

College of Nursing
Degree: PhD

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Impact of a health education program on knowledge of female nursing staff and students regarding breast cancer prevention and early detection in Erbil city

Name: Kareem fatah Aziz

Nature of the search: Academic

Degree: PhD

Specialty: Nursing

Subspecialty: Community Nursing

Date the discussion: 18/11/2009

Supervisor: Prof. Dr. Tariq S. Al-Hadithi

Assist. Prof. Dr. Kareema A. Hussein

Abstract

Breast cancer is the most common cancer among women worldwide. The WHO has estimated that 1.2 million cases of breast cancer diagnosed worldwide in each year. This quasi-experimental study was designed to assess knowledge and practice knowledge of women about breast cancer and to find out the impact of health educational program on nursing staff and students. A specially designed questionnaire was distributed to 400 female nursing staff and students as a pre-test; depending on pre-test findings and needs a sample of 180 of them was selected to participate in a constructed educational program using the same questionnaire as a post test. There were no significant differences regarding concept of breast cancer, nursing role, screening tests and practice knowledge among study groups with no significant association with age, residency, marital status, years of education, work or study setting and groups except for few items. After implementing the educational program, post-test revealed that there was a significant improvement in the knowledge and knowledge of the practice, of participants regarding breast cancer prevention, as well as there were significant differences between means of their knowledge and practice knowledge in pre and post-test in all items. Evaluation the educational program revealed a score of 3 out of scoring system of 5 and that participants were satisfied with contents of the program. In conclusion most participants reported poor knowledge in pre-test with significant improvement of their knowledge in the post test indicating effectiveness of the health educational program.

Assessment of the school health program for primary schools in Erbil city

Name: Salih Ahmed Abdulla

Nature of the research: Academic

Degree: PhD

Specialty: Nursing

Subspecialty: Community Nursing

Date the discussion: 11/11/2009

Supervisor: Asst. Prof. Dr. Namir G. Al -Tawil

Assist. Prof. Dr. Badia Muhammad Najib

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.

Lifestyle and risk behaviors among college students in Erbil city

Name: Hoshyar Amin Ahmed

Nature of the research: Academic

Degree: PhD

Specialty: Nursing

Subspecialty: Community Nursing

Date the discussion: 17/11/2009

Supervisor: Assist. Prof. Dr. Sadia Ahmed Khuder

Asst. Prof. Dr. Namir G. Al -Tawil

Abstract

Descriptive / cross-sectional study has been conducted from the period of 1st many, 2008 to 31st of August 2009 to assess the lifestyle and risk behaviors among college students in Erbil city. For proper data collection many process has been taken. Eight colleges have been selected randomly including four medical colleges and four non-medical colleges. A sample of 1000 students were selected which constitute 500 students from each group of colleges which represent 5.96% of the target population. A constructed questionnaire was used as a tool for the study which included - lifestyle patterns and risk behaviors - in addition to the anthropometric measurements as well as the blood pressure. For data analysis, descriptive and inferential statistics has been used through SPSS. The study findings have depicted that about one third of the participants reported practicing negative health habits. Prehypertension was prevalent among the participants. Abdominal obesity was prevalent among female students higher than male students. Smoking and alcohol consumption were more prevalent among male students than female students. It has revealed that there was no significant statistical difference between the lifestyle patterns of the medical and non-medical college students and between the first and final grade students as well. Therefore, the study recommended further studies to determine which domain of lifestyle has an impact on the health of the college students and integrating the important issues in the university curriculum to improve their healthy lifestyle.

Knowledge, Attitudes and Practices (KAP) of Mothers attending Primary Health Care (PHC) Centers, toward Infant and Young Child Feeding in Erbil City

Name: Norhan Zeki Shaker

Nature of the research: Academic

Degree: PhD

Specialty: Nursing

Subspecialty: Paediatric Nursing

Date the discussion: 5/10/2009

Supervisor: Assist. Prof. Dr. Sawsan I.I. AL-Azzawi

Asst. Prof. 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 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 center in Erbil city during a period from 2nd of May 2008 to 30th of March 2009. a sample of 1000 (mothers –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 mother, 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 variable: name of primary care health centers; mother's 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 hospital in Erbil city

Name: yousif Mohammed younis

Nature of the research: Academic

Degree: PhD

Specialty: Nursing

Subspecialty: Adult Nursing

Date the discussion: 30/10/2009

Supervisor: Assist. Prof. Dr. Sadia Ahmed Khuder

Abstract

Myocardial infarction is the death of myocardial tissue as a result of prolonged lack of blood and oxygen. Causes, risk factors and lifestyle have a significant impact on the life of patients. A quazi-experimental quantitative study was carried out from the first of May 2008 to the first of May 2009 at Hawler and Rizgary teaching hospitals in Erbil city center-Kurdistan Region. Aims of the study were to assess patient's knowledge and health behavior of myocardial patient before and after health educational program. A non-probability sampling of (303) patients participated in the study who admitted to the coronary care unit in both hospitals. An individual health educational program was delivered in the hospitalized period. The questionnaire was consisting of two parts; Part-I-myocardial infarction patient's knowledge and part-II- myocardial infarction patient's health behavior. Patients were re-assessed after 4-6 weeks discharged from hospitals. Data were analyzed through the use of statistical analysis approach; which include (t.test, chi-square and correlation coefficient).The findings of the study revealed that there were higher percentages of patient's age group(60-69)years old, were male, illiterate, had sedentary jobs, and having sufficient income. Most of them were hospitalized in the first 12 hours of chest pain. Nearly half of patients were exposed to heart attack in the morning. The majority of patients had severe chest pain and most of them were had central chest pain. Half of patients having inferior myocardial infarction, the most common risk factor (87.1%) were elderly patients. The result shows highly significant differences between patient's knowledge and health behavior. Also showed highly significant relation between patient's knowledge and their age, level of education, occupation, while non significant relation of patient's health behavior and their gender, level of education, type of work and family income. The study strongly recommended increasing patient's knowledge about coronary heart disease through mass media, postcard and pamphlet. Prolong duration follow up of patients after discharge from the hospital.

Effect of Implementing Nursing Process on Women's Health after Cesarean Birth at the Maternity Teaching Hospital/Erbil city

Name: Hamdia Mirkhan Ahmed

Nature of the research: Academic

Degree: PhD

Specialty: Nursing

Subspecialty: philosophy of Nursing

Date the discussion: 24/12/2009

Supervisor: Assist. Prof. Dr. Badia Mohammad 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.