

Interventions program on Chronic Low Back Pain among Female Health Services Staff at Erbil's Hospitals

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Degree: Ph.D.

Specialty: Nursing

Date of the debate: 1/11/2009

Supervisor: Assist. Prof. Nahida M. Ahmed

Abstract

A quasi-experimental study was carried out to assess the effect of non-pharmacological interventions (education, back exercises, progressive muscle relaxation technique) for chronic low back pain among female health staff. The study was conducted at four hospitals at Erbil City, during the period November 1st /2008-May25th /2009 the sample of the study includes 53 nurse and 72 laboratory assistant; the data were collected through the use of interview questionnaire with application of visual numeric pain scale and Oswestry low back pain disability questionnaire by the patient before and after interventions. The finding indicated that the majority (72.8%) of the women in this sample were married and (26.4%) of them experiencing three pregnancies with mean of age (36.8 years), body mass index of the most of them showed over weight (33.6%)(25-29.9) and obesity(28.8%)(30 and more). The majority (72.1%) of the patients have nonspecific low back pain about (4-6years) and most of the patients in this study use medications and taking rest from work to reduce their pain. The result of current study showed, that there was a significant difference in pain intensity before and after interventions by (1.7) degree according the visual numerical scale, there was a significant difference between total score and some items of Oswestry low back pain disability questionnaire before and after interventions and non significant difference in some items (lifting, sex life, social life and travelling). The study recommended that health education programs in mass media and at work places concerning preventive measures of low back pain in work especially at hospital, and that further study should be performed on larger sample of population regarding practicing non-pharmacological interventions for low back pain.

Impact of a Health Educational Program on Knowledge Awareness and Practices of Female Nursing Staff And Students Regarding Breast Cancer Prevention and Early Detection in Erbil City

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Date the debate: 2009

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Abstract

Breast cancer is the most common cancer among women worldwide. The WHO was estimated that (1.2) million cases of breast cancer were diagnosed world wide in each year. This quasi-experimental study was designed to implement BCAP as a large scale in Kurdistan Region. The sample size in pre-test included 400 female nursing staff and students from College of nursing , Medical Technical Institute , Main Primary Health Centers and Hospitals in Erbil city ,after distribution the questionnaire on them , with depending on pre-test findings, selected 180 individuals in the sample (College students=50, Institute= 90 and Nursing staff= 40).There was no significant differences among study sample about breast cancer according to age, residency, marital status , years of education ,work setting or study setting and groups of study sample except some little items so the lack of knowledge for them due to lack of health educational program about breast cancer in their study settings or work this was all before program. After implementation of an educational program upon them ,for about six days for each settings and this program consisted of theoretical and practical lectures.After a week from implementation program the questionnaire had been re-distributed to them as post test , from the statistical findings shown that their knowledge and practice regarding breast cancer had been improved because there was significant differences between mean scores in pre and post-test in all items due to effectiveness of educational program. For example College students the mean score of knowledge in pre test was 7.82% while after program was 11.64% and $p < 0.001$. Finally an (evaluation form) had been distributed for them to assess the program. Statistical findings shown that mean scores of each items were more than number(3), number 3 is the cut score in five scoring system (1,2,3,4,5) and this was due to their agreement with the contents of program.

Assessment of the School Health Program for Primary Schools in Erbil City

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Degree: Ph.D.

Specialty: Nursing

Date of the debate: 9-12-2009

Supervisor: Badia Muhammad Najib & Namir G. Al-Tawil

Abstract

It is universally recognized that the health of school children deserves special attention. In order to derive the maximum benefit from the educational program, the child must be physically, mentally, and emotionally healthy. School age is a period during which the child is undergoing rapid physical and mental development, a healthy environment is required to provide the child with the best opportunity of making the appropriate adjustments that are required during this critical period

The study is intended to assess three main components of school health program which include school health services, school health environment, and health education of primary school children.

This descriptive study was carried out from Jun 15, 2008 to October 31, 2009 in all the primary schools (171) in Erbil city, Iraq for the calendar year 2007-2008. Total of 557 sciences' teachers and total of 26 school health personnel were participated in this study. Two tools were constructed for data collection which included questionnaire and forms for recording information. Data were analyzed by descriptive data analysis approach which includes measuring frequencies, percentages and means and using the statistical package for social science (SPSS version 11.5).

The study showed that 65.5% of primary schools were inspected by school health personnel; 76.6 % of primary schools had first aid boxes. The following represent percentages of some health problems as registered by the school health team: visual problems (1.3%), hearing loss (1.8%), intestinal worms (0.4%), head lice (5.2%), chicken pox (1.2%), eczema (0.28%), accidents (0.1%), anemia (0.08%), and asthma (0.02%).

These results indicate that guidelines of school health program in Erbil city needs modification especially the environment and health education aspects. Regular screening and early diagnosis for detecting hearing loss; visual impairment; and other health problems should be done periodically.

Knowledge, Attitudes and Practices (KAP) Of Mothers Attending Primary Health Care (PHC) Centers, Toward Infant and Young Child Feeding In Erbil City

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Date of the debate: 5-11- 2009

Supervisor: Dr. Sawsan I.I. AL-Azzawi & Dr. Kareema Ahmad Hussein

Abstract

Knowledge, attitudes and practices associated with infant and young child feeding forms an essential first step for any 'need-felt' for an intervention program designed to bring about positive behavioral change in infant health.

The main aims of the study were to assess knowledge, attitude and practices of mothers concerning infant and young child feeding and to use the results as baseline for nutritional intervention programs in the future. In order to fulfill these aims a survey was carried out at 13 Primary Health Care Centers in Erbil city during a period from 1st of May 2008 to 30th of March 2009. A sample of 1000 (mother-child pairs) were purposively selected while attended Primary Health Care centers for routine screening and vaccination. A questionnaire format structured and used in data collection consisted of four parts, covered Socio-demographic variables, mothers' knowledge, attitude and practices. After obtaining the questionnaire's validity and reliability data were collected by interviewing the mothers' face to face by investigator. The finding of the study revealed that most of mothers were illiterate or primary school graduate; house wives and don't own houses. There were high significant relation between mother's practices and the following variables: name of primary care health centers; mother age; type of delivery and type of child feeding. Infant and young child feeding indicators were poor among mothers, as exclusively breastfed among less than 6 months old children was (8.367%). Majority (22.8%) of infants feeding pattern were mixed feeding. It can be concluded that majority of mothers have deficient knowledge, attitude and practices concerning breast, formula and complementary feeding. Investigator decided to construct an educational health program regarding infant and young child feeding to be implemented by nurses in Primary Health Care centers in Erbil city for improving mothers knowledge, attitude and practices of infant and young child feeding and recommended establishment of intervention programs for protection, promotion, and support of breastfeeding by Ministry of health.

Effectiveness of a Health Educational Program on Knowledge and Health behavior of Patient with Myocardial Infarction at Teaching Hospitals in Erbil City

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Degree: Ph.D.

Specialty: Nursing

Date the debate: 2009

Supervisor: Assistant prof. Saadia A. Khuder

Abstract

Background and objectives: Myocardial infarction is the death of myocardial tissue as a result of prolonged lack of blood and oxygen supply. Knowledge about causes, risk factors and lifestyle, has impact on the life of patients. The objective is to assess knowledge of myocardial patient before and after implementing of health educational program about heart attack (pre and post-test).

Methods: A quasi-experimental study was carried out through the application of pre-test and post-test, on patient with myocardial infarction at Hawler and Rizgary teaching hospitals in Erbil city. The study sample consist of (303) patients. The data collections were carried out from the period of the 1st of May 2008 to the 1st of May 2009.

Results: The highest percentage (30.36%) of the study samples their age between (60-69) years, more than half of the study samples were illiterate. The majority (86.13%) of the study samples were not received any information about MI. There were highly significant differences of patient's knowledge in the pre and post-test. As well as in relation between patient's knowledge and their age, level of education and occupation between the pre and post-test.

Conclusion: The findings revealed that the health educational program has an effect on increasing the knowledge of the patients with myocardial infarction in the post-test.

Key words: Health educational program, knowledge, myocardial infarction.

Effect of implementing nursing process on women's health after cesarean birth at the Maternity Teaching Hospital in Erbil city

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Specialty: Nursing

Date the debate: 2010

Supervisor: Dr. Badia M. Najib

Abstract

Maternal complications occur in 25% to 50% of cesarean births. So proper nursing care is a main factor in preventing and treating complications, after cesarean birth, especially when it is implemented according to nursing process which consists of five steps: assessment, nursing diagnosis, planning, implementation and evaluation.

A quasi-experimental study was carried out to determine the effect of implementing nursing process on health status of women who had cesarean birth. The study was conducted in the Maternity Teaching Hospital in Erbil city, during the period April 1st/2008-September 30th/2009. The sample of the study included 66 women who had cesarean birth, 33 of them were in the intervention group and other 33 in the control group. Data were collected through the use of one interview questionnaire and three checklists. The intervention group received care from the investigator according to nursing process, while the control group had traditional nursing care from the staff of the hospital. Both groups were assessed for the effect of type of nursing care on health status of mother's in hospital as well as one month after operation.

Results of the present study shows, there were no significant differences between both groups regarding their health status in general, but the percentage of mothers in the intervention group had less postpartum postoperative discomforts and complications than the other group. It is concluded that nursing care according to nursing process is more effective in improving mother's health after cesarean birth than traditional care, therefore implementing such type of nursing care is recommended.

Assessment of the Risk Factors Associated With Pulmonary Tuberculosis in Erbil Governorate: A Case-Control Study

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Degree: Ph.D.

Specialty: Nursing

Date of the debate: 23/6/2011

Supervisor: Professor. Badia Muhammad Najib
Assist. Prof. Namir G. Al-Tawil

Abstract

Tuberculosis is a major public health problem worldwide. This study was carried out in Erbil to study the risk factors associated with pulmonary tuberculosis according to Dever epidemiological model.

A case-control study was carried out from, Jan 20, 2009 to March 10, 2011; the study involved 224 cases, who were attending to the Consultation Clinic for Chest and Respiratory Disease during May 10, 2009 through October 10, 2010. Age and gender matched 224 subjects as control group free from pulmonary diseases were taken from the medical words of both Hawler and Rizgary Teaching Hospitals. Cases and controls were interviewed using a questionnaire designed by the researcher.

The mean (+SD) ages of cases and controls were 46.7+ 19.98 and 47.6 + 19.4 years, respectively (P=0.87) with a male: female ratio 1.1:1 for both cases and controls. Multiple logistic regressions of risk factors for tuberculosis revealed that living in closed design houses (OR=2.5), living in rented house (OR=3.1), contacts with tuberculosis cases (OR=11.1), current smoking (OR=2.6), passive smoking (OR=4.4), Ex-smoking (OR=12.4) asthma (OR=3.0), loss of body weigh (OR=6.6), family problems (OR=2.0), need to ≥ 40 minute to reach healthcare facilities (OR=3.5), unsatisfaction with healthcare facilities (OR=1.9) were significantly associated with risk of tuberculosis disease. Living in nuclear family (OR=0.05), eating more than three servings of meat per week (OR=0.06) were significantly less likely to develop tuberculosis. Results showed that 18.4% of tuberculosis patients didn't taken drugs regularly, 21% of patients didn't visit the healthcare facilities regularly, 24.6% didn't do sputum examination regularly, and 83.0% of patients didn't apply preventive measures in their families. In conclusion the study found that the elements of Dever epidemiological model can be used as guideline to study the risk factors of tuberculosis and hence putting preventive measures against them.

Assessment of quality of life of Adult Diabetic Patients in Erbil City

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Degree: Ph.D.

Specialty: Adult Nursing

Date of the debate: 16/6/2011

Supervisor: Professor Tariq S. AL- Hadithi

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Abstract

Quality of life (QOL) is an important health outcome of all health interventions and has become a core issue in diabetic care. The aim of this study was to assess the impact of diabetes upon physical, psychosocial, level of independence, social relationship, environment and spiritual aspects of QOL. A case-control study was conducted at ShahidLaylaQasimHealth Center for Diabetic Patients in Erbil city. A purposive sample of 300 adult diabetic patients was selected and compared with 300 general age and sex-matched controls free from diabetes during the period of 1st of June through 31st December, 2009. Data were collected by the direct interview and by using the World Health Organization QOL (WHOQOL-100). The questionnaire includes six domains (physical, psychological, level of independence, social relations, environment and spirituality).

All QOL domains and overall general health facet had a significantly lower ($P < 0.001$) scores for the diabetic patients than those of controls. Old age, sedentary worker, longer duration of diabetes, obesity and cigarette smokers were associated with negative effect on QOL, while the high level of education and heavy workers had significant statistical effect on overall and general health in positive direction. All diabetic patients had QOL levels lower than the median level of controls.

The QOL had a variable significant association with certain socio-demographic and clinical characteristics of diabetics. Therefore, there should be an emphasis on changing modifiable socio-demographic characteristics aiming at improving health-related QOL of diabetics and consequently achieving better metabolic control.

Impact of Preoperative Anxiety Intervention on Patients Undergoing Major General Surgery in Erbil Teaching Hospitals

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Degree: Ph.D.

Specialty: Psychiatric Nursing

Date of the debate: 16/3/2011

Supervisor: Assist. Prof. Sirwan K. Ali
Assist. Prof. Saadia A. Khuder

Abstract

A quasi-experimental study was carried out to assess the effect of preoperative anxiety intervention (preoperative counseling) on patients undergoing major general surgery in two Teaching General Hospitals (Rizgary and Hawler), during the period from 5th April 2009 to the 10th November 2009.

Samples of the study include 400 patients (200 male, 200 female) who were randomly allocated into intervention and control groups.

Data were collected through the use of interview questionnaire with applying standard scale (State-Trait Anxiety Inventory Scale for pre and post operative anxiety).

The findings indicated that majority of patients in intervention group and control group experienced moderate to severe levels of preoperative anxiety (44%-30%, 42%-27.5%) respectively. Significant association ($P < 0.05$) was observed between preoperative anxiety and some demographic characteristics of patients such as: age, gender, level of education and previous surgery experience. Regarding the impact of intervention, it was revealed that mean scores (2.13) of postoperative anxiety in intervention group was lower than scores (3.11) of postoperative anxiety in control group.

The study concludes that, patients had moderate to severe levels of anxiety before surgery. Level of anxiety was higher among female, young, low educational level patients and those who had no previous surgery experience. Moreover giving information to patients before surgery was found to be effective in reducing postoperative anxiety.

Effectiveness of Non-pharmacological

Impact of Health Educational Program upon Caregivers' Knowledge and Practices of Acute Leukemic Adolescents' Quality of Life Erbil City

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Degree: Ph.D.

Specialty: Nursing

Date the debate: 2/2/2012

Supervisor: Assistant Professor .Kareema Ahmed Hussein
Assistant Professor. Moruoge Hashim Al-Ani

Abstract

Acute leukemia is a malignant hematologic disorder characterized by a proliferation of immature white blood cells that infiltrates the bone marrow, and it is the most common malignancy that affects adolescents. The caregivers can provide physical and emotional support to the patients. The study aims to improve quality of life of adolescent acute leukemic patients.

A quasi-experimental study was conducted at Nanakali Hospital for Blood Diseases in Erbil City, from 1st of Oct. / 2010 to 10th of Oct. /2011, to identify the impact of a caregiver's health education program on acute leukemic adolescents' quality of life. Initially the assessment was done to identify the needs of caregivers. Seventy caregivers and their adolescent patients' were interviewed to participate in the study and divided into two groups. The first group involved (35) participants as a study group and the second group involved (35) participants as a control group. For the purpose of the study, a questionnaire format was constricted, and it consisted of three main parts (demographic characteristics, assessment of leukemic adolescent quality of life, and assessing knowledge and practices of caregivers). Correlation coefficient was used to determine the reliability of the instrument. Validity of the tools was applied through panel of (14) experts; a pre-test was done for both groups. The program was implemented and the first post-test was done after (14) days for both groups, and the second post-test was done after two months of the implementation of the program. Data were collected by interview technique of caregivers, and analysis through the use of Social Package of Statistics Science (SPSS, version 17). The results revealed the effectiveness of the program in improving the knowledge and practices of caregivers. In addition some domains of quality of life such as physical, psychological and social domains were improved, and the changes of the QoL of adolescent leukemic patients were observed. The study recommended that nurses should consider applying such a program to improve caregivers' knowledge and practices.