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ABSTRACTS BOOK

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ABSTRACTS

TURKISH NURSING STUDENTS' ATTITUDES TOWARDS VOLUNTARY INDUCED ABORTION

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Abstract

Aim: The purpose of this study was to evaluate Turkish nursing student's attitudes towards voluntary induced abortion (VIA). **Methods:** The study was carried out with 1089 students in two universities which are located in different cities in Turkey. Data were collected with three parts of questionnaire as follows: students' characteristics, the knowledge of abortion law in Turkey and attitudes towards VIA. **Results:** Mean scores of students' attitude towards VIA were found 39.8 ± 7.9 and shows that nursing students moderately support on abortion. Female students, students in upper classes, students who had higher family income level and sexual experiences had more supportiveness attitudes towards VIA. Students who lived in village before university life, who had extended family and students of parents with low educational level had lower score for attitudes towards VIA questionnaire. **Conclusion:** Nursing students will be future health care professionals and should be encouraged to behave non-judgmentally to women who want to have abortion.

Key words: abortion, induced abortion, nursing students, voluntary induced abortion.

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AWARENESS OF HPV INFECTION AND CERVICAL CANCER AMONG FEMALE STUDENTS IN THE UNIVERSITIES OF TURKEY

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Abstract

Cervical cancer is the 8th most common cancer type in Turkey. In studies, HPV was seen as the most important reason of cervical cancer. This study was designed to measure the level of knowledge about HPV and cervical cancer among 18 to 24 (min:21.15) years-old girls at various universities in Turkey. A descriptive cross-sectional study design was implemented. The study done to all girls between the ages of 18 and 24 who study at various universities. 1092 students participated in the study and also the HPV and Cervical cancer knowledge scale consisting of 4 sections and 11 questions was items. The results of this study showed that 42,1% of the participant had knowledge about the HPV vaccine and only 4,2% of them had HPV vaccine. The participants were mostly informed about HPV and cervical cancer from health-care professionals. The percentage of the participants who could not speak about their sexual life with family members was 83,8. Obstetric and gynaecology service visiting ratio of students was defined percent 55,8%. In the study, the knowledge level about the most important reasons of cervical cancer which is called HPV and HPV vaccine used for prevention, was found deficient. Although the most important information about the HPV and cervical cancer was obtained from health professionals, the number of visiting to gynaecology clinics was too little. Health programs should be developed to raise awareness about HPV and cervical cancer and parents should also be trained to take due precautions.

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INVESTIGATION OF THE RELATIONSHIP BETWEEN CERVICAL REGION PAIN THRESHOLD AND JOINT POSITION SENSE IN HEALTHY INDIVIDUALS

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Abstract

PURPOSE This study was performed to investigate whether there is a relationship between cervical region pain threshold and joint position sense in healthy subjects. **METHOD:** This study was performed on 38 healthy volunteers in the Department of Physiotherapy and Rehabilitation of the Faculty of Health Sciences of Hacettepe University. Pain thresholds in the right and left cervical paravertebral regions of the participating individuals were assessed with a digital algometer (Wagner Instruments, Greenwich, USA). The joint position sense of the cervical region was assessed with the Cervical Range of Motion Instrument 3 (CROM 3) device. At the end of the study, the relationship between pain threshold scores and joint position sense errors was examined using the Spearman Correlation Test. **RESULTS:** The mean age, height and weight of the individuals participating in the study; $22,28 \pm 2,27$ years, $176,07 \pm 7,10$ cm and $72,65 \pm 9,41$ kg, respectively. While the pain thresholds in the left and right cervical paravertebral regions increased, it was found that the joint position sense error levels in the cervical region extension direction decreased ($p = 0.003$ and $r = -0.475$, $p = 0.020$ and $r = -0.377$, respectively). **DISCUSSION:** At the end of this study, it was determined that the position sense error was higher in the cases with low pain threshold. In cases where the pain threshold is low, prematurely stimulated pain receptors can decrease the joint position by causing the suppressed of proprioceptive receptors. Joint position sense should be assessed in patients who define pain in the cervical extensor region. In the light of this information, it is necessary to consider this situation when treatment is planned for individuals who define pain in the cervical extensor region.

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The Relationship between Risky Health Behaviors and Perceived Social Support in Last Year High School Students

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Abstract

This descriptive study was conducted to explore the relationship between risky health behaviors and perceived social support in last year high school students. The study population consisted of the last year students (N=904) of the high schools providing education at the provincial center of Gümüşhane. No sampling was attempted for the study with the goal of reaching all the students who meet the inclusion criteria and 609 students were enrolled in the end. The study data were collected between December 2014 and January 2015 using a Descriptive Questionnaire, the Risky Health Behaviors Scale and the Perceived Social Support Scale Revised, which were collected in the classroom. The mean age of the students was 17.28 ± 0.67 and 53.7% of them were male. The mean total score of risky health behaviors of students was 64.51 ± 10.81 , the highest mean score of nutrition was (60.94 ± 11.68), and psychosocial (47.48 ± 13.14) and is said that receive from these sub-dimensions and in this regard they are at risk. The mean of Perceived Social Support Scale Revise total score was 122.36 ± 15.16 and is said to have high level of perceived social support. The spearman correlation analysis performed between the mean scores of Perceived Social Support Scale Revise and Risky Health Behaviors Scale showed a weak correlation in the negative direction. Social support is a major factor for preventing the occurrence of risky health behaviors and it is suggested that school health nurses should stress the fact that social support, which is needed at all stages of life, gains more importance in adolescence, should participate in guidance services to be provided to families and teachers and should provide consultancy services towards preventing risky health behaviors.

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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 on non-pharmacological methods in pain management of nurses. **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±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.

Key Words: Nursing, Pain Management, Non--pharmacological methods, Knowing, Practice

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Assessment of sensory, cognitive and motor disorders in patients with type 2 diabetes

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Abstract

Aim: Neuropathy due to Type 2 diabetes causes sensory, cognitive and motor disorders. This study was intended to be performed because there are no studies evaluating the whole sensory-cognitive and motor functions applied to patients with type 2 diabetes in the literature. Material and methods: 20 healthy, 20 patients with diabetes (19 females, 21 males) aged between 20 and 65 years were included in the study. Sensory motor and cognitive functions were assessed by Ayres Southern California sensory integration tests. Visual perception; using space visualization test, sensory integration test, figure ground perception test and position in space test, Somoto sensory perception; using the localization of the tactile stimulus test and graphesthesia test, motor performance; using imitation of postures test were evaluated. Results: There was a statistically significant difference between patients with type 2 diabetes and healthy individuals in space visualization ($p=0.045$), sensory integration ($p=0.0001$), figure ground perception ($p=0.001$) and position in space ($p=0.001$) tests of visual perception. While a significant difference in graphesthesia ($p=0.001$) test was observed between patients with type 2 diabetes and healthy individuals, there was no difference in localization of the tactile stimulus ($p>0,05$). Statistical significance was found in posture imitation ($p = 0.001$) test between groups. There was no relationship between duration of the tests and disease status ($p> 0.05$). Conclusions: This study is very important for the treatment of these functions, especially in patients with type 2 diabetes, because changes in sensory perception and motor function limit individuals' learning functions and their independence in daily life.

Keywords: sensory, cognitive, motor disorder, type 2 diabetes

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THE RELATIONSHIP BETWEEN PAIN, SCAPULAR DYSKINESIS, POSTURAL CHANGES AND SHOULDER DISABILITY ON SHOULDER IMPINGEMENT SYNDROME

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Abstract

Purpose: Shoulder impingement syndrome is a pathology which common diagnosed and an important health problem caused with significant inadequacy and disability. The purpose of our study is to evaluate the relationship between pain and scapular dyskinesia, postural changes and shoulder disability on shoulder impingement syndrom. Method and Materials: This study was carried out on 30 patient who were diagnosed with Shoulder impingement syndrome. Sociodemographic data of subjects was recorded. The written informed consent was obtained from all participants before the study. Visual Analog Scale (VAS) was used for evaluating shoulder pain severity. Lateral Scapular Slide Test (LSST), Scapular Retraction Test (SRT) and Scapular Assistance Test (SAT) were used for scapular dyskinesia. Postural changes were evaluated with New York Posture Index. Shoulder disability was determined with Simple Shoulder Test (SST). Statistical analysis was determined with using Pearson correlation coefficient. Results: The mean age and body mass index were 50.37 ± 8.23 years, body mass index: $29.04 \pm 5.17 \text{ kg/cm}^2$ respectively. There was no statistically significant correlation between pain severity and scapular dyskinesia ($p < 0.05$). LSST values of subjects (LSST1 = 0.12 ± 0.67 ; LSST2 = 0.13 ± 0.90 ; LSST3 = 0.28 ± 1.84) were lower than 1.5 cm so that scapular movement was accepted as normal. There were statistically significant correlation between pain, posture analysis and shoulder disability ($r = -0.406$, $p = 0.026$; $r = -0.408$, $p = 0.025$). There was no statistically significant correlation between posture and shoulder disability ($p > 0.05$). Discussion: It was observed that pain and postural changes were correlated and functional activity level was effected from that. But it was found that scapular movement of subjects have shoulder pain did not effect from pain severity. We consider that evaluating scapular dyskinesia with range of motion, muscle strength and postural changes on subjects with shoulder pain will take an important role for solving problems originating from shoulder pain.

Key Words: Shoulder Impingement Syndrome, Pain, Posture, Scapular Dyskinesia.

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Nursing Students' Perspective of War Victims

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Abstract:

Introduction and Objective: The war victims are those who or whose relatives have suffered injustice because of violations of war laws during wars or civil wars. With globalization, several factors such as wars, ethnic conflicts, environmental crises, and repressive regimes in almost all regions of the world have increased the need for nurses in a wide variety of areas ranging from the social area to the political area. Nurses should display a holistic approach while providing healthcare to their clients considering the social, emotional, behavioral and spiritual dimensions of the disease and health, and should display unprejudiced and non-discriminatory attitudes in their nursing practices. From this point of view, the study was designed to determine nursing students' perspectives of war victims. **Method:** The population of this descriptive study comprised the 1st- and 4th-year students studying at a nursing faculty between 2015 and 2016 (N = 553). The sample size was calculated using the formula for the finite population (n = 227). To determine the students to be included in the sample, the stratified random sampling method was used. By using the simple random method, 123 students from the first-year students and 104 students from the fourth-year students were selected. The data collection tool was a 28-item questionnaire prepared in line with the relevant literature. To analyze the data, the SPSS 22.0 package program was used. Numbers and percentage distributions were calculated. The Chi-square analysis was performed **Results:** The mean age of the first-year students was 19.70 ± 0.93 . Of them, 96.8% were female, 72.8% did not approve Turkey's political approach towards war victims, 100% thought that that war victims were accepted to Turkey without any precautions, 85.1% thought that they inflicted harm on local people, 87.7% thought that they increased crime rates and 90.9% had a negative view about war victims. The mean age of the fourth-year students was 23.09 ± 1.03 . Of them, 86.1% were female, 76.6% did not approve Turkey's political approach towards war victims, 99.1% thought that that war victims were accepted to Turkey without any precautions, 75.2% thought that they inflicted harm on local people, 84.3% thought that they increased crime rates and 87.0% had a negative view about war victims. There was a statistically significant difference between the first- and fourth-year students in terms of their views that war victims posed a threat to the Turkish culture ($X^2 = 7.94$ p = 0.005), There was a statistically significant relationship between all the participating students' perspective that war victims posed a threat to the Turkish culture and their disapproval of Turkey's political approach towards war victims ($X^2 = 30.75$ p = 0.000). **Conclusion:** The participating students thought that war victims were accepted to the country without any precaution, that they inflicted harm to local people, and that they increased the crime rates. The participating students did not have a positive view about war victims. In order to ensure that nursing students should display a holistic approach towards war victims regardless of their ethnic characteristics and treat them impartially, their education programs should be revised.

Key Words: War; War victim; Nursing student

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Effects of Flatfoot on Lower Extremity Biomechanics and Physical Performance

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Abstract

Background: The foot provides balance and force transmission between the body and the ground in contact with the ground during standing, walking and other weight-bearing functions. Flatfoot can affect lower extremity biomechanics and physical performance due to the alterations in foot posture. **Purpose:** The aim of this study is to investigate the effects of flatfoot on lower extremity biomechanics and physical performance in the young healthy population. **Methods:** 60 subjects consisting of 30 women and 30 men, mean aged 23.96 ± 3.34 years were included in this study. Demographic data of the subjects were recorded. The height of the medial longitudinal arch was evaluated by Navicular Drop Test, hamstring, gastrocnemius, soleus muscle shortness and Q angle were measured with a universal goniometer, pelvic inclination was measured with a digital inclinometer and physical performance was evaluated by 50 meter walking test, triple and single jump test. **Results:** Gastrocnemius and soleus muscle shortness, pelvic inclination, single jump length and 50 meter walking time were higher in the subjects with flatfoot on the dominant side ($p=0.027$, $p=0.001$, $p=0.004$, $p=0.038$, $p=0.002$). Hamstring muscle shortness was higher in those with flatfoot on the non-dominant side ($p=0.038$). There was no significant difference in Q angles between the two groups ($p>0.05$). **Conclusions:** Our results revealed flatfoot alters lower extremity biomechanics and decreases physical performance in the young healthy adults. The mechanical effects of postural impairment of the foot should be corrected with the necessary suggestions and treatment approaches to prevent further physical and functional problems in later ages.

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Investigation of the Effects of Different External Supports on Dynamic Plantar Pressures in Acquired Flatfoot

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Abstract

Background : Flatfoot affects plantar pressure distribution. Various external supports are used to prevent abnormal plantar loading in this condition. Purpose: The aim of this study was to investigate the effects of antipronation elastic taping, non-elastic taping and custom made insole on dynamic plantar pressures in acquired flatfoot. Method: Twenty-seven subjects consisting of 21 women and 6 men, mean aged 25.88 ± 5.92 years, and were diagnosed as having acquired flatfoot were included in this study. Subjects were evaluated by dynamic pedobarographic analysis (Rs Scan-Footscan[®]) with barefoot, elastic taping, non-elastic taping and insole. Results: Maximum plantar pressures were lower with insole compared to barefoot in second, third and fourth metatarsal of left foot ($p=0.007$, $p=0.001$, $p=0.003$) and with insole compared to other conditions in the second metatarsal of right foot ($p<0.001$, $p=0.002$); maximum plantar pressures were higher with elastic taping compared to barefoot in left midfoot ($p=0.005$); maximum plantar pressures were lower with insole compared to other conditions in medial and lateral heel of right and left foot ($p<0.0083$). Discussion: This study reveals that insole with medial longitudinal arch support reduces plantar pressures of forefoot and rearfoot; elastic taping increases plantar pressures of midfoot. There are studies that have shown insoles, elastic taping and non-elastic taping redistributes foot plantar pressures in acquired flatfoot. To our results, medial longitudinal arch support is more effective than antipronation tapings in providing a plantar pressure regulation in acquired flatfoot. These results may be depending on the insufficient support of the tapings against the body weight.

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A Case Report on Meta-Analysis Planning Experience

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Abstract

Theoretical structure: This article uses a case study, examines the difficulties with planning meta-analysis studies, to clarify the processes involved in writing a meta analysis. The case study is about a phd student, Emine who is writing her doctoral thesis. Meta-analysis presents new understandings for revealing effect sizes of studies and developing new social policies. Meta-analyses, a part of systematic review, have difficulties in terms of planning and predicting for many researchers. Since meta-analysis planning requires serious effort, expertise and skill, various difficulties prevent researchers from engaging in this process. Especially in nursing science where the importance of evidence-based practices has increased, there is more need for meta-analyses, but practical difficulties have been experienced with them. Which strategies should be followed: Identifying topic Emine. She is interested in research methods, home visits and elderly health. In the meta-analysis planning stage, the question whether a meta-analysis had been performed on the research topic during the past ten years was initially researched. Research question using the PICO formulation and then literature search was done with appropriate keywords. The systematic revision processes of meta-analysis are similar to those of the research process, and include identifying a problem, selecting a sample, collecting and analyzing data, interpreting data and presenting findings. What challenges were experienced: It was determined that difficulties were experienced, especially with the issues of subjectiveness and quality evaluation of research report, and most importantly, in determining the conceptual framework of the study. Study characteristics, the risk of subjectiveness in studies included, the types of initiatives (interventions) and the methods used to evaluate their effects were examined. Sufficient randomized controlled work was not achieved in the field of nursing so all quantitative studies are included. She searched fund for the analysis program for meta (CMA). How to deal with challenges: Emine went to two courses to improve proficiency in meta-analysis. Projected this work in order to get the CMA program to do the meta-analysis. She took international protocols into consideration during the writing and reporting process. Suggestions: Planning with the use of criteria and tools such as and flow diagrams and PRISMA, suggested by Cochrane Colloboration, will make meta-analysis more convenient for researchers.

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The Effectiveness of Motivational Interviewing Based on the Transtheoretical Model on the Self-efficiency, Metabolic Control and Health Behavior of Adults with Type 2 Diabetes Mellitus: A One-year Follow-Up of the Randomized Controlled Trial

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Abstract

Purpose: This study was conducted to evaluate the effect of motivational interviewing on self-efficiency, metabolic control and health behavioral change during a 12-month period after the motivational interviewing support administered to people with type 2 diabetes mellitus. **Design:** Randomized controlled trial **Material and Method:** After the intervention (the sixth month), at the end of the one-year period, researchers were able to reach 32 patients from the study group. The study group was divided into experimental and control groups. After the intervention, no other intervention was administered to both control and intervention groups. The participants received their usual care. Participants in the experimental and control groups were interviewed on the telephone at the eighteenth month after the intervention, and their self-efficiency, metabolic control and health behaviors were evaluated. For data analysis, this study used the t test in independent samples for variables with a normal distribution, and the Mann-Whitney U test and the Friedman test for variables without a normal distribution. The chi-square test was used to compare categorical variables, and $p < 0.05$ was the threshold for statistical significance. **Results:** The mean age of participants in the experimental group was 51.83 ± 7.42 years. Of them, 72.2% were female, 55.6% had primary school or less education, and 77.8% had experienced type 2 DM disease for more than 5 years. The mean age of participants in the control group was 53.78 ± 6.65 years. Of them 64.3% were female, 57.1% had primary school or less education, and 57.1% had experienced type 2 DM disease for more than 5 years. The difference of the total self-efficiency, sub-scale scores and metabolic values of the experimental group between follow-ups was found to be statistically significant ($p < 0.05$). Apart from metabolic values between follow-ups of the control group (preprandial blood glucose, postprandial blood glucose, HbA1c, weight, BMI, waist circumference), the total self-efficiency and sub-scale scores were statistically significant ($p < 0.05$). Inter-group comparisons determined that the difference between the sixth and eighteenth months was statistically significant in terms of self-efficiency (except for the medical treatment sub-scale score) and metabolic values (except for postprandial blood glucose and waist circumference) ($p < 0.05$). The eighteenth month follow-up indicated that the groups were similar in terms of medication, nutrition and physical activity ($p > 0.05$). **Conclusion:** This study determined that not continuing to provide motivational interviewing based on transtheoretical model administered to people with Type 2 DM after the intervention has a negative effect on self-efficiency levels, metabolic control and health behavioral change. Thus, it is recommended that motivational interviewing based on the transtheoretical model should be periodically conducted considering patients' characteristics.

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The Effect of Nurses' Work Environment on Their Perceptions of The Quality of Care

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Abstract

Purpose: Providing high quality health care services depends on the work environment supporting the capabilities, performance and health of medical staff. Health care staff's ability to provide and manage care improves when the working conditions are enhanced. There is a firm relationship between the working conditions for nurses and quality of patient care and patient safety. **Design:** This descriptive research was conducted to determine the relationship between the work environment and nurses' perceptions of the quality of care. **Material and Method:** The study was conducted with the nurses working in three different hospitals, a faculty of medicine, a training and research hospital and a public hospital, in Konya. The sample included 237 nurses. The data were collected using a preliminary information form that evaluated their sociodemographic and employment characteristics, the Work Environment Scale (WES) and the Care Attitude Scale-24 (CAS-24). Means, standard deviation and Pearson's correlation analysis were used for data evaluation. **Results:** The nurses' mean WES score was 95.15 ± 11.77 , and their mean CAS-24 score was 4.98 ± 0.70 . A weak, positive, but significant relationship was found between the total WES score ($r=0.366$, $p<0.05$), institution quality management (one of its subdimensions) ($r=0.418$, $p<0.05$), professional relationships ($r=0.398$, $p<0.05$) and perceptions of the quality of care. A very weak, positive, but significant relationship was found between these factors and the job satisfaction subdimension ($r=0.171$, $p<0.05$). **Conclusion:** The nurses' mean WES score and CAS-24 score were found to be higher than the midpoint of the scale, and a significant relationship was found between the nurses' perceptions of the quality of care and the WES subdimensions.

Keywords: work environment, quality of care, nursing

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Effect of Kinesiologic Taping of Foot&Ankle on Static and Dynamic Balance in Children with Cerebral Palsy

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Abstract

Aim: Balance problems in individuals with Cerebral Palsy(CP) restrict their performing motor skills, fulfilling daily life activities and acting independently in society. Aim of this study is to investigate the effect of kinesiologic taping(KT) of foot&ankle on their static and dynamic balance. Materials and Method: 40 individuals(16M,24F) average aged of $10,85\pm 3,893$ diagnosed with CP have been included. Within the frame of evaluation, records of demographic information and anamnesis of individuals have been made. Gross Motor Function Classification System(GMFCS), Gross Motor Function Measure(GMFM) and Berg Balance Scale(BBS) have been used at evaluation of individuals. Static and dynamic balances of the individuals with CP have been measured with Techno Body Postural Line device at pre-treatment and post-treatment of KT. Three different taping techniques have been performed to foot&ankles. Findings: Following the KT, falling risks of the individuals have been observed to decrease significantly as to the BBS scores($p=0,004$). When the evaluation results of pre-taping and post-taping have been analyzed, a statistically significant difference has been detected on static balance scores both eyes open($p=0,002$) and eyes closed($p=0,000$), on Romberg Test Scores($p=0,011$), balance on one foot scores on both legs($p=0,000$), on dynamic balances scores on antero-posterior direction($p=0,03$) whilst variation of medio-lateral direction is insignificant($p=0,08$). Conclusion: In our opinion that the kinesiologic-tape application is an important positive factor especially for the lower extremity stability. We consider that usage of kinesiologic taping in treatment programs in addition to other physical therapy methods is going to play an active role on the improvement of balance and functional capacity.

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THE SYMPTOMS CLUSTER: SLEEP QUALITY AND LEVEL OF FATIGUE IN CANCER PATIENTS UNDERGOING RADIOTHERAPY

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Abstract

Introduction: The sleep problems and fatigue, frequently can seen in cancer patients and it is important a problem directly affected of their cope with side effect of treatment. Purpose: This pre-experimental before and after study design was conducted to determine the relationship between sleep quality and level of fatigue in cancer patients undergoing radiotherapy. Methods: A convenience sample of 108 patients was recruited from the oncology polyclinic of a university hospital located in a large city in Turkey. Data were collected with a questionnaire form; Pittsburg Sleep Quality Index; and Brief Fatigue Inventory in the first five days of radiotherapy (T0), and during the last week of treatment (T1). Results: Of the patients, 58.3% and 92.6% had low sleep quality and 38.9% and 92.6% lived fatigue in the first and last week of radiotherapy, respectively being significantly different ($p<0.05$). Total sleep quality and median scores of the subtitles of global brief fatigue inventory were found to increase from the first week to the last week which was significant ($p<0.05$). A strong positive correlation between scores of subtitles of global brief fatigue inventory and total sleep quality in the first and last week of the radiotherapy ($p<0.001$). Conclusion: As a consequence, it was recommended to periodically evaluate the fatigue and sleeping problems of the patients undergoing radiotherapy, to consult the patients and their family and to examine the efficiency of nursing interventions regarding factors affective in symptoms.

Keywords: Radiotherapy; sleeping quality; fatigue; nursing

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Improving sports technique of Jaeger Salto on uneven bars based on biomechanical indicators

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Abstract

The main purpose of this paper is the improvement of sports technique key elements on the basis of the kinematic and dynamic indicators of Jaeger Salto on uneven bars during the stage of training basic specialization. Material and methods. For this we considered that the use of video-computerized method in conformity with the method of movement postural orientation and algorithmic analysis of sports technique of Jaeger Salto on uneven bars will contribute to the more effective development of the contents of long-term learning programs, the improvement of technical execution and the achievement of better performances in competition. This case study is an advanced stage of the pedagogical experiment of the post-doctoral thesis; it is included in the research plan in the field of National University of Physical Education and Sport of Ukraine and in the plan of research for 2016-2017 of the Faculty of Physical Education and Sport, Ecological University of Bucharest. The research was conducted during 2012-2014, monitoring the performances of the gymnasts in three national events on uneven bars. The subjects were 4 athletes of 12 -15 years old; all of them were components of junior national team of Romania. The following methods have been used in this research: theoretical and methodical analysis of the existing literature in artistic gymnastics; method of evaluation of sports technique of gymnastics exercises by using the algorithmic structural-systemic analysis of movement; video-computerized method, using "Pinnacle Studio", "Kinovea" and "Physics ToolKit" programs; method of movement postural orientation and evaluation of sports technique key elements with complex coordination of movement structure; method of linear-branched programming of learning and improving the gymnastics exercises; statistical method, by means of "KyPlot" program. Results. The results of the spatial – temporal characteristics of sports technique key elements of Jaeger Salto on uneven bars highlights the phasic sequence of execution, namely the preparatory movement of launching from forward giant, moment of bar release, multiplication of body posture and the concluding posture of regrasping the bar in accordance with the technical requirements of FIG Code of Points. The correlative analysis between the biomechanical indicators of Jaeger Salto and the performances achieved in competition on uneven bars by the gymnasts aged 12 to 15 years reveal strong and moderate connections between the kinematic and dynamic characteristics of sports technique key elements and the scores obtained in competition. As for the weak connections, they require a special attention on improving the phasic structure of body posture. Conclusions. The analytical video biomechanical processing of each segment has led to the centralization of spatial-temporal indicators of key elements characteristics of Jaeger Salto on uneven bars, according to the data on joints trajectories movement and the graphical representation of the entire body segments in the case of junior gymnasts aged 12 to 15 years. The use of video-computerized method in accordance with the method of movement postural orientation and algorithmic analysis of sports technique of Jaeger Salto on uneven bars contributed to the more effective development of the contents of long-term learning programs, the improvement of technical execution and the achievement of better performances in competition, which confirms the paper hypothesis proposed.

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Fatty Oocyte Disease: The impact of patatin-like phospholipase domain containing 3-gene (PNPLA3) on folliculogenesis in PCOS

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Abstract

OBJECTIVE: To test whether follicular fluid (FF) and serum levels of patatin-like phospholipase domain containing 3-gene (PNPLA3) and preptin change in polycystic ovarian syndrome (PCOS). **PATIENTS AND METHODS:** A total of 42 infertile volunteers were included in the study. They were divided in two groups as a PCOS (n=20 (24.4%) and the control group without PCOS (n=21 (25.6%). All participant underwent ovarian stimulation. Blood and follicular fluid samples were obtained from both groups of subjects during the oocyte pick-up. A total of 82 samples (41 serum and 41 follicular fluid) were collected from 42 participants. Follicular fluid of one dominant follicle was collected from PCOS and control subjects. By using ELISA method FF and serum levels of PNPLA3 and preptin were measured in both group of participants. **RESULTS:** PNPLA3 median values were not different according to study groups ($p>0.05$). There is a statistically significant difference between the experimental groups in terms of preptin median values ($c2=31.465$; $p<0.001$). When it was investigated which group led to the difference in the preptin median values we have shown that preptin median values obtained from the follicular fluid in the control group were similar to the serum preptin values of control and PCOS groups ($Z=0.970$, $p=1.000$ and $Z=2.631$, $p=0.051$, respectively). It was also observed that the medians of the serum preptin in control and PCOS groups were the same ($Z=1.649$; $p=0.595$). It was determined that the preptin medians obtained from the follicular fluid of PCOS group were significantly lower than the preptin median values of all the other groups ($Z=2.770$; $p=0.034$ for PCOS-follicle vs Control-follicle, $Z=3.752$; $p=0.001$ for PCOS-follicle vs Control-serum and $Z=5.468$; $p<0.001$ for PCOS-follicle vs PCOS-serum). **CONCLUSIONS:** Peripheral peptides work together for regulating folliculogenesis in PCOS.

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INVESTIGATION OF RELATIONSHIP BETWEEN SELF-ESTEEM AND CONTINUOUS ANGER AND ANGER EXPRESSION STYLE IN NURSING STUDENTS

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Abstract

The study was conducted in the students of Department of Nursing, Faculty of Health Sciences, Karadeniz Technical University, in the spring semester of 2015- 2016 academic year. Five hundreds and nine students who accepted to participate on the basis of voluntary without sampling were enrolled in the study. Student information form, and the scales of Rosenberg Self-Esteem, Trait Anger Expression and continuing anger were used as the data collection tools. Kruskal-Wallis H test and Mann-Whitney U test (One Way) were used for data analysis. Female students were able to keep under control their anger better than men. The students being convicted to violent criminal because of their mistakes in the past were more furious. The students dealing with any hobby were less furious. It was found that students' self-esteem was not affected by gender, number of siblings, where they lived, income rate, education level and presence or absence of their parent and whether or not their parent had a job. However, self-esteem of the students was found to be higher in the students with good family relationship, participating in family decisions, pleasing their body, and alerted the appropriate way instead of violent criminal because of their mistakes. We can conclude that the self-esteem of the students is high, they have anger at the mid-level, and they prefer directing their anger inside rather than outside. In other words, individuals with high self-esteem are better able to keep under control their anger.

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Nurses' Communication with the Patients with Sexually Explicit Conduct

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Abstract

Some inpatients seem to have sexually explicit conduct. This is not usually because patients cannot meet their sexual needs as they stay in hospital for a long time. This situation occurs due to the desire to draw attention to the power of femininity/ masculinity, to deny the concerns regarding succumbing to disease and being dependent as an uncontrolled impulsive reaction in response to the severity of the disease. However, it is seen as one of the problematic behaviors of patients by nurses. In such patients, the nurses may show emotional and behavioral reactions such as feeling helpless, furious and indifferent and ignoring and refusing the patient. This study was carried out to evaluate the communicative behavior of nurses toward the patients with sexually explicit conduct. This descriptive study was carried out with the nurses who voluntarily agreed to participate in the study in a province in the Eastern Black Sea region between January and May 2014. The entire population of the study was tried to be reached without performing sampling. 80% of the population was reached and the study was completed with a total of 276 nurses. The data were collected using a questionnaire prepared by the researchers reviewing the literature. The data were analyzed using numbers, percentage, chi-square test in the SPSS program and evaluated at 95% confidence interval, and $p < 0.05$ significance value. 42.4% and 56.9% of the nurses reported that they and their friends faced with inpatients with sexually explicit conduct respectively. The sexual explicit conduct of inpatients were as follows; asking nurses questions about their intimate/private life (26.4%), using obscene words in swearing (26.1%), making sexual jokes (20.7%) and the inpatients sleep with only their underwear (20.3%). The communicative approaches of the nurses facing patients' sexual explicit conduct were as the following; warning the patient orally (69.6%), putting a distance between the patient and themselves (67.4%), asking for help from their colleagues and managers (66.7%), asking for physicians to provide psychiatric consultation for the patient (63%). It is remarkable that the nurses encounter with the inpatients showing sexual explicit conduct, their style of coping with the problem is not solution-oriented, they give aggressive and passive responses and behave in a way to limit the contact with the patient (self-directed).

Keywords: Communication, nurses, sexually explicit acts, Turkey.

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THE FACTORS RELATED STRATEGIC LEADER ACTIONS IN TURKISH PUBLIC HEALTHCARE MANAGEMENT AND THE PERCEIVED ACHIVEMENT

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Abstract

Structural changes taking place all over the world in the last 40 years in the health sector has brought about rapid development of the health sector in our country. One of the change in health system in Turkey is the establishment of Institution of Turkish Public Hospitals and General Secretariat with the legal regulation numbered 663. With the new law employment of managers, work in General Secretaries and hospitals, is made by performance-based model. These developments in the health system cause that the features of strategic leadership of managers should be reconsidered. Similarly, the impact of structural change is expected to be on the corporate environment. Performance-based employment of managers will be converted into the more complex environment of stable environmental conditions of the public health sector. Therefore, it is considered that managers, work in the health sector, use more the features of strategic leadership. In this study, the goal is that to determine the using level of the features of strategic leadership of managers work in Institution of Turkish Public Hospitals and provincial hospitals, to identify the personal and environmental factors affecting these features and to learn perception of success. 105 managers has been participated in the study. Strategic Leadership Survey used for collecting data. As a result, it is determined that managers use ethical leadership more often all aspects of strategic leadership. % 43 of the participants assessed working environment as stagnant and % 91.43 of the participants assessed themselves as very successful. Moreover there is a significant relationship between the features of strategic leadership of managers and personal features of them.

Keywords: Strategic leadership, strategic management, perception of success, public health sector.

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The Significance and Efficiency of Kangaroo Care in Premature Infants

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Abstract

Kangaroo care maintains thermoregulation through skin contact between infants and their mothers ensuring calming down and commitment between the mother and the child. This technique can also be called human incubator method and it reduces newborn morbidity and mortality with considerably lower costs of infrastructure or safe and reliable practicality for both health professionals and mothers. It has recently been revealed that kangaroo care helps to reduce mortality rates in preterm infants, stabilizes heart rate, maintains body temperature, reduces need for oxygen, positively affect weight gain and sleep duration, and assures early discharge. Kangaroo care also guarantees mother-infant commitment in postnatal period. Despite the evidence for its reliability and efficiency, its practice still remains limited due to lack of qualified medical personnel and inadequate care environment. Consequently, it can be suggested that primary care providers in newborn intensive care units promote kangaroo care practices by establishing efficient care environment in order to improve medical results and enhance care quality.

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Is there relationship between pectoralis minor muscle length and shoulder rotator muscles strength?

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Abstract

Problem Statement: In joint movement, agonist and antagonist muscle strength, as well as the length and the shortness of these muscles is an important parameter. Muscle shortness is one of the factor that responsible of sports injuries. Shoulder is one of the most injured joint in Judo. In this joint, determination of the relationship between muscle shortness and agonist-antagonist muscles strength will be effective to increase muscle strength, sportive performance and prevent sports injuries. Purpose of Study: This study was conducted to determine the relationship between pectoralis minor (PM) muscle length and shoulder internal(IR)/eksternal(ER) rotation isokinetic muscle strength in judo athletes. Methods: The study included 80 (56 males, 24 female) professional judo athletes aged between 14-25 (mean 17,31±2,51). Isokinetic muscle strength was assessed by ISOMED 2000® device. Pectoralis minor length was evaluated using a flexible tape measure in resting position. The assessments were made bilaterally. Findings and Results: There was a strong and statistically significant correlation between the PM length and the shoulder IR and ER peak torque values at both angular velocities and both sides ($p < 0,01$) (Table.2). Conclusions and Recommendations: It was determined that the relationship between the length of the PM muscle and the internal and external rotator muscle strength of judo athletes. Therefore, we think that by increasing shoulder muscle strength to enhance sportive performance, stretching exercises for PM muscle shortening should be added to training programs.

Keywords: Isokinetic strength, Judo players, pektoralis minör length

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EFFECTS OF GRAFT TYPE USED IN PATIENTS WITH ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION ON ISOKINETIC MUSCLE POWER AND LIFE QUALITY

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Abstract

Background: There is still not an agreement about what kind of graft type to be chosen for patients with anterior cruciate ligament (ACL) reconstruction. In this study, hamstring tendon autograft and bone tendon bone graft were used as graft types. Hence, it was aimed to compare the patients who has ACL reconstruction in terms of life quality, knee functions and isokinetic strength. Method: The patients chosen for the research are all male, had operation at least one year before and injured during training. These patients are of 20 ACL reconstruction patients with hamstring tendon (HT) autograft and 20 ACL reconstruction patients with bone tendon-bone (BTB) graft. In isokinetic measurement tests, the loss and recoveries (percentage) in extensor and flexor muscle groups were compared in terms of *Peak Torque - Newton.meter and Average Power - Watt* by 60°/sec (5 repeats) and 180°/sec (10 repeats) angular velocities. In addition, all the patients also filled Lysholm Knee Scoring Form and Short Form (SF) 36 Life Quality Form before isokinetic test. Result: After isokinetic evaluation applied to both groups, no significant statistic difference has been detected. In terms of Lysholm scores, no significant statistic difference has been detected between two groups. After analyses conducted through SF36 scoring, significant difference was detected on behalf of HTonly in "physical function component". ($p=0.001$) Discussion and Conclusion: As a result of isokinetic measurement, Lysholm test and SF36 analyses of both graft type, a significant difference was detected only in SF36 "physical function component" scores. This case also shows us that more research should still be done about determining which graft is the best option for which patient group. On the other hand, SF36 form can be applied more often after ACL operations for evaluation.

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NON-THERMAL ULTRASOUND IN THE MANAGEMENT OF IMMEDIATE POSTPARTUM BREAST ENGORGEMENT: A CASE REPORT

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Abstract

Breast engorgement is a common reason women stop breast feeding. The purpose of this case was to describe the intervention dosage and outcomes of therapeutic non-thermal ultrasound in the management of postpartum breast engorgement. A G1 T1P0A0L1, developed pain in both breasts 2 days postpartum with gradual increase in size of breasts, pain, depression and development of lumps which were assessed and recorded using Six Point Engorgement Scale (SPES), tape measure, Visual Analogue Scale (VAS), Edinburgh Postnatal Depression Scale (EPDS), and number count respectively, pre and post-intervention. Intervention comprised of therapeutic non-thermal ultrasound for 2 days. There was complete resolution of breast engorgement and pain with a decrease in VAS scores, SPES scores, EPDS scores, cup size and number of lumps. The use of therapeutic non-thermal ultrasound is safe and effective in the management of breast engorgement in physiotherapy clinical settings. Randomized controlled trials are required to generalize results.

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DETECTING PSYCHOLOGICAL PROBLEMS BY USING DATA MINING

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Abstract

The rapid development and spread of technology has made it possible for people to have more psychological disturbances. Data mining is a method that can be applied in all areas of business, often in the financial sector, banking, GSM sector and biomedical areas; The degree of psychological distress and what is used. In this study; Detection and effects of psychological disorders are emphasized. Classification methods were applied to age, gender, marital status, income, personality changes, reasons for initiation, grade of illness, duration of illness, recurrence status, attitudes towards the environment, changes in mood states, illness status and drug use. In setting the diagnosis of psychological problems, the effects of the disease are considered. Classification methods applied in work; Weka 3.7.1 (Witten & Frank, 2005) with the data mining interface; Decision Trees, Logistic, Multilayer Sensor, JRIP, Bayesian Rule, Bayesian Networks, Part, Zeror, Oner, Rbf Networks. As a result of the work done, the worst result is ZeroR (50%). Logistics, Multilayer Sensor, JRIP, Part and OneR applications have yielded 100% results.

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Beliefs and Practices of Jordanian Patients with Diabetes toward the Use of Herbal Therapy

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Abstract

Patients with diabetes occasionally diverge from the proper self care and seek unproven therapies that may worsen their condition. So, this study aimed to: assess the prevalence of using herbal therapy among Jordanian patients with type 1 and type 2 diabetes, assess the beliefs about the usefulness of this type of therapy, to identify the significant predictors of these beliefs, and identify the factors that increase the likelihood of using herbal therapy. A descriptive cross-sectional design was employed using a convenience sample of 310 patients with diabetes. A questionnaire package was used that assessed the beliefs about the usefulness of herbal therapy, level of self care, use of herbal therapy, and demographic factors. Sixty-seven (21.6%) of the participants used herbal therapy. The mean beliefs score was 1.24 in a scale that ranged from (0-4). Linear regression showed that beliefs were significantly predicted ($F(9, 300) = 24.8$; $R^2 = .43$) by self care, attending workshops, education level, and number of complications. The logistic regression showed that the lower the self care and the higher the beliefs, the more likelihood the patient uses herbal therapy (Cox & Snell's $R^2 = .36$). Informing the patient through structured and individualized diabetes education influences the patient's beliefs and promotes self care. This education program should target mainly those with low self care, high number of complications, educational level and not well-prepared.

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Is There Any Effect of Upright Positions on Maternal Health?: A Meta-Analysis Study

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Abstract

Introduction: Child birth is a important period on adaptation of motherhood. Women live biological, physical, emotional and social changes in this period (Karaçam and Akyüz, 2011). The labour experience and process should leave pleasant memories in the mother in order to have a haealthy start to the maternal experience (Mathew et al. 2012). However, there are many comfort disturbances that a woman will experience throughout childbirth. Women are trying to cope with being in an unfamiliar environment, not protecting their privacy and the birth process during this process (Larkin et al., 2009). The comfort disturbances experienced by the mother can be diminished via non-pharmacological methods, such as walking, birth ball (Kömürcü and Ergin, 2014). Movement and positional change is used as a non-pharmacological method in maternal pain management. It also realizes the psychological and emotional dimension of care by preventing the mother from experiencing extreme fear (Taavoni et al., 2011). This study was conducted to detect the effect on maternal health of upright positions during the second stage of labour, without routine epidural analgesia. **Methods:** In this study, meta-analysis was used as a systematic synthesizing method. Articles, masters and PhD theses published between 1970 and 2015 in 10 databases were reviewed for keywords and inclusion criteria. Randomized controlled trial studies in which the in the experimental group consisted of mothers in an upright position during the second stage of labour without routine epidural analgesia and mothers in a recumbent position in the control group were included in the study. The bias risks of the studies were assessed according to Cochrane, overall effect size, heterogeneity tests and sensitivity analysis were performed with the publication bias, risk ratio effect size and random effects model. **Results:** The criteria for the meta-analysis were met by 22 intervention studies. It was detected that the ratio of instrumental labour (RR= 0.683, 95 % CI= 0.506- 0.923) and episiotomy (RR= 0.811, 95 % CI= 0.723-0.910) was lower but the hemorrhage ratio was higher (RR= 1.386, % 95 CI= 1.081-1.775) in women in an upright position during the second stage of labour without routine epidural analgesia. **Conclusion:** As a result of meta-analysis, upright position decreases the ratio of interventional labour and episiotomy but increases the postpartum hemorrhage ratio in women without routine epidural analgesia during the second stage of labour. The purpose of nursing/midwifery care, which advices on different birth positions, protect the mother from perineal traumas that may occur and give her a position that the fetus will not be negatively affected. So, the appropriate position should be decided during labour considering the risk factors of the pregnant woman about postpartum hemorrhage.

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A Case Report on Meta-Analysis Planning Experience

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Abstract

Theoretical structure: This article uses a case study, examines the difficulties with planning meta-analysis studies, to clarify the processes involved in writing a meta analysis. The case study is about a phd student, Emine who is writing her doctoral thesis. Meta-analysis presents new understandings for revealing effect sizes of studies and developing new social policies. Meta-analyses, a part of systematic review, have difficulties in terms of planning and predicting for many researchers. Since meta-analysis planning requires serious effort, expertise and skill, various difficulties prevent researchers from engaging in this process. Especially in nursing science where the importance of evidence-based practices has increased, there is more need for meta-analyses, but practical difficulties have been experienced with them. Which strategies should be followed: Identifying topic Emine. She is interested in research methods, home visits and elderly health. In the meta-analysis planning stage, the question whether a meta-analysis had been performed on the research topic during the past ten years was initially researched. Research question using the PICO formulation and then literature search was done with appropriate keywords. The systematic revision processes of meta-analysis are similar to those of the research process, and include identifying a problem, selecting a sample, collecting and analyzing data, interpreting data and presenting findings. What challenges were experienced: It was determined that difficulties were experienced, especially with the issues of subjectiveness and quality evaluation of research report, and most importantly, in determining the conceptual framework of the study. Study characteristics, the risk of subjectiveness in studies included, the types of initiatives (interventions) and the methods used to evaluate their effects were examined. Sufficient randomized controlled work was not achieved in the field of nursing so all quantitative studies are included. She searched fund for the analysis program for meta (CMA). How to deal with challenges: Emine went to two courses to improve proficiency in meta-analysis. Projected this work in order to get the CMA program to do the meta-analysis. She took international protocols into consideration during the writing and reporting process. Suggestions: Planning with the use of criteria and tools such as and flow diagrams and PRISMA, suggested by Cochrane Colloboration, will make meta-analysis more convenient for researchers.

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EFFECTS OF “ANGER MANAGEMENT EDUCATION” PROVIDED TO THE ADOLESCENTS ON THE MANNER OF DISPLAYING ANGER AND SELF-ESTEEM: A RANDOMIZED CONTROLLED TRIAL

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Abstract

Objective: This study aims to examine the effects of anger management education provided to adolescents on the manner of displaying anger and self-esteem. **Method:** This is an experimental pre- and post-test study that was designed as a single blind and randomized controlled trial. The present study was conducted in a secondary school in Kepez county of Antalya province, Turkey. The sample consisted of 60 students. Both experimental and control groups had 30 participants. Students' sociodemographic information form, the Multi-Dimensional Anger Scale and the Rosenberg Self-Esteem Scale were used to collect data. The Mann-Whitney U test was used to compare mean pre- and post-test scale scores of the two groups. The Wilcoxon signed rank test was used to assess the internal pre- and post-test data of the experimental and control groups. The procedure described by Benjamini and Hochberg was used to correct p-values for multiple testing. **Results:** Following the anger management education provided to the adolescents, scores related to anger-related symptoms, situations causing anger, anger-related ideas, interpersonal reactions toward anger, and subdimensions of anger-related behaviors positively declined ($p < 0.05$). In addition, the self-esteem levels of the adolescents were significantly enhanced following the education ($p < 0.05$). **Conclusions:** Findings of the present study indicate that anger management education positively affects the manner of displaying anger and self-esteem levels. Following the anger management education provided in six sessions, adolescents' manner of displaying their anger was positively affected, and their self-esteem levels were improved.

Keywords: Adolescent, anger management education, manner of displaying anger, self-esteem.

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THE EFFECT OF A 20-WEEK PHYSICAL ACTIVITY PROGRAM FOR ELDERLY INDIVIDUALS WITH MILD COGNITIVE IMPAIRMENT ON THEIR COGNITIVE FUNCTIONS AND SLEEP QUALITY: A RANDOMIZED CONTROLLED TRIAL

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Abstract

Aim: The aim of this study is to determine the effect of a 20-week physical activity program for elderly individuals with mild cognitive impairment (MCI) on their cognitive functions and sleep quality. **Methods:** This is an experimental pretest-posttest study that was designed as a single blind, randomized controlled trial. An information form including the participants' sociodemographic characteristics and medical history, the Standardized Mini Mental Test (SMMT) and the Pittsburgh Sleep Quality Index (PSQI) were used for data collection. Statistical analysis was done using SPSS 18.0 (IBM, Armonk, USA). Continuous data was presented as medians (interquartile range), categorical data as counts and percentages. The researchers used descriptive statistics, including numbers, percentages, means and standard deviations. **Results:** This study showed that the physical activity program improved the cognitive functions and sleep quality of elderly individuals ($p < 0.05$). These results suggest that regular physical activity programs should be used in routine practices to prevent the decline of cognitive functions and to the improve sleep quality of elderly individuals. **Conclusion:** According to this study's findings, the cognitive functions and sleep quality of elderly individuals improved thanks to a 20-week physical activity program.

Keywords: Mild cognitive impairment, Physical Activity Program, Cognitive functions, Sleep quality, Randomized controlled trial

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Comparison of Diet Quality for Pregnant and Non – Pregnant Women

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Abstract

Problem Statement: Pregnancy is the one of the important period for life. A woman's nutritional status prior to and during pregnancy affects fetal growth and development and the course of her pregnancy, as well as her long-term health status. **Purpose of Study:** The aim of this study was to determine the differences between pregnant and non – pregnant women's diet quality by using Healthy Eating Index 2010 (HEI 2010). **Methods:** This study was carried out 43 (63,2%) non pregnant and 25 (36,8 %) pregnant women volunteers with no have any chronic disease and takes no diet treatment. General features of women were determined through a questionnaire Dietary intake was measured by 24-hour dietary recall method, and diet quality was assessed by HEI-2010. Energy and nutrient intake was calculated by Nutrition Information System (BeBiS) programme. **Findings and Results:** Participants mean age was 23,0 ±3,01 years. The mean HEI 2010 score for all was 45,4±14,96; for non-pregnant women were 44,1±15,70 and for pregnant women were 47,8±13,67. The differences between the groups were not statistically significant (p=0,581). According to the HEI-2010, diet quality of 60,3% of the participants was poor, and 39,7% average. None could be classified as having a "good diet" **Conclusions and recommendations:** Pregnant women have just a little higher score of HEI 2010 than non – pregnant women. This might be due to interest of pregnant women's for a healthier diet. But as a result all women diet quality was low and dieticians should provide nutrition education for all childbearing age women.

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EVALUATION OF EFFECTS OF CAREER PLANNING AND DEVELOPMENT PRACTICES ON THE HEALTH MANAGERS' ORGANIZATIONAL SOCIALIZATION BEHAVIOURS

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Abstract

In this study, it is aimed to determine the levels of health managers' organizational socialization behaviours and to evaluate the effects of career planning and development practices on their organizational socialization. This cross sectional and descriptive study is carried out on health managers who works in the state hospitals in Thrace (Trakya) region of Turkey. All data is collected using the survey form from managers. Population of this study is 225 health managers and they are targeted to be reached wholly. 160 of these managers filled the surveys voluntary and all of these surveys are included in this study. The data is analyzed with SPSS 22.0 for Windows in 95% confidence. 65.6% of health managers are women and 85.22% of them are married. It is determined that 44.4% of health managers are at lower level, 37.5% of them are at middle level, 18.1% of them are at upper level in management hierarchy. When managers' organizational socialization behaviours is analyzed; "adoption and support" are at high level, "development, expectation and general organizational socialization" are at moderate level. Also, there is a statistically meaningful difference between their gender, managerial level, education, professional experience, tenure, working hours, taken into consideration of their the career goals, promotion procedures, executive turnover, level of career planning and development applications and their organizational socialization behaviours' scores. It is observed that career planning and development practices are effective on the health managers' organizational socialization behaviours

Key words: Career planning, career development, organizational socialization, health manager

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EFFECT OF SELF-LEARNING READINESS ON ACHIEVEMENT ORIENTATIONS IN NURSING STUDENTS

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Abstract

Aim: This research was conducted as a descriptive study in order to determine the effect of self-learning readiness on the achievement orientations of students in the nursing department. **Material and Method:** Between November 15, 2016 and January 15, 2017, all students studying in the Nursing Department of the Faculty of Health Sciences of Ondokuz Mayıs University were taken to the research universe. The study was conducted with 311 students who agreed to participate in the survey without going to the sample selection. Sociodemographic data form, self - learning readiness scale and achievement orientation scale were used in the data collection. Percentage, mean, regression test was used for data analysis **Results:** It has been determined that; 81% of the students were female, 78.5% were in the 18-21 age group and 35% were the first-year students. %73 of the students said that have not any failed lesson from the last years and %54 of the students defined that their academic success level is intermediate degree. The students' self-learning achievement averages and achievement orientation scale's subscales were found to be low in average scores (Table 1.). A statistically significant relationship was found between the performance avoidance and learning approach subdimensions with the self-learning achievement scale total score average. ($p<0.05$). **Conclusion:** It was determined that nursing students' readiness to self learning and achievement orientations were not at an arbitrary level and their readiness to self learning affected the average of performance avoidance and learning approach scores.

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Autism Spectrum Disorder and Vitamin D

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Abstract

ASD (Autism Spectrum Disorder) is a complex neurodevelopmental disorder. It is thought that environmental and genetic factors are important influences on this disease. Vitamin D deficiency has been suggested as a environmental risk factor for ASD. The aim of the this paper is the research the possible connection between ASD and vitamin D. Vitamin D has antioxidant, anti-inflammatory and anti-autoimmune properties. It has been shown that proinflammatory molecules such as MCP-1, TNF- α are elevated in autism and that these molecules are decreased by administration of D-vitamin. In addition, in some studies has been shown to reduce seizures, improve mitochondrial disability, sleep problems observed in autism and positive effects on gastrointestinal disorders of vitamin D. As a result, vitamin D is a potent preventive factor for autism with effects such as antiinflammatory effects, autoimmune activities, mitochondrial protection and induction of antioxidant pathways and there may be therapeutic effects at higher doses.

Keywords: Autism Spectrum Disorder, Vitamin D, Neurodevelopment

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Evaluation of Nutritional Status in Children with Autism Spectrum Disorders

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Abstract

Autism spectrum disorder is a neurodevelopmental disorder characterized by repetitive behaviors, limitation with verbal and nonverbal communication skills. Autistic children has often eating problems such as selective eating, food rejection, and gastrointestinal problems such as constipation, diarrhea, abdominal pain, gas. These nutritional problems seen in children with autism cause some nutritional deficiencies in children. In this case-control study, some anthropometric measurements and 3-day food consumption of 25 autistic and 64 non-autistic children aged 10-13 years were taken. BMI, waist circumference, body fat percentage of autistic children were lower than healthy age groups, and only the difference between BMI was significant. Compared with the control group, the rate of energy came from protein in the autistic group was lower and the intake of vitamin E was higher. Intake of calcium in % 60, zinc in % 56, iron in % 48 and fiber in % 68 of children with autism was lower than recommendations. An individual nutrition care plan should be prepared by assessing nutritional status of children with autism for the improvement of gastrointestinal problems, the quality of life to be better and their growth and development are to be adequate.

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THE EFFECTIVENESS OF PILATES TRAINING ON PHYSICAL PARAMETERS IN PATIENTS WITH SCHIZOPHRENIA

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Abstract

Relevance: Schizophrenia remains one of the most major reason of disability although many years and tend to have high amount of mortality and morbidity. People suffering from schizophrenia have also many complex health troubles which may cause physical and psychological declines. There is a direct relationship between physical activity and improvements in health parameters. Purpose: Aim of this study was to investigate the effectiveness of a six-week Pilates training programme on physical health of schizophrenia patients. Methods/analysis: Eighteen schizophrenia patients randomly allocated to control (n1=8) and Pilates groups (n2=10). Both groups received their medications as usual whereas Pilates group was trained with Pilates exercises 2 times a week, total of 6 weeks. Body mass index, waist circumference and biochemical analysis (glucose (mg/dl), triglycerides (mg/dl), cholesterol (mg/dl), HDL (high density lipoprotein (mg/dl)), LDL (low density lipoprotein (mg/dl)), VLDL (very low density lipoprotein (mg/dl))) were carried out before and after 6 weeks in the both of the groups. Results: Waist circumference decreased significantly in Pilates group ($p<0.05$) after 6 weeks but rest of outcomes including BMI and biochemical analysis did not change significantly in the both of the groups ($p>0.05$). Discussion and conclusions: Although changes in biochemical outcomes were not significantly different after therapy, results consistently favoured the Pilates group. Possibly frequency, intensity and duration of Pilates training was limited to induce more substantial effects in these physical parameters. In the future well designed randomised trials of physical activity programmes are needed in which the duration and intensity of exercise interventions need to be sufficient to achieve improvement in physical health parameters in patients with schizophrenia.

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Abstract

Objective: The aim of this study is to reveal the mental dimensions of computer / internet dependency in Turkey in the light of existing researches. With the development of technology, the activities offered for leisure time have both increased in quantity and quality. The traditional mass media such as books, newspapers and magazines we now use for entertainment, information and leisure are replaced by technological tools such as television, computer and internet. Dependency is conceptually defined as the concept of physical and psychological dependence by WHO (World Health Organization) for the first time in 1964. Addiction is used in the sense of a versatile relationship in which an individual has a continuity and sameness with an object he or she chooses. Addiction is defined as the failure to control or control the use of a substance / behavior, which is a negative condition. Addiction is mostly used in the literature as "addiction" and "dependence". Addiction can develop not only for a substance (cigarette, alcohol ...) but also for behavior (Günüç, Kayri, 2010, Ögel 2001a). Behavioral dependence is defined as the abnormal appearance of a certain behavior and its frequent occurrence, the loss of balance in the psychological, physical, social structure and functions of the person, the deterioration of regulation and the inability to adapt to the environment. According to another definition, behavioral addiction is reported to occur in six stages including "attention", "mood change", "tolerance", "symptom of withdrawal", "conflict", "relapse". In the context of internet dependency which is covered by behavioral dependency (non-chemical dependencies), the individual can be active in passive side; Sound, image, etc. may increase the dependency tendency (Griffiths 2000, Karaman, Kurtoğlu 2009).

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Critical Thinking Levels of First and Last Grade Nursing Students in Turkey

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Abstract

Introduction in brief: In each daily, theoretical and clinical fields, in the decisions which needed for implementation and maintenance; nurses need to think adequately, creative and effective in the resolution of various ethical issues they faced and think critically in providing effective nursing care. Aim of the study: This study was conducted to investigate the level of critical thinking of first and last year nursing students and the factors affecting the critical thinking. Methods: This descriptive and cross-sectional designed research, was conducted with a total of 156 first and final year nursing students which were participating voluntarily, thought to be they had a difference in their level of critical thinking and were studying at a state university which is in Turkey's western area (1st Grade= 70, 4th Grade=86). Research data was collected with student information form and the California Critical Thinking Disposition Inventory (CCTDI) which was developed by Facione (1990) and subjected to reliability and validity test by Kökdemir (2003) in Turkey. In evaluation of the data; number, percentage, mean \pm standard deviation and the Independent t test, one-way analysis of variance (ANOVA) and Pearson correlation analysis were used. Results: The mean age of students is 20.94 ± 1.85 (min: 18, max: 27) and 76.3% of students were female. Critical thinking disposition scale mean score of the students was found to be 192.89 ± 20.40 . Among sub-dimensions of the scale, it was found that the maximum mean score was with analytical thinking (49.77 ± 5.14), the lowest was with searching true (25.63 ± 5.15). In research, it was found that the students who were last year, male and were having mothers which had level of education as high school and college had higher mean scores of critical thinking. In addition, fathers' education level of the students, the families' economic status, age and academic success were observed to not affect the level of critical thinking. Conclusion: As a result of this study, overall level of critical thinking of students participating in the research was found to be lower but in last year students it increased significantly.

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Practices to Prevent Infections from Peripheral Intravenous Catheters: A Review of the Literature

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Abstract

The peripheral intravenous catheter has become an indispensable instrument of modern medicine. However, infections occurring in connection with the intravenous catheters which are widely used in patient treatment and monitoring are among the causes of serious morbidity and mortality. It is reported that with peripheral intravenous catheters used more frequently for short-term applications, the source of the infection is generally at the entry point. Micro-organisms are present on the outside surface of the catheter, and from here they cause infections. In catheters which remain in place over a long period, the source of infection is generally the place where the catheter joins, and the most important cause is frequent touching and use, whereby micro-organisms from the hands of health personnel spread along the inside surface of the catheter and cause infection. There has been a recent increase in studies aimed at reducing and preventing infections relating to peripheral intravenous catheters. As a result of these studies and with the publication of guides, practices to prevent infections from peripheral intravenous catheters have spread in the clinical field. Examining these practices, it is seen that they can be gathered under such categories of intervention as training, areal preference, assessment of catheter needs, hand hygiene, measures for a maximal sterile barrier, skin antisepsis, adequate catheter care, and changing application equipment. Examining the literature under the relevant headings, it was seen that under the heading of training, instruction should be given to the health team on indications for the use of catheters, on fitting catheters with a suitable technique and on care, and periodically checking conformity to the guides which have been developed. Under areal preference, generally veins should be used in the femoral area, near the elbow or in the forearm. Under the heading of hand hygiene and skin antisepsis, hand hygiene should be achieved when fitting catheters and during care, and 2% chlorhexidine should be used in the antisepsis of the entry and exit points of catheters. Under the heading of catheter care, practices are recommended such as performing a regular visual check on the catheter area and palpating the cover, lifting the cover and examining the catheter if there is sensitivity on the entry area, unfocussed inflammation, local infection or findings suggestive of circulatory infection, not taking routine cultures from the ends of the catheter, using sterile gauze or a sterile, transparent semi-permeable covering to cover the catheter area, and choosing gauze if there is excessive perspiration or leakage of blood at the catheter entry point. Apart from this, it is emphasized that in the prevention of infections arising from peripheral intravenous catheters, catheters should be regularly changed within 72-96 hours and equipment attached to them within 72 hours when no risk of complications is seen, that equipment used to give blood, blood products or lipid emulsions should be changed within 24 hours of starting infusion, catheters should only be fitted when there are indications and should be removed when there is no more need for them, and that surveillance should be performed. The aim of this study was to present practices to prevent infections arising from peripheral intravenous catheters in the light of up-to-date studies in the literature.

Keywords: Infections, peripheral intravenous catheters, practices to prevent infections.

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Leadership Power Type Perceptions and Preferences of Health Staff Working at Primary Healthcare Center: A Case Study in Turkey

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Abstract

Family health staffs working at primary healthcare centers are in charge of a wide range of tasks such as the treatment of the patient, preparation-storage-disposal of training and medical supplies, monitoring pregnant women and vaccination. Physicians are responsible for supervising the work and the management of the institution. When the contract ends, it is the physician who decides whether to re-recruit the health staff or not. Applying appropriate type of leadership power to employees working at primary healthcare center is effective in the realization of organizational goals. The aim of this study was to reveal the type of leadership power which was perceived and preferred by health care staff at primary healthcare centers. The study was completed 1-28 February 2016 with 59 volunteer medical staff working at primary health care center in a city in the Eastern Black Sea Region. Data was collected through face-to-face interview method using a socio-demographic form and a 13-item Perceived Leader Power Index questionnaire. Statistical analysis was performed with SPSS program using percentages, number, one-way ANOVA, Kruskal Wallis, Man Whitney U test and correlation analyses. Perceived powers detected in the study were legitimate power (5.18 ± 1.48), coercive force (4.10 ± 1.06), reinforcing power (2.21 ± 1.42 in) and the preferred powers were reinforcing power (5.30 ± 0.18), legitimate power (4.51 ± 0.56) coercive force (3.58 ± 0.99). According to the education level, there was a significant difference between perceived and preferred powers of health vocational high school graduates +associate degree +2 more years (to complete bachelor degree via transferring a distance education program) ($p < 0.05$). A strong positive correlation was found between reinforcing and legitimate powers ($r = 1.6p = 0.001$) while negative correlation was found between reinforcing and coercive powers ($r=0.1 p=0.001$) and legitimate and coercive powers ($r=0.3 p=0.001$).

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EVALUATING RISK FACTORS OF WORKERS BEFORE AND AFTER EDUCATION

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Abstract

The current study was undertaken at a convenience food factory with 18 workers in order to assess the risk factors of the workers before and after the training program from the 5th of December to the 15th of March 2017. Official permissions from the director of the factory and informed consents from the workers were obtained in order to do the study. An assessment of the workers' risk factors was made before corporate risk analyses were conducted. Later, subjects were provided with a training program every other day in the same week (three times a week) through face to face interview in line with their work-schedule and corporate risks were determined by the researchers. The training program included such contents as structural characteristics of the factory, products, production and transportation of products, individual hygiene and risk management. One month later the training program provided; a questionnaire form that was designed about the risks identified and prevention of these risks was administered as post test. The current study found that workers were not able to make enough risk observations but they detected more risk factors as a result of the training program provided. The study represented a small group because the convenience food factory employed small number of workers. In light of the study outcomes, it is recommended that prospective studies should be undertaken with larger samples in order to emphasize the importance of the study-topic.

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DETERMINATION OF THE CONSUMERS' LIQUID CHOICES, CONSUMPTION FREQUENCIES AND HABITS

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Abstract

For encouraging healthy eating, the consumption of liquids should be evaluated in the context of general nutrition habits. Because it can increase the risk of obesity and diet-related chronic disease, it is important to understand the liquid choices and consumption habits. Quantity and variety of the chosen liquids is associated with conditions such as flavor, price, ease of preparation, health, fitness, habits, mood swings. Because, liquid intake is one of the important factors for the health in addition to adequate and balanced nutrition, it was aimed to determine the consumers' liquid choices, their consumption frequencies and habits in this study. This descriptive study was conducted on a total of 332 individual (male:43.1% female: 56.9%) living in Konya, volunteered to participate in the study, aged between 16-30 years old (mean age:20.7±3.1 years). In order to determine the liquid consumption frequency of the consumers, the formula $T=5T_1+4T_2+3T_3+2T_4+T_5$ was used. In the scoring, the frequency of the liquid consumed everyday was multiplied by 5, the frequency of the consumed 3-4 times a week was multiplied by 4, the frequency of the one consumed 1-2 times a week was multiplied by 3, the frequency of the one consumed every fifteen days was multiplied by 2, the frequency of the one consumed rarely was multiplied by 1 and added, and total scores (T.S.) were found for each food. In order to compare the liquids with each other in terms of their consumption frequency, percentage consumption scores (P.C.S.) were calculated by making a proportion between the total score determined for each liquid and the highest total score this liquid could get in the case of being consumed every day. Gender, age, educational status and occupation were used as an explanatory variable. Statistical analyses included Pearson Chi-square test, G test and Fisher's Exact test. The data of the research were analyzed in the statistical software of SPSS 20. According to the results, the most important factors that affect the consumers' liquid choices are; tastiness (74.7%), easy accessibility (71.4%), being a continuously consumed beverage (69.3%), refreshing (66.9%), stimulant (65.4%), easy preparation (61.7%), health promotion effect (63.3%), good fragrance (60.8%) respectively. The least effective factors in the liquid choices of the consumers are; frequent media coverage (16.0%), being a diet product (20.2%) and advertising (22.6%). In the study, consumers were asked to make self-evaluation about liquid consumption situations and 68.7% stated that their liquid consumption was healthy; 20.8% stated that their daily liquid consumption was insufficient; 18.7% stated that they consumed tea, 14.2% stated they consumed acid drinks, and 7.2% stated they consumed coffee much more than recommended. When the liquid consumption habits of consumers were examined; It was determined that 78.0% of the participants consumed liquids at meals, 66.3% of them started the day with a drink, 65.4% controlled alcohol contain in the energy drinks, 62.3% consumed water while eating, 50.0% consumed water in the recommended amount, 46.7% were taken care of the warning letters while taking energy drinks respectively. In the study the liquid consumption frequencies of the consumers were also investigated. The liquids participants consumed over percentage consumption score were as follows respectively; water (119.3), tea (114), ayran (83.7), coffee (77.7), fruit juice (66.9), soda (65.8) and milk (64.2). In conclusion, it was revealed that more than half of the participants(63.3%) were careful to choose healthy ones when choosing liquids; half of them (50.0%) drank water daily in the recommended amount; media (16.0%) and advertisements (22.6%) were not highly effective on liquid choices. These are positive findings of the study. It is thought that consumers should be aware of the liquid choices and consumption habits.

Key words: liquid choice, consumption frequency, habits.

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Examining the Relationship between Work Engagement and Career Adaptability Among Health Professionals*

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Abstract

Objectives: This study aims to investigate the relationship between work engagement and career adaptability among health professionals. **Methods:** The study has been conducted in a cross-sectional research design. The participants are composed of 351 health professionals, including 55 specialist medical doctors, 93 practitioners medical doctors, 119 nurses, and 84 midwives working in various public health institutions. The needed data were collected by the Utrech Work Engagement Scale and the Career Adaptability Scale. Regression analysis and ANOVA methods were used to analyse the data. **Results:** The results indicated a positively significant relationship between work engagement and career adaptability for all occupational groups. We could not find any difference between occupational groups in terms of work engagement, however. The levels of career adaptability were found to be lower among nurses when compared to specialists and practitioners. **Conclusion:** In conclusion, career adaptability can be used as a tool to enhance the work engagement of health professionals. It is expedient to carry out further research in order to boost the career adaptability of nurses in particular.

Keywords: Work engagement, career adaptability, health professionals, nurse.

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Lay Led's as Educators: A Self-Management Educational Program to Adolescents with Chronic Conditions

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Abstract

The current health guidelines aim to increase the responsibility of people with chronic conditions to self-care, emphasizing the important role of health professionals on their empowerment and promotion of self-management skills. To respond to this problem, psychoeducational strategies have been emphasized in order to facilitate the development of self-management skills related to the chronic condition. The literature has highlighted educational programs for self-management of the chronic condition as an holistic approach involving not only the special health needs with chronic condition (treatment, therapy, physical well-being and functionality) but also the emotional, psychological and social needs (Barlow & Ellard, 2004). In this way, some authors have proposed the use of self-management educational programs emphasizing the importance of the use peers, "lay-leds", (self-management experts on the same chronic illness) as mentors on programs, like Lorig and Holman (2003) with adults and elderly population, and Malheiro (2015) with adolescent's with spina bifida. These programs have shown to be effective, with positive health outcomes, such as a good adherence to therapy, improved functional independence, and decrease in the use of emergency services and hospitalizations associated to a reduction on health costs by using only voluntary people. Thus, based on the education program designed by Malheiro (2015), we propose to adapt and implement this program of education for self-management to adolescents with diabetes type 1 (DM1), using lay-led as educators, and evaluate their effectiveness on quality of life related to health, adherence to therapy, HbA1c, variability in heart rate, blood pressure, body mass index, anthropometric profile, motivation for physical activity, dietary control, self-efficacy and the self-concept. This is a project distinguished by the innovative nature of the methodologies and strategies used like: mentoring between peers (social persuasion); lay led's (modeling) and the psychoeducational strategies used in the sessions (e.g. questioning, brainstorming, problem solving, roleplaying, self-monitoring).

Keywords: Self-Management Educational Program; Adolescents; Chronic Conditions; Lay-Leds; Diabetes type1.

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The Views and Job Satisfaction of Midwives and Nurses in Amasya, Turkey

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Abstract

Results. 76 midwives and 176 nurses participated in this research . It was determined that the scores obtained from the internal and external factors belonging to the scale of job satisfaction level did not differ depending on being a midwife or a nurse ($p>.05$). It was found out that the scores obtained from the external factors belonging the scale of job satisfaction level differed significantly depending on the age of the midwives ($p<.05$). The Post-Hoc test, which is a paired comparison test, was employed in order to determine from which group the difference found out by means of the ANOVA test had resulted. Significant differences were found between the midwives in the 26-32 age group and the ones in the $48 \geq$ age group, and between the midwives in the 33-40 age group and the ones in the $48 \geq$ age group. The scores of the midwives in the 26-32 age group and the ones in the 33-40 age group were found out to be higher than those of the midwives in the 33-40 age group. The score of the midwives in the 26-32 age group (29.08) is higher than the scores obtained by the other age groups. By means of the ANOVA test conducted in order to compare the job satisfaction levels of nurses by their educational status, it was determined that the scores obtained from the external factors belonging to the scale of job satisfaction level differed among the nurses depending on their educational status ($p<.05$). The Post-Hoc test, which is a paired comparison test, was employed in order to determine from which group the difference found out by means of the ANOVA test had resulted. Significant differences were found to be between the nurses with an associate degree and the nurses with a bachelor's degree. The nurses with a bachelor's degree were found to have higher job satisfaction scores than the nurses with an associate degree. As a result of the ANOVA test conducted in order to compare the job satisfaction levels of the nurses by the unit they work in, it was determined that the scores obtained from the internal and external factors belonging to the scale of job satisfaction level differed among the nurses depending on the unit where they work ($p<.01$). Bonferroni test was conducted in order to determine from which group the significant differences found out by means of the ANOVA test had resulted. Significant differences were found to be between the nurses working in the emergency service and the nurses working in the internal diseases service. The nurses working in the emergency service were found to have lower scores comparing to the nurses working in the internal diseases service. As a result of the t-test conducted in order to compare the job satisfaction levels of the nurses and the midwives depending on whether they wanted to change the institution they worked in, the scores obtained from the external factors belonging to the scale of job satisfaction level were found out to differ significantly ($p<.05$). In external factors, it was determined that the midwives and nurses who wanted to change the institution they worked in had statistically significantly higher scores than the midwives and nurses who didn't want to change the institution they worked in.

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ACUTE EFFECT OF ACUPUNCTURE ON TRYPANOPHOBIC HYPERTENSIVE: A CASE REPORT

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Abstract

Hypertension, a silent killer, is a major risk factor for cardiovascular disease. The purpose of this study was to determine the acute effect of acupuncture on trypanophobic hypertensive. This study was a case study design. A 66 year old female diagnosed with symptomatic hypertension was managed using acupuncture at minimal acupoints due to patient's needle phobia. She continued her antihypertensives and at the same time received acupuncture at LI4 and GB20 daily for 3 days with minimal manual stimulation. There was a drop in her systolic and diastolic BP with relief of symptoms caused by hypertension. The patient did not report any side effects of acupuncture in any of the 3 sessions. It is concluded that acupuncture is effective in the immediate management of symptomatic hypertension even with minimal acupoints among the trypanophobic hypertensive patients. Large population studies should be carried out to confirm findings of this study.

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EFFECT OF THERAPEUTIC EXERCISE IN THE REDUCTION OF POSTPARTUM DIASTASIS RECTI

Shmaila M. Hanif, Bayero University

Abstract

Diastasis recti postpartum describes the separation of the recti muscles following delivery which may not naturally correct itself and could become grossly disfiguring and cosmetically disturbing; thus makes it necessary to study. The objective of this study was to determine the effect of therapeutic exercise in the reduction of DR postpartum. This study was a single-blind randomized controlled clinical research design where subjects were randomly assigned into experimental (24) and control (24) groups. A total of 48 subjects out of a total population of subjects with DR postpartum in the department of O & G, AKTH, Kano, participated in this study, out of which one subject from experimental group was exempted from the study because she had conceived. Physical characteristics were measured and recorded using standard protocols. Inter-recti distance (IRD) was measured using diagnostic US by ultrasonographers who were blinded to the treatment received by patients to prevent bias. The training group received a structured exercise program and conventional treatment while the control group received only conventional treatment for a period of 6 weeks. All measurements were taken at the beginning and end of the study period. Comparison of pre-treatment and post-treatment IRD in both training and control groups was computed using dependent t-tests, while difference in post-intervention between the training group and control group was computed using independent t-test. Results showed significant reduction in IRD following therapeutic exercise training. It was concluded that therapeutic exercise is effective in the reduction of DR postpartum.

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INVESTIGATION OF THE ATTITUDES OF INTENSIVE CARE NURSES ABOUT EVIDENCE-BASED NURSING

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Fatma Tanrikulu, Sakarya University

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Abstract

Objective: This study was conducted to determine the attitudes of intensive care nurses towards evidence-based nursing and the factors affecting. **Material:** The sample of this descriptive and cross-sectional study was consisted of a total of 70 intensive care nurses who were voluntary to participate the study and working in a public hospital's Cardiovascular Surgery, Internal Medicine, Breast, Anesthesia and Reanimation intensive care units between June and July, 2016. The data was collected by using the "Nurse Presentation Form" and the "Attitude Scale for Evidence-Based Nursing". In the evaluation of the data, number, percentage, mean and standard deviation, One Way Analysis of Variance (ANOVA), Independent t Test and Pearson Correlation Analysis were used. **Results:** It was found that the average age of the nurses participating in the study was 28.25 ± 6.26 (min-max:21-44), 72.9% of nurses were female, 55.7% had bachelor's graduate and 48.6% were working as intensive care nurses for 2-5 years. While 54.3% of the nurses were following the results of the scientific studies, only 17.1% were following the vocational journals regularly, 38.6% of them were attending the professional scientific meetings, 21.4% were involved in scientific studies as researchers, 58.6% had information about evidence-based nursing and 28.6% were trained in post-graduate about research methods. It was observed that the average total score of the Attitude Scale for Evidence-Based Nursing was 57.20 ± 9.06 , the lowest attitude score was in the evidence-based application intention subscale (14.27 ± 2.44), the highest attitude score was in the beliefs and expectancies subscale related to evidence-based nursing ($26,97\pm 5,50$). The total average score of belief and expectation subscale of female nurses related to evidence-based nursing was found to be significantly higher than the scores of male nurses ($p<0.05$). In addition, it was determined that the attitudes of the nurses who followed the scientific research results and a professional journal, who participated in the scientific meetings, who had information about the evidence-based nursing practices and who received postgraduate research methods education were more positive towards the evidence-based nursing ($p<0.05$). It was determined that the features like educational status, working duration of vocational and intensive care, weekly working hours and the number of patients per nurse were determined as not influencing the attitudes of nurses towards evidence-based nursing. **Conclusion:** In the study, it was determined that the attitudes of nurses towards evidence-based nursing practices were partially positive, the features like participation in scientific meetings, following a professional journal, having information about evidence-based practices and receiving postgraduate research methods education were positively influencing the attitudes towards evidence-based nursing.

Keywords: Intensive Care, Evidence-Based Application, Attitude, Nursing.

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INVESTIGATION OF EVIDENCE-BASED TRACHEAL ASPIRATION APPLICATIONS IN INTENSIVE CARE NURSES

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Abstract

Objective: This study was conducted to investigate the level of knowledge and practice status of nurses working in intensive care unit on evidence-based tracheal aspiration applications. **Material-Method:** The sample of this descriptively planned study was consisted of 67 intensive care nurses who were voluntarily participated and working in Internal Medicine and Surgery Intensive Care Units of a public hospital between May-June, 2016. The data was collected by reviewing the literature, using Nurse Presentation Form and a form prepared by the researchers to determine the knowledge and application status of nurses about evidence-based tracheal aspiration applications. In the evaluation of the data, number and percentage calculations were used. **Results:** It was determined that the average age of the nurses participating in the study was 26.00 ± 6.01 (min-max:20-45), 58.2% of the nurses had a bachelor's degree, 34.3% had been working for 2-5 years as a nurse, 41.8% were working as an intensive care nurse for 0-1 year. 53.7% of the nurses stated that they were following the results of the scientific studies and 9% regularly followed the professional journals. While the participation rate in the scientific meetings was 40.3%, the proportion of those who participated in the research as researchers was 22.4%. The applications which were most frequently used by nurses in oral care applications were detected as respectively; "Before the aspiration procedure, individual patient evaluation should be done during and after the procedure and the patients should be closely monitored" (95.5%), "The aspiration catheter should not block more than half of the internal diameter of the artificial airway catheter" (91%), "The duration of aspiration should not be longer than 10-15 seconds" (91%), "The nurse should allow oxygen to reach the patient through the ventilator tubes when performing pre-aspiration oxygen uptake" (89.6%). When the cases where the nurses know whether the application was evidence-based or not, it was determined respectively; "In patients who were intubated in hospital, aseptic technique should be done while aspiration." (91%), "The duration of aspiration should not be longer than 10-15 seconds" (83.6%), "Aspiration may cause tracheal trauma, hypoxemia, cardiac arrhythmias, and increased intracranial pressure" (82.1%), "To intubated adult patients, increased oxygen levels before aspiration may reduce hypoxemia" (80.6%). **Conclusion:** In this study, it was determined that the rate of knowledge about tracheal aspiration applications are evidence-based of nurses was moderate, it was concluded as the nurses' knowledge and practices should be supported.

Keywords: intensive care, tracheal aspiration, evidence-based application

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Examination of the Relationship between Physical Activity Levels and Healthy Life Style Behaviors of University Students

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Abstract

Objective: This study was conducted to determine and correlate physical activity levels and healthy life style behaviors of university students. Method: This study was planned as descriptive and cross-sectional. It was carried out during the spring semester of the 2016-2017 academic years with the students who were studying in the Uludag University Nursing and Horse Training and Coaching departments. The sample of the research consisted of 155 students who could be reached during the period of the research and were willing to participate in the research based on volunteering principle. "Student Presentation Form", "International Physical Activity Assessment Questionnaire Short Form" and "Healthy Life Style Behavior Scale" were used in the collection of research data. Survey forms were distributed to the students who voluntarily participated in the study by providing the necessary information to the students about the research purpose and the questionnaire forms were collected from the students who completed the questionnaire response. In the evaluation of the data; number, percentage, mean and standard deviation, Independent t Test and Pearson Correlation Analysis were used. Results: It was determined that the mean age of the participants was 19.61 ± 2.27 years, the mean body mass index was 21.93 ± 2.86 kg/m², 71% of them were female, 58.7% were staying in dormitory, 12.3% were taking horse riding lessons and it also was determined that 96.8% of students who took horse riding lessons thought that horse riding lessons improved their physical activity levels. The mean score of Healthy Lifestyle Behaviors Scale of the students was found to be 123.83 ± 18.23 (min: 86, max: 177), scale sub-dimension mean scores were calculated respectively as, self-realization sub-dimension was 37.31 ± 6.38 , health responsibility subscale was 21.60 ± 5.58 , exercise sub-dimension was 10.14 ± 3.28 , interpersonal support subscale was 20.65 ± 3.69 and stress management sub-dimension was 18.79 ± 4.20 . The total score average of physical activity level of the students included in the survey was 2474.34 MET-min/hf and it was determined that the students were in the minimum active group in terms of total physical activity level. A statistically significant correlation was found between the total mean score of the Healthy Lifestyle Behavior Scale and International Physical Activity Evaluation Questionnaire Short Form total mean score ($p=0.003$). In addition, it was determined that the healthy lifestyle behaviors and physical activity levels of the students who took horse riding lessons were higher than the students who did not take this course and the difference between them was statistically significant ($p<0.05$). Conclusion: As a result of this research, university students were found to be in the minimum active group in terms of physical activity level, and healthy lifestyle behaviors were found to be moderate. It was also determined that horse riding sport contributes positively to physical activity levels and healthy lifestyle behaviors of the students.

Keywords: Physical Activity Level, Healthy Life Style Behaviors, Horse Riding, University Students.

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The Effectiveness of Valsalva Maneuver on Pain Management

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Abstract

Valsalva maneuver is based on to sudden and strong expiration which applied to person while glottis is in a closed position. As a result of sudden and strong expiration applied in Valsalva maneuver, significant changes in body parameters, primarily in heart rate and blood pressure occur by a series of autonomic and mechanical reflex effects, by stimulating vagal nerve. In recent years, it has been reported that the Valsalva maneuver has an antinociceptive effect that reduces pain perception due to vagal nerve stimulation. Due to baroreceptor activation and intrathoracic pressure increase during this maneuver, the vagus nerve is stimulated and an antinociceptive effect occurs. Antinociceptive effect has been reported to occur with vagus nerve stimulation, also through noradrenergic, serotonergic and central inhibition connected the endogenous opioid systems. In conducted studies; Low intensity vagal nerve stimulation has been found to be effective in reducing pain threshold, relieving chronic headache, reducing pain experienced during peripheral intravenous catheterization and to control pain during spinal puncture and vaccination. The groups in which these studies were conducted were adult, adolescent and pediatric patient groups. Also, in other studies, in order to apply Valsalva maneuver to the research groups, coughing, sphygmomanometer blowing, balloon inflating and strain applications were applied to the individuals. These applications were observed to change between 15-20 seconds on average. The purpose of this study is to examine the effectiveness of the Valsalva maneuver used as a medical treatment method to control the pain in the light of the study results.

Key Words: Valsalva Maneuver, Pain, Pain Management

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PRE-CLINIC MEDICAL STUDENTS' VIEWS ON MEDICAL ETHICS EDUCATION: A FOCUS GROUP STUDY

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Abstract

Aim: To get the opinions of the pre-clinic medical students on medical ethics training they have taken in the first three years, and to develop proposals for the training program. **Method:** Focus group discussions have been held in line with the purpose of the study. The 3rd grade students, who are about to pass to clinical training, participated in the discussions. The analyses were implemented by using Creswell's six-step qualitative data analysis and evaluation method. The study has been approved by the Ethics Committee of the faculty. **Results:** Three focus group discussions have been held with 18 students. Eight themes have been identified in qualitative data analysis. Number of the codes that have been determined under the themes of requirement for the training, content, training methods, evaluation, participation in the training activities, contribution of the training and its effects, being about to pass to the clinic training, and the proposals are 3, 19, 3, 2, 2, 3, 3, and 21 respectively. **Discussion:** Almost all of the students expressed the need of ethics training by stating the reasons. Despite the fact that they have involved in just few clinical practices, the various examples they have mentioned, their good command of the subject and their expressions about the content were striking. They considered the videos, books and case studies to be productive than presentations. It has been understood that they have both benefited from the medical ethics training and felt worried as they have been in the middle of the education. Just before passing to the clinical training, their feelings and thoughts about the gains of ethical training have been contradictory. **Conclusion:** The students have indicated the necessity of ethics training. What can be done to make them further adopt the ethical issues and to stimulate their intellectual curiosity on ethical issues should be studied. Although all the effort spent on ethics training is important, the students' gain on this issue do not depend solely on medical academicians and medical education. It seems that their individual paradigms and the effect of the health system, in which they will practice their profession, should be examined in depth.

Keywords: medical ethics, education, focus group

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Bitlis Eren Üniversitesi Öğrencilerinin Bazılarının Bulaşıcı Hastalıklar Konusunda Bilgi, Tutum ve Davranışları

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Abstract

Amaç: Bulaşıcı hastalıklar, dünyada çocuk ve genç erişkinleri en çok öldüren toplumsal bir sağlık sorunudur. Bu çalışmayla; bulaşıcı hastalıklar ve bu hastalıklardan korunma konusunda öğrencilerin bilgi, tutum ve davranışlarını kesitsel bir anket çalışmayla ortaya koymaktır. Metod: Bu çalışma Bitlis Eren Üniversitesi Öğrencilerinden; Sağlık Alanı, Mühendislik Alanı ve Sosyal Alanı bölümlerinden gönüllü 583 öğrenciye Bulaşıcı hastalıklardan korunma konusunda toplam 20 anket sorusu yöneltildi. Veriler IBM SPSS Statistics 17.0® Paket Programıyla Ki-kare ve Sıklık testleri uygulanarak analiz edildi. Bulgular: Araştırmaya katılan 583 öğrencilerden %43.9(256) Bayan, % 56.1(327) erkek olduğu, Öğrencilerin %37.0(216) öğrenci evinde, %41.9(244) yurttta, %1.2(7) pansiyonda, %19.9(116) ailesi ile kaldığı, katılımcıların %33.4(195) sağlık alanı, %30.9(189) mühendislik alanı, %35.7(208) sosyal alanda bir bölümde okuduğu, bu öğrencilerin %28.5(166) 1.sınıf, %27.8(162) 2.sınıf, %18.2(106) 3.sınıf, %25.6(149) 4.sınıf olduğu saptanmıştır. Cinsiyete göre bulaşıcı hastalıklardan korunma yöntemlerini bilme durumunda 256 kadında %39,8(102) evet, %8,6(22) hayır, %51,6(132) biraz, 327 erkekte %37,3(122) evet, %8,0(26) hayır, %54,7(179) biraz'ı işaretlediği saptanmış olup, cinsiyet ve bulaşıcı hastalıktan korunma yöntemini bilme arasındaki farkın anlamsız ($P>0,05$) olduğu saptanmıştır. Öğrencilerde cinsiyete göre aşı olma durumu sorulduğunda 256 kadından %54,3(139) evet, %45,7(117) hayır, 327 erkekte %41,0(134) evet, %59,0(193) hayır cevaplarını verdiği, cinsiyete aşı olma arasındaki farkın ise anlamlı ($P<0,05$) olduğu gözlemlenmiştir. Cinsiyete göre kişisel eşyalarının başkaları tarafından kullanılmasına izin verip vermeme durumu sorulduğunda, 256 kadından %15,2(39) evet, %84,4(216) hayır, %0,4(1) duruma göre değişir dediği, 327 erkekte %26,3(86) evet, %73,7(241) hayır, %0,0(0) duruma göre değişir cevaplarını verdikleri, aralarındaki farkın ise anlamsız ($P>0,05$) olduğu görülmüştür. Öğrencilerin okudukları bölümlere göre bulaş yolları hakkında bilgi sahibi olup olmama durumu sorulduğunda, %1,0(2) cinsel yolla, %1,5(3) kan yoluyla, %3,1(6) kişisel eşya kullanımıyla bulaştığı, sağlık alanında 195 kişinin %94,4(184) hepsi cevaplarını verdikleri, mühendislik alanında 180 kişinin %86,7(181) hepsi, %1,7(3) cinsel yolla, %2,4(5) kan yoluyla, %6,7(14) kişisel eşya kullanımıyla bulaştığı cevaplarını verdikleri, sosyal alanında 207 kişinin %87,0(181) hepsi, %3,4(7) cinsel yolla, %2,4(5) kan yoluyla, %6,7(14) kişisel eşya kullanımıyla bulaştığı cevaplarını verdikleri, aralarındaki farkın ise anlamsız ($P>0,05$) olduğu görülmüştür. Sonuç: Öğrencilerin bulaşıcı hastalıklar ve korunma konusunda çoğunluğunun bilgi sahibi olsa da yeterli olmadığı gözlemlenmektedir.

Anahtar Kelimeler: Bulaş, Bulaşıcı Hastalıklar, Aşı, Aşılama, Hijyen,

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Bitlis Eren Üniversitesi Öğrenci ve Personelinin Bazılarının Reçeteli ve Reçetesiz İlaç Kullanım Farkındalığı

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Abstract

Amaç: Bulaşıcı hastalıklar, dünyada çocuk ve genç erişkinleri en çok öldüren toplumsal bir sağlık sorunudur. Bu çalışmayla; bulaşıcı hastalıklar ve bu hastalıklardan korunma konusunda öğrencilerin bilgi, tutum ve davranışlarını kesitsel bir anket çalışmayla ortaya koymaktır. Metod: Bu çalışma Bitlis Eren Üniversitesi Öğrencilerinden; Sağlık Alanı, Mühendislik Alanı ve Sosyal Alanı bölümlerinden gönüllü 583 öğrenciye Bulaşıcı hastalıklardan korunma konusunda toplam 20 anket sorusu yöneltilmiştir. Veriler IBM SPSS Statistics 17.0 ® Paket Programıyla Ki-kare ve Sıklık testleri uygulanarak analiz edildi. Bulgular: Araştırmaya katılan 583 öğrencilerden %43.9(256) Bayan, % 56.1(327) erkek olduğu, Öğrencilerin %37.0(216) öğrenci evinde, %41.9(244) yurttan, %1.2(7) pansiyonda, %19.9(116) ailesi ile kaldığı, katılımcıların %33.4(195) sağlık alanı, %30.9(189) mühendislik alanı, %35.7(208) sosyal alanda bir bölümde okuduğu, bu öğrencilerin %28.5(166) 1.sınıf, %27.8(162) 2.sınıf, %18.2(106) 3.sınıf, %25.6(149) 4.sınıf olduğu saptanmıştır. Cinsiyete göre bulaşıcı hastalıklardan korunma yöntemlerini bilme durumunda 256 kadında %39,8(102) evet, %8,6(22) hayır, %51,6(132) biraz, 327 erkekten %37,3(122) evet, %8,0(26) hayır, %54,7(179) biraz'ı işaretlediği saptanmış olup, cinsiyet ve bulaşıcı hastalıktan korunma yöntemini bilme arasındaki farkın anlamsız ($P>0,05$) olduğu saptanmıştır. Öğrencilerde cinsiyete göre aşı olma durumu sorulduğunda 256 kadından %54.3(139) evet, %45,7(117) hayır, 327 erkekten %41.0(134) evet, %59.0(193) hayır cevaplarını verdiği, cinsiyetle aşı olma arasındaki farkın ise anlamlı ($P<0,05$) olduğu gözlemlenmiştir. Cinsiyete göre kişisel eşyalarının başkaları tarafından kullanılmasına izin verip vermeme durumu sorulduğunda, 256 kadından %15.2(39)evet, %84.4(216) hayır,%0,4(1) duruma göre değişir dediği, 327 erkekten %26.3(86) evet, %73.7(241) hayır, %0.0(0) duruma göre değişir cevaplarını verdikleri, aralarındaki farkın ise anlamsız ($P>0,05$) olduğu görülmüştür. Öğrencilerin okudukları bölümlere göre bulaş yolları hakkında bilgi sahibi olup olmama durumu sorulduğunda, %1.0(2) cinsel yolla, %1.5(3) kan yoluyla, %3.1(6) kişisel eşya kullanımıyla bulaştığı, sağlık alanında 195 kişinin %94.4(184) hepsi cevaplarını verdikleri, mühendislik alanında 180 kişinin %86.7(181) hepsi, %1.7(3) cinsel yolla, %2.4(5) kan yoluyla, %6.7(14) kişisel eşya kullanımıyla bulaştığı cevaplarını verdikleri, sosyal alanında 207 kişinin %87.0(181) hepsi, %3.4(7) cinsel yolla, %2.4(5) kan yoluyla, %6.7(14) kişisel eşya kullanımıyla bulaştığı cevaplarını verdikleri, aralarındaki farkın ise anlamsız ($P>0,05$) olduğu görülmüştür. Sonuç: Öğrencilerin bulaşıcı hastalıklar ve korunma konusunda çoğunluğunun bilgi sahibi olsa da yeterli olmadığı gözlemlenmektedir.

Anahtar Kelimeler: Bulaş, Bulaşıcı Hastalıklar, Aşı, Aşılama, Hijyen,

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Determination of the Fever Management Knowledge of Pediatric Nurses

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Abstract

Aim: This study aimed to determinate pediatric nurses knowledge about fever management and antipyretics using for them. **Materials and Methods:** This study was performed in children clinics of four hospitals in Konya. A hundred and sixty nurses. Data were obtained with the method of face-to-face information between 5th December 2014 and 15th December 2014. The questionnaire form was developed according to current literature, Descriptive statistics, Mann-Whitney U Test, and Kruskal-Wallis tests were used. **Results:** Participant were women (83.1%), had bachelor degree (42.5%), were graduated from nursing schools (73.8%), had at least 10 year working experience (35.0%) as a nurse in general, and at least 3 year (55.0%) working experience in children clinics. It was found that 86.9% of them did not have any education about fever management after their graduation, 73.8% of them did not read scientific articles about fever management. More than half of participants (50.6%) found themselves efficient about fever management. In this study, nurses' fever management knowledge mean score was found 5.78 ± 1.06 . General knowledge score of participants was 5.07 ± 1.03 . Also, antypiretis using knowledge score was found 4.17 ± 0.87 in fever management, and total knowledge score was 15.02 ± 1.90 . Nurses', who had master degree, general fever management knowledge score was found higher than the others, and the difference was found was statistically significantly important ($p=0.049$). There was no significant difference between the people's fever management knowledge scores, their social demographical data, and conditions related their jobs in this study. **Conclusion:** It was found that there were some insufficient areas about fever management for nurses, but their knowledge level found high. Standardization of clinical practice about fever in children, that is very common and causes important affects, is necessary and important.

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Constipation Frequency and Factors Influencing Constipation in First Year Nursing Students

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Abstract

Aim The aim of this study was to determine constipation frequency and factors that influence constipation among first year nursing students. **Methods** Data were collected from first year nursing student who were studying in nursing (N=149) in term of 2014-2015. Approval was taken from Research Committee of the related institution. All of the participants were informed both in written and verbally. Data were collected by using data collection form and Constipation Severity Instrument developed by Varma et al.(2008). Turkish validation of the instrument was done by Kaya and Turan (2010). The instrument consists of 3 subscales entitled Obstructive Defecation, and Colonic Inertia and Pain. T-test, Pearson correlation and One-Way Annona tests were statistical analysis. **Results** Mean age of the nursing students' was 19.11 ± 1.55 and 62.4% of them were female Close to half of them (48.3%) live in dormitory and majority of them have moderate income. Very small percentage of them (3.4%) have chronic illness and receive medical treatment. 44.3% of the students have 2 meals a day which mainly include protein. Less than half of the students (42.3%) consume 1-5 glasses of water daily. 64.4% of them have an active life style %47.7 have regular bowel movements and 16.1% are constipated. Straining (16.1%) and difficulty (15.4%) during defecation was stressed by some of the students. 41.7% of them stressed having abdominal pain. Half of them expressed that their school and social life has not affected by constipation. The mean score obtained from Constipation Severity Instrument was calculated as 21.36 ± 8.58 (Obstructive defecation 11.20 ± 3.91 , Colonic Inertia 8.92 ± 4.26 , Pain 1.50 ± 1.93). Gender, exercising, life style, number of meals a day, consumption of liquids has an influence on constipation severity ($p < 0.05$). **Conclusion** There are many factors that influence constipation severity in nursing students. Implementing programs to prevent constipation may help reducing the severity of the problem.

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Investigation of Equestrian's Upper Extremity Functional Activity Levels

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Abstract

Objective: The purpose of this study is to examine the upper extremity functional activity levels of equestrians. **Method:** This research is planned descriptively and cross-sectional. The study was carried out during the spring semester of the 2016-2017 academic year with students who have been riding in a department of Horse Training and Coaching at a university. The sample of the study consisted of 32 students (participation rate: 80%) who were able to be reached during the course of the research and who were willing to participate in the survey according to the volunteer policy. In the collection of the data; the "Disabilities of Arm, Shoulder and Hand Questionnaire (DASH)" which has been tested in terms of reliability and validity by Düger et al. (2006) in Turkey and "Student Presentation Form" were used. Survey forms were distributed to the students who voluntarily participated in the study by providing the necessary information to the students about the research purpose and the questionnaire forms were collected from the students who completed the questionnaire response. In the evaluation of the data; number, percentage, mean and standard deviation, Kruskal-Wallis test and Spearman Correlation Analysis were used. **Results:** It was found that the mean age of the participants was 22.03 ± 4.0 years, their body mass index average was 22.43 ± 3.01 kg / m², 62.5% were female and 96.9% had no chronic disease. It was found that 25% of the students were doing riding sports for 1-2 years and they were doing 53.90 ± 48.98 minutes on average per day. The total score average of the students in the "Disabilities of Arm, Shoulder and Hand Questionnaire (DASH)" was determined as 42.81 ± 10.94 (min: 30, max: 62). There was no statistically significant relationship between the total average score of upper extremity functional activity levels of the students included in the study with the age, the body mass index and the daily duration of riding sports ($p>0.05$). In addition, there was no statistically significant difference between the total scores of upper extremity functional activity level of the students with their total time of doing riding sport ($p>0.05$). **Conclusion:** As a result of this research, it was found that riders had good upper extremity functional activity levels and equestrian sports do not create arm, shoulder and hand problems.

Keywords: Equestrian Sports, Upper Extremity Functional Activity Levels, Arm, Shoulder and Hand Questionnaire.

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A TOOL USED IN MALPRACTICE RISK ADMINISTRATION: PATIENT SAFETY PRACTICES

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Abstract

Malpractice is derived from the Latin words "Male" and "Praxis" and is used by meaning of "wrong practice". Medical error (malpractice) occurs when the work does not result in planned and / or applied unintentionally. Medical application errors are discussed in ethical, legal, medical, educational and administrative aspects in our country and in the world and are defined in different ways. Although the dimensions of medical errors in Turkey are not fully known, they are thought to be in parallel with the countries of the world. Medical errors are generally related to three factors: human factor, institutional factors, technical factors. Making mistakes is the nature of man and it can not be changed. However, the conditions under where people work can be changed and improved. This is achieved through the implementation of "patient safety" principles, which include health care workers, institutions and patients. Patient safety is a responsibility for the entire institution. In the first place, hospital managers should take this issue into consideration and give priority to it. Furthermore, it is necessary for IT technologies to be used for registration and control, to base applications on evidence base, to update in-service training and professional applications, to investigate faults, and to provide active use of employee notification systems. Institutions that provide health care services should create an environment where high risk and error-prone activities can be identified, that errors can be reported without hesitation and that there are no criminal cultures, solutions should be produced in applications where risk is high, and institutional resources should be allocated to patient safety in order for health care providers to fully implement patient safety principles. Also; Institutions should establish clinical practice guidelines for prevention of medical errors, benefit from the clinical decision support system, organize training programs to provide behavioral change, provide legal measures and accreditation standards in the institution, it must be used activately that the optional or mandatory medical error reporting system and patient safety principles should be adopted as a corporate culture. Within the health care system, nurses carry a large part of patient care and medical activities. It is imperative that nurses understand the principles of patient safety in nursing practice because they are largest group of health personnel in institution who interact with patients. In addition, the working hours and conditions of all health workers, including nurses, should be improved, institutional measures should be taken to increase their motivation and sense of belonging to work, and lifelong education should be seen as a necessity in all employees. Otherwise health care systems will have to deal with malpractice cases frequently in the future.

Key words: Malpractice, Medical error, Patient safety

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Abstract

Objective: The aim of this study is to reveal the mental dimensions of computer / internet dependency in Turkey in the light of existing researches. With the development of technology, the activities offered for leisure time have both increased in quantity and quality. The traditional mass media such as books, newspapers and magazines we now use for entertainment, information and leisure are replaced by technological tools such as television, computer and internet. Dependency is conceptually defined as the concept of physical and psychological dependence by WHO (World Health Organization) for the first time in 1964. Addiction is used in the sense of a versatile relationship in which an individual has a continuity and sameness with an object he or she chooses. Addiction is defined as the failure to control or control the use of a substance / behavior, which is a negative condition. Addiction is mostly used in the literature as "addiction" and "dependence". Addiction can develop not only for a substance (cigarette, alcohol ...) but also for behavior (Günüç, Kayri, 2010, Ögel 2001a). Behavioral dependence is defined as the abnormal appearance of a certain behavior and its frequent occurrence, the loss of balance in the psychological, physical, social structure and functions of the person, the deterioration of regulation and the inability to adapt to the environment. According to another definition, behavioral addiction is reported to occur in six stages including "attention", "mood change", "tolerance", "symptom of withdrawal", "conflict", "relapse". In the context of internet dependency which is covered by behavioral dependency (non-chemical dependencies), the individual can be active in passive side; Sound, image, etc. may increase the dependency tendency (Griffiths 2000, Karaman, Kurtoğlu 2009). The concept of Internet dependency was first proposed by Goldberg in 1995 and the first study on the subject was carried out by Young in 1996 (Aral, Aktas 1997; Ekici 2002). Later on, definitions of Internet dependency (Yildiz, Bölükbaşı, 2005), problematic internet use (Zorbaz 2013) and healthy internet usage (Davis 2001) have appeared separately. According to this, internet dependency, excessive use of internet can not be avoided, besides it is considered as insignificant time, apart from internet, it is defined as being overly nervous and seeing aggressive behaviors. Problematic use of the internet is defined as the use of the internet intensively when the individual is unable to take control of it, as a consequence the failure to fulfill its responsibilities and the problematic life in social relations. The use of healthy internet means that the internet can be used at appropriate time intervals to distinguish between real and virtual life without causing cognitive or behavioral disorders. Nowadays, many people have their own computer, internet connection; The use of the internet has not been controlled especially at the desired level of children. These tools have changed some positive habits and behaviors especially in children and adolescents and started to affect them negatively (Aral, Aktas 1997). Internet addiction in pathological gambling which is not included as a separate diagnosis in DSM-IV has been considered as a separate diagnosis in DSM-V (Tari Cömert 2007). The common feature of both chemical and behavioral (non-chemical) dependence is that behavior or action can not be controlled and can not be tolerated despite its negative consequences (Günüç, Kayri 2010). However, it is mentioned that addiction, treatment, but addictive substance has the ability to relapse rapidly and severely when it is used again (Ögel, 2001b). This concept, which was first introduced in the international literature with the term "internet addiction", was later used as "pathological internet use (Davis, 2001; Young, 2004)", problematic internet use (Caplan, 2002; Kaltiala & Young & Case, 2004) and irregular internet use (Gonzalez, 2002; Kiralla, 2005). "Pathological internet use (PIC)" and "Internet dependency" (IB) are similar to dependence on impulse control disorders and mass media such as television, but are potentially more dangerous. This is due to the fact that the internet is the one that affects all relationships in business / school / social life, and television is the only dimension that influences leisure time (Morahan, Schumacher, 2000). Behavioral addictions, eating, gambling, etc. And the technological dependencies that human-machine interaction, including dependencies, are established. In technology dependencies, the individual can be active in the passive side. Technological tools, if they allow interaction, sound, image etc. , The addiction tendency is further increased. In this sense, the Internet, which provides a wide range of information and communication possibilities, has become even more important than other means of communication (Griffiths, 1999). According to the Turkey youth profile research conducted by Gür et al (2012), it was determined that one of the three most frequent activities of young people in their free time was to participate in social media networks (Gür et al., 2012). Adolescence, which is defined as a period of maturation in terms of biological, psychological, mental and social aspects, which is generally expressed as covering the period between the ages of 12 and 20 and has not yet reached sufficient psychological status, is shown as the most risky period in terms of internet dependency compared to other developmental periods (Cao, Su 2007 ; Cüceloğlu 1997; Honor 2010). It is reported that children and adolescents are not yet ready to use information technology, they do not know how to evaluate complicated information they have and can easily be "addicted to internet" (Tari Cömert, Kayıran, 2010). The adolescents want to make their own decisions in this period, especially wanting to make separate decisions from their parents; They experience difficulties in managing their awareness, managing their emotions and maintaining their emotions (Cao, Su 2007). Sociological research suggests that adolescents constitute internet youth as a subculture, and this youth is composed of individuals who use computer, internet, play, chat, and meet with friends in a virtual environment (Karaca, 2007). The most important disadvantage is the negativity of the social side and many studies have reported that internet use has some consequences such as isolation of the individual from the society, feeling of loneliness and depression (Balkan 2011) .In the researches conducted, the adolescents with high internet addiction have low and medium loneliness averages Were higher than the adolescents (Durualp, Çiçekoğlu 2013). The internet has many advantages such as easy access to information, development of language in children, contribution to cognitive, social and academic development, as well as problems in home / school / work life, sleeping problems, late schooling, work efficiency, obesity, waist and back pain, Problems, family, social, economic and professional problems (Güncek 2009). Criteria of problematic internet usage; Even when you are not online, you constantly have to think more about the activities that are happening on the internet, dreaming about, staying on the internet more than ever before, spending more time each time on the internet, changing the mood while using the internet and constantly lying about activities on the internet, (Young 199, Young 2004). There is a significant difference between internet use time and Internet use between 5-9 hours and 1-4 hours per day (Aslan 2011), 40 hours per week (Üçkardeş 2010), internet usage increases as internet use period increases (Kaya 2011). A survey in Taiwan also found that the majority of young students go to internet cafés, where internet addiction is observed in these students, and social and psychological problems are more common in males (Wu, Cheng 2007). In another study conducted in Turkey, it was emphasized that only 77.37% of internet cafes went to internet cafes (Taşpınar, Gümüş 2005). Computer and internet dependency (overuse of computer and internet) is getting more and more widespread every day. Computer and internet games cause socialization and have difficulties in establishing social relations in real life (Güllü, Arslan, Dündar, Murathan, 2012).

Key words: Malpractice, Medical error, Patient safety

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The appearance of computer / internet dependency in Turkey

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Abstract

Objective: The aim of this study is to reveal the prevalence of computer / internet dependency in Turkey in the light of the existing research. With the rapid growth of technology, everyday life of communication technologies has started to penetrate rapidly and more and more people have gone to express themselves with different kinds of tools such as computer, internet (Yıldırım 2014). The most important communication tools that emerged with the rapid development of technology are computer and internet. The Internet is a concept that is formed by combining the words Inter (national) and Net (work) as the word "international network" or "general network" by TDK (Turkish Language Institute). In the generalization of the Ministry of National Education (2004), it is defined as "a set of resources established between multiple local networks that enable millions of networks in the world to communicate with each other within a common protocol framework and share each other's resources". It is emphasized that computer and internet are the most effective communication tools of today, and it is seen that people change their lives in many different dimensions (Kağan, Ciminli, 2016, Korkmaz, Mahiroğlu 2007). According to the internet usage statistics of the world; (Global Web Index, 2014) in 2014, 34% (Global Web Index, 2015) in 2015, and 34% (Global Web Index, 2015) in 2013 of the world total population in 2013 (IWS, 2013) (Global Web Index, 2016) reported using the Internet. Internet users in Turkey increased by 1225% between 2000 and 2008. According to the internet usage statistics of the world; (Global Web Index, 2014) in 2014, 34% (Global Web Index, 2015) in 2015, and 34% (Global Web Index, 2015) in 2013 of the world total population in 2013 (IWS, 2013) (Global Web Index, 2016) reported using the Internet. Internet users in Turkey increased by 1225% between 2000 and 2008. The rate of internet users in our country is 46% in 2014, 36 million is active facebook account, one person spends 4.9 hours a day on personal computers, 1.9 hours (Global Web Index, 2014) via mobile devices; In 2015, 49% of active Internet users, 52% of active social media accounts, 80% of mobile social networking accounts were reached (Global Web Index, 2015). However, according to the data of 2016, it is reported that there are 2307 billion active social media users in the world, 85% of this number is social media via mobile devices. The same report shows that 58% of the total population is based on the year 2016 of our country, and 42 million of internet users are actively involved in the social media. 85% of these users have reached social media from mobile devices. According to statistics of the same data for 2016, 77% of internet users in Turkey are online every day and 16% are connected to internet at least once a week. 51% of the web traffic is on laptops and desktops, 46% on mobile devices and 4% on tablets. When you look at the most used social media platforms in Turkey, the first place is Facebook with 32%, Facebook with 24% with WhatsApp, 20% with Facebook Messenger, 17% with Twitter, 16% with Instagram, followed by Google+, Skype , Linkedln, Viber and Vine(Global Web Index, 2016). This data shows that the number of Internet users in Turkey is increasing rapidly and that the individuals in the country are making way for being a digital generation (New Millennium Students (YBÖ)). The students of the new millennium (digital generation) are used to describe the "generation" of 21st century children and young people who have started their day with modern technology, in-the-loop environments and new technologies, Seferoğlu, 2013). In another research, especially those who have spent more time in their social life because of the time they spend on the internet, escaping from the problems of the internet, depression, anxiety, responsibility, desperation; High school graduates use computer and internet as communication and leisure activities; It is reported that primary school graduates tend to have computer dependency tendencies because their graduates use computer and internet according to the requirements of information society (Korkmaz, Mahiroğlu 2007). Adolescence, which is defined as a period of maturation in terms of biological, psychological, mental and social aspects, which is generally expressed as covering the period between the ages of 12 and 20 and has not yet reached sufficient psychological status, is shown as the most risky period in terms of internet dependency compared to other developmental periods (Cao, Su 2007 ; Cüceloğlu 1997; Honor 2010). This is because both the characteristics of the development period and the weakening of the control power of the parents in this period make it difficult to restrict activities in the virtual environment. Adolescents generally enjoy communicating online during this period (Lightning 2014). It is reported that the age group of 16-24 age group has the highest rate of computer and internet usage (TÜİK, 2011). In another research conducted on the subject, it has been reported that 8-18 age group spend an average of 5-6 hours per day using mass media such as computer and internet (Kelleci, 2008).

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The relationship between creativity and perfectionism in university students

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Abstract

Objective: This study was conducted to determine the relationship between creativity and perfectionism. Method: This study was carried out with the continuing university students at Ordu University. In this study, "Multidimensional Perfectionism Scale" and "Creativity Scale" were used. Conclusion: As self-directed and social perfectionism increases, creativity increases. Creativity is diminishing as someone else's focused perfectionism increases.

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Determination of anxiety level, sleepiness and perceived social support in COPD patients

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Abstract

Objective: This study was conducted to determine sleepiness, anxiety level and perceived social support in COPD patients. Method: This study was conducted with patients who were diagnosed with COPD who were referred to a state hospital in the province of Ordu. "Epworth Sleepiness Scale", "Perceived Social Support Scale" and "Beck Anxiety Scale" were used in this study. Conclusion: As the anxiety increases, the daytime sleepiness level increases. As daytime sleepiness increases, social support from friends and society decreases

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Self-Care Intensity, Fatigue, Future Plan and Depressive Symptoms in Hemodialysis Patients

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Abstract

Objective: This study was conducted to determine the relationship between hemodialysis patients' perceived stress, social support and treatment compliance. Method: This study was conducted in two state hospitals affiliated to the Ordu provincial public hospitals and in private dialysis centers connected to Ordu Provincial Health Directorate. In this study, "Hemodialysis Self Esteem Power Scale", "Religious Orientation Scale", "Future Plan Questionnaire" and "Beck Depression Scale" were used. Conclusion: Those who have plans for the future are better at drug use

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Non-functional attitudes, loneliness and life satisfaction in nursing students

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Abstract

Objective: This study was conducted to determine the relationship between loneliness, life satisfaction and nonfunctional attitudes. Method: This study was carried out with the continuing Faculty of Health Sciences at Ordu University. In this study, "loneliness scale", "nonfunctional attitudes scale" and "life satisfaction scale" were used in this study. Conclusion: As nonfunctional attitudes increase, life satisfaction increases. There is no relationship between life satisfaction and loneliness, loneliness and non-functional attitudes.

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Determination of perceived stress in diabetic patients, automatic thoughts

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Abstract

Objective: This study was conducted to determine the negative self-esteem of perceived stress and treatment in diabetic patients. Method: This study was conducted with patients who were diagnosed with diabetes mellitus according to treatment in a state hospital in Ordu province. In this study, "Perceived Stress Scale", "Hospital Depression Scale", "Automatic Thought Scale" and "Negative Thoughts Form related to Treatment " were used. Conclusion : Depression increases as the perceived stress increases. As depression increases, personal incompatibility increases. As the automatic thinking increases, the perceived stress increases. As the automatic thinking increases, the anxiety decreases.

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EVALUATION OF RELATIONSHIP BETWEEN JOB SATISFACTION IN HOSPITALS AND PERCEPTION OF VIOLENT BEHAVIORS AGAINST HEALTH WORKERS

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Abstract

Violent behaviors against health workers are common at hospitals. This common problem affects health workers' job satisfaction negatively. Purpose of this study is to determine health workers' perception of job satisfaction and violent behaviors against them and to evaluate job satisfaction in terms of demographic variables and violent behaviors at hospitals. This cross sectional and descriptive study is carried out on health workers who works in two major hospitals in Thrace (Trakya) region of Turkey. Permission of management of these hospitals is granted for this study. All data is collected with surveys from health workers. Sample of this study is selected randomly. 345 of these healthcare workers filled our surveys voluntary and all of these surveys are included in this study. This data is analyzed with SPSS 22.0 for Windows in %95 confidence. %81,7 of health workers are doctors, nurses and obstetricians. %86,1 health workers are worry about experiencing violent behaviors at hospital and %66,1 of them experienced violent behavior at least once while they were working at hospital. When health workers' job satisfaction is averagely analyzed; expectations and payment-award system are at low level, work itself-rules, management and general job satisfaction ($2,89\pm 0,61$) are at intermediate level. There is a statistically meaningful difference between sexuality, education, seniority, institution, watching at night, experiencing violent behaviors and their job satisfaction points. Health workers' job satisfaction changes according to demographic variables and perception of violent behaviors against them at hospitals.

Keywords: Violence, Hospital, Health Workers, Job Satisfaction

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Environment and Health

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Abstract

Everything except the genetic is accepted as environment today. Human built structures are added to natural processes such as ecology and biodiversity. Human leaves an ecological footprint at every point of human touch. The world is sphere and distance between these prints is decreasing. Water, air, soil and food are the basic necessities for people. Reduction, contamination and destruction of these disrupt the natural food chain. Humans, animals and plants lose their health.

Health is a state of complete physical, mental and social well-being. If one of the social determinants of health is missing, it cannot be mentioned as a complete goodness. There is a need for healthy settings and healthy environments for physical-mental-social well-being. World Health Organization (WHO) has identified the environmental burden of disease. This brings the burden of environmental risks to the health system. There is no single explanation for the interaction of diseases and factors in relation of environment and health. Environment can be the cause of illness, increase the illness and prepare the ground for disease. Environmental risk factors can interact with each other and increase the effectiveness of each other. To explain the relationship between environment and health examination of acute and chronic health problems is necessary. The most appropriate examination methodology can be determined by environment epidemiology. By International Agency for Research on Cancer (IARC) environmental factors increasing risk of cancers are determined as chemical-physical -biological agents, complex mixtures, occupational exposures and lifestyle factors. IARC states 'Since 1971, more than 900 agents have been evaluated, of which more than 400 have been identified as carcinogenic, probably carcinogenic, or possibly carcinogenic to humans.' The concepts of environmental health, environmental medicine, city/urban/rural health and environmental anamnesis are also necessary to know the relationship between environment and health. Interdisciplinary and inter-sectorial cooperation is required. Integrated policy approaches are needed.

Keywords: Environment, Health, Environmental Risk Factors, biodiversity, illness

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The protective effect of vitamin B5 (dexpantenol) on nephropathy in streptozocin diabetic rats

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Abstract

Objectives: We examined the effects of dexpantenol (DEX) treatment on kidney histology in a streptozocin (STZ) diabetes animal model. Materials and Methods: Twenty four wistar rats were randomized in one of the four groups Group 1 is served as control; group 2 is treated with high dose DEX (300 mg/kg/day). Diabetes was induced by a single intraperitoneal injection of STZ (50 mg/kg) in group 3 and 4. Group 4 has treated with DEX as well. All groups were followed-up for 6 weeks. Histopathologic investigations were carried out on renal tissue by using periodic acid Schiff and Hematoxylin- Eosin. Results: Microscopic evaluation of the kidney revealed that the rats have been shown kidney damage 6 week after STZ intervention. High and long term DEX administration alone was not harmful for the kidney tissue; moreover it prevents the kidney damage if it is given in the early phase of diabetes. Discussion and conclusion: DEX can be used as a safe and cost effective way of preventing diabetes complication associated with nephropathy.

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NEGLECTED ASPECT OF SOCIETY: CHILD MARRIAGES AND THEIR REFLECTION ON WOMEN'S HEALTH

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Abstract

Child marriages are encountered especially in developing and underdeveloped countries, not usually mentioned in these communities and perceived as a problem and they are generally tried to be legalized. Child marriages pose a problem that hinders physical, mental and social development. Even though they pose a problem for both genders, especially girls are affected by such marriages at a higher rate. Prevention of child marriages is the beginning of the prevention of possible adolescent pregnancies. Enabling women who get married at a young age to benefit from health care services and actively conducting family planning consultancies and services for preventing early pregnancies will prevent many complications that threaten maternal-infant health. Besides, studies aimed at raising a consciousness and an awareness regarding negative effects of child marriages and community-based studies that are actively conducted with educators and religious officials, community leaders, other relevant institutions and organizations and all stages of health care services will be effective upon decreasing child marriages and their negative results.

Keywords: Child Marriages, Society, Health Care Services, Women's Health

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ADVANCED PUBLIC HEALTH NURSING AND APPLICATION AREAS

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Abstract

In recent years a lot of nurses have claimed to work in practitioner roles whose scope is increasingly enlarged, which are specialized or in roles which require advanced level practice. Advanced practice nurses (APN) are identified as “nurses who can do all clinical applications and nursing practices autonomously except making diagnostic and therapeutic decisions and nurses who use the nursing roles which require high level of knowledge and skills for this”. The roles of advanced practice nurses include competences such as: education, case management, clinical application, consultancy, social aid, research and administration. It is expected from the advanced public health nurses to form a basis for the planning of community/public health programmes and their evaluation; to learn the concepts related to community and public health such as project building, health development, interventions on a people-to-people level, healthcare systems, leadership and health policies; to provide the handling of health inequalities in defenceless groups, and the consultancy for different population characteristics, application areas and different cultures. Advanced public health nursing is able to conduct its practices through public health units, schools and universities, home care units, primary healthcare services, refugee/immigrant clinics, religious-based programmes, prisons and penitentiaries, outpatient clinic services, rural health units, various sections of society, public or private institutions/corporations and voluntary agencies. Despite the fact that public health nursing is not in its well-deserved place in our country, it has accomplished very important advancements in a great many of countries of the World. When public health nursing is perceived as an area of expertise in our country and when the models that are going to be taken as an example from countries which are known to have accomplished great successes in public health nursing are started to be applied, then they will contribute to the development of nursing profession and the elevation of community health.

Keywords:Public Health, Public Health Nursing, Community-based Nursing, Application Areas

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SEXUAL ABUSE AND ITS EFFECTS ON CHILDREN'S MENTAL HEALTH

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Abstract

Child abuse and negligence is an important public health problem with medical, judicial and social aspects. Even though child abuse has been perceived as a problem worldwide and tried to be solved for only 100 years, it is apparently as old as the history of humanity. Sexual abuse is the most difficult type of child abuse to determine. Sexual abuse that generally remains a secret is an important phenomenon especially in terms of its short and long term effects and it comprises all behaviors on a wide spectrum from exhibitionism and voyeurism to rape. Children from both genders might be exposed to sexual abuse. However, it is stated that boys either report abuse at a lower rate or are believed less when they report it. In addition to this, children from all ages, including infants are exposed to sexual abuse. Sexual abuse that generally remains a secret is an important phenomenon especially in terms of its short and long term effects. Abuse has a negative effect upon children's emotional and physical development. Children that have an impairment in emotional development will have a lower life quality and experience serious psychological and communicational problems in the future. Sexually abused children might develop different attitudes and behaviors like nightmares and other sleep disorders (difficulties in falling into sleep and sustaining the sleep), introversion, communicational problems with peers, wetting the bed, thumbsucking, fear of dark, men and strangers, leaving home, running away, using drugs, depressive and aggressive behaviors, sudden decrease of school performance, suicide attempt and suicide thought. Depressive symptoms are commonly encountered in abused children. Victims of sexual abuse might develop internalized symptoms like depressive mood, anhedonia (inability to experience pleasure from activities that are usually found enjoyable), feeling worthless and guilty, and a distinctly higher introversion. Common emotional effects include guilt (feeling responsible for the abuse), despair and hopelessness, appetite and sleep disorders and a lower self-respect. Besides, high risk sexual acts might be encountered more frequently in sexually abused individuals. Sexually abused women might experience an earlier sexual life, a higher rate of adolescent pregnancies, multiple sexual partners, unprotected sexual intercourse and an increase in the prevalence of sexually transmitted diseases. Personal (age, gender, method of coping with stress), familial (mother's support, history of psychiatric disorder) and abuse (duration and frequency of abuse, degree) factors play an important role in the exposure of mental health after the abuse. Not all cases might develop mental disorder symptoms in the short term. Development of symptoms also depends on how the child perceives the rumpling. Child and adolescent sexual abuse might cause various problems in the future as well. It is known that being exposed to sexual abuse in childhood increases the frequency of smoking, using alcohol and drugs, eating disorders, suicide attempt, major depression, anxiety disorders and other mental disorders in adulthood. The severity of mental exposure increases directly proportionally with child's young age, degree of attacker, as well as the severity, duration and repetition of abuse. Early diagnosis of sexual abuse will decrease the child's burden, stop the abuse, enable social support in a flash and consequently minimize mental problems. Early diagnosis, establishing a reliance-based communication with the child as from the first meeting, observing the child closely, approaching to the child in a multidisciplinary way by paying attention to both verbal statements and body language will be very effective upon preventing future mental problems and decreasing the effects of abuse.

Keywords: Child Abuse, Child Negligence, Sexual Abuse, Mental Health

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ASSISTED REPRODUCTIVE TECHNIQUES AND ETHICS

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Abstract

Infertility is defined as the inability of a couple in the reproductive age to reproduce despite having regular sexual intercourse for at least one year without using any contraceptives. Infertility could be generally considered a psychologically threatening, emotionally stressful, economically expensive and physically painful life crisis for both partners. Reproduction problems affect approximately 80 million people around the world and the infertility rate in society is encountered as 10-15%. Primary reasons of infertility include; tubal and pelvic factor (35%), ovulatory dysfunction (15%), man factor (35%) and unexplained infertility (15%). It is an individual tragedy for millions of couples in the world to fail in having kids. For an important part of infertile individuals, secret misery is combined with social stigma, which might cause very serious and comprehensive results. Additionally, infertility that disables biological motherhood creates a social pressure on individuals, especially on women. This social pressure causes these women to experience psychological and/or social problems. In other words, a biological problem may also cause some cultural problems. Recent developments in the diagnosis and treatment of infertility have enabled many infertile patients to have kids with the help of new methods. Reproduction techniques are advanced techniques that include all operations applied to couples that are unable to spontaneously conceive a child for conceiving a child. In the Regulations Regarding Assisted-Reproduction Treatment Applications and Assisted-Reproduction Treatment Centers, Assisted Reproductive Techniques (ART) are defined as “applications that make the ovum of future mother and the sperm of husband more suitable for fertilization via various methods, enable fertilization outside of body when necessary, signify the transfer of gametes or the embryo to future mother and are accepted as a medical treatment method in modern medicine”. Today, ART enables women to artificially give birth (without sexual intercourse) via four different methods as artificial insemination- in vivo fertilization, transfer of gametes (gamete intrafallopation transfer – GIFT), test tube baby application (in vitro fertilization – IVF mit embryotransfer – ET) and embryo transplant (in vivo fertilization mit embryotransfer – ET). Progresses in ART have resulted in the increase of pregnancy rates. Embryo freezing and then the exploration of intracytoplasmic sperm injection in 1992 are among the important developments in the success of ART. According to the 2008 data of the Ministry of Health, there are 121 licensed ART centers of the Ministry of Health in our country. Today, many technological instruments are used in the healthcare field for diagnosis, screening and treatment. Common use of these instruments enables early diagnosis and treatment on one hand and brings along some ethical and health problems on the other. Ethics is related with behaviors/actions that are performed by individuals in the social scale and may have results affecting others, as well as thinking processes that shape them. Ethical defense of ART is grounded on an individual’s right to reproduction. Individuals can use this right in both contraception and reproduction. Right to reproduction involves not only an individual’s right to have ‘kids’, but also the physical and mental health of children. If individual has a genetic disease, the efforts of preventing the transfer of disease are considered ethically and legally acceptable. However, ART also brings along some important problems like uncertainty about the real parent of the child. There will be no misconceptions about parents as long as the genetic material of third persons are not used. Thus, religious traditions and legal systems of many countries do not tolerate the use of the genetic material of third persons in the application of ART. On the other hand, as ART presents various options to infertile individuals, it is recommended to allow families to decide themselves and enable individuals to use ways and techniques that accord their religious beliefs, traditions and cultures for modern healthcare services.

Keywords: Infertility, Assisted Reproductive Techniques, Ethics

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THE EFFECT OF THE MOTIVATIONAL INTERVIEW METHOD ON THE LIFESTYLE, SELF-EFFICACY PERCEPTION AND MEDICATION ADHERENCE OF HYPERTENSIVE INDIVIDUALS

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Oya Nuran EMIROĞLU, Hacettepe University

Abstract

Aim: This experimental study aims to analyze the effect of motivational interviews on the lifestyle, self-efficacy perception, and medication adherence of hypertensive individuals. **Background:** A large number of patients have difficulty in controlling their blood pressure and making the stipulated changes in their lifestyle, and can have many health problems related to hypertension due to non-adherence to antihypertensive treatment. **Method:** This study was conducted with hypertensive individuals between the ages of 24 and 45 registered in seven Family Health Centers in Akşehir, Konya, Turkey. Inclusion in the study was voluntary, and the 75 individuals who agreed to participate were allocated into 2 groups: the experimental and control groups. Both groups were administered the pre-test, then the experimental group was visited for a total of 5 times: four visits at three-week intervals and one visit after one month. In each visit, a 30 to 45 minute individual motivational interview was carried out. The study was completed by administering the post-test to both groups. The study was conducted between February 6 and June 24, 2014, and the data were analyzed using the SPSS 17.0 package. **Findings:** Statistically significant differences were found between the pre-test and post-test scores of the experimental group in terms of Blood Pressure, Body Mass Index, the Medication Adherence Self-Efficacy Scale (MASS), and the General Self-Efficacy Scale. **Conclusion:** In conclusion, motivational interviews can be used in ensuring healthy nutrition and regulation of their exercise level and blood pressure for hypertensive individuals, and in increasing their self-efficacy and treatment adherence. It is recommended that this method be used in increasing the adaptation to lifestyle changes, self-efficacy perception, and treatment adherence of individuals with common chronic diseases, particularly hypertension.

Keywords: Hypertension, lifestyle, medication adherence, self-efficacy perception, nursing

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OPINIONS OF UNIVERSITY STUDENTS ABOUT LGBT INDIVIDUALS

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Abstract

Aim: This descriptive study aims to determine the opinions of university students about lesbian, gay, bisexual and transsexual (LGBT) individuals. **Material and Methods:** In the study that was conducted with 600 students between 18 April 2016-11 May 2016, a questionnaire form which was developed by the researcher as 2 sections was used as data collection tool. The acquired data were evaluated using the SPSS package software with the help of percentages and numbers and their Chi-Square calculations were performed. **Results:**68.3% of study participants were female and 77.3% aged 17-21. Besides, 81.7% of them had nuclear families. **Conclusion:** As a result of the study, it was determined that answers given to statements concerning the free self-expression of LGBT individuals, legal rights given to LGBT individuals by the government and verbal or physical violence experienced by LGBT individuals varied according to gender of individuals and male individuals had higher rates of negative answers.

Keywords: University Students, Lesbian, Gay, Bisexual, Transsexual, Participant Opinions

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Keywords: University Students, Lesbian, Gay, Bisexual, Transsexual, Participant Opinions

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EFFECTS OF CHILDREN'S HEALTH PERCEPTION AND BEHAVIORS ON OWN HEALTH CONTROL

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Abstract

Objectives: The purpose of this study was to investigate effect the health perceptions and behaviors of children on their health control by using descriptive correlational research method. **Methods:** The population of the study involved 524 children aged 7-12 years who were educated in Kemal Özalper Elementary School affiliated to National Education Institution. Due to the purpose of reaching all population, no sampling method was used. Eventually 406 children participated in the study and the researcher reached 95 % of the population. For collecting data, descriptive information questionnaire, children health locus of control scale, and children health perceptions and behaviours scale were utilized. In the process of data collection, the researcher asked the questions and recorded the answers by using face-to-face approach. In data analysis, frequencies, percent, t-test for independent groups, ANOVA and correlation analysis were used. **Results:** The average age of the children participating in the study was 9.17 ± 0.9 and 51.5% were female children. In children, the mean score of health locus of control scale is 26.54 ± 0.5 , indicating that the child has a high level of internal control. The mean score of health perception and health behaviors in children was 118.39 ± 9.1 , which indicates that the child has positive health behavior. It has been determined that age in children affects health of control, health perception and health behaviors, that this effect is seen at the age of 11. There was a significant positive correlation between health locus of control and health perception and health behaviors in children. **Conclusions:** It has been determined that children have positive health behaviors and internal controls are improved in their own health management. It can be said that health management can be improved by improving positive health behavior and perception of children.

Key words: Children, children health locus of control, children health perceptions and behaviours

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Future Healthcare: Will Digital Data Lead to Better Care?

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Abstract

Currently, the datasets used in bioinformatics and computational biology are high-dimensional, complex and multivariate. Analysis and processing of the data is vital in medicine. However, manual analysis and pattern recognition with big data is very difficult. Also, processing of these large and weakly connected datasets is challenging. Moreover, increasing complexity of healthcare systems causes high health cost. To provide better healthcare services with reduced price, computer-aided tools are required. Therefore, smart approaches and context aware computations have great importance in this area. Advancements in wireless network technology, mobile devices (e.g., smart phones, smart sensors) and pattern recognition applications help to solve the cost problem of health care systems. It seems that our health will be tracked automatically by smart environments in the future. Also, patients will be able to participate in healthcare as their own health manager and observe important parameters (e.g. body fat amount and blood pressure value). However, there are some open issues related to this topic. In this paper, we present a survey on smart healthcare environments and smart hospitals. Also we discuss some questions and challenges in this area.

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Advances in Digital Pathology

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Abstract

Characterization of cancer diseases and preparation of diagnostic reports after analyzing tissue specimens and several cell samples are provided by pathologists. One of the most successful strategies in pathology is to divide tumors into different subtypes and to adapt the treatment for each tumor. However, this approach has put a big burden on pathologists, who are reviewing tissue samples under the light of the microscope. Because, tumors have about 200 subtypes and pathologies are facing a growing demand for accurate and fast diagnosis and also patient safety. Therefore, digital pathology has been important and growing rapidly. Advances in computer technology such as computing power, faster networks and cheaper storage have enabled pathologists to manage images more easily than in the last decade. Novel pathology tools have a potential for automated and faster diagnosis and also better management of data. Moreover, it enables re-reducibility, validation of results, quality assurance and sharing of new ideas at anywhere and anytime. Advances in digital pathology have been reviewed in this paper. It seems that innovations in technologies will not only provide important improvements in pathology service, but also they will change healthcare and research fundamentally despite some challenges

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The Assessment of Acute Effect of Kinesiotaping on Balance, Trunk Muscle Endurance and Exercise Capacity Practiced on Trunk Muscles of a Multiple Sclerosis Case

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Abstract

The Assessment of Acute Effect of Kinesiotaping on Balance, Trunk Muscle Endurance and Exercise Capacity Practiced on Trunk Muscles of a Multiple Sclerosis Case Purpose: Kinesiotaping (KT) is a physiotherapeutic approach with on increasing clinical use in neurological rehabilitation. this study was planed in order to detect acute effect of KT on balance, trunk muscle endurance and exercise capacity practiced on trunk muscles of a Multiple Sclerosis (MS) case. Material and Method: Our twenty-five years old female case being followed with MS diagnosis for seven years and had only one defined attack is being ambulated by unilateral forearm crutches for three years and has six points from Expanded Disability Status Scale/EDSS. Trunk muscle endurance of the case was assessed by curl-up and sorensen tests and balance by berg balance scale, exercise capacity by six-minute walk test who had medium level upper extremity gross muscle strenght and 3 and 2 point spasticity on ankle plantar flexors and knee extensors respectively according to modified Ashworth. Assessments were performed befor KT and at the end of the third day following KT. In the context of KT practice, muscle technique with 15-20% stretch was applied to the anterior, external and internal oblique abdominals and back extensor muscles of the case. Results: Berg balance score with 45 points pre-KT scre changed into 49 points following KT, walking distance with 38.67 m pre-KT performance changed into 54.10 m following KT. an obvious increase in back extensor strenght and curl-up and sorensen test score was observed where as therewas no difference in anterior and oblique abdominal strenght and curl-up test score following KT. Conclusion: Trunk KT practice has a developing effect on trunk muscle endurance, balance and exercise capacity. The results of this research indicate that KT practice may be beneficial for MS patients. The Benefits of KT on treatment of MS cases will be defined by randomised controlled trials which will be searching for long-term chronic effects of KT

Key words: Kinesiotaping, Balance, Trunk Muscle Endurance, Exercise Capacity, Multiple Sclerosis.

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Effects of ankle and foot mobilization on ankle mobility and weight bearing on effected side in hemiplegia: A case report.

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Abstract

Purpose: In stroke patients, limitation of foot and ankle movements leads to many problems in functional activities such as weight transfer and gait. The aim of this study is to investigate the effects of ankle and foot mobilization on ankle movements and weight bearing ability on the paretic limb. **Method:** In this case report, the patient is 63 years old male who had stroke 3 months ago. He attends conventional physiotherapy program 5 times a week for 45 minutes in each session. We applied mobilization to distal part of fibula, calcaneus, navicula, cuboid and rotational mobilization of tibiotalar joint of the affected side extremity. Dorsi and plantar flexion range of motion (from the position where the patient's foot is comfortable) and single leg stance time were evaluated before and after interventions. Mobilization and assessment were carried out by different physiotherapists. **Results:** The affected side of patient's right. The assessment scores are better after mobilization. The results of the range of motion assessment are 4/10 for active dorsiflexion, 5/22 for passive dorsiflexion, 10/20 for active plantar flexion, 5/25 for passive plantar flexion before / after mobilization. Single leg stance time at the affected side is 0,91 second before mobilization and 1,99 second after mobilization. **Discussion:** Patients with stroke frequently have limited range of motion of the ankle than healthy controls. This limitation coupled with sensory deficits and muscle imbalance limits weight transfer and functional activities at the affected side. Our study demonstrates that mobilization of ankle and foot joints has an effect on ankle mobility and weight bearing ability in stroke patients. For better results further studies are recommended.

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Do Thoracic Mobility and Postur Effect Respiratory Function Testing Values ?

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Abstract

Purpose: The normal thoracic spine has a kyphotic curvature ranging from 20-50 degrees. Postural kyphosis is the most common type of postural disorders, associated with respiratory dysfunction, reduced physical activity, and more complicated conditions including Scheuermann's disease and Ankylosing Spondylolitis. This study aims at examining relationship between Respiratory Functions to thoracic mobility and posture in sedentary individuals. Methods and Materials: In our study, volunteer individuals between the ages of 18-25 were included. Individuals with Cooper at ion problems, cardiopulmonary disease, orthopedic problems were excluded from the study. Sociodemografic data of subjects was recorded. Dualer IQ PRO inclinometer was used for evaluating thoracic mobility. The reference and the measuring parts of inclinometer were placed on the spinous processes of T1 and T12 respectively. Postural changes were evaluated with New York Posture Index. The pulmoner function test was performed in a sitting position using a spirometer. Forced expiratory volume per second (FEV) and forced vital capacity (FVC), peak expiratory flow (PEF) values were recorded during pulmonary function tests. The best value was saved from three consecutive measurements. Results: Mean age of individuals (3 male, 18female) was 20.95 ± 1.59 years, mean BMI was 23.70 ± 4.62 kg/m². Significant negative correlations were found between measurements of thoracic mobility and FEV1, PEF values, and posture analysis results ($p < 0.05$); There was no significant correlation between thoracic mobility and FVC level ($p > 0.05$). A significant positive correlation was found between the New York posture analysis results and PEF values ($p < 0.05$); No significant correlation was found between other respiratory parameters ($p > 0.05$). Discussion: In literatür breathing abnormalities has been reported in young and middle-aged individuals with idiopathic and paralytic kyphoscoliosis, including altered lung mechanics and blood gases, increased work of ventilation, and hypoventilation, particularly during sleep. The results of our study showed that respiratory function values decreased with increasing thoracic mobility angle.

Key words: Thoracic Mobility, Postur, Respiratory Function

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International newborn hearing test batteries:TEOAE and A-ABR

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Abstract

Objectives: The purpose of this study is to determine which test battery is more reliable and must be used. **Introduction:** Newborn hearing screening program goal is early detection of hearing loss. Transient otoacoustic emissions(TEOAE) and Automized auditory brainstem response (A-ABR) are used for newborn hearing screening program. **Methods and materials:** Using Mustafa Kemal University Research Hospital Audiology Database, we conducted a retrospective study to compare TEOAEs and A-ABR methods from March 1, 2015 through October 31, 2016. A group of 63 children who were newborn included in this study. A-ABR and TEOAE test batteries were applied to newborn in their 0-14 days age. Diagnostic test batteries (diagnostic ABR, diagnostic OAE and tympanometry) were applied to newborn between three and six months age. **Results:** We found that 47.5% of the subject's that were tested with TEOAEs had hearing loss and 52.5% of the subjects that were tested with ABR were found with hearing loss. There wasn't significantly difference between two tests ($p=0.520$). **Conclusions:** TEOAE and A-ABR are effective, objective and valuable test batteries for newborn hearing screening. Reliability of the batteries is similar. Auditory neuropathy is diagnosed using A-ABR and TEOAE together. Therefore, A-ABR and TEOAE should be used together in all newborns.

Key words: Hearing loss, TEOAE, ABR, Newborn hearing screening

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Relationship of Trunk Control, Balance and Sensory in Guillain–Barré syndrome

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Abstract

Introduction: Guillain–Barré syndrome (GBS), is characterized by ascending motor paresis peaking within 4 weeks, diminished or absent muscle stretch reflexes, sensory symptoms with minimal objective sensory loss, electrophysiologic evidence of a demyelinating neuropathy. GBS's sensorial problems are not rare, but there is little studies that examine relationship between sensorial and motor problems. We planned this study to find this question' answer. Material Methods: Demographic datas were recorded. Trunk control was assessed with Trunk Control Test(TCT), balance with Berg Balance Scale(BBS), pain with Visuel Analog Scale(VAS), fatigue with Fatigue Severity Scale(FSS), light touch with monofilament and proprioception with distal proprioception test. Distal proprioception test(DPT) the extremity moved 10 times and the patient asked the position and scored according its true answers. Proprioception test was made in right and left ankle and knee. Light touch was made in big toe- sole of the foot, medial-lateral of the ankle and medial-lateral of the knee. Results: 5 man and 4 women totally 9 subjects (age mean=41.33±16.10 years) were included in the study. We found excellent correlation($r=0.90$) between TCT and BBS; moderate correlation ($r=0.576$) between TCT and VAS. There was moderate correlation ($r=0.51$) between only right ankle DPT and TCT. There was moderate correlation ($r=0.549$) between only left medial malleol' light touch and TCT. There was weak correlation between FSS and VAS, TCT, BBS. There was moderate ($r=0.593$) correlation between BBS and left medial malleol' light touch, but other correlations were weak. Discussion: TCT has correlation with light touch and proprioception. BBS has correlation with light touch. Motor and sensorial problems affects each other. So for a succesful rehabilitation program, the treatment should include sensorial and motor rehabilitation.

Key words: Trunk Control, Balance , Sensory, Guillain–Barré syndrome

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Assessment of School Desk Suitability in Primary and Secondary School Students

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Abstract

Aim: Since the students are in the age of development in primary and secondary school, measurement of desk and table in which they spend at least 6 hours a day are important. In our study, relationship between measurement of desk and table and postural deformity was investigated. Materials and Method: Total of 100 students in which class of 1,2,3,4,5,6,7,8 were included in our study. Student's postural deformity was assessed with posture analysis. The individual with at least one postural deformity, was considered to have postural deformities. Desk's dimensions (Sitting height from floor, sitting distance, height of backrest, height and width of tables) were measured with tape measure. Dimensions of the desk-table used by the students were determined to be inappropriate or appropriate according to the determined standard desk-table class level in the literature. Results: Total of 100 individual with 43 female, 57 male, were included in the study. When evaluating the suitability of the individuals' desk, 36 (35.3%) were found to be appropriate and 64 (62.7%) were not. A significant difference was found between presence of postural deformity (31.4%) and desk suitability ($p=0.001$). Also a significant difference was found between height of the desk and height difference between two shoulders ($p=0.044$). Discussion: According to the results of the study, the desk and the table where students sit, is not appropriate to the anthropometric measurement. Appropriate desk and tables should be made according to the anthropometric measurement and statistics for every class. It is understood from the study and the literature that in elementary school and middle school period the student's tools and equipments in the school are designed without considering anthropometric measures. For this reason, anthropometric measurements of the students should be made in more detailed studies and ergonomic designs should be made accordingly to this researches.

Key Words: School Desk Suitability, Primary School Students, Secondary School Students, Anthropometric

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Effects Of Clinical Pilates Exercises On Exercise Capacity, Physical Activity, Respiratory Function And Balance In Patients With Asthma

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Abstract

Aim: The role of participation in regular exercise and physical activity is great in the prevention and treatment of asthma which in chronic respiratory problems. Aim of the study was to investigate effects of clinical pilates exercises on exercise capacity, physical activity, respiratory function and balance in patients with asthma. Material-Method: A total of 21 individuals diagnosed with asthma were included in the study. Clinical Pilates exercises were applied to individuals by physiotherapist 3 days a week for 6 weeks. Demographic information of individuals was collected. Pre and post-treatment symptoms about asthma using Asthma Control Test, dyspnea and fatigue using Borg scale and The modified Medical Research Council scale, functional exercise capacity using 6 minutes walking test, posture using the New York Posture Rating, physical activity using International Physical Activity Questionnaire, balance using Flamingo Balance Test, respiratory function using respiratory function test were evaluated. Results: 21 individuals (8 Male, 13 Female) with a mean age of $37,62 \pm 18,581$ were included in the study. After clinical pilates exercises a significant increase was observed in functional exercise capacity ($p=0,007$) and asthma control test ($p=0,000$), a reduction was seen on dyspnea ($p=0,036$) and fatigue ($p=0,034$). There was no significant difference in balance, respiratory function, posture and physical activity. Discussion: It has been observed that clinical pilates exercises increase functional exercise capacity, decrease breathing and fatigue level and improve balance in asthmatic patients. As a result, we believe that clinical pilates exercises should be performed safely and funny in patients with asthma.

Key words: Asthma, Clinical Pilates, Exercise capacity

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Case report: Rehabilitation of bilateral vestibular dysfunction patient

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Abstract

We planned to present this case to examine effects of virtual reality in bilateral vestibular dysfunction patient. Case description. Patient: A male patient (22 years old) that attended to Mustafa Kemal University Audiology Department was analysed. The patient' bilateral semicircular canals were ossified and had advanced stage sensorineural hearing loss. The patient's disease diagnosed with Computerized Tomography. Examination: We analysed balance with Berg Balance Scale (BBS), state of balanced feeling with Visual Analog Scale (VAS), Daily living activities with The Activities Specific Balance Confidence Scale (ASBCS). The scales applied before and after the treatment. Intervention: The patient' balance treated with virtual reality for 18 sessions. In the rehabilitation program the patient played table tennis on virtual reality and some other balance exercises. Outcomes: The patient reported that he felt better and we finished the rehabilitation program. He was feeling his balance better. The patient's VAS score before the rehabilitation was 5 and after the rehabilitation 7. ASBCS scores changed from 17,82 to 29,69. BBS score was 51 before the rehabilitation and it was 56. The balance rehabilitation was successful in bilateral vestibular dysfunction patient.

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DETERMINATION OF THE RELATIONSHIP BETWEEN COGNITIVE FUNCTIONS AND LIFE QUALITY OF AGE WITH PHYSICAL ACTIVITY IN INACTIVE LEVEL

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Abstract

Aim: This study was conducted to determine the relationship between cognitive functions of the elderly and quality of life in the nursing home with inactive level physical activity. Methods: Research descriptive relational desendedir. The survey's universe was composed of 753 elderly people over 65 years of age living in the Ministry of Family and Social Policy and the sampling was made up of 396 elderly individuals determined according to the inclusion and exclusion criteria of the research. In gathering the data; Socio-demographic information form, "International Physical Activity Questionnaire", "Standardized Mini Mental Test" (SMMT) and the WHO Quality of Life Elderly Module (WHOQOL-OLD) were used to assess quality of life. Number and percentage distributions, chikare test and correlation analysis were performed in evaluating the demographic data of the study. Results: 47.3% of the elderly participated in the survey, 62.6% are in the 75-79 age group and 73.3% are illiterate. The mean scores of the WHOQOL-OLD baseline scores of the quality of life of the elderly participating in the study were "Sensory Temperament" 8.82 ± 2.12 ; "Autonomy" 9.23 ± 4.86 ; "Past, Present and Future Activities" 10.63 ± 1.32 ; "Social Participation" 11.56 ± 2.74 ; "Death and Dying" 10.43 ± 2.18 ; "Proximity" was 8.72 ± 1.17 and the total score was 48.23 ± 11.51 . 36.7% of the elderly were found to have moderate cognitive impairment. When the relationship between cognitive status of individuals and quality of life was evaluated, it was found that there is a strong correlation in the negative direction ($r: -0,617, p = 0,00$). Conclusions: It is concluded that there is a strong direct relationship between cognitive status and quality of life of elderly people with inactive level of physical activity and the quality of life may be lower as cognitive functions decrease.

Keywords: Elderly people living in nursing homes, Inactive physical activity, Cognitive level, Quality of life

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RELATIONSHIP BETWEEN HYPERTENSION PREVELANCE AND OBESITY: A BAZAAR STUDY

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Abstract

Introduction and Objective: Hypertension (HT) with its high prevalence is an important public health problem both in Turkey and in other parts of the world. Although there are many independent risk factors leading to the development of hypertension, epidemiological studies show that there is a relationship between blood pressure and obesity. It is also known that hypertension and obesity are a public problem, and that they pose a risk for many diseases. From this point of view, the study was designed to determine the prevalence of hypertension and its relationship with obesity. Materials and Methods: People who did their shopping in 4 bazaars in Bornova, a district of İzmir, a province in the western part of Turkey, comprised the population of this cross-sectional study. No sampling method was implemented in this present study. People who volunteered to have their blood pressure measured between April 12, 2016 and June 1, 2016 were included in the study (n = 1023). The study data were collected with the questionnaire prepared through a literature review. The questionnaire includes 3 open-ended and 9 closed-ended questions. The participants' blood pressure, height and weight measurements were performed by the researchers. To analyze the data, the SPSS 22.0 package program was used and numbers, mean values, percentage distributions, and standard deviation were calculated. Normal distribution fitness of the data was assessed using the Kolmogorov-Smirnov Z test. Because the data did not fit the normal distribution ($p < 0.05$), of the nonparametric tests, the Chi-square and Kruskal Wallis variance analysis were used to investigate the relationship between the variables. Results: The mean age of the subjects included in the study was 51.74 ± 14.74 of the participants, 46.5% were female, 86.5% were married, 32.8% were diagnosed with hypertension and 29.9% took hypertension medicine. The proportion of those with systolic blood pressure (SBP) ≥ 140 was 23.9% and the proportion of those with body mass index (BMI) ≥ 30 was 30.5%. There was a statistically significant relationship between HT and BMI values ($\chi^2 = 31.03$ $p = 0.000$) in the participants diagnosed with HT. The relationship between having HT diagnosis and mean systolic blood pressure values was statistically significant ($\chi^2 = 1.157$ $p = 0.000$). The relationship between SBP and BMI values was also statistically significant difference in those who were obese according to BMI ($\chi^2 = 4.685$ $p = 0.03$). Conclusion: HT and obesity rates were high in the people investigated and obesity was determined as an important risk factor for HT. In addition, in the study, some of the participants had high mean SBP values although they were not diagnosed with HT, which suggests that HT awareness was not at the desired level. In order to prevent HT and obesity, and to diagnose and have HT under control at an early stage, people's knowledge and awareness of HT should be raised and they should be encouraged to make necessary attitude and behavior changes. Therefore, it is necessary to make primary health care services functional, to perform routine screenings and to organize training programs.

Key words: Hypertension, Obesity, Nurse

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CLASSIFICATION OF OECD COUNTRIES ACCORDING TO HEALTH INDICATORS WITH CLUSTER ANALYSIS

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Abstract

Objective: The objective of this study is to classify OECD countries according to health indicators with cluster analysis. In the study, with cluster analysis it is aimed to determine the similarities of Turkey with other OECD countries, to examine the indicators which affect the classification of countries and to assess the differences between clusters. **Population and Sampling:** The population of the study was composed of 35 OECD countries. **Methodology:** The health indicators of the study includes: number of physicians, number of hospital beds, the share of health in GDP, the percent of measles vaccination among children, gini coefficient, percent of daily tobacco consumption among people over the age of 15, schooling rate of adults between the ages of 25 – 64, life expectancy at birth and infant mortality rate. Ward's method, one of the hierarchical clustering methods has been used to determine the number of clusters in K-Means Clustering Algorithm. **Findings:** In the results of Ward's method it has been decided to separate countries in three clusters. According to K – Means Algorithm, Turkey entered to same cluster with Mexico and Chile. It was determined that all health indicators used to cluster countries were efficient substantially ($p < 0,05$). **Results:** When the cluster which Turkey entered has examined, it is determined that the cluster is the least at number of physicians, number of hospital beds, the share of health in GDP, the percent of measles vaccination among children, percent of daily tobacco consumption among people over the age of 15, schooling rate of adults between the ages of 25 – 64, life expectancy at birth; the highest at gini coefficient which indicates to the income disparities and infant mortality rate.

Keywords: Health, Health Indicators, OECD, Clustering Analysis

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PERCEPTION OF TURKISH ORIGIN ELDERLY PEOPLE LIVING IN GERMANY ON THE FIELD OF HEALTH AND CARE SERVICES IN TURKEY: MYTHOS AND SOLID FACTS

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Abstract

Introduction: The population of Turkish origin people in Germany has been increasing dramatically. Accessing to health and care services is very important parameter for Turkish people who are in the process of decision onto returning to Turkey. Perception of Turkish origin migrants is necessary because they play important role in the health tourism field and also in introducing Turkish health and care services in Germany. Aim: The aim of this study is to determine the perception of Turkish origin elderly people living in Germany on the subject of Turkish health and care services. Materials and Methods: The study includes 65 years and above Turkish origin elderly people living in Germany. The semi-structured form was conducted to the 27 elderly living in Berlin and North Ren-Vestfalya. Results: The result of semi-structured forms indicated that the elderly people has negative perception due to their past experiences at hospitals. Moreover it was found that they are not aware of the improvements on health services. In addition to these, it was determined that although the elderly people have no experience on elderly care services, they have stable opinions on this field. Conclusions and Recommendations: The elderly people conducted in the scope of this study have prejudices on inadequacy of Turkish health services and due to this they do not want to take health service in Turkey. These perception of those also affect adversely other people living in Germany. Therefore, it is needed to inform the Turkish origin elderly people on the health and care services provided in Turkey. It is thought that making up for this negative perceptions can make positive contribution on development of health tourism.

Keywords: migrants, health, care service

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The Effects of Pharmaceutical Politics of Turkey on Pharmaceutical Expenditures and Pharmaceutical Market

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Abstract

Turkey's drug policy has been focusing on the pricing of medicines and the reimbursement of medicines over the next 13 years from 2003. The aim of the study is to determine the effects of drug pricing and reimbursement policies applied in the period of 2003-2015 in line with Health Transformation Program in Turkey on Turkish pharmaceutical market and Turkish pharmaceutical expenditures. The data used in the study were taken from the statistical records published on the website of IMS (International Market Statistics) Health and Social Security Institution (SGK). The 13-year period between the years 2003-2015 of the Turkish pharmaceutical market and the changes in SSI drug expenditures have been evaluated. According to the findings of the study, it has been determined that the Turkish pharmaceutical market grew 3.2 times in TL over the 13-year period. The fastest growth rate in the Turkish pharmaceutical market was determined to be 46% on the basis of TL and 42% on the basis of piece-box in 2005. The rapid increase in the drug market is assumed to be due to the fact that the Social Insurance Institution (SSK) members and green card patients started to supply their medicines from free pharmacies in 2005. It has been determined that SGK health expenditures have increased steadily and reached to 54.603 Million TL in 2014 and that 67% of these expenditures are due to treatment expenditures. Drug expenditures and the increase in the pharmaceutical market in Turkey between 2006 and 2013 have slowed down gradually and in some years the Turkish pharmaceutical market has not grown compared to the previous year. This is due to regulations on drug pricing and drug reimbursement for control of drug expenditures. Between the years 2013-2015; it has been determined that the growth rate of the pharmaceutical market has increased from 6.5% to 15.5%. Between 2013 and 2016, the average cost per prescription increased from 44 TL to 60 TL. The increase in the average cost per prescription can be explained by the increase in the periodic euro value and access to health services.

Keywords: Pharmaceutical Expenditures, Health Economics, Turkish Pharmaceutical Market, Pharmaceutical Expenditures in Turkey, Pharmaceutical Policies of Turkey

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Evaluation of Complaint for Applications to the Private Hospitals in Ankara

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Abstract

Nowadays, depending on increasing interest in patient rights and innovations in medicine, the expectations of patients and the value judgments change. In this study, it was aimed to examine the development process of private health services in Turkey and evaluate the problems and complaints the services provided in these hospitals. In this context, the aim of this study is to examine the aims, scope, contribution of health services and forms of control of today's private hospitals; to determine the problems and complaints of patients benefiting from private hospitals; and finally, to examine their methods of transmission to various units and places. Firstly, the formal complaints to the private hospitals in Ankara were examined. Secondly, the applications made on internet were examined. The complaint datas taken from the Ankara Provincial Health Directorate in 2014-2015 were analyzed and, fifteen complaints from these complaints were also qualitatively examined. Then, evaluations were made by categorizing the private hospitals and clinics under the heading of "Ankara Province Private Hospitals" subcategories of data belonging to the "Şikayet Var", the biggest complaint internet platform of Turkey. As a result of the examinations, it was determined that the complaints had increased by years. In the evaluation of the fifteen example investigations, it was determined that the most problem was about wages, followed by patient rights, emergency services and medical errors. Within the scope of the study, the most complaints about private hospitals were made to doctors on the internet portal, the medical reasons and charges constituted the most complaints issues was found. And, when the discrimination of the complainants by sex was examined, it was found that 57% of the complainants were women.

Keywords: Hospitals, Internet, Patient Rights, Medical Errors, Turkey.

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The Relationship Between Emotional Labor, Burnout, Turnover Intention and Job Performance of Employees Working in Clinics with High Mortality Rate

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Abstract

Background: The health care sector is a sector with high levels of stress and this stress can cause adverse consequences on health professionals. Purpose: The purpose of the study is determine whether there is a relationship between burnout, emotional labor, turnover intention and job performance in employees working in clinics with a high mortality rate. Methods: The universe of the study consisted of 202 people working in the clinics of Cumhuriyet University Healthcare Practice and Research Hospital with high mortality. It was aimed to reach the entire universe without selecting a sample in the study, but it was possible to reach 200 (%99) people. In the analysis of the obtained data, descriptive statistical methods, correlation analysis, regression analysis, independent samples t test and anova analysis were used. Results: As a result of the analysis of the data, of Emotional labor and burnout affect the job performance; Emotional labor, turnover intention and job performance were found to affect the burnout. The other results of the study are that some socio-demographic characteristics have resulted in significant differences in burnout, emotional labor, turnover intention and job performance of employee working in clinics with high mortality rates. Implications for Practice: As a result, there are a number of negative consequences for employees. These adverse outcomes can be reflected to employees, employees' families, patients, and even public. For this reason it is important to make arrangements to remove the stressors from these clinics and to provide various supports to the working people.

Keywords: Emotional Labor, Job Performance, Turnover Intention, Burnout.

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The protective effect of vitamin B5 (dexpanthenol) on nephropathy in streptozocin diabetic rats

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Abstract

Objectives: We examined the effects of dexpanthenol (DEX) treatment on kidney histology in a streptozocin (STZ) diabetes animal model. Materials and Methods: Twenty four wistar rats were randomized in one of the four groups Group 1 is served as control; group 2 is treated with high dose DEX (300 mg/kg/day). Diabetes was induced by a single intraperitoneal injection of STZ (50 mg/kg) in group 3 and 4. Group 4 has treated with DEX as well. All groups were followed-up for 6 weeks. Histopathologic investigations were carried out on renal tissue by using periodic acid Schiff and Hematoxylin- Eosin. Results: Microscopic evaluation of the kidney revealed that the rats have been shown kidney damage 6 week after STZ intervention. High and long term DEX administration alone was not harmful for the kidney tissue; moreover it prevents the kidney damage if it is given in the early phase of diabetes. Discussion and conclusion: DEX can be used as a safe and cost effective way of preventing diabetes complication associated with nephropathy.

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THE CHANGING DEMANDS OF WOMEN IN THE TYPE OF THE LABOR AND ETHICS

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Abstract

Scientific developments, social and cultural changes and health policies caused that the caesarian method has increased among doctors and mother candidates. It can thread mother and infant health. For this reason, the caesarian births on demand will be discussed in ethical terms in this review. When it is necessary in medical terms, caesarian prevents perinatal mortality and morbidity in an efficient manner. However, in cases caesarian is not necessary, no proofs are observed showing that caesarian is useful for the mother and the baby (WHO, 2015). Because applying a surgical intervention to the pregnant woman for a normal physiological event does not fit to the principles of benefit-risk balance (Barbara et al, 2004). On the other hand, the rejection of the demand of the mother for caesarian means ignoring the autonomy principle (Minkoff, 2006). Because a woman has the right to make an individual preference about the way of giving birth (Minkoff et al, 2004). When the issue is considered in terms of the fetus-the newborn, it is controversial issue because babies born with caesarian need intensive care more than those who are born with vaginal delivery and fetal mortality rate is more, which also makes it debatable in terms of benefit and not-harming principles (Villar et al, 2006). On the other hand, high costs in caesarian operation, long recovery duration of after the delivery (NIH, 2006), which leads to longer hospitalization (Liu et al, 2007), and the treatment of wound site infections may lead to unjust distribution of healthcare sources and to the use of sources in an improper manner (Sekhon, 2010). Caesarian births that are performed without a medical indication are still a controversial issue in terms of ethics. The caesarian demands of pregnant women must be evaluated by considering their values, cultural characteristics, and their concerns about the birth process; and the consultancy required on possible risks and complications of caesarian must be provided to the patients by nurses.

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GENE REPLACEMENT FOR THE PREVENTION OF INHERITED MITOCHONDRIAL DISEASES: THREE-PARENT BABIES AND ETHICS

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Abstract

In gen replacement treatment, the aim is to make couples who have the disease to have healthy babies for the purpose of preventing mitochondrial diseases (Dimond & Stephens, 2017). In this review, the issue of having babies with gene replacement treatment will be discussed in ethical terms. This method has been used with the development of technology and has brought ethical debates with it when the issue is considered in terms of the woman, individuals have the right of benefiting from technological developments in order to have healthy babies. However, the medication used for oocyte development, and the surgical interventions during oocyte collection may damage both the patient woman and the donor (Maxwell et al, 2008). In terms of babies, it is considered that the method is useful because it enables to have a healthy life instead of being ill. However, the efficiency and reliability of mitochondrial gen replacement treatment are limited. For this reason, the short and long-term effect of this method on babies have not been investigated yet (Amato et al, 2014). On the other hand, the use of this method leads to concerns because it may cause problems in obtaining proof for genealogy research and historical and anthropological research on demographical background (Baylis and Robert, 2006; Baylis, 2013). As a last item, while the use of this method to obtain a healthy race or for non-therapeutic reproduction purposes is considered as a scientific development for some people, it is interpreted as opposing the fate (Baylis, 2013). The increase in the awareness on reproduction rights and the developments in the treatment of diseases make it inevitable to use mitochondrial gen replacement. For this reason, legal regulations that may prevent the use this method for evil intentions must be enacted. The awareness of the healthcare staff must be increased on this topic and accurate methods must be used, which will eventually contribute to the couples in having healthy babies.

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