



NURSING MEETING 2017

ACCEPTED ABSTRACTS

INTERNATIONAL MEETING ON

NURSING RESEARCH & EVIDENCE BASED PRACTICE

JULY 31- AUGUST 01, 2017 MELBOURNE, AUSTRALIA

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Application of comprehensive nursing intervention to improve mother's breastfeeding skill in China

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Statement of the Problem: The exclusive breastfeeding rate was declined in recent year in China. Most of Chinese couples have only one baby, mothers are unfamiliar with breastfeeding skill. Some researchers reported that application of the instrument of latches to evaluate maternal breastfeeding skill. However there are rarely related studies in China. This research used the instrument of latches to evaluate the effects of application of comprehensive nursing intervention on mothers' breastfeeding skill in China.

Methodology & Theoretical Orientation: The study was a prospective clinical experimental research. 313 postnatal women were recruited from three hospitals in Guangzhou by cluster sampling method. The control group received general care with oral education about breastfeeding without handbook and telephone follow-up. The treatment group received comprehensive nursing intervention, which composed of a practical handbook, individual education of breastfeeding skills through face-to-face and one-on-one methods at bed-side within 24 hours postpartum. The participants accepted a telephone follow-up related to breastfeeding at 5 weeks postpartum. They completed two questionnaires on Latches-breastfeeding charting system on the third day and 6 weeks after delivery. The ICC of latches is 0.808, Cronbach's α is 0.826. Latches assess mother's latch, audible swallowing, type of nipple, comfort (breast/nipple), hold (positioning), excretion and satisfaction. Total 12 items are in grade range from 12 to 36. The higher grade means good breastfeeding skills. The SPSS 20.0 software, T test and X² test were used.

Findings: After 6 weeks postpartum, the exclusive breastfeeding rate of the treatment group (52.7%) was higher than the control group (29.7%), p values were 0.034. The latches mean grade of the treatment group after 6 weeks postpartum (33.01 ± 2.38) were higher than the control group (31.00 ± 3.09), p<0.001.

Conclusion & Significance: Comprehensive nursing intervention of exclusive breastfeeding and individual education improved exclusive breastfeeding rate and mother's breastfeeding skill at 6 weeks of postpartum.

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Evaluation on effect of hierarchical intervention on middle and old aged patients with hypertension among rural community

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Objective: To discuss the effect of community intervention on controlling hypertension, promote the proportion of awareness, treatment and control among middle and old aged patients with hypertension in rural area and health-promoting lifestyle.

Method: Implement a gradual deepening intervention plan at whole-population and hypertensive patients' at two levels.

Result: The proportion of awareness, treatment and control among hypertensive patients were 83.7%, 56.4% and 46.9%, respectively, significantly higher than control group ($P<0.01$), HPLP-II scored 130.36 ± 15.09 , when compared with baseline data and control group the difference had statistical significance ($P<0.01$). The behavior of regular measurement of blood pressure was 69.4%, Body Mass Index (BMI) was 26.32 ± 5.03 , both of them were better than control group ($P<0.05$).

Conclusion: The development of hypertension could be delayed with the reduction of incidence of complications by gradual deepening hierarchical intervention in rural area, promoting the awareness rate, treatment rate and control rate and healthy lifestyle as well as stabilizing blood pressure at a safe level.

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Dilemma for choosing exclusive replacement feeding for HIV positive mothers of infants at a public hospital in Gauteng province

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The burden of the Acquired Immune Deficiency Syndrome (AIDS) is epidemic and greatest in poor resource settings. In particular, 22.5 million of the 33.2 million individuals infected with HIV globally live in Sub-Saharan Africa (SSA). South Africa is having a large number of mothers with this burden of HIV infection. Infant feeding in communities with a high prevalence of HIV/AIDS has a potential challenge for mothers who must ultimately decide how to feed their infants within the context that constrain their choices. The purpose of this study was to determine challenges of HIV-positive mothers on exclusive replacement feeding. A qualitative, exploratory, descriptive and contextual study was undertaken to examine the experiences of HIV positive mothers on the exclusive formula feeding. Five themes emerged from this study, namely: (1) Mothers knowledge of recommended feeding practices, (2) fear of disclosure due to stigma and (3) limited support, (4) social isolation and (5) mother's strategies. The shame associated with HIV is a major obstacle to its prevention and the stigma that surrounds people is compounded by discrimination against women leading to women avoiding testing and treatment services for fear of abandonment and other repercussions from husbands, families and communities and health providers. Even if they contacted this from the husbands, women are sometimes blamed for bringing AIDS home and may face violence or ostracism as a result. Counseling should seek to empower women with skills and strategies to navigate conflicting pressures, social norms, stigma and any negative interactions with their partners, families, physicians and communities.

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Organizing a conference based on evidence and that generates evidence

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Statement of the Problem: Designing a conference organized by nurses and developed to inform and engage nurses can be a challenge. In the past, conferences were organized by a committee who chose a theme and invite experts to discuss what they knew about the topic in keynote addresses. Leaders and academics were also invited to give presentations and posters on areas of their in-process or completed research. Conferences are always been places for people to network and reflect but in the past it was more difficult to collect, collate and synthesize information in real time that could guide practice. As a result of increase in the technology, the focus on evidence and other innovations has now becomes possible, to use evidences on both i.e., designing conferences and generate information from those conferences that can be used directly in nursing practice.

Methodology & Theoretical Orientation: Two different conferences were held in Middle Eastern countries in the past 3 years that were intended to do the following: (1) Use evidence in the design of the conference, (2) generate evidence-based practice questions and to generate new evidence for nurses to use in practice. The author was involved in the design and organization of both conferences. She used a reflective and continuous improvement model to both note the strength of the designs of each conference and note their limitations. During each conference, themes were identified from responses of hundreds of nurses, to generate both a report with all of the respondents' answers and a PowerPoint summarizing the salient points.

Findings: The first conference resulted in generation of over 50 evidence-based practice questions from a group of more than 300 nurses from a large specialist hospital. The second conference generated five strategies from 350 nurses to be used by a nursing secretariat to be used to guide their regional plan on a key issue facing nurses.

Conclusion & Significance: Nurse Attendees responded favorably to the three major conferences. Remember, news leaders and organizers were very satisfied with having information that is immediate and feedback to the conference attendees during the time of the conference.

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Randomized controlled trial of muscle relaxation training in female cervical cancer patients in pre-operative stage: Results on anxiety, depression and quality of life

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Objective: To examine effects of progressive muscle relaxation training on depression, anxiety and quality of life in female cervical cancer patients in pre-operative stage for getting support in improving the quality of nursing.

Methods: A total of 200 patients were randomly allocated to the intervention group ($n=100$) receiving progressive muscle relaxation training plus routine nursing care and the control group ($n=100$) receiving routine nursing care. The state was assessed with Self-rating Depression Scale (SDS), Self-rating Anxiety Scale (SAS) and Functional Assessment of Cancer Therapy (FACT-B).

Results: The intervention group patients had significant improvements in depression, anxiety and quality of life after 5 weeks, $P<0.05$, but the control group patients had no significant improvement in depression, anxiety and quality of life, $P>0.05$. The intervention group patients had significantly larger improvements in depression, anxiety and quality of life than those of the control group, $P<0.05$.

Conclusion: Progressive muscle relaxation training can improve depression, anxiety and quality of life in female cervical cancer patients in pre-operative stage. This way should be used widely in clinic.

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Leveling and abuse among patients with bipolar disorder at psychiatric outpatient department in Ethiopia

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Introduction: Even though World Health Organization (WHO) clearly stated the importance of psychological well-being in the definition of health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity in the community, the lives of people with bipolar disorders are extremely harsh or abusive. However, the rate and related information about verbal or physical abuse among patients with bipolar disorder at psychiatric outpatient is not well address in Ethiopian settings.

Method: Data was collected by interviewing 411 participants who were selected systematically at Amanuel Mental Specialized Hospital, Outpatient Department. For analysis logistic regression, Adjusted Odd Ratios (AOR) with 95% Confidence Intervals (CI) were used and P-value<0.05 was considered as statistically significant.

Results: The prevalence of abuse (verbal/physical) was 37.7%. Having two or more episode [AOR=1.70, 95% CI (1.06, 2.74)], history of aggression [AOR=3.06, 95% CI (1.63, 5.75)], and comorbid illness [AOR=2.21, 95% CI (1.25, 3.90)] were associated significantly.

Conclusion: Prevalence of abuse is found high among patients with bipolar disorder and it is better to keep in touch with the right of patients in the middle of treatment.

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Challenges in nursing care for children with cancer: Report from Nigeria

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Background: Cancer is one the major causes of death in children and adolescents, accounting for about 4% of deaths in children below 5 years in Nigeria. The nursing care of these patients often does not receive adequate attention. This report highlights the challenges in nursing care of these children in a low resource setting and is aimed at raising awareness to influence advocacy and action.

Design/Methods: A retrospective review of 38 children treated for cancers in an inpatient children's ward over one-year period (November 2015 to November 2016). In the same period, a total of 992 children were admitted into the same ward. The nursing care of the patients has been reviewed.

Results: Children with cancers accounted for 3.8% of admissions on the ward. In addition to the nursing workload of these patients, several important challenges and limitations were encountered requiring attention and efforts of the nursing staff, including financial burden on parents and their inability to cope with costs, psychological issues involving parents and patients (aggression, anxiety, depression, withdrawal) and difficulties with communicable disease course, treatment and complications of treatment. These challenges significantly increase the nursing burden of the patients, which were often not part of patient treatment plan.

Conclusion: It is important to include these identified challenges in the counseling and treatment plan of children with cancers, particularly in low resource settings where the burden of nursing care is enormous. Development and implementation of a careful multidisciplinary care plan should help in addressing these challenges.

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Application of video-recorded examination in the practice teaching of nurse-midwifery of China

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Objective: To evaluate the effects of video-recorded examination in the practice teaching of nurse-midwifery of China.

Methods: Sixty six (66) undergraduate nurse-midwifery students were randomly divided into two groups, 33 cases in each group. Cooperative leaning mode was applied in both groups. Traditional examination and video-recorded examination was implemented in the control group and the experimental group respectively. The students were investigated using questionnaires after practice examination.

Results: The students' performance in the examination was significantly higher in the experimental group than that of the control group ($P<0.01$). The mode of video-recorded examination got higher evaluation ($P<0.01$).

Conclusion: The mode of video-recorded examination is convenient and simple which can stimulate students' learning interest and initiative as well as improve the teaching outcomes and train the comprehensive quality of students.

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Impact of nurse counseling on quitting tobacco use in inflammatory rheumatological diseases

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Background: Inflammatory rheumatological diseases are chronic illnesses where pain, stiffness and increasing disability are common. Tobacco exposure has been shown to be deleterious for these diseases requiring counseling against it.

Methods: A survey was conducted on the tobacco use status of 211 peoples attending the Rheumatology OPD. The F:M ratio was 1.04:1. The diagnosis among them was as follows: Rheumatoid arthritis 162 peoples and Spondyloarthritis 49 peoples. Tobacco use was categorized as active (smoking or oral tobacco use) or passive (when the patient was exposed to tobacco smoke). Active tobacco users were 74 (35.0%) and passive user were 52 (24.6%).

Results: Total of 126 peoples (59.7%) were tobacco users. Counseling intervention to give up smoking yielded the following results: 29 peoples (23.01%) gave up tobacco use, 48 (38.09%) did not give up and in 49 peoples (38.9%) the information could not be obtained. Out of 74 active tobacco users 25 (33.78%) had given it up, 40 (54.05%) did not give up and in 9 (12.16%) peoples the information could not be obtained. Out of 52 passive smokers- 4 (7.7%) had given it up, 8 (15.38%) did not give it up and in 40 (76.92%) the information could not be obtained, 74.88% were unaware of the ill effects of tobacco exposure and 25.12% were aware of it.

Conclusion: Intense and regular counseling by nurses helps in quitting success rate to 33.7% in active and 7.7% passive in tobacco users.

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