Results:** When compared with the patients in the control group, the patients of the intervention group had a lower frequency of the symptom "constipation"; a lower severity of the symptom "vomiting after treatment" and "problems of mouth and throat" symptoms; a lower degree of discomfort of the symptoms "vomiting after treatment", "pain", "infectious signs", "problems of mouth and throat", "changes in appetite", "feeling of weakness", "feeling unusual fatigue", "feeling distressed/anxious", and "feeling pessimistic and unhappy" symptoms ( $p<0.05$ ). **Conclusions:** As a result of the training they underwent, patients experienced some relief from their chemotherapy symptoms

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# The Satisfaction Levels Of Patients Using Anticoagulants

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## Abstract

**Aim:** The aim of this study is to determine the anticoagulant satisfaction levels of anticoagulant used patients. **Material and Method:** This descriptive research, study was conducted with 96 patients (35 males, 61 females; mean age  $61.18 \pm 13.15$ ) who visited a cardiology polyclinic of a hospital. A socio-demographic information form and the Duke Anticoagulation Satisfaction Scale (DASS) which assesses the needs and perceptions of patients who use anticoagulant were used as data collection tools. The validity and reliability study for the DASS was conducted by Yıldırım and Temel. Its internal consistency coefficient is 0.89. In this study, its internal consistency coefficient was found to be .87. The data were analyzed using the SPSS 18.00 package program. **Results:** The participants' DASS total mean score was found to be  $86.34 \pm 20.63$ . The patients' hassles and burdens sub-dimension mean scores were  $28.44 \pm 11.48$ , and their positive psychological impacts sub-dimension mean scores were  $25.44 \pm 7.74$ . Their limitations sub-dimension mean scores were  $32.44 \pm 12.24$ . A significant correlation was found between the age groups and the scale mean scores ( $p < .05$ ), while there was no significant correlation between their scores and education level or gender ( $p > .05$ ). A strong, positive correlation was also found between the limitations sub-dimension and the hassles and burdens sub-dimension of the scale ( $r: .729$ ,  $p < .001$ ). A negative, statistically significant correlation was found between the positive psychological impacts sub-dimension scores ( $r: -.316$ ,  $p < .01$ ). A strong, positive and statistically significant correlation was found between the hassles and burdens mean scores and DASS total mean scores ( $r: .860$ ,  $p < .001$ ). **Conclusion:** This study revealed that the satisfaction levels and life quality perceptions of patients who received anticoagulant treatment were poor. Moreover, the anticoagulant satisfaction levels and life quality perceptions of younger patients were poorer. Further studies examining the satisfaction and life quality of anticoagulant used patients while using anticoagulant medicine should be conducted.

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# Pain Beliefs and Ethical Sensitivity in Pediatric Nursing

**Fatma Gdc Tfekci**, Atatrk University, Turkey.

## Abstract

**Purpose.** To evaluate pain beliefs and ethical sensitivity in pediatric nurses and examine the relationship between them. **Method.** This descriptive study, between February 2016, was carried out in pediatric nurses. For the study, ethical approval and official permission were received from the relevant authorities. Nurses who accept participation (N=68) and accessible without sampling were worked in the study. In data collection, Personal Information Form, Pain Beliefs and Ethics Awareness Inventory Form are used. The data was be evaluated by percentage, mean, variance and correlation analysis. **Findings.** According to the data obtained, increasing age of nurses has increased the level of pain beliefs, nurses, who are married, have bachelor and higher education level and income expense is balanced, without children, have between 6-15 years of professional experience and without pain protocol in unit, have more level of pain beliefs and ethical sensitivity than others ( $p>.05$ ). There is no correlation between pain beliefs and ethical sensitivity in pediatric nurses ( $p>.05$ ). **Results.** In pediatric nurses, the level of ethical sensitivity and pain beliefs is above the intermediate, their age, professional training, income level, having a child status, professional experience weren't affected ethical sensitivity and pain beliefs, and there wasn't any relationship between pain beliefs and ethical sensitivity. **Conclusion.** The young age, unmarried, low education level, lower income than expenses, having children and the presence of pain monitoring in units may be a risk factor for nurses in terms of pain beliefs and ethical sensitivity. Repeated in a larger group of research can contribute more.

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# Incidence of Urinary Incontinence and Its Risk Factors in Women Visiting Family Health Centers

**Meral Kılıç**, Atatürk University, Turkey.

## Abstract

**Purpose:** The objective of this study is to determine the incidence and the risk factors of the urinary incontinence in women visiting the health family center. **Methods:** 430 women, who visited three Family Health Centers in the city-center of Erzurum for any reason between 25 November and 20 January 2016, were enrolled in this study. They were included in the study without any sampling. The data were collected with the face-to-face survey method. For the analysis of the data, percentage distributions, chi-square test and logistic regression analysis were used. **Findings:** We determined that 37.2% of these women had urinary incontinence, but only 29.3% of them visited a physician because of this complaint. We found out that urinary incontinence had a significant correlation with the number of children, genital prolapsus, duration of delivery longer than 24 hours, diabetes and urogenital infection, but not with the age at the first and last delivery, presence of the episiotomy, birth weight over 4 kg and smoking. **Results:** We determined that one-third of the women had urinary incontinence and certain medical and obstetric conditions are affecting the development of the urinary incontinence. **Conclusions:** We believe that it is important that the healthcare personnel can get the progression of the urinary incontinence under control by preventing the risk factors and they may encourage the patients to seek treatment with the help of the proper information indicating that urinary incontinence is a treatable and preventable condition.

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# Comparison of Physical Activity in Individuals of Different Age Groups: Pilot study

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**Tezel Yıldırım Şahan**, Kırıkkale University, Turkey.

## Abstract

**Purpose:** Regular physical activity has an important role in healthy development of the youth, avoiding undesirable and harmful habits, socializing, protecting adults from chronic illnesses or treatment of these illnesses or supporting the treatment, ensuring the elders to spend an active and social old age period. This study was conducted in order to compare physical activity level of young adults, adults and older individuals. **Methods:** The people living in Kırıkkale and meeting the criteria for inclusion were included in the study. The participants were young adults (n = 91), adults (n = 98) and the older (n=62), in total 251 individuals with the age range of 18-85. Their socio-demographic information such as; age, height, weight, education, marital status, such as the presence of chronic diseases were examined. 24-hour Physical Activity Assessment Questionnaire' (24-s FADA) was used to define physical activity level of the participants. **Results:** It was found that the young adults age and BMI values were  $38.12 \pm 6.33$  year,  $26.34 \pm 5.24$  kg/m<sup>2</sup>; adults' values were  $53.90 \pm 6.68$  year,  $27.41 \pm 4.26$  kg/m<sup>2</sup>; and older individuals' values were  $70.74 \pm 5.67$  year,  $28.95 \pm 5.82$  kg/m<sup>2</sup> respectively. It was also determined that total 24h FADA score in young adults was  $32.38 \pm 12.74$ ,  $31.94 \pm 16.80$  in adults  $28.47 \pm 13.60$  and in older individuals. Physical activity level (PAL) values in young adults were found  $1.56 \pm 0.43$ ,  $1.42 \pm 0.62$  in adults and  $1.46 \pm 0.69$  in older individuals. According to PAL values, all of the participants, 69,3% were found to have a sedentary lifestyle, 24,3% have moderately active and 6,4% have extremely active. In the statistical analysis, it was found no significant difference between groups with regard to PAL (p=0.231) and total 24-h FADA (p=0,227) values. **Discussion:** At the end of the study, it was concluded that individuals have a sedentary lifestyle. Regular physical activity supports the healthy life quality by strengthening psychological well-being and physical functionality. Therefore; exercises which reinforce and encourage physical activity should be planned.

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# Nursing Care for Patients with Tracheostomy: Related Factors on Aspiration, Nebulization and Oxygenization Practices

**Turkan Karaca**, Adiyaman Universty, Turkey.

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## Abstract

**Aim and Objectives:**The aim of this study is to identify the frequency and affecting factors of aspiration, nebulization and oxygen practices applied within the period of one week following a tracheostomy operation. **Background:**Aspiration, nebulization and oxygen practices, which are parts of basic tracheostomy care in the post-operation period, are performed in order to allow and maintain airway patency. It is important to know the frequency of performing these practices and the affecting factors in terms of preventing the development of complications in the post-operation period. **Method:**This study was carried out in an internal diseases intensive care unit of a university hospital between October 2015 and February 2016. The participants of the study were 60 patients who underwent tracheostomy. The patients were monitored in terms of aspiration, nebulization and oxygen practices for a week following the tracheostomy operation. The data were collected using the Patient Identification Form and Patient Observation Form. The data obtained from the study were analyzed by computer, using the SPSS 16.0 (Statistical Package for Social Science) statistical package programming. Analysis of the data was performed with descriptive statistics and Repeated Measures Analysis of Variance. Greenhouse-Geisser correction was performed, confidence interval was accepted 95%, and p value was taken  $<0.05$ ). **Results:**Tracheostomy was performed due to upper respiratory cancers in 38.3% of the patients. 58.3% of the patients were aged between 50 and 65, and 68.4 % of them were male. Average number of aspirations applied was  $9.9 \pm 1.3$ , and aspiration was conducted more frequently than oxygen ( $8.4 \pm 1.7$ ) and nebulization ( $6.5 \pm 1.5$ ) practices. Aspiration, nebulization and oxygen practices performed for the patients with tracheostomy were affected by their age, habit of cigarette smoking and presence of a chronic disease ( $p < 0.001$ ). **Conclusions:**Average number of aspiration, nebulization and oxygen practices applied to patients changed according to the post-operation days. Patients' age, habit of cigarette smoking, and having a chronic disease affected aspiration, nebulization and oxygen practices. **Relevance to the Clinical Practice:**This study provides nurses with practical clinical outcomes about frequency of aspiration, nebulization and oxygen practices following the tracheostomy operation and factors affecting the frequency of these practices.

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# **Milk with Honey is Healing After Tonsillectomy; Bleeding, Pain and Wound Healing are in a Better Condition: An Experimental Study with Control Group**

**Eda Gülbetekin**, Turkey.

## **Abstract**

**Purpose:** To assess the effect of milk with honey in children undergoing tonsillectomy on bleeding, pain and wound healing. **Method:** The experimental study with control group was conducted out ear, nose and throat clinic and outpatient clinic in a public hospital between June 2013-September 2015. In the study, it were studied with children undergoing tonsillectomy who are 6-17 years of age (N=68). The all of the universe was included in the study. The standardized natural flower honey was applied to children in the experimental group after tonsillectomy, every day, in addition to the standard diet in clinical routine. The children were assigned randomly the experimental and control groups according to the operation sequence. In collecting the data, a questionnaire, pain, wound healing and visual analog scales was used. The data were analyzed by percentage distributions, means, chi-square test, variance analysis, and correlation analysis. It was depended on ethical principles. **Findings:** In the study, it was determined that not bleeding, is significant less pain and the level of wound healing of children in group milk with honey than children in milk group ( $p<.001$ ). It has been found that a strong negative correlation between the level of pain and wound healing of children in milk with honey and milk groups ( $p<.001$ ). **Results:** It has been determined that milk with honey was effective in prevent bleeding, reducing pain, and accelerate wound healing. **Conclusion:** Honey, which is a natural nutrient is a safe care tool that can be applied in children undergoing tonsillectomy without diabetes and allergic to honey and oral feeding in addition to routine clinical the diet.

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# Diabetes Awareness Of Public

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## Abstract

The incidence of diabetes is increasing in the world and in Turkey. The disease is life-long and can lead to major chronic problems. The aim of this study is to determine people living in the center of the village located in the northern of Turkey, knowledge on diabetes, attitudes and behaviours. After calculations, samples were included 379 persons. In the selection of the sample group was used random number stable. In the study, 379 healthy people, between 20 to 28 May 2015, were interviewed face to face. The questionnaire was developed in accordance knowledge of literature by the investigators. Data were obtained written consent prior to collection. Participants in the survey was informed by the attached information sheet. Statistical software package was used to analyze the data. Frequency and chi-square analyzes were carried out.  $p < 0.05$  was considered significant. The average age of participants was  $34.64 \pm 12.34$  (min: 18 max: 69) and 12.4% are illiterate. 74.1% of those who stay mostly living in the province, 53.1% of those who are married is. %55.6 of those said my income is enough, %28.8 are not taking regular health checks. %62.3 of people attending survey do not know their blood sugar levels. %58.6 of people has stated that they were checked their blood sugar levels. People's knowledge and attitudes about diabetes should be developed.

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# Attitudes Of Nursing Students Towards Ageism

**Dilek Çilingir**, Karadeniz Technical University, Turkey.

**Enes Bulut**, Karadeniz Technical University, Turkey.

**Sevilay Hintistan**, Karadeniz Technical University, Turkey.

## Abstract

**Aim:** The study was performed to determine the attitudes of nursing students towards ageism. **Method:** The present descriptive study was carried out with 344 nursing students at a college in northeastern Turkey. Data were collected using a patient information form and "Ageism Attitude Scale (AAS)" which was completed with students during face-to-face interviews. Permission was obtained from institution and students. The data was evaluated with appropriate statistical tests by using SPSS 18.0 programme. **Results:** The current study determined that mean of AAS total score was  $87.2 \pm 4.6$ , mean score for positive ageism was  $31.2 \pm 2.0$ , mean negative ageism score was  $18.3 \pm 3.3$  and mean restricting life of elderly score was  $37.6 \pm 2.3$ . Of the %63.4 students were wanted to live with their parents after graduating. Of the 63.7% students were wanted to work with the elderly in clinics after graduating. Of the 75.3 % students who wanted to work with elderly stated that they want to do this because they think that elderly patients need more physical and psychological support. Of the 26.8% of students who not wanted to work with elderly stated that they not want to do this because they think that elderly were grumpy. Mean of positive ageism subscale score was significantly higher in the students whose mother is a nurse ( $p < 0.05$ ). Mean of restricting life of elderly subscale score was significantly higher in the students who lived with grandmother and grandfather ( $p < 0.05$ ). Mean of restricting life of elderly subscale score was significantly higher in the students who still live with elderly people ( $p < 0.05$ ). **Conclusion:** According to the results of this study, it was found that attitudes of nursing students towards ageism are positive.

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# "Professionalism Features" Of Internal Medicine Nursing

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## Abstract

Background: The creation of nursing care standards and submission of quality nursing care makes it important to professionalism in profession/job. Aim: The aim of the study is determine professionalism features of internal medicine nurses. Material and Method: The descriptive study was conducted with 103 nurses working in the internal medicine clinic of university hospital between February 01 and March 01, 2015. The data were collected using a face to face interview technique with the "Personal Information Form" and "Professionalism Information Form". Written permissions were received from nurses and institution before collecting the data. In the evaluation of data were used number and percentage. Results: The study results revealed that 95.1% of the participants were female, 66.0% had undergraduate degree and the average working time were 8+6.2 years. The nurses were working as a clinical nurse (85.4%), clinical charge nurse (8.7%) and polyclinic nurse (5.8%). It was determined that 92.2% of nurses "take responsibility for nursing practice", 84.5% of them "give importance to the work sharing in teamwork", 77.7% of them "make a work plan while working", 77.7% of them "think that branching is important in nursing." Besides, it was showed that 70.9% of nurses surveyed "think that there are situations will be restricted to professionalization in professional life" 64.1% of them "taken precaution related to patient problems" and 62.1% of them "find effective these measures." Also, it was identified that 74.8% of nurses "aren't member to any association related to nursing" and 73.8% of them "don't use degrees/captions/titles haven parallels with education like specialist nurse, PhD nurse to raise the image of the profession." Conclusion: In this study, internal medicine nurses were ignore some features of the professionalism while they better to adopt some features of professionalism.

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# The Effect of Communication Skills in Reducing Pain among Orthopedic Patient During Physiotherapy Session at Palestinian Rehabilitation Centers

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## Abstract

Background: Physiotherapist have to communicate on a daily basis with clients, clients' families and friends, and other health care professionals. Physiotherapists assist patients with their pain in primary care settings with the aim of relieving pain, and improving their quality of life as well as preventing acute and sub-acute painful conditions which may develop to become chronic. Studies showed that poor communication often results in many negative consequences. However, limited literatures to provide sufficient evidence to support the use of positive communication skills in reducing pain among orthopedic patient. Objectives: the current study was conducted to evaluate the effectiveness of positive communication skills in reducing pain among orthopedic patient during physiotherapy sessions at Palestinian rehabilitation centers. Methods: The current study employed descriptive design to investigate the aim of the study by conducting a self-report questionnaires for collecting the data from (96) orthopedic studied sample distributed in different rehabilitation center in Palestine. Results: The result of study shown that there is statistically significant (  $df$ : 95,  $P$ :0,00 ) effect of positive communication skills in reducing pain among orthopedic patient during physiotherapy session .While there is no statistical significant (  $df$ : 94,  $P$ : 0.216) between the gender of participant in attitudes towards the impact of positive communication skills in the alleviation of pain of patient during the physiotherapy session. Also, The results showed no statistical significance between the; age, social status, occupation, level of education, economic status and attitudes towards the impact of positive communication skills in the alleviation of pain of patient during the physiotherapy session . Also, no statistical significant between; Pain duration, number of session and how much does communication skills help in relieving pain. Conclusion: the study concluded that there is significant effect of positive communication skills in reducing pain among orthopedic patient during physiotherapy sessions. And there is no significant effect of personal characteristics of the studied sample on the effectiveness of communication during physiotherapy sessions.

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# Determination Of Natamycin Residual Levels in Some Consumer Products by Using HPLC Method

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## Abstract

Presence of mold in food is very important for public health. Mold can generate large amount of toxic materials such as mycotoxin even in low temperatures. Also, some of these mycotoxins may cause cancer in human. Accordingly, implementation of efficient methods requires preventing the development of mold. One of the most used/common efficient substance for this purpose is Natamycin. The daily permitted amount of natamycin by WHO in food is 0.3mg/kg per body weight. And US FDA (United States Food and Drug Administration) permits daily maximum 20 ppm natamycin using in food. In our country an annunciation which limits the amount of natamycin to 1 g/dm<sup>2</sup> on the surface of cheese and forbids the existence of natamycin in products such as yogurt and ayran, was published in 08.25.2002 numbered 24857 at Turkish Food Codex about "Food Additives Except Colouring and Sweetener Materials". In the light of this information our project's aim is to implement an HPLC method to determine natamycin's existence and levels in 40 yogurt and ayran samples, which were bought in market. For this purpose DIONEX UV dedector and C18 colon were used in our analysis. Our results implicate that natamycin exists in unpackaged some yogurt and ayran samples which were used for quantitative and qualitative analysis after applied extraction procedures. In addition, mean natamycin levels were found as 1,44 ppm and 12.53 ppm in the ayran and yogurt samples, respectively. As a conclusion there are some risks for consumer's health which comes from natamycin's existence in yogurt and ayran especially was manufactured and sold in unsuitable places with regard to food safety.

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# Nursing in Rehabilitation Process

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## Abstract

The prolonged life expectancy has made rehabilitation becomes more of an issue in individuals with temporary or permanent disabilities occurring either congenitally or accidentally. Nurses who spend most time with the patients in rehabilitation process that requires a multidisciplinary team work play different roles such as educators, caregivers, consultants, care coordinators, researchers and legal consultants. This article therefore provides guidelines for rehabilitation nursing considering the following issues; definition of rehabilitation, nurses and rehabilitation, objectives of rehabilitation nursing, duties, powers and responsibilities of rehabilitation nurses and nursing management in the rehabilitation period.

Keywords: rehabilitation, rehabilitation nursing

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# Relationship Between Weight Pre-Pregnancy and Weight Gain During Pregnancy

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## Abstract

Worldwide alarming increase of obesity prevalence has led the WHO to take into consideration as one of the most serious global health problems of the 21st century. According to the World Health Organization, in 2014 1.9 billion adults are overweight and more than 600 million of them obese. 40% of women worldwide are overweight. The leading causes of obesity prevalence in women more often because during pregnancy and before pregnancy they gain excess weight. The rapid increase of obesity prevalence especially among women in the World cause women begin pregnancy overweight or obese and this can cause problems about pregnancy and birth. One of the most important of these problems are the threat of premature birth. Each year it is estimated that 15 million babies born before 37 weeks and it is increasing day by day. Preterm births are responsible for more than half of long-term morbidity and 75% perinatal mortality. The relationship between weight gain during pregnancy of preterm birth and weight before pregnancy are discussed in the literature. Some studies suggest that obesity or less weight than usual increases the risk of preterm birth and some suggest it is not affect. Two studies done with 4735 and 8266 women shows that overweight and obesity increase the risk of preterm birth. The study done by Mash et al. (2013) shows that Reduced weight gain during pregnancy among overweight and obese women is associated with reduced spontaneous preterm birth, premature and premature rupture of membranes. And the studies done by Mamun et al.(2011), Sharifzadeh et al.(2015), Wise et al (2010) suggest that the risk of preterm birth is higher at women who has less weight than usual before birth or gain inadequate weight during pregnancy. And the study done by Honest et al(2005) suggest that the weight before pregnancy is not associated with predicting preterm birth. As a result, despite efforts to reduce preterm birth, premature birth and infant mortality rate leads to an increase in morbidity and the incidence is increasing. It is thought that one of the most important cause of preterm birth balancing BMI pre-pregnancy and during pregnancy contribute positively maternal and neonatal outcomes. Pregnancy is not a good time to lose weight. Predicted weight gain during pregnancy should be set at the beginning of the monitoring. It is therefore important to encourage women to avoid problems about weight loss who has a high BMI before pregnancy and being pregnant after reaching the proper weight.

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# Investigation Of Difference Between Depression, Postural Status And Upper Extremity Functional Activity Level on Smart Phone-Addictive and Non Addictive Teenagers

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## Abstract

**Purpose:** In recent years sequence of technologic developments computer, social media, mobile phone and also finally smart-phones become an essential part our daily lifes. Especially teenagers use smart-phones for lots of purposes with different applications. However smartphones are helpful, smartphones also bring to us physical, social and physiological problems. In this study investigation of difference between depression, postural status and upper extremity functional activity level is purposed on smart phone-addictive and non-addictive teenagers. **Methods:** Smartphone addictive status were evaluated with Smartphone Addictive Scale Short Form on 105 teenagers. Postural status of teenagers were measured with New York Posture Index (NYPI) and depression were decided by Beck Depression Scale on teenagers. Upper extremity functional statements were measured with Disability of Arm, Shoulder and Hand Scale (DASH). **Outcomes:** Mean of the age who were included in this study (49 men, 56 women) was  $21,78 \pm 1,14$ . Average of body mass index was  $22,20 \pm 2,92$ . On smartphone addictive and non-addictive teenagers was found statistically significance between depression status ( $p=0,009$ ). There was no statistically significance between NYPI ( $p=0,448$ ) and DASH ( $p=0,066$ ) on smartphone addictive and non-addictive teenagers. **Discussion:** High depression level was found in smartphone addictive teenagers. Our study doesn't include homogenous number of participant who is smart phone addictive or non-addictive teenagers. Further studies should research depression, postural status and upper extremity functionality with homogenous participant number.

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# **The Knowledge, Attitude and Practices Of Nursing Students About Complementary and Alternative Medicine (Cam) Methods: The First Results**

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**Sevilay Hintistan**, Karadeniz Technical University, Turkey.

## **Abstract**

**Aim:** The study was conducted to determine knowledge, attitude and practices of nursing students about complementary and alternative medicine (CAM) methods. **Method:** The present descriptive study was carried out with 152 nursing students at a college in northeastern Turkey. The data were gathered using a questionnaire form which was completed with students during face-to-face interviews. Permission was obtained from institution and students. The percentage and frequency were used to evaluate the data. **Results:** Pray (63.8%), exercise (52.6%) and imagination (47.4%) were the most frequently known CAM methods. Of the 32.2% students stated that they receive information about CAM methods. The sources of information were media (42.9%) and the student's family, relatives and friends (21.5%). Of the 55.9% nursing students indicated that they had used CAM. It was found that the most commonly used CAM method by the students was pray (%46.7). More than half of the students (52.6%) used CAM methods during stressful situations. The majority of students (86.2%) stated that pray is beneficial. Of the 67.8% students indicated that they wanted to place course curriculum about CAM methods, from the faculty. **Conclusion:** According to the results of this study, it was found that knowledge and practices of nursing students about complementary and alternative medicine (CAM) methods are inadequate.

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# The Effects Of The Nutritional Training Given to Adult Prisoners on Their Level Of Knowledge

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## Abstract

The objective of the present study is to determine the effect of the nutrition education given to the adult detainees and convicts in the Amasya Type-E Closed Prison on their level of knowledge on nutrition and the effectiveness of this education in terms of gaining detainees and convicts the correct nutritional habits. The population for the study was composed of 600 adult prisoners and convicted from Amasya E Type Closed Prison Institution. The prisoners and adult convicted, who participated in the study, were divided into four groups as training, training + brochures, brochures and control. The pre-prepared survey was conducted on the prisoners and convicted and the test, which had been prepared for determining the impact of nutrition behaviour and manner, was repeated in the beginning of the study (pre-test), at the end of the training (post-test) and one month later in order to evaluate the sustainability of nutrition training (monitoring test). Statistical analysis of the data figures and percentages were taken and by using independent sample t test; single direction variance analysis (ANOVA) tests. The results of the study show that the education has a positive effect on the knowledge on nutrition. It needs to be repeated with certain intervals.

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# Nutritional Knowledge Levels of Prisoners and Adult Convicts in Amasya, Turkey

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**İdrani Kalkan**, Turkey.

## Abstract

Prisoners and convicts are deprived of important aspects of health promotion, health education and disease prevention and tend to have poorer health status in comparison to the general public. This study was planned to determine the level of nutritional knowledge of adult prisoners and convicts in Amasya E Type Closed Penal Institution and understand the training requirement for these individuals. The questionnaire comprising of questions aimed to measure nutrition knowledge levels were administered on 200 individuals between April 2014 and March 2015 by means of face-to-face interview method. Regarding training undertaken in the prison, 76.5% stated that they had not undertaken any kind of training during their stay. Of the training provided, 85.4% were in non-health related fields. Half of the participants mentioned that they obtained nutrition related knowledge from mass media as newspaper, TV and internet. Questions regarding food sources of certain nutrients were answered correctly by less than 50% of the participants. The nutrition knowledge level were found to be incorrect or limited. It was suggested that nutrition and health related trainings were to be organized at regular intervals to increase the awareness and improve food habits of the individuals.

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# Restless Legs Syndrome and Sleep Quality During Pregnancy

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## Abstract

**Background:** The goal of this study was to determine the prevalence of restless legs syndrome (RLS) and sleep quality relationship with RLS(+) pregnant women. **Method:** It was a cross-sectional questionnaire study. We enrolled 266 pregnant women admitted. Target population of the study was the pregnant women who consulted to Republic of Turkey Ministry of Health (RTMH) Zeynep Kamil Training and Research Hospital, Pregnant Women Monitoring Polyclinic, pregnancy training class between September 2013 and July 2014. RLS is diagnosed clinically by means of the four essential criteria of the International RLS Study Group. All pregnant women are assessed with demographic features, RLS symptoms and Pittsburg Sleep Quality Index (PSQI). The total PSQI  $\geq$  scores (range = 0–21) indicate poorer sleep quality and the total score  $<5$  indicates good sleep quality. **Result:** The mean age of the pregnant was  $28.7 \pm 4.8$  (18–45). The incidence of RLS in pregnancy was found 41% (30.4% second trimester and 44.7% third trimester). The difference between the RLS(+) pregnant women and RLS(-) pregnant women in terms of their poor sleep quality was found statistically significant, in favor of the HBS(+) group ( $t=4.083$ ,  $p=0.001$ ). **Conclusion:** It was found that nearly half of pregnant women was RLS and pregnant women with RLS(+) had poor sleep quality.

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# Leadership Levels of Nursing Students

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## Abstract

**Introduction:** Leadership is important for goal congruence and realization of goals in nursing and therefore leaders are needed. The current study aimed at determining leadership levels of candidate nurses. **Method:** The study designed in descriptive model was undertaken with 248 students selected stratified sampling method out of 691 nursing students who studied in the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> grades after getting official permission from faculty of health sciences, nursing department of Ktu. The data were gathered using information form and leadership behavior description questionnaire between the 15<sup>th</sup> of October and the 30<sup>th</sup> of December 2014 and assessed through percentages, means, correlation, Anova, Mann-Whitney U test and T test. **Findings:** 81% of students were female, 56% of them graduated from Anatolian high schools or science high schools and their average marks were  $2.88 \pm 47.02$ . When students' leadership aspects were examined; it was seen that 68% of them regarded themselves as a leader, 89% of them as reliable, 66% of them as open minded, 52% of them as participatory, 43% of them as inspiring and 38% of them as a competent. According to the questionnaire, mean total leadership score was  $4.06 \pm 0.42$ . Mean score of understanding subscale was  $3.94 \pm 0.45$  and mean score of structure subscale was  $4.26 \pm 0.50$ . Besides; total leadership scores of those students who considered themselves as leader ( $T=2.883$ ;  $P=0.004$ ), inspiring ( $T=-2.183$ ;  $P=0.030$ ), open minded ( $T=-2.288$ ;  $P=0.023$ ), participatory ( $T=-2.946$ ;  $P=0.004$ ) and competent ( $T=-3.480$ ;  $P=0.001$ ) were higher than those who did not have these aspects. These leadership behaviors of the students affected mean scores of understanding and structure subscales of the questionnaire ( $P<0.05$ ). **Result:** It was identified that most of the students considered themselves as a leader and according to the questionnaire their leadership levels were high.

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# Senior Nursing Students' Levels of Entrepreneurship

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## Abstract

**Introduction:** Entrepreneurship is important in nursing which requires giving quality service to society through the use of new method, product, technology and individual creativity talents. It has been aimed to determine the levels of entrepreneurship of nurses to be thanks to this study. **Method:** This definitive research has been carried out with 77 senior nursing students who accepted to take part in the study out of 128 (60%) after permission was taken from KTU Health College, Department of Nursing. The data were collected between 1 November 2014-30 January 2015 by using Information Form and University Students Entrepreneurship Scale, and they were evaluated with percentage, average, correlation, ANOVA and T tests. **Findings:** 84% of students were female, 46% of them were graduates of Anatolian and Science high schools. 86% of them do not work anywhere, 91% of them are not a member of any association/organization and 88% of them did not take an active role in either an association or an organization like a union. 8% of the students want to work in health sector after graduation, 9% of them want to start a business in another field and 64% of them want to continue their career as nurses. According to the scale, students' entrepreneurship point average is  $137.03 \pm 19.97$ . Those who want to be become an academician after graduation have a higher entrepreneurship point average than those who do not want to ( $t=2.483$ ;  $p=0.015$ ). Those who define themselves as active ( $t=3.429$ ;  $p=0.001$ ), entrepreneur ( $t=5.688$ ;  $p=0.000$ ) and risk-taker ( $t=2.706$ ;  $p=0.008$ ) have higher entrepreneurship point average than those who consider themselves as passive, non-entrepreneur and not taking risks. **Conclusion:** All senior nursing students' levels of entrepreneurship, especially those who consider themselves as active, entrepreneur and risk-taker, are high.

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# Silence Among Nurses: A University Hospital Sample

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## Abstract

**Introduction:** Organizational Silence is Described As Deliberately Avoiding The Expression Of Thoughts And Suggestions That Would Help Improve Organizational Practices, Reveal Shortcomings And Create New Processes Or Services. This is A Descriptive Study. It Aimed To Identify The Issues About Which Nurses Prefer To Remain Silent And Their Reasons For Keeping Silent. **Method:** This Study Was Conducted In Collaboration With 323 Nurses Working At A University Hospital In Ankara, Turkey, Between May 2013 And March 2014. Written Informed Consents Were Obtained From Ethics Committee And The Hospital. The Data Were Collected Using A Personal Information Form, The Organizational Silence Scale And The Intention To Leave The Job Scale. The Data Were Assessed By A Statistician. **Results:** The Majority Of The Nurses Are Married Females Under The Age 30 Who Have Undergraduate Degrees. As Service Nurses, They Sometimes Work Day Shifts And Sometimes Nightshifts. They Have Professional And Institutional Experience Of Less Than 10 Years And Are A Little Satisfied With Their Jobs As Nurses. It Was Found That "Ethics And Responsibilities" ( $M=17.3\pm6.5$ ) And "Administrative Issues" ( $M=16.4\pm5.4$ ) Were The Issues About Which Nurses Most Frequently Preferred To Remain Silent, While "Employee Performance" ( $M=8.0\pm2.9$ ) Was The Issue About Which They Were Least Likely To Remain Silent. The Strongest Reasons For The Nurses' Silence Was "Administrative And Organizational Reasons" ( $M=35.4\pm13.1$ ) And The Weakest Reason Was "The Fear Of Harming Relationships" ( $M=7.7\pm3.1$ ). It Was Identified That Service Nurses Were More Silent In Terms Of Reasons For And Issues Of Keeping Silent And Those Who Were Not Satisfied And Sometimes Worked Night Shift And Sometimes Day Shift At Internal Medicine Clinics Were More Silent In Terms Of Reasons To Keep Silent ( $P<0.05$ ). **Result:** In Sum; It Was Concluded That Employment Position, Working-Type At The Facility And Satisfaction Levels Of Nurses Increased The Reasons For And Issues Of Keeping Silence.

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# The Evaluation Of Spiritual Care Interventions Of The Nurses Throughout The Caring Process

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## Abstract

**Introduction:** The strengthening of an individual's spiritual dimension may have a positive contribution in an individual's healing process. The nurse must analyze this dimension for the patient to be in the individualized care plan. The study was designed to analyze the interventions of nurses on patient care in the process of spirituality. **Method:** Nurses employed in 5 hospitals Eastern Black Sea Region constitute the universe of the research that was planned to be descriptive. 1254 of the 1765 nurses were reached out between 01-30/05/2015 dates without the sample selection. The data was collected by the researchers is based on face-to-face survey techniques in which sociodemographic attributes built upon literature and opinions on spiritual care were evaluated. Permission of the hospitals and nurses were obtained for the study. Number and percentage distributions and Chi-square test was used for statistical analysis. **Findings:** As the nurses' sociodemographic attributes were examined 29.3% of them belonged to 30-35 age group, 26% of them worked as a nurse manager for 82-161 months and 56.7% of them worked for 162-300 months. 91% of them stated that they never practiced spiritual care-related nursing, 97.5% of them stated that they never received support from hospital clergymen, 93.2% of them stated that they didn't talk about spiritual need with the patient since they didn't find it necessary. There is a meaningful relationship was discovered between spiritual care-related interventions and the time he/she worked in service ( $X^2=17.080$ ,  $p= 0.01$ ) and the working time as a manager ( $X^2= 10.41$ ,  $p= 0.00$ ). A statistically significant difference was found between the age and talk about spiritual need with patients ( $X^2=12.3941$ ,  $p= 0.00$ ) and support from hospital clergymen ( $X^2=18.673$ ,  $p= 0.00$ ). **Conclusion:** The results obtained through the study showed that there's very little or no interventions directed at the spiritual dimension during the patient's caring process.

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# Hippo Therapy in Pain Management: Situation of Turkey

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## Abstract

**Introduction:** Hippo therapy is also called 'Horse-assisted therapy' is a special physiotherapy method that is modified technical of riding a horse for specific therapeutic purposes which become very popular in recent years. The purpose of this compilation work is that state the situations which hippo therapy used for mainly pain with scientific basis and increase individual experiences about situation of Turkey. **Method:** Hippo therapy or horse-assisted therapy, pain and pain management keywords are used to scan the researches which are published until December 2015 by using Medline database. **Findings:** Hippo therapy is a tool which is used in therapeutic process by using horse-riding. It is believed hippo therapy improves neuromuscular coordination of riders through impulses of walking horse which is carried to central nervous system. This situation provides patient's transmission which contributes to cure postural control and balance and decrease spasticity. There are five situations which hippo therapy is useful to cure patients. They are namely spinal cord injuries, functional scoliosis, cerebral palsy, avoiding fall of olds, psychological inabilities. Although there are not a lot of proves, hippo therapy is advised as alternative treatment method for decreasing psychical back and neck pains. This treatment is made as Orthopedic Horse-Riding Treatment. Administration of this treatment is based on rhythmic and three-dimensional transmission of horse. These moves are similar to human pelvis while walking. Also, these are reciprocal and symmetric and continue while horse is moving. In recent years hippo therapy is started to used as treatment method. The therapies we are conducted with work therapists and horse breeding and horse coaching departments of universities continue as 5 days in a week and 15-30 minutes per day. We have positive results in these therapies for the kids who are 5-10 and have cerebral palsy, scoliosis and Down syndrome. Also these positive results are taken for middle-aged individuals who have back pains. **Conclusion:** Utilization of hippo therapy is not enough for patients who have pain and other diseases in Turkey.

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# The Effect of the Z Track Technique on Pain and Drug Leakage in Intramuscular Injections

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## Abstract

**Aim:** The aim of this study was to investigate the effects of the Z technique on pain and drug leakage. **Methods:** The study was conducted in a government hospital in the Marmara region of Turkey. Sixty patients were randomly divided into two equal groups, the experimental group and a control group. The Z technique was used in administering injections to the experimental group, while injections were administered to the control group using the standard technique. Immediately after injections, sterile drying paper was pressed on to the injection site and the diameter of any leakage was measured with a millimeter ruler. After that, a different researcher who was blind to the injection technique evaluated the pain felt at the time of the injection using a Visual Analog Scale. **Results:** In the experimental group, mean pain severity was found to be  $28.30 \pm 23.0$ , and mean drug leakage was  $6.93 \pm 4.62$  mm, while in the control group these values were  $36.40 \pm 28.40$  and  $10.03 \pm 3.69$  mm respectively. **Conclusions:** Drug leakage was reduced when administering intramuscular diclofenac sodium by the Z technique, but pain severity was not significantly reduced.

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# Environmental Health Impact Assessment (Ehia) Process Towards Environmental Healthy For Every One

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## Abstract

Environmental health impact assessment (EHIA) process can be defined as the systematic identification and evaluation of the potential health effects of proposed projects, plans, policies, programs, or legislative actions relative to the physical-chemical, biological, cultural, and socio-economical components of the total environment. The primary purpose of the EHIA process is to encourage the consideration of the environmental health impacts in the project planning and decision-making process and to ultimately arrive at actions that are environmental healthy for everyone. For certain types of projects, such as nuclear power projects, cotton roller ginning projects , it is necessary to implement environmental health impact study in order to mitigate adverse environmental health impacts. It may be mentioned that certain manmade industrial disasters such as Chernobyl Nuclear power plant where copious amount of radioactive fuel moderators had been discharged as alpha and beta radioactive pollutants beyond 80 bq/ l in air, land and water interactions causing psychological damage to the local residents during 26 th April 1986, Indira Gandhi Centre for Atomic Research (IGCAR) - Kalpakkam, has been polluting radio-active substance producing physiological and psychological impacts on nearby residents, unsafe chromium contamination and pollution due to mindless chromite mining at Orissa has been degrading ecological environment beyond 3000 ppm , Chisso- Mina Moto responsible for the mercury poisoning beyond 250 ppm in the bay , unsafe arsenic contamination at Bangladesh beyond 1000 ppm in ground water during the year 1970 , Methyle Isocyanide gas poisoning tragedy at Bhopal polluting air environment of more than 1200 ppm during 2-3 December 1984, photochemical smog at Los Angeles during 26 July 1943, and Donora smog beyond safe limits during October 30-31 , 1948. For these types of projects, it is necessary to conduct EHIA and address physiological and psychological impacts on residents. It is reported that prior to the environmental impact assessment, technical and economic factors have dominated the project planning and decision making process. In this research, EHIA process has been investigated on cotton double roller (DR) ginning industries using chrome composite leather clad (CCLC) washers and design and development of an eco-friendly alternative. The objective is to assess the environmental health impacts of cotton ginning which was not researched. Most of the cotton ginning operations are performed by using DR ginning machines which serve an important role in the Indian cotton ginning industries. The rollers used are made of CCLC covering fixed to a shaft. The CCLC contains about 18,000 to 36,000 mg/kg (ppm) of chromium particles. When the seed-cotton is processed in DR ginning machine, the lint cotton is contaminated with hexavalent chromium dust of about 140 to 1990 mg/kg (ppm ) which is carcinogenic substance against the safe limits of 0.1 ppm. During the cotton ginning process due to persistent rubbing of CCLC over stationary knife the chromium particles are adsorbed into lint cotton such that the spun yarns and woven fabrics contain about 100 to 200 ppm which according to World Health Organization (WHO) eco-standards should not be more than 0.1 ppm. The CCLC rollers used in cotton roller ginning machines get powdered during the ginning process. As chromium is a specific dust, gin and mill workers and residents are directly exposed to this carcinogenic substance and are vulnerable to environmental health hazards. To offset this problem, pollution-free eco-friendly washers/rollers both for laboratory and commercial studies have been fabricated and experimented. Environmental health inventory (EHI) serves as the basis for evaluating the potential environmental health impacts both beneficial and adverse of a proposed action. Environmental health impact statement (EHIS) describes the affected environmental health or environmental health setting without the project. Design and development of the EHI is an initial step in the EHIA process. It is concluded that EHIA process should be included as an official process for certain projects, plans, programs, legislative actions, policies in the decision-making process.

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# **Nosocomial Infections- Focus On The Role Of The Environment at The Regional Hospital Of Korca, Albania, During 2011-2015**

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## **Abstract**

**Purpose:** The main purpose is to be reviewed the epidemiologic and bacteriological aspects of nosocomial infections in the Regional Hospital of Korca during the period of time 2011-2015. **Methodology:** It is used the statistical method, based on the results of the examinations, which come from the examination of the samples taken in the environments of the Regional Hospital of Korca. The samples were taken from the maternity hospital, pediatrics clinic, pulmonary hospital, blood bank and different wards of the central hospital, such as surgery, neurology, cardiology, pathology, otorhinolaryngology, ophthalmology. **Results:** During these years there are examined 1208 sample taken in the environments of the hospital, doing the relevant bacteriological cultures. From these 252 ( 20.8%) have resulted positive and 956 ( 79.2%) negative. From the total, 370 samples were taken in the 2011, from which 92 samples were positive and 278 negative. 173 samples during the 2012, with 22 positive cases and 151 negative. 159 samples were taken during the 2013, 42 samples were positive and 117 negative. 418 samples were taken during 2014, 84 were positive and 334 negative. During the 2015 were examined 88 samples, 12 of them were positive and 66 negative. From the positive cases 102 samples were with the E.Coli bacteria, 136 samples with Staphylococcus aureus, 9 samples with Pseudomonas aeruginosa, 4 samples with Staphylococcus epidermidis, 1 sample with Proteus spp. **Conclusions:** In the hospitals, they still does not show the proper care for the prevention of the nosocomial infections, so much more work and commitment is needed to make possible the prevention of these infections.

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# Leadership Initiative in Effects Of Parent Attitudes on Children's Behaviors

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## Abstract

Leadership is defined and discussed by the way that has a characteristic both gained with born and also acquired in the literature. This study was developed to investigate whether leadership has a relationship with genetics and parent attitudes. Four books within the study were evaluated by document analysis as one of the qualitative data analysis process. Benazir Bhutto, who was the first elected woman president in Pakistan in Islam and titled as "Daughter of the East" with the book "Benazir Bhutto Daughter of the East", Margaret Thatcher, who was the first woman president of the West, president in England in 20th century and maintained her leadership for many years with the book "Memories of Iron Lady" (2003), Mahatma Gandhi, who was the leader of independence movement in India with the books as an autobiography "Gandhi: An Autobiography – The Story of My Experiments With Truth" and biography of Gandhi by Deliege (2015) were selected for the study. Nelson Mandela is the fourth leader held in the study. Autobiography of Nelson Mandela was written by Richard Stengel and also "Mandela's Way: Lessons on Life, Love, and Courage" of Stengel (2011) was included to the study. The results are presented with a classification under the theme of parent attitudes by valuating the relationship between leaders and their parents in the period of childhood within the books. Parent attitudes have assumed to possess a vital contribution to impact on individual behaviors and additionally the effects of parent attitudes on four examined leaders were observed through the books as a result of the study.

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# **The Nutritional Characteristics Of Greenhouse Workers Exposed to Intensive Pesticides and Determining The Levels Of Xanthine Oxidase, Nitric Oxide and Arylesterase in Their Blood**

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**Ebru Ture**, Turkey.

**Fatih Gültekin**, Turkey.

## **Abstract**

Agricultural spraying in greenhouses workers may be exposed to the adverse effects of pesticides more than outdoor land workers. Application high dose and spraying of pesticides without prevention may increase risks of harmful effect remarkably. This study aimed to examine activity of xanthine oxidase (XO) which is one of the causes of oxidant stress, and nitric oxide (NO) level and to examine level of arylesterase activity which is the most important enzyme against oxidative modification greenhouse workers' blood who worked about three years in greenhouses. And also aimed to show nutritional habits of these workers. For this study 74 workers have chosen. 44 workers who have exposed to pesticides and 30 people who have never exposed pesticides. The results of study revealed that levels of xanthine oxidase and nitric oxide in experimental group were significantly higher than control group and the level of arylesterase was significantly lower than control group, respectively ( $p<0.05$ ). According to nutritional habits 52.5% of greenhouse workers consumed their production of tomatoes without washing and also other fruits and vegetables. In addition, 59% of greenhouse workers have consumed water and 54.5% of them have consumed some foods while spraying pesticides.

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# The Investigation Of Turkey Health Sector Status and The Effects Of Steam For Bacteria on The Medical Waste Sterilization; Afyonkarahisar Case Study

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## Abstract

The purpose of the study is to investigate the Turkey health sector statement and to determine the medical waste sterilization in the aspects of Afyonkarahisar Province. Apart from that, in this study, *Bacillusstearothermophilusbacterium* has been investigated within the aim of the effects of vapor on bacteria during sterilization process and suitable sterilization intervals have been detected. Technical information about the plant and machinery which operations are applied are given in this study. Changing of applied temperature in the steam sterilization of medical waste such as 135°C for 15 minutes, 138°C for 10 minutes and 142°C for 5 minutes; the sterilization process take place as expected. The sterilization process also takes place as expected in case of change in the applied pressure such as 3.0 bar for 15 minutes, 3.1-3.2 bar for 10 minutes and 3.3-3.5 bar for 5 minutes. The bacterium named *Bacillus stearothermophilus* has been examined in order to measure the effectiveness of the pressure on bacteria during the sterilization process. 3.2-3.5 bar pressure and 138-140°C temperature seemed appropriate as stated in Regulation on Control of Hazardous Wastes as a result of examination and analysis. Also in this study, the suitable sterilization intervals has been specified by applying changes on pressure and temperature. It is identified that sterilization process occurs as expected in the following intervals; 3 bar pressure, 138°C for 10 minutes; 3.1 bar pressure, 140°C for 8 minutes; 3.2 bar pressure, 142°C for 7 minutes; 3.3 bar pressure, 143°C for 6 minutes; 3.5 bar pressure, 145°C for 5 minutes. It has been seen that increasing the amount of sterilization time in low temperatures and low pressures has any effect on sterilization of medical waste. Increasing the temperature and pressure reduces the sterilization time. The operation costs decline because the sterilization of medical waste occurs as expected much more quickly. As a result of this study, according to Regulation on Control of Hazardous Wastes, equipment in the Afyonkarahisar Medical Waste Sterilization Facility is appropriate in the context of control of sterilization efficacy and it has been seen that it is a sample city in collecting, transporting and disposing the medical waste.

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# Children Abdominal Pain Cases: Parents' Hospital Application Attitudes and Pain Control Practices

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## Abstract

**Aim.** To examine children abdominal pain cases, determine parents' hospital application attitudes, pain control practices and factors affecting them. **Method.** The descriptive study was carried out at Emergency Outpatient Clinic of the Private Life Hospital. Ethical approval and official permission were received from the relevant authorities. The study population were created by 2-12 age group children who suffering from abdominal pain clinic and their parents accept participation (N=105). In the data were collected, Personal Information Form was used. The data were evaluated with percentage, mean and chi-square test. **Findings.** 72.4% of children experienced during 24 hours and less duration and 23.8% of children continuous experienced the abdominal pain requiring hospitalization. 72.4% of the parents made some practices until hospital admission. Diarrhea in 75.2%, temperature in 74.3%, vomiting in 58.1%, cough and runny nose in 28.6%, urinary symptoms in 21%, and constipation in 2.9% of children accompanied by abdominal pain. Family type, the child's gender, duration of pain, and the pain of constantly living status ( $p<.05$ ) affected significantly to wide abdominal pain symptom. The child gender, permanent living situation this pain, hospital application duration, and why apply for a period of three hours or more affected significantly vomiting symptom ( $p<.05$ ). The permanent living situation this pain, hospital application duration, and why apply for a period of three hours or more affected significantly diarrhea symptom. Late application, the practices until application, income perception, child age affected significantly herbal tea drink application ( $p<.05$ ). The practices until application, income perception, child gender affected significantly hot application ( $p<.05$ ). The practices until application affected significantly, only, drug delivery ( $p<.001$ ). **Conclusion.** The applications to the hospital more than two times due to abdominal pain may indicate diagnostic challenge. Even if the low rate, thought that their child would be heal may increase the risk of acute abdomen. Made hot application until reached to hospital can cause appendicitis perforation. It may mask the diagnosis given tea to drink and drugs. The low educational level of parents and young children aged pose a risk for hospital admissions, to give drug before and nonpharmacological practices.

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# Men's Conditions Of Utilising Family Health Centre and Determining Effective Factors

Selma Kahraman, Turkey.

## Abstract

**Objective:** It is conducted with the aim of determining men's conditions of utilising family health centres and determining effective factors on it. **Tool and method:** Sample of this descriptive research is comprised of 160 individuals who applied to 3 Family health centres in Şanlıurfa city centre between 01.03.2015-30.05.2015. The data is acquired by researchers through a questionnaire form. In analysis of the data, SOSS 16.0 Package program is used; descriptive statistics and chi-square test is conducted. In order to conduct the study, required institutional permit and verbal consent are received. **Findings:** Age average of participant individuals is  $34,96 \pm 12,86$ , 11% of them are not literate. It is expressed that 19,8% of participants are not employed. It is observed that 70,4% of individuals are married and 71,0% of them possesses a health insurance. It is established that 84,4% of participants uses family health centre, 43,8% of them does not know the Family health centre they are related to and 31,9% of them does not know their family physician. When individuals' knowledge pertaining to services provided in family health centre is investigated; it is stated that 95,6% is prescribed medication, 70,0% received Report, 20,6% of them is visited at their home, 15,6% is provided health education, injection-medical dressing is performed on 85,0%, 71,9% is vaccinated and 48,8% received Early diagnosis services. When their condition of using family health centre services is analysed; it is stated that 71,6% is prescribed, 51,2% received a report, 10,0% is visited at their home, 8,8% is provided health education, 61,9% had injection, 50,6% had vaccine and 15,0% received family planning service. 64,2% of participants expressed that family health services that are provided meet their expectations. When factors affecting participant individuals' condition of using family health centre; it is confirmed that educational status, employment status and health insurance do not affect individuals' condition of using family health centres ( $p > 0.05$ ), and married men use family health centres more ( $p < 0.05$ ). **Result and suggestions:** When study results are viewed, it is found that males do not use family health centres at desired level. In this line, it can be suggested that informative nursing application can be performed on the significance of using family health services with the aim of health protection and improvement.

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# Determining the Factors Affecting Labor Productivity of Nurses

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## Abstract

**Objective:** This study was conducted to determine the factors affecting the labor productivity of nurses. **Materials and Methods:** The study which was planned as descriptive and analytical was carried out with 156 nurses who volunteered to participate in the study in a public hospital in the northwest of Turkey. Data was collected with the "Participant Presentation Form" and the questionnaire including the factors affecting labor productivity which was developed by Özkoç (2005). In the analysis of data; frequency, percentage, arithmetic average and standard deviation were calculated and in order to examine differences between the independent variables and the scale total scores One Way ANOVA Test and Independent T Test were used. **Results:** It was found that the 45.5% of nurses participated in the study were in the 23-53 age group, 79.5% were women, 76.9% married, 41.1% associate degree graduates. 42.3% of nurses' durations of professional experience were 0-5 years, 22.4% of nurses were clinical chief, 69.2% were working as shifts. Participants believe that the factors affecting the labor productivity were respectively organizational factors, ergonomic factors and personal factors. When organizational factors was examined; nurses stated that the lack of working personnel in the section, the low wages and unequal wages for the same work, the long working hours and the system which based on personal relations instead of merit were affecting productivity. Nurses stated that the measures taken by the institution in order to prevent working accidents and trainings given to safe working conditions were affecting productivity in positive way. The factors affecting labor productivity of nurses were not different according to age, gender, education level and marital status ( $p>0.05$ ), but different according to mode of operation and years of experience ( $p<0.05$ ). **Conclusion and Recommendations:** According to this study, it was found that there are many factors that affect the efficiency of the nurses. The most important factors affecting nurses' efficiency were determined as wage and working conditions. To review the methods which can improve the efficiency of labor productivity can be proposed to institutions.

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# Nurses' Attempts Towards Reducing Unwanted Noise That Interferes with Their Clinical Work

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## Abstract

**Introduction:** Unwanted noise causes physiological and psychological problems in humans and leads to various health problems such as reduced attention. **Problem Statement:** With the progress of technology in patient treatment and care, there has been an increase in unwanted noise in patient services. The leading sources of the noise in hospitals may result from the communication between healthcare staff and patients' relatives and the tools the staff use as well as telephones, computers, televisions, and machine noises. Noise affects both the health of patients and caregivers. **Aim:** This study was planned to analyze the attempts of nurses to reduce unwanted noise interfering with their clinical work. **Methods:** This study was a descriptive research conducted with 248 volunteer nurses at a training and research hospital from January 15th to 30th 2016 by receiving institutional permission. In the study, a survey consisting of questions including the participants' socio-demographic characteristics and their attempts to reduce unwanted noise was implemented through face to face survey method. For statistics, SPSS was used and numbers, percentages, and frequency and Chi-square test analyses were done. The significance value was determined as  $p < 0.05$ . **Findings:** The mean age of the nurses was  $42 \pm 1.43$ . 79.4% were married, 54.4% were university graduates, 41.9% had 1-2 children, 58.4% were at internal medicine units, 39.5% were employed in the same service for 11-15 years, 41.9% had at least one chronic disease and 17.3% used at least one medicine for depression. 92.7% of the nurses stated that noise affected their health, 67.8% said that those in the service and hospital did not know the noise protocol and 72.9% expressed that noise interferes with their work. The percentages of disturbed nurses according to the noise sources were as follows; 96.3% were disturbed by visitors, 95.5% telephones 93.5% room doors, 89.1% shouting voices, 80.2% patient seminars, 79.4% machine-air conditioners, 78.6% interns, % 67.7 the noise from the kitchen service and 21.7% television noise. Nurses' attempts to reduce unwanted noise were hanging 'be quiet signs or pictures' in clinics and patient rooms (% 53.2), warning people (50.4%), squeezing room sprays at intervals (50.0%), reducing the volume of the device making noise (40.7%), using soft music in the entire clinic (39.5%), listening to music with headphones (29.4%), wearing headphones (27.4%) and doing nothing (46.7%) respectively. A significant difference was found between surgical and internal services in terms of being disturbed by the noise ( $p < 0.05$ ). **Conclusion and recommendation:** The study revealed that nurses were mostly disturbed by the visitors and as an attempt used picture and noise figures to reduce the noise. Noise is a major health problem and paves a way to sleep disorders, stress, hearing loss, lack of motivation and various chronic diseases in patients and nurses. Improving hospital protocols of silence as well as alternative attempts of nurses will be effective in reducing the noise at least at certain times.

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# **The Incidious Danger in Health: Antibiotic Resistance Determining The Status Of Nursing Students Tostart Using Antibiotics by Their Own**

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**Pınar GÖV**, Gaziantep University, Turkey.  
**Sevgül Donmez**, Gaziantep University, Turkey.

## **Abstract**

**Aim:** This research was carried out to determine the status of nursing students to start using antibiotics by their own. **Methods:** It was completed with 570 nursing students studying in Gaziantep University, as a descriptive study. As a data collection tool an "Identification Form" was used. In the analysis of the findings numerical values and Chi-square test were used. **Results:** It was identified that the mean age of participants was  $20.48 \pm 2.02$  years, % 71.2 were female students and % 69.6 had sufficient income. % 66.8 of the participants had used antibiotics in previous year and % 32.6 within last month. % 31.1 of the students had started using antibiotics by their own. The reasons for starting antibiotics were as follows; common cold and flu in % 62.1; sore throat in % 41.2; fever in % 16.9; cough in % 15.8; abdominal pain in % 13.0; infirmity in % 10.7; urinary burning in % 7.3; and skin infection in % 6.2. When the factors that affected starting using antibiotics by their own without getting doctor's advice were scrutinized; they found to be using the same antibiotic prescribed by doctor in previous similar conditions (% 66.1); unable to visit the doctor (% 22.6); using the drug advised by close friends and relatives (% 16.9); not to pay the examination and test fees (% 13.6); and to consult the drug with pharmacist (% 10.7). It was identified that % 41.1 of the students have asked for antibiotic from doctor when they visited the doctor for any reason; % 48.6 have maintained antibiotic at home in case it might be necessary in the future; % 79.1 have used antibiotic at the prescribed dose and timeframe; % 78.9 have thought antibiotic would be harmful; 18.6 have advised antibiotic therapy to the surrounding; % 66.5 have heard the term of antibiotic resistance previously; only % 29.8 have defined antibiotic resistance correctly; % 57.7 have accepted that the decision to start antibiotic must be made together with a doctor. While there is no statistical difference between starting using antibiotic by own and using it according to prescription, thinking that antibiotics might be hazardous and being familiar with antibiotic resistance; a statistically significant difference was found between using antibiotic in previous year, using antibiotic in previous month, requesting antibiotic from doctor, maintaining antibiotic at home, advising antibiotic therapy, using antibiotic unnecessarily and decision to start using antibiotic. **Conclusion:** It was determined that more than half of the students had used antibiotic at least once in previous year, approximately one thirds of them had started using antibiotic by their own and vast majority of them was unaware of antibiotic resistance. It was also found that the decision to start using antibiotic was influenced by being satisfied from the previous antibiotic, test fee, drug store and surrounding's advices. It is thought that despite sampling group's younger mean age, the rate of starting using antibiotics by their own is high.

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# Investigation of the Relationship between Peer Victimization and Quality of Life in School-Age Adolescents

**Ayla Hendekci**, Atatürk University, Turkey.

## Abstract

Of the adolescents participated in the research (N=336), the mean age was  $13.60 \pm 0.63$  years, 51.5% was male, 88.9% has regular sleep status, 96.7% was healthy, and 83.3% of the unhealthy ones has only asthma as the chronic disease. According to the revised bully/victim questionnaire, 21.7% of the adolescents was victim/bully, 50.0% was victim, and 5.1% was bully, whereas 23.2% was found to be neither victim nor bully. Considering the quality of life of adolescents according to the peer victimization, the mean physical well-being, mental well-being, family, friends, and disease sub-scale scores and the mean total score in the quality of life scale was found to be higher in adolescents not involved any bullying/victimization, and the difference was found to be significant ( $p < 0.05$ ). Conclusion: It can be said that the majority of adolescents has experienced one of the bully or victim status, and these experiences negatively affects the quality of life of adolescents. It is suggested that experiences acquired in school age affect attitude and behavior of person, this condition can affect quality of life at the present time and in the future, therefore behavior of persecutor should be identified in the early period and should be planned proper enterprises.

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# **The Connection between Social Support and Caregiver Burden and Life Satisfaction of the Parents Whose Children Have Congenital Heart Disease**

**Fatma Gdc Tfekci**, Atatrk University, Turkey.

## **Abstract**

**Aim:** The research has been carried out in order to evaluate caregiver burden, life satisfaction and received social support level of the parents whose children have congenital heart disease; to examine the relationship between the social supports received by them and caregiver burden and life satisfaction. **Material and Method:** The research which is descriptive and which is searching a relationship has been carried out between the dates June 7, 2012- June 30, 2014, in Erzurum Atatrk University Research and Application Hospital, Department of Pediatrics and Children Cardiology Polyclinic. In the research, it was collaborated with the parents (N=157) who accepted to participate in, of children who were between the ages of 3 months- 12 years. While gathering the data, a questionnaire, Zarit Caregiver Burden, Life Satisfaction and Social Support Scales have been used. The statistics of the data acquired has been produced by using percentage distribution, mean, and variance and correlation analysis. Ethical principles are followed in the research. **Results:** In the research, caregiver burden, life satisfaction and social support level received from family ( $p<.05$ ), have been determined higher in the parents whose children have serious congenital heart disease than that of parents whose children have slight disease and social support received from friends has been found lower. It has been determined that there is a strong relation ( $p<.001$ ) through negative direction between both social support levels and caregiver burden of parents; and that there is a strong relation ( $p<.001$ ) through positive direction between both support levels and life satisfaction. **Conclusion:** That Social Support is in a strong relation with Caregiver Burden through a negative direction and a strong relation with Life Satisfaction through positive direction in parents of all the children who have congenital heart disease requires social support systems to be reinforced. Parents can be led or guided so as to prompt social support systems more.

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# Comparing The Peer-Led and Adult-Led Education to Promote a Healthy Diet Among Turkish School Children

**Meryem Öztürk Haney**, Dokuz Eylül University, Turkey.

**Akgün Yeşiltepe**, Dokuz Eylül University, Turkey.

## Abstract

Background: Childhood obesity has become a rapidly growing epidemic. Overweight children are at an increased risk of being overweight and developing diabetes, certain cancers and cardiovascular diseases during adulthood. Therefore, it is essential to gain children healthy diet habits encouraging them to consume less fat and salt but more fruit and vegetables in schools. Aim: The present study compared the peer-led and adult-led education models that deliver an education program aimed to promote healthy diet habits among school children. Methods: Pretest- posttest design was used for group comparisons. The participants were fourth-grade children from an urban primary school within a large city in Western Turkey. The data were collected with socio-demographic questionnaire, Children's Dietary Self-Efficacy Scale and Diet Behavior Scale. Descriptive, chi-square test, paired sample t-test, mann-whitney u test, wilcoxon test, and a multivariate analysis of variance (Manova) test were administered with 51 school children. Results: No statistically significant difference was found between groups with regard to pre-test diet scores ( $p>0.05$ ). After education, diet self-efficacy and diet behavior scores significantly improved in the adult-led group ( $p< 0.05$ ). No significant difference was observed between groups with regard to post-test diet scores ( $p>0.05$ ). Conclusions: After education, diet scores of students were not differentiated between two groups. Use of an integrated education approach which contain both adult-led and peer-led education can be more effective in the improvement of the student's diet scores.

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# Assessment Of Radiation Protection Level Among Patients in Jenin City- Palestine

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## Abstract

This study was conducted to evaluate the radiation protection level among the examined patient in diagnostic imaging department at different hospitals and centers in Jenin city, Palestine. The method of collection of data was self-administrative questionnaire. The questionnaire includes questions concerning to radiation protection practices, procedures of imaging, radiation dose limits. Fifty nine (59) clients were included in this survey. The results showed statically that the radiographers showed a good understanding of the issues concern to radiation protection in term of choosing appropriate exposure factor, the beam collimation, positioning the patient correctly and low number of repeated films only. However, the main issue that needs to be investigated with high concerns that there was no radiographer used radiation protection tools such as lead apron among all patients examined even if the same patient was examined for many times, which could lead to increase the chances to exceed the recommended annual maximum permissible doses for public exposure (1 mSv). In conclusion, the survey results revealed that there is an infringement in term of radiation safety of patient who examined in different medical imaging centers in Jenin city and the ministry of health must take a responsibility by taking an action to prevent these transcendences to assure the patients were protected properly from unnecessary radiation during diagnostic X-ray examination.

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# Body Weight and Associations with Eating Problems and Physical Activity in Turkish College Students.

**Meryem Öztürk Haney**, Dokuz Eylül University, Turkey.

**Demet Öztürk**, Dokuz Eylül University, Turkey.

## Abstract

The rate of overweight individuals in younger populations is rising and is associated with an increased risk of psychosocial health problems and unhealthy behaviors. This study examined the relationship between body weight and weight perception, eating attitude and physical activity in a convenience sample of public university students (n=491) from Turkey. The Eating Attitudes Test, International Physical Activity Questionnaire and a demographic information form were utilized. The descriptive statistics, independent sample t-test, one-way anova test and chi-square test were adjusted for data analysis. Overall, 21 % of participants were overweight. Weight perception, weight control behaviors, life satisfaction and eating attitudes differed among underweight, normal weight, and overweight students ( $p < 0.05$ ). These findings suggest that overweight students were at an increased risk of weight misperception, weight loss efforts, life dissatisfaction, and eating problems. Prevention efforts should focus on improving eating, physical activity and mental health among university students.

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# Examining The Relation Between Dyspnea, Fatigue, Kinesophobia and Quality Of Life in Coronary Artery Patients

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**Alp Özel**, Abant İzzet Baysal University, Turkey.

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## Abstract

**Purpose:** The purpose of this study is examining the relation between dyspnea, fatigue, kinesophobia, and quality of life in individuals with coronary artery disease. **Method:** 40 individuals with coronary artery disease whose average age value was  $65.80 \pm 8.36$  years were included in the study. The socio-demographic properties of the individuals who participated in the study were recorded. The Medical Research Council (MRC) criteria was used to assess the dyspnea; the Fatigue Severity Scale (FSS) was used to assess the fatigue; the Tampa Kinesophobia scale was used to assess the kinesophobia; and the Nottingham Health Profile (NHP) was used to assess the quality of life of the individuals. **Results:** The height, weight, and body mass indices of the participants were  $1.65 \pm 0.06$  m,  $74.74 \pm 8.56$  kg and  $27.31 \pm 3.43$  kg/cm<sup>2</sup>, respectively. It was observed that 70% of the individuals experienced dyspnea problems. It was also determined that 12 of the participants (30%) did not have dyspnea; 14 had (35%) dull dyspnea; 9 had (22.5%) mild dyspnea, and 4 had (10%) severe dyspnea; and 1 had (2.5%) very severe dyspnea. In the statistical analyses it was observed that there was a relation between fatigue and TAMPA ( $r=0.503$ ,  $p=0.001$ ); Energy Level (EL), which is one of the sub-parameters of NHP ( $r=0.511$ ,  $p=0.013$ ); Physical Activity (PA) ( $r=0.515$ ,  $p=0.010$ ); and total NHP ( $r=0.644$ ,  $p=0.001$ ) values; however, no relations were determined between the MRC and TAMPA, fatigue and quality of life values ( $p>0.05$ ). **Conclusion:** The individuals who have coronary artery disease may develop a fear against mobility as the severity of the fatigue increases, and adopt an inactive life style by decreasing physical activity levels. This study has shown that regular physical activity must be encouraged in order to increase the health and wellness in coronary artery patients, and practices are needed for the purpose of developing quality of life. There is the need for comprehensive studies on this topic.

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# To Investigate on Physical Activity and Fatigue Level Of Students in Health Sciences

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**Saadet Ufuk Yurdalan**, Marmara University, Turkey.

**Mine Gülden Polat**, Marmara University, Turkey.

## Abstract

**Introduction and Purpose:** Physical inactivity is one of the major factors that causes death. In recent studies, it is shown that although there are some differences observed between the societies, the increase in the physical inactivity proceeds from adulthood to childhood. Exhaustion, fatigue and lack of interest in the environment that is resulted from an energy deficiency, is a subjective problem caused reduction in physical and mental activities. Our aim is to assess the physical activity and fatigue level of the university students and to investigate whether there is a difference in terms of gender. **Material-Method:** Volunteer health sciences students aged between 18-25 and with no known health problems were included in this study. Socio-demographic profiles were saved, physical activity levels (FA) were determined with The International Physical Activity Questionnaire - Short Form (IPAQ-SF) and fatigue levels were determined with Piper Fatigue Scale (PFS-R). **Results** 150 students (59.3% female and 40.7% male) were included in the study. Students' average age was calculated  $20.73 \pm 1.68$  years, height  $169.68 \pm 8.96$  cm, and Body Mass Index as  $21.98 \pm 2.69$  kg/m<sup>2</sup>. The average IPAQ-SF score was found  $2765.56 \pm 3021.85$  METmin/wk and PFS-R level was  $3.82 \pm 2.02$ . While the FA level of female students was found lower than male students ( $2093.21 \pm 2309.14$  METmin/wk versus  $3746.52 \pm 3634.21$  METmin/wk;  $p=0.001$ ), the total fatigue level of the both genders was found similar ( $3.95 \pm 2.17$  versus  $3.64 \pm 1.80$ ;  $p=0.363$ ). In the correlation analysis, no correlation between IPAQ-SF and the PFS-R subscales was found ( $p>0.05$ ). **Conclusions:** In this study in which we have investigated the physical activity and fatigue level of the university students, students' physical activity levels were found low level. The low FA levels of female students were consistent with the literature. Finding that the fatigue levels of the students were low may be explained by low physical activity levels.

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# Physical Activity Level and Obesity in Physiotherapy Students

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## Abstract

**Introduction and Purpose:** With the increase in physical inactivity, the prevention of child and adolescent obesity is one of the basic strategies of the World Health Organization. Our aim is to investigate the obesity and physical activity level in physiotherapy students having education about healthy life and physical activity in the scope of professional development. **Material-Method:** Volunteer physiotherapy students aged between 18-25 were included in this study. Socio-demographic profiles were saved, physical activity (FA) level was determined with The International Physical Activity Questionnaire - Short Form (IPAQ-SF). **Results:** A 445 students were included (66,1% females, 33,7% males) in the study. A 36 of them were thin, 357 of them were medium weight, 46 of them were overweight and 6 of them (1,3%) were the first degree obese. Students' Body Mass Index (BMI) was  $21,98 \pm 2,69$  kg/m<sup>2</sup>. The total IPAQ-SF was  $2308,1 \pm 2346,16$  METmin/wk. While female's BMI was  $21,03 \pm 2,46$  kg/m<sup>2</sup> and FA level was  $1821,9 \pm 1760,89$  METmin/wk, male's BMI was  $23,50 \pm 2,86$  kg/m<sup>2</sup> and FA level was  $3264,5 \pm 2982,56$  METmin/wk. The male's IPAQ-SF and PFS-R were found higher than females (for both  $p < 0,001$ ), PFS-R levels were similar in BMI subgroups ( $p > 0,05$ ). No correlation between IPAQ-SF and PFS-R subscales was found according both of the overall group and gender ( $p > 0,05$ ). A strong negative correlation was found between the first degree obese students' BMI and PFS-R levels ( $r = -0,88$ ,  $p = 0,018$ ). **Conclusions:** Females FA level were lower. No correlation was found between FA levels and the BMI. There was a strong negative correlation between the obese students' BMI and FA levels in BMI subgroups. It might result from that activity periods are prolonged due to the fact that obese students perform the same level of PA in longer periods. As the negative return of the modern age, the decrease in FA levels in the younger population was also observed in this study.

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# Difficulties Experienced by Nursing Students in Using Diagnosis of NANDA at Care Management

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## Abstract

**Aim:** The study is planned to determine difficulties experienced by nursing students in using diagnoses of NANDA at care management. **Methods:** The students, studying in 3rd and 4th class at the Ege University Nursing School in 2015-2016 academic year, covers the universe of descriptive study(N:644). It was encouraged to sample selection from the universe. If the number of individuals in the universe known formula was utilized to determine the sample(n:241). 145 students from the third class and 96 students from the fourth class selected randomly. A questionnaire that is consisting 21 questions used as a data collection. **Results:** The average age of students was  $21.93 \pm 1.48$ . 82.2% of students were women and 95.4% of students were single. The students stated that 86.7% of them have difficulty nursing process steps. Students stated difficulties in preparing care plans as; inability to identify nursing diagnosis on the patient, difficulty in verbal communication with the patient, not to be fully mastered on diagnosis and theoretical knowledge, not to receive sufficient training in the diagnosis and lack of experience. The most frequently diagnosis that they use are the risk of infection, infection, constipation, constipation, risk, activity intolerance, the deterioration in physical movement. 58.5% of students knew other nursing diagnostics and 26.1% of students want to use another system outside of NANDA. 71.8% of the students have indicated the need to be registered with the digital method, such as tablets and phones the nursing process. **Conclusions:** The study showed that many students had difficulty in the process of nursing care. It was determined that more than half of the students knows other nursing diagnosis, they believe that in the necessity of digital recording methods despite using the paper method when saving the nursing process. From this perspective, it should propose that nursing students given information about other diagnostic methods, the nursing diagnostic system that can be used in a digital format to be integrated into nursing education and practice.

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# The Relationship Between Exposed Domestic Violence, Depressive Symptoms and Submissive Behaviors Of Women

**Nülüfer Erbil**, Ordu University, Turkey.

## Abstract

**Aim:** The aim of this study was to investigate the relationship between exposed domestic violence, submissive behaviors and depressive symptoms of women. **Method:** This descriptive and cross-sectional study was conducted one public hospital. The sample consisted of 442 women applying to outpatient clinic of this hospital. Data were collected via a personal information form, Beck Depression Inventory (BDI) and Submissive Behaviour Scale (SBS). In this study, Cronbach's alpha values were found .87 for BDI and .76 for SBS. **Results:** The average age of the women was  $34.40 \pm 8.08$  years and the average children number of women was  $2.48 \pm 1.30$ . 48.2% of them were primary school graduates and 79.4% of them were housewives. Perception income of 66.7% of the women were middle level. 55% of them resided in the province. It was determined that 21.5% of women stated that exposed to partner violence ( $n=95$ ). Women experiencing partner violence stated that 50% of women experienced verbal violence, 34% of them experienced physical violence, 14.9% of them experienced psychological violence, 1.1% of them experienced sexual violence. Parents' growing attitudes of 45.2% of women were found democratic. BDI average score of the women was  $13.49 \pm 9.51$  and their SBS average score was  $41.11 \pm 11.19$ . BDI average score of 33.3% of women was at "borderline clinical depression level" (17 points and above) and BDI average score of these women was  $24.56 \pm 6.65$ . It was found that submissive behaviours and depressive symptoms of women were correlated ( $r=.320$ ,  $p=.000$ ). The SBS and BDI scores of women who exposed to domestic violence were higher than no exposed and the differences were statistically significant, respectively ( $p=.006$ ,  $p=.000$ ). Depressive symptoms according to violence type and growing attitude of parents were different and were statistically significant. Women who are pregnant as a result of forced sexual intercourse BDI average scores were higher than other and the difference were statistically significant ( $p=.001$ ). **Conclusion:** The results of this study was found that one-third of the women were at borderline clinical depression. Women who exposure to domestic violence had increased depressive symptoms and submissive behaviours. Women should be strengthened by developing various programs.

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# Knowing and Practice Situations on Non-Pharmacological Methods in Pain Management Of Nurses

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## Abstract

**Aim:** This research was made descriptive research for determine knowing and practice situations of nurses on non-pharmacological methods in pain management. **Material and Methods:** This research was made between june 2014-may 2015. Gümüşhane, Kelkit and Şiran state hospital which connected to public hospitals unity. This research's universe is 224 nurses who work in hospitals connected to Gümüşhane public hospitals unity. Without using any sample method the entire universe was taken. The research completed by 181 nurses. In obtaining data, the personal information and non-drug methods form in pain management formed by researcher in accordance with literature knowledge was used. The data obtained between december 2014-january 2015 and in weekdays by going relevant hospitals by face to face interview technique. In the analysis of the data used number, percent, arithmetic mean, chi-square, Standard deviation, pearson chi-square, t-test and mann whitney-U tests. **Results:** The average age of the nurses was  $28,01 \pm 6,48$  (min18-max55), %83,4 were women, %42,5 were graduate degree, %61,9 worked in Gümüşhane state hospital, %27,1 worked in built-in clinics. It was determined %62,1 use pharmacological and non- pharmacological methods together and mostly non-drug methods as massage, hot and cold applications, nutritional therapy, music therapy and healing through prayer method are known and practiced. **Conclusions:** For the development of knowledge and practices related to non-drug methods in pain management ,could be suggested that in the nursing curriculum must be contained non drug methods courses, regulation of in-service training activities in the hospitals and the courses for non-drug methods that require special training.

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# Where we are in Nursing Education?

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## Abstract

Objective: Assessing the changes and developments in nursing education in Turkey by comparing with examples of developed countries. Method: The changes and developments of nursing education assessed within the scope of world samples and Turkey. In this context, nursing education programs developed by scanning from the literature and from the universities websites. The existing structure of the nursing, nursing training in Turkey and in the world has been examined and the nursing education in different countries has been evaluated. Results: European Union countries primarily addressed in the study. The nurse's training in the European Union has been taken its basis from the European Commission (EC) and Advisory Committee on Training in Nursing (ACTN). However, the first known university-based training program for nurses in the '70s, New Zealand started at the 1929 and rapidly became widespread. Nurse's training in the European Union is developed more slowly. In Europe and in Turkey in line with EU directives, to the creation of a unified nursing program are being worked, all nursing programs are trying to be integrated into the higher education system. Conclusion: When the Turkish nursing schools training program have been evaluated in terms of curriculum design, it has been seen that there is a need for strengthening the theoretical and practical content structure, closing the gaps in theory and practice, more effort should be spent to ensure compliance with existing content. In the European Union and Turkey taking into account to the EU directives and WHO recommendations, nursing education needs to be revised again. As a result although nursing education in Turkey is developing, many problems remain and have to deal with the nursing profession in strengthening education quality and raising the level of education curriculum of universities in terms of theoretical and practical aspects of development are seen as necessary.

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# Evaluation Of Rational Use Of Painkillers and Antibiotics in Terms Of Public Health

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## Abstract

Objective: Evaluation of rational use of painkillers and antibiotics in terms of public health in Turkey. Method: Rational drug utilization reports statistical analysis were used to be prompted in literature for Turkey and a variety of assessments have been made based on secondary resources and field observations. Results: In which cases the painkiller and antibiotics are used, side effect in the use of these medications, the most common side effects, and problems of unconsciously use of these drugs, other drugs interactions and how the rational drug use should be, are assessed in detail. In this context, various statistical figures, compiled from various data sources presented in the study. It can be say that the rational use of painkillers and antibiotics in Turkey are not common. Conclusion: Given the high prevalence of drug use in Turkey and unconscious use of drugs if it is not taken effective measures to prevent then this can be resulted with economic losses and consists of several risks in terms of health. In this context the importance of rational use of drugs are emerging from the results. As a result the most important health policy recommended in public health, the community education and training about the use of painkillers and antibiotics in the community and to give more effective information to improve attitudes and to create behavior change. Painkiller and antibiotic use in Turkey are evaluated in terms of public health in this study. It is quite important in terms of public health recommendations about this issue. This study evaluated the rational use of the painkiller and antibiotics and gave important recommendations in terms of public health.

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# **The Evaluation Of Governmental Activities in The Context Of Public Health in Terms Of Healthy Eating Habits Of Community**

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## **Abstract**

Purpose: The purpose of the study is to assess the governmental activities in the context of public health in terms of healthy eating habits of community. Method: Activities, practices and legal regulations which have been done by Ministry of Health and Ministry of Food, Agriculture and Livestock in the last five years (between the 2011 and 2016) about the healthy eating of community has been evaluated and examined. Results: Two of the Ministries have been carried out important projects until now. Informative telephone lines, web sites to ensure healthy information to be reach by public performed by the Ministry of Health come into prominence. The salt ratio in the bread and cheese decreased, whole wheat flour usage ensured by Ministry of Food, Agriculture and Livestock in terms of healthy nutrition of public. Besides, legislative efforts about food supplements have been made by Ministry. Companies which produce ruined, fake products are proclaimed to the public, in this way it is provided the formation of a conscious in the society. Conclusion: The creation of awareness in the community about healthy eating and the giving information to the all age groups about this issue, informing the public against false or negative application regulations and practices are increasingly continue to grow. However, to ensure the sustainability of the application and to reach all segments of society, more work needs to be done. In this context governmental activities are evaluated in the context of public health in terms of healthy eating habits of community.

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# AIDS in LGBT Individuals in Terms of Public Health

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## Abstract

**Objective:** Today, AIDS is widespread among lesbian, gay, bisexual, transgender (LGBT) individuals which are seen as disadvantaged groups and has become one of the most important problems of the society. In this context, studies or activities to prevent the spread of AIDS in LGBT individuals evaluated in the context of public health. **Method:** This study is conducted as narrative systematic review evaluating LGBT individuals in terms of HIV. Located between disadvantaged individuals, and these individuals are referred to in the literature as the most important issues the subject of AIDS is discussed within the past five year's national and international literature. Science Direct, PubMed and Scopus, mainly scanned with the key word as ' LGBT, HIV, AIDS, HIV, HIV, Gay and lesbian and Bisexual and transgender and HIV, HIV as keywords and evaluated in the study. **Results:** In the study LGBT individuals and assessments made about AIDS discussed with the public health perspective. HIV infection is the first defined in LGBT individuals 30 years ago. This is important for LGBT individuals. Although HIV affects people from all walks of life, prevalence and effect between LGBT individuals are much more (CDC). HIV-positive individuals not completely cure and every year thousands of new infections can be seen. For example; according to The American Centers for Disease Control and Prevention Center (Center for Disease Control and Prevention CDC) ' there are over a million individuals in the United States compared with the people live with HIV and approximately 50 thousand new infections have been occurred every year. Approximately two out of three of these new infections are seen between LGBT individuals. Despite the limited data for LGBT individuals, recent studies have shown that between individuals LGBT people is almost 34 times more likely to get caught HIV. **Conclusion:** In Turkey, although the statistical figures on this issue is discussed in the reality, studies validate this fact and the status of LGBT individuals' HIV risk shows steady increase. To have situations such as job loss, lack of access to health care, homelessness increase HIV risk. When they are infected with HIV the risk of getting adequate care severely limited. Despite the little social progress understanding HIV in society, individuals who are living with the virus have to face with discrimination and labelling in workplaces, at school and any other places. Comprehensive statistical findings are at the evaluation process.

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# Nurses in Health Statistics: OECD Countries and Turkey

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## Abstract

**Objective:** The purpose of this study is to assess the current situation in nursing by comparing the various health statistics of the Organization for Economic Co-operation and Development (OECD) countries and Turkey. **Method:** OECD Health Statistics are quite comprehensive and comparable statistics resources about health and health system include 34 OECD countries. "Health at a Glance, 2015" report published by the Organization for Economic Co-operation and Development (OECD) and the international literature are the basis of this study. The comparison which has been made thought to be important in terms of putting forward the current status of nursing-related situation. Current Turkish data's were provided from "Turkey Health Statistics Yearbook" published by the Ministry of Health and Public Hospitals Statistical Yearbook published by Turkey Public Hospitals Institution. **Results:** Considering the number of nurses per thousand people, it is seen that the average for all OECD countries was 9.1. It is determined to nurses per thousand people fall less than 2 in Turkey. When looking at the number of nurses per physicians' average for OECD Countries is 2.8 nurse. Turkey is very low and back in terms of the number of nurses per physicians among OECD countries. When we look at the graduate nurse numbers, the average for all OECD countries was about 50 nurses per 100,000 people a year. This rate is 97 in South Korea which is the world's highest level of graduate nurse. Turkey has 20 new graduate nurses per 100,000 population (per capita). Although the rate of nurses trained overseas is not very high in OECD Countries, it is possible to say that there is almost no foreign educated nurse in Turkey. All of the health statistics related with nurses are evaluated and explained by using tables and graphics. **Conclusions:** it is determined that Turkey is back in many aspects compared with OECD average. In this context, Turkey's should give more importance to nursing education, human resources planning needs to be made more effective, should be given sufficient resources to this field and nursing education should be supported more in terms of legal and administrative aspects.

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# Environmental Health Impact Assessment (EHIA) Process Towards Environmental Healthy For Every One

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## Abstract

Environmental health impact assessment (EHIA) process can be defined as the systematic identification and evaluation of the potential health effects of proposed projects, plans, policies, programs, or legislative actions relative to the physical-chemical, biological, cultural, and socio-economical components of the total environment. For certain types of projects, such as nuclear power projects, cotton roller ginning projects, it is necessary to implement environmental health impact study in order to mitigate adverse environmental health impacts. It may be mentioned that certain manmade industrial disasters such as Chernobyl Nuclear power plant where copious amount of radioactive fuel moderators had been discharged as alpha and beta radioactive pollutants beyond 80 bq/ l in air, land and water interactions causing psychological damage to the local residents during 26 th April 1986, Indira Gandhi Centre for Atomic Research (IGCAR) -Kalpakkam, has been polluting radio-active substance producing physiological and psychological impacts on nearby residents, unsafe chromium contamination and pollution due to mindless chromite mining at Orissa has been degrading ecological environment beyond 3000 ppm, Chisso- Mina Moto responsible for the mercury poisoning beyond 250 ppm in the bay, unsafe arsenic contamination at Bangladesh beyond 1000 ppm in ground water during the year 1970, Methyle Isocyanide gas poisoning tragedy at Bhopal polluting air environment of more than 1200 ppm during 2-3 December 1984, photochemical smog at Los Angeles during 26 July 1943, and Donora smog beyond safe limits during October 30-31, 1948. For these types of projects, it is necessary to conduct EHIA and address physiological and psychological impacts on residents. It is reported that prior to the environmental impact assessment, technical and economic factors have dominated the project planning and decision making process. In this research, EHIA process has been investigated on cotton double roller (DR) ginning industries using chrome composite leather clad (CCLC) washers and design and development of an eco-friendly alternative. Most of the cotton ginning operations are performed by using DR ginning machines which serve an important role in the Indian cotton ginning industries. The rollers used are made of CCLC covering fixed to a shaft. The CCLC contains about 18,000 to 36,000 mg/kg (ppm) of chromium particles. To offset this problem, pollution-free eco-friendly washers/rollers both for laboratory and commercial studies have been fabricated and experimented. Environmental health inventory (EHI) serves as the basis for evaluating the potential environmental health impacts both beneficial and adverse of a proposed action. Environmental health impact statement (EHIS) describes the affected environmental health or environmental health setting without the project. Design and development of the EHI is an initial step in the EHIA process. It is concluded that EHIA process should be included as an official process for certain projects, plans, programs, legislative actions, policies in the decision-making process.

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# Clarify Of Caring Self-Efficacy Perception in Iranian Pediatric Nurses: A Qualitative Study

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## Abstract

**Problem Statement:** Nurses, who are considered to be largest group of professional health care providers, face the challenge of maintaining, promoting and providing quality nursing care and to prepare them to function confidently and to care effectively. Self-efficacy is expected to be the most influential among factors affecting nurses' function. **Purpose of Study:** The purpose of this study was to identify how caring self-efficacy perception is conceptualized by Iranian pediatric nurses. **Methods:** This study conducted with qualitative conventional content analysis approach. Participants included 27 pediatric nurses and instructors, selected purposively. Data were collected using semi-structured interviews, and analyzed using conventional content analysis method. **Findings and Results:** Management of care process, Communicational ability, Altruism, Proficiency, Antecedent of caring self-efficacy and consequent of caring self-efficacy were extracted main themes as of caring self-efficacy in this study. **Conclusion and Recommendations:** Results indicated that management of care process, communicational ability, altruism, proficiency Antecedent of caring self-efficacy and consequent of caring self-efficacy were more important dimension of caring self efficacy in pediatric nurses. These results can be used by nursing managers and instructors to help develop empowerment and efficacy of nurses, especially in pediatric care. **Keywords:** Self-efficacy, caring, pediatric nurses, qualitative study.

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# Relationship Between Pain, Functionality Level and Quality Of Life in Patients with Chronic Low Back Pain

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## Abstract

**Purpose:** Chronic low back pain is one of the problems leading to serious limitations in all sections of society. The aim of this study was to assess pain, functionality level and quality of life in individuals with chronic low back pain before medication and medical treatment and to investigate the relationship between these factors. **Methods:** Individuals aging 18-70 admitted to the orthopedic clinic with a complain of chronic non-specific low back pain for a minimum of 3 months were included in this study. Individuals with a previous surgical history, neurological and rheumatological diseases and individuals getting medical treatment in the last 2 weeks were excluded from the study. Sociodemographic data of the participants were recorded. Pain was assessed with Visual analog scale (0-10), functionality was assessed with Oswestry Disability Index, quality of life was assessed with Short Form-36 scale. Statistical analysis was performed with SPSS 22 program. **Results:** Twenty-three women (56.09%) and 18 men (43.90%), totally 41 patients were included in the study (mean age  $40.06 \pm 14.61$  years old, average height:  $170.51 \pm 09.09$  cm). Only 39% of the patients were within normal limits according to the Body Mass Index. The pain intensity of the patients was  $5.73 \pm 1.71$ , the daily average pain duration was  $305,36 \pm 448,20$  minutes, but only 17.1% of the patients were doing regular exercise. Oswestry Disability Index scores were found as  $28.21 \pm 9.13$ ; Short Form-36 Physical Component Score was calculated as  $38.18 \pm 11.84$ ; The Short Form-36 Mental Component Score was calculated as  $48.30 \pm 10.17$ . In the correlation analysis, there was a negative correlation between functionality and educational level ( $r = -0.358$ ,  $p = 0.022$ ), Short Form-36 Physical Component Score ( $r_s = -0.720$ ,  $p < 0.001$ ) and height ( $r = -0.468$ ,  $p = 0.002$ ); and there was a positive correlation between functionality and pain intensity ( $r = -0.358$ ,  $p = 0.022$ ). **Result:** The majority of individuals who participated in the study were in moderate level of disability according to functionality. Quality of life is restricted in terms of both physical and mental aspects depending on pain. Although not having medical treatment, very few of the patients were doing regular exercise. In chronic low back pain; pain, impaired functionality and physical and mental quality of life are the factors that have a strong interact on each other

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# Evaluation of The Work Related Musculoskeletal Problems on Physical Therapists Working on Different Fields

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## Abstract

**Purpose:** Its Rarely Known That Work Related Musculoskeletal Injuries Would Have An Effect On One's Profession. For A Majority Of Physical Therapists There's A Clinical Truth Which Is; Their Profession, Would Cause Such Pain That Leads Them To Change The Field They Work In, And Their Studies. The Aim Of This Study Is; To Evaluate The Work Related musculoskeletal Problems Of The Physical Therapists Working On Different Fields And Find Out If There Is A Difference In The Areas Of Injury Percentages, **Method:** In This Study There Are 299 Physical Therapists Each Of People Completed Their At Least One Year In Work. Physical Therapists Are Assessed Separately Among Themselves In Four Groups Related To Their Profession Fields Which Are; Pediatric, General, Orthopedic And Neurology. For Physical Therapists That We Used We Performed The Questionnaire Of Injuries Occuring On Physical Therapists Work Related. Data Were Analyzed Using Spss 15.0 For Windows. Results For The General Information Items Were Expressed As Mean  $\pm$  Standard Deviation, And Results For Items In The Occupational Portion Were Expressed As Percentages.  $\chi^2$  Were Used To Analyze Influence Personal Characteristics. **Conclusion:** Most Injury Reports Were In General And Neurological Areas. Physical Therapists Working With Pediatric, General, Orthopedic And Neurologic Patients Suffered Mostly From Lower Back Pain, Secondly Neck And Thirdly Hand And Wrist Area. In Physical Therapists Working With Children Patients Activities That Caused Injury Are Using Flexion And Rotation Posture And Using Static Posture, In Working With Adult Patients Using Repetitive Movement And Manual Therapy Techniques. According To The Results Of This Study, The Rate Of Musculoskeletal Disorders In Physiotherapists In Turkey Has Been Found To Be High Due To Their Profession.

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# The Role Of Assistive Device Usage on Functional Independent in People Who Live in Nursing Homes

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## Abstract

**Purpose:** The purpose of this study is examining of assistive device usage and mobility level among elderly people who live in nursing homes. **Method:** 47 Elderly people whose average age value was  $79.04 \pm 8.21$  years were included in the study. The socio-demographic properties and their levels of mobility device usage and number of drugs used in daily life of the individuals who participated in the study were recorded. The Functional Independent Measure (FIM) was used to assess functional level. **Results:** The mean of body mass index (BMI) of the participants were  $27.84 \pm 6.19$  kg/m<sup>2</sup>. Percentages of gender and chronic disease were 26 (55,3%) women, 21 (44,7%) men and 44 (93,6%), 3 (6,4), respectively. It was observed that 51,1% of the individuals had assistive devices. It was found that 65,4% of women and 33,3% of men used an assistive device in daily life. In the statistical analyses it was observed that there was a relation between assistive device usage and the FIM ( $r=0.464$ ,  $p=0.001$ ); the gender ( $r=0,319$ ,  $p=0,029$ ). It was found that a negative relation between the FIM and the number of drugs ( $r= -0,322$ ,  $p=0,027$ ). **Conclusion:** Assistive device usage is important for elderly people in maintaining functional independence in daily life. These results may be taken into the rehabilitation programme of elderly people, especially elderly women. Further research is needed.

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# Factors Affecting Choice Of Profession Of 1st Grade Nursing Students

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## Abstract

**INTRODUCTION:** It is necessary that views of those who have adopted nursing as a profession should be understood and evaluated very well so that they can perform the profession of nursing –which is of particular concern to human health- in the best way. The current study aimed at identifying reasons for choosing nursing profession of candidate nurses.

**Method:** The study designed in descriptive model was conducted with 180 first grade nursing students after official permissions from Dean's Office of Faculty of Health Sciences KTU were obtained. The data were gathered using Information Form and Nursing Career Choice Scale (NCCS) Turkish Form between the 1st- 30th March 2016 and were analyzed with percentages, mans, ANOVA, T tests, Mann Withney U and Kruskal Wallis tests.

**Findings:**, 62% of them chose nursing willingly and 75% of them made first five career options nursing during the profession selection period after university entrance exam. 21% of them chose nursing because of their families and 18% of them preferred nursing because of attractive economic factors. Besides; 72% of the students were served by a nurse before; which was effective in choosing nursing as a career option by 25% of the students. According to NCCS; students' mean total score was  $52.34 \pm 14.54$ , mean score for professional fitness was  $54.21 \pm 19.99$  and mean score for vital points were  $48.90 \pm 15.10$ . Professional fitness scores and total scale scores of those who made first five career options nursing during the profession selection period after university entrance exam and were served by nurses were high ( $p < 0.05$ ). Scores vital points of those who preferred nursing because their university entrance grades were enough only for nursing schools were higher while score professional fitness were lower ( $p < 0.05$ ).

**RESULT:** It was explored that students preferred nursing due to high employment possibility in nursing, being interested in nursing, encouragements of families and health care staff and attractive economic factors.

**Key words:** profession, choice of profession, nursing, nursing student

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# Non-Pharmacological Methods Used in the Management of Pain Caused by Peripheral Intravenous Catheters

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## Abstract

Peripheral intravenous catheters are one of the most important tools of modern medical treatment, but although they are commonly used in clinical practice, it is reported that this is painful and uncomfortable for patients. However, it has been emphasized that this pain and discomfort can be prevented with a careful evaluation of the individual, and if various precautions are taken and effective methods are implemented. In studies carried out previously, mostly pharmacological methods have been used to control the pain and discomfort experienced when peripheral intravenous catheters are used. However, although pharmacological methods are effective in controlling pain, they also have disadvantages for patients such as the likelihood of side-effects, and additional time and cost. Therefore, there is a need for methods of controlling pain and discomfort which are cheap, quick and easy to use, and have no possibility of side effects. Moreover, non-pharmacological methods used in taking control of pain are one of the integral elements of a comprehensive approach to pain relief. These methods are regarded as auxiliary to standard drug therapy in relieving pain. While the drugs used for pharmacological treatment have an effect on somatic pain, the methods used in non-pharmacological treatment affect the emotional, cognitive, behavioral and sociocultural dimensions of pain. Non-pharmacological methods are grouped as peripheral treatments, cognitive-behavioral therapy, and treatments other than these methods. Mostly cognitive-behavioral therapy and peripheral techniques have been tried in controlling the pain caused by peripheral intravenous catheters. These techniques have been used to a great extent on pediatric patients, where it was found that blowing up balloons, seeing flashing lights, listening to music, squeezing a stress ball, watching animation shows, or using a kaleidoscope were effective as methods of attracting attention in reducing the pain due to intravenous catheters. In addition, it has been found that techniques such as the Valsalva maneuver, carried out by blowing into a sphygmomanometer and coughing, Buzzy usage, and ice application were also effective. The aim of this review study was to investigate non-pharmacological methods and their effectiveness in controlling the pain experienced during peripheral intravenous catheterization.

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# Mobbing in Nurses

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## Abstract

Mobbing is one of the most important issues that were experienced throughout career and are still experienced in organizations. The concept which can be translated as “Organizational pressure” comes from the word stem “mob”. It is a negative communication process that functions as to create a front against the one, to engage in degrading treatments, to accuse the person who targeted, malicious behaviors, insinuations and exclusionary attitudes. To qualify a negative behavior as mobbing in the workplace, it must be repeated at least six months and in once a week. Mobbing can be implemented by the peers on the same levels, subordinates or a group as usual implementation of senior management team. Researches shows that the majority of the mobbing victims are individuals that in their thirties, well-educated, even had post graduate and Ph.D. In addition, it was determined that the victims were individuals that had developed emotional intelligence, productivity, honesty, compassion and justice feelings. Due to mobbing, with the psychological pressure created by negative behaviors on person, the victims are losing their self-confidence and becoming unable to fulfill their duties. These aggressive behaviors experienced by the employees in workplace are leading to physical and psychological damage, effecting private life and may even lead to suicide. recent years, the rate of mobbing has increased particularly in the health sector. Because of the risks like mostly to be woman and in health sector, nurses often become victims of mobbing. In order to prevent mobbing in nurses, it should be created a structure that includes giving their value to nurses, open connection, less hierarchical structure, clearly defined duties, powers and responsibilities. In addition, the managers must become sensitive to emotional abuse, support their colleagues against negative behaviors, empowered by senior management in this regard and implement effective solutions.

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# Difficulties Experienced By Nursing Students About Nursing Process and Diagnostics

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## Abstract

Purpose: Nursing process, enabling student nurses to get a systematic point of view in the provision of care for healthy/sick individuals, is important in determining nursing diagnosis correctly and offering patients a qualified nursing care. It was aimed at exploring nursing students' opinions about nursing process and the difficulties experienced. Method: The study designed in descriptive model was conducted with 337 of 529 nursing students who studied at 2nd, 3rd and 4th grades of Faculty of Health Sciences. The data were collected using a questionnaire form developed by the authors between the 21st-30th of November 2015 and were analyzed through percentages, means and chi-square test. Findings: 99% of the students studied nursing process in Fundamentals of Nursing lesson for the first time. 88% of the students thought that nursing process and diagnostics were necessary. 37% of the students considered themselves incompetent in nursing process and were of the opinion that the main reason for being incompetent was that nursing education focused on theory more than clinical practices. 43% of the students stated that they had difficulties in collecting data, analyzing and nursing diagnosing, 39% of the students had difficulties in prioritizing diagnoses during preparation of nursing care plan. 57% of the students emphasized that they wanted to re-study nursing process education and most of the students wanted to study this course with case presentations. Students who learnt nursing process and diagnostics during the lesson found nursing process more necessary but it was also seen that students who found nursing process and diagnostics education satisfactory considered themselves competent about nursing process and diagnostics ( $p<0.05$ ). Conclusion: It was found out that students had difficulty in collecting data, analyzing, diagnosing and particularly in prioritizing diagnoses and therefore wanted to study the nursing process and diagnostics lesson again with case studies.

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# Survey Of Toxoplasmosis Prevalence and Associated Risk Factors in Khoy City, Iran: Based On Electrochemiluminescence (ECLIA) Method

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## Abstract

Toxoplasmosis is a cosmopolitan protozoan infection caused by *Toxoplasma gondii*. Cats and other felids are its definitive host and infect most genera of vertebrates including humans as well as cat as intermediate hosts. The aim of this seroepidemiological study was to determine the frequency of infection in West Azarbaijan province, Iran, during 2011 using Electrochemiluminescence method. In this cross sectional study 200 blood samples were collected randomly from human cases referred to the Urmia City main laboratories from almost all cities of West Azerbaijan province and also demographic variables of the subjects were collected by interviewing. Anti-Toxoplasma IgM and IgG concentrations were determined in samples using Electrochemiluminescence method. Ninety six (47%) out of 200 samples showed the positive level of antiToxoplasma IgG, however, 7 samples (3.5%) were positive for IgM. Nine samples (4.5%) showed the IgG concentration level in borderline. Only in one sample IgM was positive alone and therefore, among the participants of this study, 6 people had acute and 80 people had chronic infection. Significant statistical relationship between frequency of toxoplasmosis with occupation and the method of washing everyday using vegetables were observed. There was no statistically significant relationship between the frequency of Toxoplasma infection with sex, age, educational and marital status, residential status, cat and soil contact, eating undercooked meat and history of hospitalization. This study indicated the prevalence of Toxoplasma infection is high in the residents of West Azarbaijan Province, Iran. However, relatively high acute infection rate in this population could not be ignored.

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# Is Dynamic Balance During Additional Cognitive Task Different in Male and Female Individuals

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## Abstract

**Aim:** The aim of our study is to investigate whether the dynamic balance during additional cognitive task changes between healthy male and female subjects. **Method:** 121 individuals (61 M, mean age  $21.67 \pm 1.36$  years and 60 F that mean age  $21.71 \pm 1.37$  years) were included the study. The dynamic balance performance assessed with  $360^\circ$  turning and Time Up and Go tests. The tests were repeated with no task and with a additional cognitive task. The cognitive task was standardized with counting backwards alouds in steps of 7's from 100. The test time and number of correct answers were recorded. **Results:** There was no difference between two groups scores with no task during dynamic balance test performance ( $p > 0,05$ ). There was statistically significant different between two groups in  $360^\circ$  turning and Time Up and Go tests scores with additional cognitive task ( $p = 0,016$ ,  $p = 0,02$ ). Male individuals were completed the tests with less time and more correct answers than female individuals. **Dissussion:** As a result of our study, males had better scores than females at the dynamic balance tests with additional cognitive task. Thus, we concluded that males can do dual task activities with less loss of balance than females. This result may change with aging, So it is necessary to study dual task abilities with different age groups.

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# The Comfort Expectations Of Office Workers and Their Discomforts Originated From Chair

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## Abstract

**Objective:** The aim of this study is to investigate the discomfort zones due to sedentary work and examine the ratio of these discomforts originated from chair. **Methods:** The data used come from "Office Chair Satisfaction Survey" carried out in the randomly chosen 261 academic and administrative staff of Dokuz Eylül University. The sample size of this study consists of 153 women and 108 men. The survey consists of 27 questions to determine the ideas of staff about their uncomfortable body parts, the degree of discomforts originated from chair, properties of chairs, upholstery used on chair surface and their expectations from their chairs. **Results:** It was found that %73,9 of women and %56,4 of men are not satisfied with the chair. %75,8 of staff who are not satisfied with their chairs, feel pain and/or numbness while sitting. %50, 4 of staff who are not satisfied with their chairs, think that their discomforts originate from the chair. It was found that mostly stated uncomfortable body parts are neck, shoulders, upper back, lower back, waist, sacrum and arms. On the other hand, the people feel uncomfortable if the fabric used on the chair surface has low air permeability which causes to sweating. This study is a part of a continuing project. According to the results of survey, it is thought to be designed a chair which satisfies the expectations of respondents.

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# An Epidemiologic Survey on Human Toxoplasmosis Using ELISA Method in Maku City, Iran

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## Abstract

*Toxoplasma gondii* is an obligatory intracellular protozoon which causes the most widespread protozoan infection. It has a wide spectrum of intermediate hosts that approximately consists of all warm-blooded vertebrates. While infection of healthy adults is usually mild or signless, a serious disease can happen in a prenatal child or a newborn or even when the hosts are immunocompromised or immunosuppressed. This study aims to evaluate the seroprevalence of *Toxoplasma gondii* in clients of medical laboratories in Maku city in 2014. For this study, 165 blood samples were taken from ordinary people referred to medical laboratories in Sardash city randomly. Then separated sera were examined for anti-toxoplasma IgM and IgG, using ELISA method. According to the results, 54 out of 165 examined samples (30.51%) were seropositive for anti-toxoplasma IgG, whereas all of them were seronegative for anti-toxoplasma IgM. Several demographic parameters consisting of age, sex, cat contact, soil contact, nutritional behaviors about the consumption of raw vegetables, and undercooked meat (barbecued) were studied in relation to seropositivity using Chi-square statistical test. It was noted that only age, soil contact, and cat contact had a significant impact ( $P < 0.05$ ) on seropositivity. There was not a statistically significant relationship for other variables ( $P > 0.05$ ). The prevalence rate of Toxoplasma chronic infection was fairly high in residents of Maku city. However, age, soil and cat contact increases the probability of acquiring the infection.

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# **The Relationship Between Core Muscles Endurance and Physical Activity in Healthy University Students: A Pilot Study**

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## **Abstract**

**Aim:** This pilot study was planned to investigate the relationship between submaximal exercise capacity and core muscle endurance in healthy university students. **Method:** 10 healthy female university students between the ages of 17-26 were included in the study. We used 6 minute walk test (6MWT), in order to determine the submaximal exercise capacity, sorensen, lateral bridge and trunk fleksör endurance tests in order to determine the endurance of core muscles, 'Stabilizer Pressure Biofeedback' (Chattanooga Stabilizer) device in order to evaluate the core muscles strength. Physical activity levels of individuals were assessed using the International Physical Activity Questionnaire-Short Form. **Results:** The mean age of the subjects was  $21.7 \pm 1.77$  years. Mean BMI score was  $20.9 \pm 2.7$ . There were statistically significant correlation between 6MWT and lateral bridge ( $\rho = +0.770$ ,  $p = 0.009$ ). The trunk muscle strength measured by Stabilizer Pressure Biofeedback was statistically correlate with lateral bridge ( $\rho = +0.723$ ,  $p = 0.018$ ) and the physical activity score ( $\rho = +0.716$ ,  $p = 0.020$ ). There was no significant correlation between clinical endurance tests and physical activity score. **Conclusion:** Its known that lateral bridge test evaluates quadratus lumborum endurance and this muscle is in relationship with respiratuar functions because of its settlement. According to our results we think that to understand the relationship between core muscles, physical activity and submaksimal exercise capacity; there is need for further studies with more number of cases.

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# Evaluation of Healthcare Service Quality via SERVQUAL Scale: An Application on a Hospital

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## Abstract

Measuring the satisfaction level of the individuals who benefit from healthcare services has great importance for the improvement of healthcare service quality. So, the managers and researchers must know the details of healthcare service quality dimensions which is the weak, to what degree. Therefore they can focus on the quality dimension(s) which need(s) improvement. If the managers know and take into consideration these weaknesses in their prominent decisions, healthcare firms can grow, improve their profitability and have the opportunity to serve higher-level segment. In the literature, lots of studies exist in the healthcare service quality and the patient satisfaction assessment, which are using especially SERVQUAL scale (Roohi et al., 2011 ; Zarei et al., 2012; Papanikolaou and Zygiaris , 2012; Li et al. , 2015). This study aims to measure ongoing healthcare service quality and patients satisfaction via SERVQUAL scale with respect to outpatients' view. It is also aimed to reveal that which of these dimensions are relatively more important and effective for patient satisfaction. In this study, a survey based on SERVQUAL scale is implemented on 623 outpatients of Bulent Ecevit University (BEU) Health Research and Application Center (HRAC) for evaluating perceived healthcare service quality. According to results, healthcare service quality of SERVQUAL scale dimensions differ from each other at least two dimensions among five. Tangibles, one of the SERVQUAL dimension is measured as the highest. The other four dimensions of the healthcare service quality are measured as almost the same. Healthcare service quality according to patients' view with respect to demographic groups are differentiate for groups of age, income and service type, but for gender, marital status, educational level and profession.

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# Does Cranial Manipulation Effect Postural Stability in Parkinson's Disease: A Case Report

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## Abstract

**Purpose:** Parkinson is A Neurodegenerative Disease Characterized By Postural Instability And The Muscular Rigidity Which Is A Common Problem Is Of A Primarily Central Origin. Also In The Literature, It Is Noted That The Patients With Parkinson's Disease May Exhibit Particular Cranial Findings As A Result Of The Disease. The Aim Of This Study Is To Evaluate The Effect Of Osteopathic Manipulative Treatment (Omt) On Postural Stability Of Patient With Parkinson's Disease. **Method:** In This Case Report, We Applied The Cranial Techniques Of Omt Which Was Physiologic Motion Of Scalf, Occipital Release Technique, Temporal And Ssb (Synchondrosis Spheno Basillaris) Movement And Cv4 Techniques Once To A Patient With Parkinson's Disease. We Used Biodex Balance System To Evaluate Postural Stability Before And After The Application. For Data Analysis, The Medial/Lateral Stability Index (Mlsi), Anterior/Posterior Stability Index (Apsi), Overall Stability Index (Osi), And Time-In-Balance Scores Were Recorded With Bilateral Stance At Platform. **Results:** The Age Of Patient Was 35. Osi, Apsi And Mlsi Scores Were Better After Omt Application. For Osi The Result Was  $1,6\pm0,8/1,4\pm0,8$ , For Apsi The Result Was  $1,3\pm0,9/0,8\pm0,7$  And For Mlsi The Result Was  $0,7\pm0,6/0,9\pm0,7$  Before/ After Omt. The Percentage Of Time Spent In  $0^{\circ}$ - $5^{\circ}$  Zone Was %100 In Both Condition. Percentage Of Time Spent In Quadrants Were %2/%53 In Al, %6/%4 In Am, %56/%3 In Pm And %36/%40 In Pl Zone Before/After Omt. **Discussion:** Omt That Includes Cranial Techniques Facilitates The Flexibility And Contraction Properties Of Muscles And Brokes The Cycle Of Reflex Contraction And Muscle Spasm. Also Cranial Manipulations Effect The Parasympathetic System And Correct Postural Disabilities And Abnormal Contractions Of Postural Muscles Via Dura Spinalis. We Think That This Way May Affect Postural Stability But There Is Need Further Studies With More Patients.

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# **The Investigation Of Sexual Function Of Patients Who Underwent Surgery Due to Gynecological Cancer Diagnosis and Received Brachytherapy**

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## **Abstract**

**Aim:** This study, patients who had undergone surgery due to gynecological cancer diagnosis and received brachytherapy treatment with the aim of examining sexual function were planned. **Materials and Methods:** This research was conducted with 118 volunteer women that determined by random sampling method, has operated for the diagnosis of gynecologic cancer and received brachytherapy treatment, married, follow-up Gynecologic Oncology, at least four months after the operation in Ege University Faculty of Medicine, Department of Radiation Oncology, İzmir between April 2013-April 2014. The patients were determined with the Female Sexual Function Index (FSFI) and Individual Diagnostic Form which defining characteristics other variables and sociodemographic of women. The data obtained such as number, percentage, mean, standard from this study was evaluated by test methods using Kruskal-Wallis and Mann-Whitney U test (95% confidence interval,  $p < 0.05$ ). The mean age of participants are  $50.90 \pm 7.98$  and 41.5% are primary school graduates. About 60% of participants are cervical cancer and %69 underwent total abdominal hysterectomy with bilateral oophorectomy salpingo. Female Sexual Function Index Scale mean score was found to be  $15.77 \pm 8.71$ . 97.5% of participants had received less than 30 points from the scale and participants have sexual dysfunction. Results of scale reveal that frequency of sexual intercourse/ libido subscale mean score is  $6.64 \pm 3.4$ , mean score of sexual satisfaction subscale is  $4.87 \pm 3.38$  and mean score of discomfort during sexual intercourse subscale is  $4.25 \pm 2.2$ . Between radiotherapy + brachytherapy combination therapy groups and received only brachytherapy therapy is a significant difference terms of sexual dysfunction average score in patients have undergone surgery due to gynecological cancer, at the same time, received combination therapy have more sexual dysfunction than received brachytherapy ( $p < 0.05$ ). **Result and Recommendations:** According to findings from the study, the most of women who underwent surgery due to gynecological cancer diagnosis and received brachytherapy have sexual dysfunction. Based on these results is believed that the routine assessment of women who underwent surgery due to gynecological cancer diagnosis and received brachytherapy have sexual dysfunction in terms of sexual dysfunction, giving information women and wife about how to maintain their sexual life as well as its treatment and cancer and counseling needs to be done.

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# Determination of The Institutional Cultural Trends of Nurses and Midwives who are Working at First Step Health Care Services

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## Abstract

**Introduction and Background:** Organizational culture can be defined as shared beliefs, attitudes and values within an organization. This study was conducted to determine the institutional cultural trends of nurses and midwives who are working at First Step Health Care Services. **Material and Methods:** The descriptive and cross-sectional study was held between November 2015-January 2016 with 100 nurses and midwives, working at First Step Health Care Services in Sakarya, Turkey. The study was made after permission that was obtained from the institution and ethical approval. . Data was collected by using individual interview form and Organizational Culture Scale. Data analysis was performed in computer using percentage, mean, Independent t-test, ANOVA and Pearson's correlation test. **Results:** The average age of the ones included in the study is  $31,97 \pm 7,28$  years. 37% of participants have graduated degree, 60% are married. 47% has been working in the Family Health Center and the others have been working in the Community Health Center. Taken mean score from the organizational culture scale of participants was  $166.6 \pm 20.94$ . The mean scores received from dimensions of the scale were  $20.06 \pm 3.61$  (hierarchy),  $13.17 \pm 2.47$  (result),  $24.60 \pm 4.55$  (clan),  $24.53 \pm 3.47$  (promotiveness),  $10.03 \pm 2.55$  (formalism),  $12.37 \pm 3.28$  (team),  $16.08 \pm 2.82$  (development),  $30.16 \pm 5.15$  (professionalism),  $15.60 \pm 2.29$  (clearance). No significant relationship was found between educational level, marital status, living place, family structure, income, work place and the scale, dimensions of scale ( $p > 0.05$ ). It was found significant relationship between training, in-service training and Internet ( $p < 0.05$ ). **Conclusions:** The institutional cultural trends of nurses and midwives working at First Step Health Care Services were found weak and their organizational culture scores were low.

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# Determination Of Perception Levels Of Student Nurses About Nursing Diagnosis

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## Abstract

Aim: Nursing Diagnostics, Being Located In The Center Of Professional Nursing Care And Identifying Nurses' Responsibilities For Individual And Public Health, Are Important Markers That Prove Independent Decision-Making Characteristics Of The Profession. The Current Study Was Undertaken In Order To Determine Perception Levels Of Student Nurses About Nursing Diagnosis. Method: The Study, Designed In Descriptive Model, Was Conducted With 386 Nursing Students Who Studied At 2nd, 3rd and 4th Grades Of Faculty Of Health Science. The Data Were Collected With A Questionnaire Form Developed By The Authors Between The 1st-4th Of December 2015 And Were Analyzed Using Percentages, Means, Anova, T Tests. Findings: 16% Of Them Told That They Heard Nursing Diagnosis Before, 83% Of Them Considered Themselves As Competent As To Make Diagnosis And Nearly All Of Them Thought That Diagnosis Is Useful In Practice And Necessary For Nurses. 52% Of Students Thought That Nursing Diagnosis Was Effective In Providing Patient-Specific And Qualified Care And 69% Of Them Thought That Nursing Diagnosis Was Useful In Providing Planned, Correct And Systemized Diagnosis Whereas 55% Of Them Were Of The Opinion That Nursing Diagnosis Did Not Result In Holistic Care And 66% Of Them Thought That Nursing Diagnosis Did Not Increase Wellness. Mean Total Scale Score Of Students Was  $M=2.66\pm44.70$ . Mean Total Score Of Perception Of Nursing Diagnosis Of Female Students Was High ( $T:-2.803$   $P:0.005$ ). Besides; Students Who Considered Themselves Competent In Determining Nursing Diagnosis Found Nursing Diagnosis More Necessary ( $X^2: 8.393$   $P:0.049$ ) And Could Make Correct, Customized And Patient Specific Nursing Diagnosis ( $X^2:66.810$   $P:0.000$ ). Conclusion: It Was Discovered That Perception Levels Of Nursing Diagnosis Of All Students -And Particularly Of Female Students- Were Positive And Those Students Who Considered Themselves Competent In Determining Nursing Diagnosis Found Nursing Diagnosis Necessary And Could Make Correct, Customized And Patient Specific Nursing Diagnosis.

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# Interaction Between Kinesophobia and Physical Activity Level

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## Abstract

Purpose: The pain creates kinesophobia in patients. The aim of this study is to investigate relationship between kinesophobia and physical activity level in patients with knee pain. Methods: Individuals admitted to the orthopedic clinic with a complaint of knee pain with different diseases (ligament and meniscus ruptures, gonarthrosis et.) in this study. Pain was assessed with Visual analog scale (0-10), physical activity level was assessed with International Physical Activity Questionnaire (IPAQ), kinesophobia was assessed with Tampa Kinesophobia Scale. Statistical analysis was performed with SPSS 22 program. Results: Totally 28 (17 Females + 11 Males) patients were included in the study (mean age  $45,79 \pm 16,49$  years old). The mean pain intensity of the patients was  $4.0 \pm 3.15$ , but 50% of the patients were doing regular exercise. The past week sitting time for patient was determined  $357,86 \pm 213,22$  minutes. In patients IPAQ mean score was calculated as  $2178,19 \pm 2659,31$ . Tampa Kinesophobia Scale mean score was found as  $43.71 \pm 4.76$ . In the correlation analysis, there was a negative correlation between physical activity level and kinesophobia ( $r = -0.408$ ,  $p < 0,05$ ). Result: The pain effects mobilization and so physical activity level. On the other hand, because of the pain in patients, they don't prefer to do movement and this situation causes kinesophobia.

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# Kinesophobia Effects Of Surgery in Patients with Knee Problems

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## Abstract

**Purpose:** The Aim Of This Study Is To Investigate Kinesophobia Effects Of Surgery Treatment Caused By Perception Of Pain In Patients With Knee Problems. **Methods:** Individuals Aging 19-74 Admitted To The Orthopedic Clinic With A Complain Of Knee Problems Like Anterior Cruciate Ligament And Meniscus Ruptures,. Pain Intensity Was Assessed With Visual Analog Scale (0-10), Kinesophobia Was Assessed With Tampa Kinesophobia Scale. Preoperative And Postoperative Outcomes Of Patients Were Compared. Statistical Analysis Was Performed With Spss 22 Program. **Results:** Seventeen Women (60,7%) And 11 Men (39,3%), Totally 28 Patients Were Included In The Study (Mean Age  $45,79 \pm 16,49$  Years Old, Average Height:  $167,71 \pm 11,32$  Cm). The Mean Severity Of Pain Of Patients Was Determined To Be  $4.0 \pm 3.15$  Preoperatively And  $4.64 \pm 3.12$  Postoperatively. The Tampa Kinesophobia Scale Results Were Calculated  $43.71 \pm 4.76$  Preoperatively And  $39.04 \pm 5.45$  Postoperatively. In The Correlation Analysis, It Was Determined That No Significant Changes In The Evaluation Effects Of Surgical Treatment ( $P > 0.05$ ). **Result:** Patients With Knee Problems Have Kinesophobia Caused By Pain. In The Early Period After Surgery Is The Reduction Of Losses Due To Lack Of Significant Reduction In The Movement Fear Of Pain. For Better Interpretation Of Results, It Is Recommended To Be Done Similar Studies In Advanced Stages After Surgery.

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# Evaluation of Patients with Tay- Sach Disease Physiotherapy Practice: Case Report

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## Abstract

**Purpose:** Study was carried out to evaluate patients with Tay- Sach disease in terms of physiotherapy application. Tay-Sachs disease is a disorder where harmful amounts of fat substances build up in nerve cells and tissue. **Material and methods:** The study included that 24 years old male patient who diagnosed with Tay-Sach disease nineteen years ago. Patient was evaluated in terms of pain, respiration, limitation, sensation, muscle shortness, falls, fatigue, coordination, trunk control and cognitive. As results of evaluation, bilateral plantar flexor, shortness of bilateral hamstring and shortness bilateral pectoral muscle, fatigue, falls and coordination disorder were observed. VAS for pain, BORG for fatigue, Trunk Control Test and Trunk impairment scale for trunk control, Ataxia Rating Scale for balance and coordination problems was carried out. Functional independence measure (FIM) for activities of daily living was carried out. Patient was taken to the physiotherapy program. In the physiotherapy program; stretching, PNF techniques, soft tissue mobilization, coordination and core stabilization exercises were implemented. physiotherapy program were carried out 3 sessions per week for 6 weeks. Treatment is ongoing as one session per week. **Result:** When compared before and after physiotherapy program; tiredness has dropped in according to BORG scale. Shortness has reduced, muscle strength has increased, trunk stabilization have been enhanced. Trunk control score of patient has reached from 61 to 87 in trunk control test. Rate of balance and walking has reached from 14 to 10 in kinetic section of Ataxia Rating Scale. Activities of daily living has reached from 52 to 58 in FIM. **Conclusion:** According to the data obtained from the study, physiotherapy program reduces existing problems in the patient and increases the independence and; consequently, we have reached the conclusion that it contributes to functional recovery.

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# Evaluation of Patient with lymphedema Physiotherapy Practice: Case Report

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## Abstract

**Purpose:** Study was carried out to evaluate patients with lymphedema in terms of physiotherapy application. **Material and methods:** The study included that 67 years old female patient who diagnosed with Lymphedema three month ago. Patient was evaluated in terms of pain, fatigue, edema and gaiting. As results of evaluation, edema of lower extremity ( by doing circumference measurement; 5 cm above big toe: 30 cm., 10 cm above big toe:45 cm., 15 cm above big toe:52 cm., 20 cm. above big toe:57 cm.), severe and jabbing style pain (in the back of legs and toes) and gait disorder were observed. VAS for pain, BORG for fatigue was carried out. Patient was taken to the physiotherapy program. In the physiotherapy program; manual lymph drainage (MLD) , skin care, compression treatment and active cycle of breathing techniques were implemented. Physiotherapy program were carried out 5 sessions per week for 3 weeks. Treatment is ongoing as five session per week. **Result:** When compared before and after physiotherapy program; during resting, tiredness has dropped from 4 to 3 When the activity , fatigue has decrease from 5 to 3 in according to BORG scale. The jabbing style pain that it reduced from 5.2 cm to 2.5 cm with respect to VAS . Edema of lower extremity ( by doing circumference measurement; 5 cm above big toe: 27 cm., 10 cm above big toe:40 cm., 15 cm above big toe:49 cm., 20 cm. above big toe:54 cm.) was reduced. **Conclusion:** According to the data obtained from the study, physiotherapy program reduces existing problems. MLD and compressive bandage application that the method is effective in reducing pain and lymphedema

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# Assessment Of Job Satisfaction and Physical Activity Level Among Nurses Who Works in Neurosurgery Clinics

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## Abstract

**Aim:** The aim of this study is job satisfaction and physical activity level of nurses who works in neurosurgery unit. **Method:** The type of study is descriptive cross sectional. 30 nurses who work in İzmir Katip Çelebi University, have participated in this study. These nurses work in neurosurgery intensive care unit and neurosurgery service. Physical activity and job satisfaction by IPAQ (International Physical Activity Questionnaire), MSQ (Minnesota Satisfaction Questionnaire). SPSS 21.0 programme was used for statistical analyses. Between outcome measures were calculated with pearson corelation analyses. Significance level is taken as  $p<0,05$ . **Finding:** It's found that satisfaction is low in point of 'respectability', 'to practice their desicions', 'appreciation' as self-satisfaction; 'salary', 'promotion', 'conditions' as external satisfaction which are sub-factors of Minnesota Satisfaction Questionnaire . In Physical Activity Questionnaire; it's detected that applicants have middle-level physical activity and they walk at least 10 minutes every day. **Result:** It's concluded that inner and external satisfaction among nurses who works in neurosurgery clinics is low. Managers should provide an environment whic is ensuring professional autonomy, motivating and appreciating, Low heavy egzersize level and high irregular physical avtivity level cause putting weight on. Also it is necessary to remind by seminars that by increasing physical activity the risk of high blood pressure, high cholesterol, heart diseases, stroke and diabetes can decrease.

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# **Risk Factors, Prediction and Awareness of Cardiovascular Diseases in The Population of Turkey's Northeast Region: Findings from a Population-based Study.**

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## **Abstract**

**Aim:** The aim of this study was to investigate cardiovascular disease risk factors, 10-year risks to the Framingham model, and possible differences between awareness levels of risk groups among adults aged between 20-79 years in primary health services. **Method:** The study design was cross-sectional, descriptive, and correlational. Data was collected with a questionnaire form which examined sociodemographic characteristics and habits, the Framingham risk calculating model, and the Cardiovascular Disease Risk Factors Level of Knowledge Scale (CRF-LK). **Results:** Smoking in men (55.8%), and not exercising (65.4%), obesity (67.3%), and metabolic syndrome (67.7%) in women were major risk factors. Awareness scores of cardiac patients were lower than noncardiac patients ( $p<0.05$ ). High risk non-cardiac groups individuals had lower CRF-LK mean scores than those with low and medium risk ( $F: 5.161, p<0.05$ ). **Conclusion:** These findings showed that determining risk factors, calculating risks, and raising awareness are important in protection against cardiac diseases and management of cardiac diseases.

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# Examining The Ice Creams Offered For Sale in İstanbul in Terms Of *Listeria monocytogenes* and Enterobacteriaceae Existence

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## Abstract

**Problem Statement:** Today parallel to the rapid increase of the world's population, the food requirements of people have also increased. Together with the development of industrial production, demand to ready-made food consumption has increased. However the increase in ready-made food consumption threatens public health due to infections in ready-made foods concerning food. One of these foods is especially ice cream that is popular during summer season. *Listeria monocytogenes* and Enterobacteriaceae are bacteria that are included within pathogen group threaten human health. *Listeria monocytogenes* is one of the foodborne pathogens commonly seen in nature. During production by means of pasteurization *Listeria monocytogenes* is inhibited. In case of seen in food, it causes listeriosis in humans and some animals. Listeriosis result in meningitis, septicemia and spontaneous abortus in acute cases. Enterobacteriaceae, is one of the components of human and animal gastrointestinal system flora. Septicemia in human causes health problems such as urinary system infections, cholecystitis, wound infections, gastroenteritis, and meningitis. **Purpose of The Study:** In this study; ice creams belong to different companies offered for sale in İstanbul from production to sales are evaluated in terms of *Listeria monocytogenes* and Enterobacteriaceae amounts due to contamination and various transmissions by using VITEK®MS and Real-time PCR devices. Obtained results are compared to the values determined by Turkish Food Codex. Determined *Listeria monocytogenes* and Enterobacteriaceae is aimed to be evaluated in terms of public health and food safety. **Methods:** For the detection of Enterobacteriaceae, bacteria detection is made via verification method. Enterobacteriaceae suspected isolate is detected within 35 samples among 70 samples working parallel to each other. Totally 20 of them are not conforming to the limit determined by Turkish Food Codex. The values found are between 300-66000 kob/g. **Findings:** Typology of 20 samples are made via VITEK®MS device and both *Enterobacter cloacae* and *Enterobacter asburiae* types are seen within 7 samples. *Klebsiella pneumoniae* type is seen in one of them. For the determination of *Listeria monocytogenes*; according to VITEK®MS typology results no *L. monocytogenes* is detected within 70 samples studied parallel; no isolates are determined as *L. monocytogenes* as a result of the analysis performed by following Real-time PCR kit procedure. However, 1 *E. faecalis* and 1 *L. innocua* are determined. **Conclusions & Recommendations:** In this study; it is determined that Enterobacteriaceae and *Listeria monocytogenes* content in some ice creams consumed by the public in their daily lives do not conform to the standards determined by Turkish Food Codex. It is determined that this condition shall threaten public health.

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# Determination Of Clostridium Spp and Other Bacteria in Some Foods by Microbiological and Mass Spectrometry Methods

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## Abstract

**Problem Statement:** Clostridia are spore-forming anaerobic Gram positive pathogens widely present in the environment and clinical setting. Some of them are important causes of infections, and producers of lethal toxins, including *C. perfringens*, *C. botulinum*, *C. tetani*, *C. perfringens*, and *C. difficile*. Not only environmental and clinical settings, foods are also under suspicion for Clostridium spp. In Turkey, foodborne Clostridia has not been questioned seriously yet. Therefore, their surveillance is very important for public health and food safety.

**Purpose of The Study:** The purpose of the study was to determine the occurrence of Clostridium spp and other bacteria in different foods by microbiological and Mass Spectrometry methods. **Methods:** In this study, 20 frozen vegetable, 20 packed ready to eat appetizer, 20 fresh vegetable, 18 unpacked appetizer and 16 red meat, a total of 94 food samples, was collected in Istanbul. The samples were initially pre-enriched, and subsequently enriched within the proper media. Then, the suspected isolates were subjected to oxidase testing, followed by identification using Vitek®MS (bioMérieux). **Findings:** The findings revealed that a total of 27 isolates were characterized. Among these isolates, 6 (22.2%) were Clostridia species, including 2 *C. perfringens*, 2 *C. bifermentans*, 1 *C. indolis*, and 1 *C. novyi* whereas the remaining 21 isolates (77.8%) were defined as 8 *Enterococcus faecalis*, 4 *Staphylococcus* spp, 2 *Vagococcus fluvialis*, 1 *Morganella morganii*, 1 *Bacillus cereus*, 1 *Bacillus thuringiensis*, 1 *Arthrobacter mysorens*, 1 *Enterococcus casseliflavus*, 1 *Proteus mirabilis*, and 1 *Pseudomonas aeruginosa*, respectively. **Conclusions & Recommendations:** This study showed that some foods sold in Istanbul significantly contained Clostridia species and other human pathogens. Therefore, they were found to be posing a health and food safety risk for the consumers by leading to serious causes of infections.

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# Kuzey Kıbrıs'ta İş Sağlığı ve Güvenliği ile İlgili Durum Tespiti

**Huseyin Baykan**, Near East University, Turkey.

## Abstract

There are 250-300 accidents, happening at work in the North Cyprus every year and 6-10 people lose their lives in such accidents. These numbers cannot be underestimated when considered per capita population. There have been no studies completed on the discontentedness felt and its causes to date. The main thesis of this study is that despite the existence of the Health and Safety at Work Act (35/2008) with its relevant policies and regulations all at global values yet there is no general contentment felt on its application. In parallel, the aim of this study has been to identify the causes of such discontentment and to offer ways to solve it. The study has used qualitative methods in reaching its objective. In determining the current situation in the TRNC, expert opinions and experiences were consulted and state statistics were studied and consequently a SWOT analysis technique has been used. This study has recorded that sufficient law and regulations existed in the North Cyprus regarding health and safety at work. However, there is no sufficient information, training and inspection carried out by the state and the employers do not regard this issue as priority. This study has concluded that the health and safety at work needs to be developed in North Cyprus and has made relevant proposals.

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# Situational Analysis on Health and Safety in North Cyprus

**Huseyin Baykan**, Near East University, Turkey.

## **Abstract**

There are 250-300 accidents, happening at work in the North Cyprus every year and 6-10 people lose their lives in such accidents. These numbers cannot be underestimated when considered per capita population. There have been no studies completed on the discontentedness felt and its causes to date. The main thesis of this study is that despite the existence of the Health and Safety at Work Act (35/2008) with its relevant policies and regulations all at global values yet there is no general contentment felt on its application. In parallel, the aim of this study has been to identify the causes of such discontentment and to offer ways to solve it. The study has used qualitative methods in reaching its objective. In determining the current situation in the TRNC, expert opinions and experiences were consulted and state statistics were studied and consequently a SWOT analysis technique has been used. This study has recorded that sufficient law and regulations existed in the North Cyprus regarding health and safety at work. However, there is no sufficient information, training and inspection carried out by the state and the employers do not regard this issue as priority. This study has concluded that the health and safety at work needs to be developed in North Cyprus and has made relevant proposals.

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# Self-Compassion Of Nursing Students and Thoughts on The Profession

**Funda Özpulat**, Selcuk University, Turkey.

**Nevin Altıntaş Günaydın**, Ordu University, Turkey.

## Abstract

Many different professions groups has emerged with development of science and technology in nowadays. Occupations are not considered separate from society. All societies have a mutual relationship between the profession and society. Nursing profession related health makes it indispensable. Nursing consists of applications based on information theory and theories. This theory and theories, provide resources for nursing practice. Nursing profession like all professions is influenced significantly by society. Awareness about nursing profession develop their student years and continues throughout the entire professional life. There is a close relationship between the profession of nursing and concept of self-compassion. The concept of self-compassion as defined by Neff and based on basic philosophy of Buddhism 2,000 years includes ability to individual's suffering deal with in sincerely, interestedly and a conscious way. It is seen that the studies evaluating relationship between achievement goals, emotional intelligence, perfectionism, anxiety level, life satisfaction, self-efficacy and social support with self-compassion in Turkey. There isn't a study revealed self-compassion of nursing students and their thoughts about profession, although some studies on self compassion in the field of nursing. In addition, studies are required to demonstrate the relationship between self-compassion level of nursing students and opinions about their profession

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# Job Satisfaction Levels Of Primary Health Care Nurses and Midwives Working in The Districts Of Adapazarı, Serdivan and Erenler in Sakarya

**Ayşe Çevirme**, Sakarya University, Turkey.

**Hamide Zengin**, Sakarya University, Turkey.

**Ozge Kaynak**, Sakarya University, Turkey.

## Abstract

**Aim:** This study was conducted in order to determine the professional satisfaction of nurses, midwives and Family Health Staff (FHS) working in Primary Health Care Services and to evaluate the related factors in terms of some variables. **Method:** Being a descriptive and an analytical one, this research had a sample of 100 voluntary nurses, midwives and FHS working in three different Public Health Centers (PHC) and 41 Family Health Centers (FHC). Data were collected via a "questionnaire" and "Minnesota Satisfaction Questionnaire (MSQ)". For the evaluation of the data, number, percentage, mean, Kruskal-Wallis test, Mann-Whitney U test, Independent t-test, One-Way ANOVA and Pearson correlation coefficient were used. **Result:** A total of 52.5 % worked in PHC and 47.5 % worked in FHC. Total score average of job satisfaction scale was  $67,85 \pm 11,3$  and job satisfaction in general was found as "sufficient" level. As for the scores of job satisfaction in general, there was a statistically significant difference among the places they worked ( $p < 0,05$ ); the people who worked in FHCs had a significantly higher score of job satisfaction in general compared to the ones who worked in PHCs. External factor scores of the ones who worked in FHCs were higher than the ones in PHCs. It was seen that as the age and total working period increased, general job satisfaction, internal and external factor scores decreased. **Conclusion:** It was concluded in this study that choosing a job willingly had a positive effect on job satisfaction. It should be better to inform the students on this issue before they choose a job, recent staff should be given the opportunity of in-service training as much as possible, job definitions should be made, lack of staff and insufficient physical conditions should be remedied.

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# Investigating Prevalence of Human *Cryptosporidium* in Urmia city and Determining the Variants of Parasites using PCR-RFLP Analysis of 18s rRNA Gene

**Farshad Mazaheri Chors**, Islamic Azad University,Iran.  
**Haniyeh Moradbeygi**, Islamic Azad University,Iran.

## Abstract

*Cryptosporidium* is the important factor of endemic and epidemic diarrhea which often threatens children and the patients that use cellular and humoral immunosuppressive drugs. The present study aimed to investigate the prevalence of *Cryptosporidium* and its association with some variables and to differentiate human isolates based on 18s rRNA gene fragment of 845bp. In this Cross-sectional study, during 22 June 2014- 21 June 2015, 1200 samples from laboratories in Urmia were analyzed. After concentration by Formalin-ethyl-acetate method, developments prepared by acid-fast Kinyoun method were stained. For molecular analysis, positive samples were purified and separated by discontinuous sucrose gradient and gradient percoll methods. In the subsequent stage, genomic DNA was extracted and 18s rRNA gene fragment of isolates was multiplied by Nested-PCR method; then PCR product was cut and sequenced by restricting enzyme *VspI*. Data analysis was performed by Excel,v.2013 and SPSS,v.19. To determine the relation between the variables, Chi-square  $\chi^2$  with reliability of 95% was administered. Among the stained samples, 11 (92%) were recognized as positive. Data analysis showed that there is a significant difference between prevalence rate among people with different groups of age, locations, season/ month of infection, and immune system weakness and ordinary people ( $p<0.01$ ), but there wasn't any significant difference between gender groups ( $P>0.01$ ). All the positive samples were confirmed by Nested-PCR. The results of PCR-RFLP on 18s rRNA showed: 9 isolates had *parvum* genotype and 2 isolates were *hominis* genotypes. This implies that the absolute dominance of animal *Cryptosporidium parvum* was in human infections.

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# **A Survey on The Prevalence Of Giardiasis in Applicants Of Health Card in Boker City From 2011 Until 2014.**

**Farshad Mazaheri Chors**, Islamic Azad University,Iran.

**Nasrin Barzgar**, Islamic Azad University,Iran.

## **Abstract**

Giardia lamblia is an intestinal protozoan parasite in human and vast range of vertebrates which has great importance in medical parasitology and general sanitary in developing countries. Regarding the importance of epidemiologic studies as the first step of recognizing and controlling parasite contamination and nonexistence of Attributable documentary informations about the amount of Giardia lamblia contamination among health card applicants in Boker city, carrying out this study was necessary. This is a cross sectional study that has been done partly on 8245 health card applicants who referred to the laboratory of Boker's hygiene center from 2011 until 2014. In this study, demographic parameters were registered and analyzed by SPSS V. 21. Stool specimens were examined microscopically for the presence of giardia lamblia cysts and trophozoites using direct and formalin-ether concentration methods. According the results, the amount of Giardiasis was 5.91 %. Residence, education level, age, and job had a significant relation with Giardiasis ( $P < 0.05$ ) while sex and symptoms showed no significant relation with Giardiasis ( $P > 0.05$ ). The amount of giardiasis outbreak has decreased proportionally through increasing awareness, facilities and public health. There have been done exact hygiene principles like establishment of periodical instruction sessions and carrying out stool exam every 3 months. Through these, a great number of people who have a big role in transferring the disease can be controlled directly.

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# Athletic Skill Selection Criteria Of Sport Teachers Working at Lycee

**Ayla Günal**, Gaziosmanpaşa University, Turkey.

**Funda Demirtürk**, Gaziosmanpaşa University, Turkey.

**Mustafa Kaya**, Gaziosmanpaşa University, Turkey.

## Abstract

**Objective:** To investigate athletic skill selection criteria of sports teachers working at lycee. **Method:** A total of 45 physical education and sports teacher (11 female, 34 male) working at lycee were included in the study. Demographic data, branch of sport and duration of being a sports teacher were recorded. The feature that sport teachers consider during athletic skills selection was evaluated on a 10 cm of visual analogue scale, while “0 cm” means “not important at all” and “10 cm” means “very important”. Teachers were asked which skill tests they performed during athletic skill selection. **Results:** Mean age of the teachers were  $35.13 \pm 5.99$  years and mean duration of being a sport teacher was  $10.11 \pm 5.64$  years. Systematic working ( $8.84 \pm 1.63$  cm), carrying out a given task ( $8.79 \pm 1.57$  cm) and student’s choice ( $8.64 \pm 1.83$  cm) were the top three criteria that the teachers placed importance while selecting sport skills. Teachers stated that they commonly performed physical fitness tests, branch-specific tests and considered anthropometric characteristics during selection. **Conclusion:** It is essential for sport professionals to find out the most important criterion during skill selection in order to achieve the determinated goals. It can be concluded that psychosocial properties are as important as physical and motoric skills according to sport teachers and should be evaluated together when considering a player for athletic skill selection.

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# Comparison Of Awareness Of The Primary School Students About Physical Education and Sports Lesson According to Gender

**Mustafa Kaya**, Gaziosmanpaşa University, Turkey.

**Funda Demirtürk**, Gaziosmanpaşa University, Turkey.

**Ayla Günal**, Gaziosmanpaşa University, Turkey.

## Abstract

**Objective:** To compare the awareness of male and female students about physical education and sports lesson. **Method:** A total of 100 students (52 female, 48 male) of mean age  $13.00 \pm 1.05$  years, at class 6, 7 and 8 were included in the study. After recording demographic data, a questionnaire that was prepared specific for this study was applied to investigate students' opinion about physical education and sports lesson. Visual analogue scale (VAS) was used to evaluate how much the students love the lesson. **Results:** Height and body weight values of female and male students were  $1.49 \pm 0.09$  m;  $39.61 \pm 7.44$  kg and  $1.50 \pm 0.11$  m;  $41.19 \pm 8.98$  kg, respectively. Physical characteristics of male and female students were similar ( $p > 0.05$ ). Students had  $2.36 \pm 0.77$  hour of physical education and sport lesson in a week. %98 of whole students reported that they loved sports lesson and %24 stated that this lesson were their most favorite one. The love intensity according to VAS was  $9.05 \pm 1.25$  cm. While female and male students were similar in terms of opinions about necessity of lesson, finding the duration and materials sufficient, loving the teacher, future planning of being a sports teacher, family attitude towards sports lesson score, and love intensity according to VAS ( $p > 0.05$ ); significant differences were found in terms of doing recreational sport, playing on the team and perception of having athletic skills, in favour of male students ( $p < 0.05$ ). All of the students agreed that activities in sport lessons had health benefits. **Conclusion:** All students had positive opinion and feelings about sport lesson and the teacher. However, boys were superior at doing recreational sport, playing on the team and perception of having athletic skills. We think boys might have more desire to do sport and girls should be more encouraged and be motivated to do recreational sport and playing on the team.

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# Back Pain in School Children: Pay Attention to School Bag!

**Emine Gökçeoğlu**, Atatürk University, Turkey.

## Abstract

**Aim.** To examine the effect of school bags on back pain in children. **Method.** The descriptive study was carried out on school age children in a primary school as determined by lot. For the study, ethical approval and official permission were received from the relevant authorities. The population of the study has been created by school children aged 6-12 years, children in a branch chosen by lot from each grade level (N=280) were included in the sample. In collecting the data, a questionnaire, a combined scale with facial expressions and visual analog scale was used. The data were evaluated with percentage, mean, variance and correlation analysis. **Findings.** The majority of children who are experiencing pain in any part of the body have bag with overweight than 3kg. The majority of the children has carried the bag on his shoulder ( $p<.01$ ). The majority of the children living back ( $p<.01$ ), back and shoulder ( $p<.001$ ), neck and back pain ( $p<.001$ ) among children have stated as normal and heavy the weight of the bag. Children carrying on one shoulder ( $p<.05$ ) and assessing as heavy their bags ( $p<.001$ ) have significantly more pain than others. The majority of children living neck and back pain have the more than three kilos bag ( $p<.05$ ). A positive correlation was found between children's bag weight ( $p <.001$ ), ratio of the weight of the bag body weight ( $p <.01$ ) and the level of pain. **Conclusion.** Less than 3 weight bags, handling bag on double shoulder and be low level of the bag weight to bodyweight ratio seem to be important.

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# Reliability Study of the Turkish Translation of the Stressors in Students Scale

**Duygu Bayraktar**, Ege University, Turkey.

## Abstract

**Purpose:** The aim of this methodological study was to adapt the Stressors in Students Scale into Turkish and to evaluate its psychometric properties for a Turkish nursing student population. **Design:** The psychometric properties of the scale were examined by collecting data from 309 nursing students in Izmir between 18 March and 26 April 2013. **Results:** An exploratory factor analysis identified that the eigenvalues for the two factors of the scale were 25.91 and 23.40; these two factors explained 49.32 % of the variance. A confirmatory factor analysis indicated a sufficient model fit for the construct validity of the scale. Cronbach's Alpha for the total scale was 0.79, and the Kaiser-Meyer-Olkin Measure of Sampling Adequacy coefficient was 0.76. **Conclusion:** This instrument can be used to measure stressors in nursing students. **Relevance to clinical practice:** As stressors can differ in different countries, further studies are needed to test the psychometric properties of this scale in different cultures.

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# Clarify Of Caring Self-Efficacy Perception in Iranian Pediatric Nurses: A Qualitative Study

**Azam Alavi**, Islamic Azad University,Iran.

## Abstract

Nurses, who are considered to be the largest group of professional health care providers, face the challenge of maintaining, promoting and providing quality nursing care and to prepare them to function confidently and to care effectively. Self-efficacy is expected to be the most influential among factors affecting nurses' function. The purpose of this study was to identify how caring self-efficacy perception is conceptualized by Iranian pediatric nurses. This study was conducted with qualitative conventional content analysis approach. Participants included 27 pediatric nurses and instructors, selected purposively. Data were collected using semi-structured interviews, and analyzed using conventional content analysis method. Management of care process, Communicational ability, Altruism, Proficiency, Antecedent of caring self-efficacy and consequent of caring self-efficacy were extracted as main themes of caring self-efficacy in this study. Results indicated that management of care process, communicational ability, and altruism, proficiency Antecedent of caring self-efficacy and consequent of caring self-efficacy were more important dimensions of caring self-efficacy in pediatric nurses. These results can be used by nursing managers and instructors to help develop empowerment and efficacy of nurses, especially in pediatric care.

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# Cold Atmospheric Plasma may be a Potential Alternative For The Decontamination Of Hospital Inanimate Surfaces

**Ayşe Akbıyık**, Ege University, Turkey.

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## Abstract

Hospital surfaces are often contaminated with hospital based pathogens including methicillin-resistant *Staphylococcus aureus*, vancomycin-resistant enterococci, *Clostridium difficile*, *Acinetobacter* spp.. Although aggressive cleaning protocols for controlling the spread of these pathogens are applied for the decontamination of patient rooms, these cleaning protocols are inadequate for removing bacterial contamination on the surfaces. In recent years researchers have focused on the elimination of important nosocomial pathogens which can not be removed from the hospital environment using conventional cleaning, and disinfection procedures, and led to the outbreak in the hospitals. However, eradication through traditional disinfection techniques or through relatively new decontamination methods such as hydrogen peroxide or ultraviolet radiation remains a challenge. Furthermore, hydrogen peroxide and ultraviolet radiation are associated with substantial limitations such as toxicity, the need to vacate the area of patients and staff, unsuitability with some materials such as soft furnishings, bed linen, curtains, mattresses, and upholstered furniture, and relative cost. Thus, alternative decontaminants complementary to the traditional cleaning procedures have been investigated to minimize the risk of nosocomial decontamination. One of these new approaches to decontaminate hospital inanimate surfaces is cold atmospheric plasma (CAP). CAP is studied as an alternative disinfectant for dry surfaces. CAP is a promising tool for surface decontamination and hand disinfection in public health and hospital care. CAP is partially ionized gas where the energy is stored mostly in the free electrons and the overall temperature remains low. These areas are presented and documented in this paper as a review of representative publications.

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# Professional Socialization Concept Among Iranian Nurses: A Qualitative Study

**Simin Tahmasbi**, Shahrekord Azad University, Iran.

## **Abstract**

This study explores meaning of professional socialization among Iranian nurses by using hermeneutic phenomenology based on Van Manen's approach. A number of 12 nurses from capital of Iran and Shahrekord hospitals were participated on purposeful sampling method. Data was gathered by using semi-instructured interviews. After transcription of interviews upon Van Manen's approach, five themes were emerged : Professional competency, autonomy, work belongingness, group participation and commitment. This finding helps to revise

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# Assessment Related Factors to Use Cosmetic Surgery Base On The Theory Of Reasoned Action in Students Of Shahrekord

**Simin Tahmasbi**, Shahrekord Azad University, Iran.

**Zahra Tahmasbi**, Shahrekord Azad University, Iran.

## Abstract

Introduction: Fairness is one of the important social values with varied entitles and body interference especially in youth. The aim of this study was to determine related factors to use cosmetic surgery base on the Theory of Reasoned Action in students of Shahrekord. Method: In this descriptive- correlational study, 296 students of Shahrekord Azad University were participated. Experiences of cosmetic surgery, attitude and subjective norms were assessed based on the Theory of Reasoned Action. Participants were selected by stratified random sampling. Survey was completed using. The questionnaire was analyzed by SPSS/18 . Findings & Conclusion: Results showed that attitude and subjective norms toward cosmetic surgery have significance correlation with intention to do cosmetic surgery . In addition, students that important people (such as parents, wife's, sisters and brothers) in their lives demand body change are more interested to do cosmetic surgery. In this research between factors influencing intention to use cosmetic surgery, parents have the most impact in persuasion and prohibition of getting surgery. Therefore, the role of family in this age group is emphasized.

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# The Factors That Effects The Food Safety Information and Behaviours in Middle School Students

**Leyla Biçen**, Dokuz Eylül University, Turkey.

**Fatma Şeyda Özbıçakçı**, Dokuz Eylül University, Turkey.

## Abstract

**Aim:** The aim of this study is to examine the factors that effects the level of food safety information and behaviours of the middle school students in Balçova county of İzmir province. **Method:** The type of the research is descriptive cross sectional. The second grade students of 5, 6, 7, and 8 classes from the schools of district national educational directorate of Balçova county of İzmir province are formed the universe of the research. In 0,95 confidence interval; as the type I fault 0,05, type II 0,05 were taken, the sample size that was calculated by t test in the G Power Programme is 210. The sample size were planned as 254 by considering the data loss. For representing all second grade student in Balçova county; the data collected from chosen 254 students by stratified sampling, evaluated by Mann Whitney U, Kruskal Wallis and Pearson correlation statistics. **Findings:** It was determined that 47.5% of the students bought their foods from the school canteen; 73.2% helps the food preparing at home; 35.4% spent diseases because of foods; 30.7% were not educated for food safety. It was determined that girls had higher point than boys in well cooked, not eating spoiled food, cooling, frozen food, food usage, and hygiene issues. **Conclusion:** The gender is an effective factor in information and behaviour issues. The 4 of 10 students had spent food originated diseases. It was determined that they were using subjective methods as maintaining the nutrients, the effect on microorganisms, the temperature range of the refrigerator, for understanding spoiling of the nutrients tasting, smelling, assessing the view. In these issues the school nurses must give education to the students and families and the results should be monitored.

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# Smelling Amniotic Fluid to Preterm Infants During Peripheral Cannulation; Improves Comfort and Reduces Crying Duration: An Experimental Study with Contol Group

Dilek Küçük Alemdar, Giresun University, Turkey.

## Abstract

**Purpose.** To investigate the effect of smelling amniotic fluid on comfort and duration of crying caused by peripheral cannulation in preterm infants. **Method.** The study was conducted with experimental and control groups in connection with the Scientific Research Projects of the Giresun University. The study population consisted of preterm infants (N=61), fulfilling the selection criteria, who received treatment and care in the Province of Giresun Island Hospital's NICU in Turkey, between June 2014 and September 2015. In the study, the infants in the experimental group (n=30) were smelled amniotic fluid 15 minutes before, during and 15 minutes after the application of peripheral intravenous cannulation, whereas the infants in the control group (n=31) did not undergo any intervention other than routine care. The infants' responses to the procedure before, during and after images were video camera recorded. The duration of crying and comfort levels of the infants in both groups were evaluated before, during and after the procedure monitored by researchers of video images. For the collection of the data, "Premature Infant Introductory Information Form", to record natal and postnatal information of the preterm, "Premature Infant Comfort Scale", assessing the level of comfort, was used. The data obtained were analyzed using percentage distributions, means, Chi-Square and t-test. Ethical principles were applied in the study. **Results:** In the study, it was found that the levels of comfort of the infants in the experimental group was significantly lower than the control group before, during and after the procedure ( $p<.05$ ), and the duration of crying were lower than the control group in favor of the experimental group during and after the procedure, albeit insignificant ( $p<.05$ ). **Conclusion:** The intervention of smelling amniotic fluid is an effective practice that can be used for reducing duration of crying and comfort of preterm infants during peripheral cannulation.

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# Determine the Effect of Regular Physical Activity on Life Quality of Breast Cancer Patients in Remission

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## Abstract

The aim of this study is to determine the effect of regular physical activity (step-aerobic and resistance exercise) on life quality of breast cancer patients in remission. In this study; sampling was formed by 30 breast cancer female patients aged  $53.13 \pm 6.45$  for step aerobics (n=11), resistance (n=10) and control groups (n=9) completed anti-cancer cure in Akdeniz University, Medical Faculty Hospital in the Medical Oncology Clinic. For both exercise groups, 12 weeks (three days program in each week) special indoor and outdoor exercise programs were applied. Research ethics committee approval was taken from Akdeniz University Clinical Ethics Committee. EORTC QLQ-C30, Life Quality Scale were applied before and after each survey group. In the process of assessing data the descriptive statistic methods, Wilcoxon Test was used to determine the difference between pre and post test values Mann Whitney U Test was used to determine the difference between groups and results have been assessed according to significant level 0.05. As a result of this study, with 12 weeks regular exercise program, statistically meaningful increase was found in dimension of physical functioning, role functioning and social functioning, and decrease in dimension of fatigue, nausea and vomiting, pain, dyspnoea, sleep disturbance and constipation in step aerobic group, statistically increase was found in dimension of physical functioning, role functioning, emotional functioning and social functioning, and decrease in dimension of fatigue, pain and dyspnoea in step aerobic group, statistically decrease was found in dimension of physical functioning, role functioning, emotional functioning and social functioning, and nausea and vomiting in control group. Physical exercise program whether step aerobics and/or resistance exercise can be offered to increase quality of life breast cancer patients in remission.

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# Food Safety Information Scale and Behaviour Scale Validity and Reliability Study

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**Fatma Şeyda Özbıçakçı** Dokuz Eylül University, Turkey.

## Abstract

**Aim:** This research was applied to test the validity and reliability of the scales that were developed for determining the level of food safety information and behaviour of the students in 10-14 range of age. **Method:** The universe of the methodological type study was formed by the 2,540 students in 5 second grade schools. Item number of the scale (39) was taken as the bases to reach minimum 195 students were targeted by at least 5 times account. To reach this number; scales were distributed to 254 students, statistical analysis were made over 254 individuals that are filled it completely. To test, test repeat analysis in a school chosen from the universe, free from the sample, 30 students chosen by simple random sampling method were determined, 4 weeks intervals scales were applied the same students again. The content validity of the scales were assessed with CVI analysis by taking five expert opinions; reliability were assessed by Cronbach alpha. To examine the structure validity exploratory analysis were used. **Findings:** It was found out in the expert opinions in CVI analysis in food safety information scale 0.96; behaviour scale 0.94. In reliability analysis; Cronbach alpha coefficient is 0.721, 0.897. In factor analysis results; the KMO value was determined as; in information questions 0.767, in behaviour questions 0.895. In the repeat test analysis the correlation coefficients are 0.578-0.964, 0.882-0.990. **Conclusion:** Food safety information scale and behaviour scale for 10-14 age interval students is a valid and reliable instrument.

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# Incidence Of Urinary Incontinence and Its Risk Factors in Women Visiting Family Health Centers

**Meral Kılıç**, Atatürk University, Turkey.

## Abstract

**Purpose:** The objective of this study is to determine the incidence and the risk factors of the urinary incontinence in women visiting the health family center. **Methods:** 430 women, who visited three Family Health Centers in the city-center of Erzurum for any reason between 25 November and 20 January 2016, were enrolled in this study. They were included in the study without any sampling. The data were collected with the face-to-face survey method. For the analysis of the data, percentage distributions, chi-square test and logistic regression analysis were used. **Findings:** We determined that 37.2% of these women had urinary incontinence, but only 29.3% of them visited a physician because of this complaint. We found out that urinary incontinence had a significant correlation with the number of children, genital prolapsus, duration of delivery longer than 24 hours, diabetes and urogenital infection, but not with the age at the first and last delivery, presence of the episiotomy, birth weight over 4 kg and smoking. **Results:** We determined that one-third of the women had urinary incontinence and certain medical and obstetric conditions are affecting the development of the urinary incontinence. **Conclusions:** We believe that it is important that the healthcare personnel can get the progression of the urinary incontinence under control by preventing the risk factors and they may encourage the patients to seek treatment with the help of the proper information indicating that urinary incontinence is a treatable and preventable condition.

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# The Impact Of Spinal Cord Injury on Physical and Mental Health

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## Abstract

Introduction: spinal cord injury (SCI) often results in profound and long term disability, which is life changing in all aspects of physical and mental health. Aim: to investigate the impact of SCI on health related quality of life QOL. Methods: Prospective study was done in National rehabilitation centre Vaivari. Spinal cord independence measure was determined by team. The participants filled in SF-36 questionnaire. SPSS was used for statistical analysis. Results: 40 adult patients with SCI were enrolled in the investigation. The average age was 36.48 (SD 10.09). The causes of SCI were 21 traffic accidents, 10 diving cases, 9 falls from heights. Time period since SCI was 1 month till 25 years. According to the level of SCI there were 18 paraplegic and 22 tetraplegic patients. Completeness of SCI according to the ASIA Impairment Scale (AIS): 13 (32.5%) AIS A, 15 (37.5%) AIS B, 11 (27.5%) AIS C and 1 (2.5%) AIS D. The average spinal cord independence measure for tetraplegic patients (60,67) is lower than that for paraplegic (71,73). The SF-36 Health Survey scale score for all 8 dimensions: physical functioning 32,75; role limitation caused by physical health problems 50,84; bodily pain 64; general health perception 59,93; vitality 71,5; social functioning 72,19; role limitation caused by emotional health problems 70 and mental health 73,57. Summary Scores were higher in total mental health-55,02 than physical functioning-35,32 ( $p < 0,001$ ). Conclusions: The lowest scores of health related QOL are in domain of physical functioning. The best results are in the domain of mental health. Further research is needed.

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# Human Values and Risk Factors in Young People Who will Give Health Service

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## Abstract

**Aim.** To determine the human values and risk factors in young people who will give health service. **Method.** The descriptive study was carried out on first-year students of the health sciences faculty. For the study, ethical approval and official permission were received from the relevant authorities. All first-year students have created the universe. Students who accept participation without sampling were included in the study. In the data were collected Personal Information Form and Human Values Scale was used. The data were evaluated with percentage, mean, variance and correlation analysis. **Findings.** In the study, it is found that the girls have higher levels than men of humane values and young people in the midwifery departments have the highest average level of human values ( $p>.05$ ). Among young people, living in the family, the mother of junior-high school graduates and unemployed, and over his father's college education, free level of profession dealing with human values were higher ( $p>.05$ ). The level of human values in young people living in families in district is determined higher than the others ( $p>.05$ ). The young people whose family has equivalent to revenue expenditure have the highest significantly ( $p<.05$ ) and young people whose family has average income have the lowest mean score. It is determined that the young people in nursing have level the highest human values score. **Results.** It should the development of their human values, even be trying to reach the optimal level during the training of young people will give health care.

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# Determination of Disability, Loneliness, and Self-Care Agency in Patients with Multiple Sclerosis

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## Abstract

**Aim:** This study was conducted in order to determine disability, loneliness, and self-care agency in patients with multiple sclerosis (MS). **Material and Method:** This descriptive study was conducted with 92 patients with MS applying to the neurology outpatient clinic of Atatürk University Research hospital between January and June 2015. Patient description form, BDQ to determine the level of disability, UCLA to determine the level of loneliness, and SCAS to assess self-care agency of the individuals were used as the data collection tool. **Results:** Mean scores obtained by the patients, included in the study, from disability were found to be  $7.62 \pm 5.67$ . Also, the disability levels of the patients with MS were evaluated, it was determined that 32.6% had no disability, 22.8% had a mild disability, 26.1% had a moderate disability, and 18.5% had a severe disability. It was found that mean score obtained by the patients with MS from Self-Care Agency Scale was  $82.82 \pm 22.82$ . The variables of age, educational level, income status, cohabitants, duration of the disease, and presence of comorbidities affected statistically their mean score of self-care agency scale ( $p < 0.05$ ). The mean score obtained by the patients from Loneliness Scale was found to be  $50.14 \pm 13.47$ . The variables of age, educational level, and income status affected their mean score of loneliness scale ( $p < 0.05$ ). The results of the study revealed that while the self care agency had a negative correlation with disability and loneliness (respectively  $r = -0.243$ ,  $r = -0.662$ ) ( $p < 0.05$ ) ( $p < 0.001$ ), there was a positive correlation between disability and loneliness ( $r = 0.408$ ) ( $p < 0.001$ ). **Conclusion:** It was determined that the patients with MS had a moderate disability, a moderate self-care agency, and a high level of loneliness. Moreover, it was found that as disability and loneliness levels of the patients increased, their self-care agency decreased; and as disability level of the patients increased, their loneliness level increased.

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# Evaluation Of Antioxydant Activity Of Some Algerian Olive Oil Samples

**Sara Naima Matlef,** Hassiba Benbouali University, Chlef.Algeria

## Abstract

Our study aims to the evaluation of the antioxidant activity of five Algerian olive oil samples (Chlef, Jijel, Tissemsilt, Bejaia and Tizi Ouzou). The following results were found: Physicochemical characterisation revealed that our samples are conform to standards prescribed by IOC(2013) as they are type-oleic and linoleic vary between virgin and extra virgin. Chlef, Djijel and Bejaia oils are richer in carotenoids then that of Tizi Ouzou and Tissemsilt. Chlef and Tissemsilt oils are rich in phenolic compounds more than other oils and have revealed the very important antioxidant activity and the largest inhibitory power of peroxidation

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# Job Satisfaction Levels Of Primary Health Care Nurses and Midwives Working in The Districts Of Adapazarı, Serdivan and Erenler in Sakarya

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## Abstract

**Aim:** This study was conducted in order to determine the professional satisfaction of nurses, midwives and Family Health Staff (FHS) working in Primary Health Care Services and to evaluate the related factors in terms of some variables. **Method:** Being a descriptive and an analytical one, this research had a sample of 100 voluntary nurses, midwives and FHS working in three different Public Health Centers (PHC) and 41 Family Health Centers (FHC). Data were collected via a "questionnaire" and "Minnesota Satisfaction Questionnaire (MSQ)". For the evaluation of the data, number, percentage, mean, Kruskal-Wallis test, Mann-Whitney U test, Independent t-test, One-Way ANOVA and Pearson correlation coefficient were used. **Result:** The mean age of the participants was  $35,99 \pm 8,31$  years. A total of 52.5 % worked in PHC and a total of 47.5 % worked in FHC. A total of 53.19 % worked in Group A FHC; that is where they take blood and monitor pregnant, babies, children and women between 15 – 49 years of age, give vaccination and monitor obesity. According to Minnesota Satisfaction Questionnaire, the average scores of the participants from the inner satisfaction sub scale was  $41,89 \pm 6,91$  and from the external satisfaction sub scale it was  $25,96 \pm 5,36$ . Total score average of job satisfaction scale was  $67,85 \pm 11,3$  and job satisfaction in general was found as "sufficient" level. The score from the external factors was found significantly higher in the group who chose their jobs willingly when compared to the other group who chose unwillingly. As for the scores of job satisfaction in general, there was a statistically significant difference among the places they worked ( $p < 0,05$ ); the people who worked in FHCs had a significantly higher score of job satisfaction in general compared to the ones who worked in PHCs. External factor scores of the ones who worked in FHCs were higher than the ones in PHCs. In Group E FHCs (where they give care and treatment, preventive health services), they had higher scores of general job satisfaction and internal factors compared to the scores of the ones who worked in Group A FHCs (where they perform protective health care). It was seen that as the age and total working period increased, general job satisfaction, internal and external factor scores decreased. **Result:** It was concluded in this study that choosing a job willingly had a positive effect on job satisfaction. It should be better to inform the students on this issue before they choose a job, recent staff should be given the opportunity of in-service training as much as possible, job definitions should be made, lack of staff and insufficient physical conditions should be remedied.

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# Relation Between The Individual Fears Of Primary School Students and Their Life Quality, Academic Success and Self-Efficacy

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## Abstract

**Objective:** This is a descriptive study performed in order to analyze the relations between individual fear and life quality, academic achievement and self-effectiveness/efficacy of primary school students living in Tavas district of Denizli province. **Method:** The students at 3rd and 4th grade of Mehmet Özen Primary School in Tavas district of Denizli province who accepted to participate to the study were included in the research (n=96). The findings were analyzed through frequency distribution, mean, standard deviation, *t* test, Mann Whitney U and Kruskal Wallis test and expert review of students' fear survey (Lawshe technique and content validity index), and in order to determine the mean of individual fears of the students and self-effectiveness, mean of life quality and academic achievement status, Pearson correlation analysis of variance and SPSS software were used. **Findings:** Classroom is a factor affecting primary school students at the 3rd and 4th grades ( $p<0.05$ ). Self-efficacy is inversely proportional to the classroom. Gender doesn't affect quality of life. The mean of the life quality of male students is higher than that of the female students ( $p<0.05$ ). Success at school is another factor affecting the personal fears of the students towards the school ( $p<0.05$ ). Academic success isn't a factor affecting sub-dimensions of Kid-KINDL ( $p>0.05$ ). Family structure is a factor affecting personal fears ( $p<0.05$ ). The fear of the children having an extended family is more than that of the children with an elementary family ( $p<0.05$ ). While the fear survey has poor positive relations with emotional well-being sub-dimension ( $r= 0.21$ ;  $p< 0.05$ ), it has a negative relation with total self- effectiveness-efficacy scale ( $r= 0.20$ ;  $p<0.05$ ). **Conclusion:** It was found that students at Grade 4 have more personal fears than the students at Grade 3. Their success at school also affects their fears towards school. As success increased, fear of school decreased. The family structure also affects the fear. The results obtained should guide the school nurse in her attempt to understand the fear of the students and cooperate with the families.

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# **Risk Factors That are Contribute Developing Low Back Pain Among Operative Room Nurses in Palestine**

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## **Abstract**

Background: Low back pain is a common health problem among nurses, however no previous studies investigate the prevalence and factors that contribute low back pain among nurses who are working in the operation rooms in Palestinian hospitals. Fortunately, measures could be taken to prevent or relieve low back pain episodes. If prevention fails, simple home treatment and proper body mechanics will be used to relieve low back. Aim: The current study was conducted to investigate the factors that are contribute low back pain among nurses who are working at operation room in north Palestine. Method: The current study was utilized descriptive design, data was collected using self-report questionnaires from all nurses who are working at operation room. Result: 32 nurses were surveyed in the current study, 75% (n=24) of operative nurses complaining of low back pain. 34% (n=11) having sharp low back pain, 59.4% (n=19) intermittent back pain. the result shows statistical significant ( $\chi^2$ : 6.45, df: 2, P: 0.03) effect of standing for hours on experience low back pain nurses who are working at operation room. Conclusion: the study concluded that there is significant effect of standing for long hours on developing low back pain among nurses who are working at operation room.

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# Effects Of Kefir on Quality Of Life and Sleep Disturbances in Postmenopausal Women

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## Abstract

**Objective:** The aim of this study is to identify the effects of kefir, an alternative treatment method, on quality of life and sleep disturbances in postmenopausal women. **Methods:** Study was completed with 68 women, 34 of them were kefir group and other 34 were control group. Before and after the study 'Menopause-Specific Quality of Life Questionnaire (MENQOL)', 'Beck Depression Inventory (BDI)' and 'Women's Health Insomnia Rating Scale (WHIIRS)' were applied to each attendant. Control group was not intervened for a month. Kefir group was provided with 500ml kefir for each individual woman daily by the researcher under cold chain conditions. **Results:** Attendants' average menopause age is  $47\pm4.08$ , BMI average is  $29.24\pm4.85$  kg/m<sup>2</sup>. All of the women stated that they have sleep disturbances in postmenopausal state. 93.7% of women reported that their sleep length has been shortened, 51.2% of them said that they have hot flush and sweating, and 48.6% of them stated that they have sleep disturbances because of stress and anxiety. After the research when kefir and control groups are compared; it is seen that there is a correlation in quality of life and sleep disturbance scores ( $p:0.000$ ), but there is not a correlation in depression scores ( $p: 0.078$ ). When compared between before and after the experiment, MENQOL, BDI and WHIIRS scores show significant changes in Kefir group ( $p:0.000$ ). **Conclusions:** As a result of this study, it is seen that kefir has positive effects on sleep disturbances, depression and quality of life in post menopausal women.

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# Lean Hospital Approach In Health Care

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## Abstract

The cost of health care has been rising rapidly in our country and in the world and it takes more from the budget. Costs, malpractices, wasted time, and general bureaucratic inefficiencies has brought a need for the new approaches. Lean management is the elimination of any activity that does not add value to an organization's end product, and using what is referred to as a "just-in-time" inventory strategy, which aims to reduce inventory and associated carrying costs. Technology can reduce the manual labor involved in many processes that take place within a hospital and improve overall efficiency. Lean organizations differ from traditional organizations in putting the power of improving an organization into the hands of the employees that directly interact with the end product, rather than management. The largest difference between traditionally managed organizations and lean organizations is their focus on systemic improvement. Lean organizations focus on identifying the root causes of all problems and adjusting processes to stop the same problems from occurring in the future.

The purpose of this study is to present lean hospital management system to the health sector in Turkey, which can benefit us in all means, can be used. In this way, lean system can support health care workers and doctors, making sure that they can give their full attention to the situation in their hands. This system will reduce risks, costs, and waste while empowering and making it easier for the hospitals to improve in the long run.

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# Reliability of The Stressors in Students (SIS) Scale

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## Abstract

**Purpose:** The aim of this methodological study was to adapt the Stressors in Students Scale into Turkish and to evaluate its psychometric properties for a Turkish nursing student population.

**Design:** The psychometric properties of the scale were examined by collecting data from 309 nursing students in Izmir between 18 March and 26 April 2013.

**Results:** An exploratory factor analysis identified that the eigenvalues for the two factors of the scale were 25.91 and 23.40; these two factors explained 49.32 % of the variance. A confirmatory factor analysis indicated a sufficient model fit for the construct validity of the scale. Cronbach's Alpha for the total scale was 0.79, and the Kaiser-Meyer-Olkin Measure of Sampling Adequacy coefficient was 0.76.

**Conclusion:** This instrument can be used to measure stressors in nursing students.

**Relevance to clinical practice:** As stressors can differ in different countries, further studies are needed to test the psychometric properties of this scale in different cultures.

**Keywords:** Nursing training, nursing student, psychological stress

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