

كتيب ملخصات الأبحاث التطبيقية لقسم صحة المجتمع
للعام الجامعي 2024/2025

- Effect of supportive educational intervention on knowledge and quality of life among women with uterine fibroids
- Hemmat Mostafa Hassan , Sahar Mansour Ibrahim , Shahira Mohamed Metwaly , Ahlam Elahmady Sarhan , Amel Dawod Kamel Gouda
- 2025

Abstract:

Background: Uterine fibroids (UFs) are a common gynecological problem among reproductive-age women and lead to poor quality of life (QOL). This research aimed to evaluate the effect of a supportive educational intervention on knowledge and QOL among women with UFs. Methods: This quasi-experimental study (1 group/pre- and posttest), including supportive education intervention, was performed at the outpatient clinic, Gynecological Department, Benha University Hospital. The samples consisted of 100 women diagnosed with UFs. Three tools were used for data collection: a structured interviewing questionnaire, women's knowledge regarding UFs, and health-related QOL (HRQOL) questionnaire. Results: There was a highly statistically significant difference in women's knowledge of UFs before and after the intervention ($P = 0.0001$). In addition, women had a high level of QOL score after the intervention. Moreover, there was a highly positive association between total women's knowledge and QOL score ($P = 0.0001$). Based on the preand post-intervention results, the mean difference for the variables of "total score of severity symptoms" and "total HRQL score" was -6.25 and +12.38. Conclusion: Educational intervention has a positive effect on improving women's knowledge and enhancing QOL regarding UFs. It is suggested that an educational program should be incorporated as a nursing intervention to improve women's knowledge and QOL for those with UFs.

- Breast Cancer Preventive Program among Women According to Sustainable Development Strategy 2030
- Shimaa Gamal Eldein Ibraheim¹, Walaa Kamal Shedeed ² & Nashwa Samir Abdelaziz³
- 2024

Abstract:

Breast cancer considered the most frequent malignancy among women worldwide; sustainable development goals aim to reduce premature non communicable diseases mortality by 2030. Aim: Evaluate the effect of breast cancer preventive program among women according to sustainable development strategy 2030. Research design: A quasi experimental research design was applied. Setting: This research was implemented at Maternal and child Health Care Centers (A& B) at Benha City. Sample: A convenience sample technique was used to obtain 380 women. Tools of data collection: Four tools were used. I: A structured interviewing sheet that composed of socio demographic characteristics of the studied women, medical and obstetric history, and knowledge about breast cancer according to sustainable development health strategy 2030. II: Likert scale to assess the attitude of women regarding prevention of breast cancer and early detection. III: Likert scale to assess women's participation levels and its frequency to sustainable development strategies in Egypt. IV: Practices of women regarding prevention of breast cancer. Results: Post program; the level of knowledge of the studied women 85.2% was good, 86.8% had positive total attitude concerning prevention of breast cancer and breast self-examination, 91.8% had positive respondents to sustainable development strategies in Egypt and 89.2% had satisfactory practices regarding prevention of breast cancer and breast selfexamination

- Effect of implementing audio-educational measures on the severity of primary dysmenorrhea among blind female students
- Amira Abdallah El-Houfey 1,2* , Amany Aly Ahmed 2 , Shimaa Gamal Eldein Ibraheim 3 , Wafaa Atta Mohammed 3
- 2024

Abstract:

Young women, especially those with disabilities suffering from primary dysmenorrhea (PD), should be a cause for concern, as it negatively affects both their physical and mental health, as well as their future productivity. This study aimed to evaluate the effect of implementing audio-educational measures on the severity of PD among blind female students. Methods: This quasi-experimental study was conducted at 2 schools for blind females in Egypt in 2022. The sample consisted of 40 blind female students who were selected randomly. The WaLIDD (working ability, location, intensity, days of pain, dysmenorrhea) scale was used to assess the degree of dysmenorrhea, while the 12-Item Short Form Health Survey (SF-12) was used to evaluate their physical and mental well-being. The intervention program involved audio education sessions designed to improve their health, education, and skills, as well as reduce the severity of dysmenorrhea. These audio education sessions took place twice a week, with each session lasting 45 minutes for a duration of 3 months. Data analysis was performed using chi-square and paired sample t tests at a significance level of $\alpha = 0.05$. Results: The average age of the participants was 15.5 ± 1.91 years. The findings showed that the implementation of the audio-educational intervention led to a significant reduction in the severity of dysmenorrhea symptoms, significant increase in general knowledge, and significant improvements in the physical and mental health of the participants ($P < 0.001$). Listening training was a positive and significant predictor for the health status of blind female students ($\beta = 0.614$; $P = 0.028$), while the severity of dysmenorrhea was a significant negative predictor for their health status ($\beta = -0.046$; $P = 0.05$).

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- Amira Abdallah El-Houfey 1,2* , Amany Aly Ahmed 2, Shimaa Gamal Eldein Ibraheim 3, Wafaa Atta Mohammed 3
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Abstract:

Background: Young women, especially those with disabilities suffering from primary dysmenorrhea (PD), should be a cause for concern, as it negatively affects both their physical and mental health, as well as their future productivity. This study aimed to evaluate the effect of implementing audio-educational measures on the severity of PD among blind female students. Methods: This quasi-experimental study was conducted at 2 schools for blind females in Egypt in 2022. The sample consisted of 40 blind female students who were selected randomly. The WaLIDD (working ability, location, intensity, days of pain, dysmenorrhea) scale was used to assess the degree of dysmenorrhea, while the 12-Item Short Form Health Survey (SF-12) was used to evaluate their physical and mental well-being. The intervention program involved audio education sessions designed to improve their health, education, and skills, as well as reduce the severity of dysmenorrhea. These audio education sessions took place twice a week, with each session lasting 45 minutes for a duration of 3 months. Data analysis was performed using chi-square and paired sample t tests at a significance level of $\alpha = 0.05$. Results: The average age of the participants was 15.5 ± 1.91 years. The findings showed that the implementation of the audio-educational intervention led to a significant reduction in the severity of dysmenorrhea symptoms, significant increase in general knowledge, and significant improvements in the physical and mental health of the participants ($P < 0.001$). Listening training was a positive and significant predictor for the health status of blind female students ($\beta = 0.614$; $P = 0.028$), while the severity of dysmenorrhea was a significant negative predictor for their health status ($\beta = -0.046$; $P = 0.05$). Conclusion: The use of audio-educational measures is an effective strategy for increasing knowledge, practice, and health status while reducing the severity of dysmenorrhea among blind female students. Therefore, it is recommended that nurses educate blind teenage girls about menstruation and standard menstrual care to reduce dysmenorrhea and enhance their overall health.

- Home Health Care Intervention for Women after Mastectomy
- Heba Adel Ali Mohamed 1 , Mahbouba Sobhy Abd El-Aziz 2 , Amina Abdelrazek Mahmoud 3
- 2025

Abstract:

Background: Mastectomy is life-changing procedure that can have physical, psychological and emotional effects on the women. Home health care can help women to improve their knowledge and practices after mastectomy. Aim of the study: Was to evaluate home health care intervention for women after mastectomy. Research design: A quasi – experimental design was utilized in this study. Setting: This study was conducted at Health Insurance Hospital in Benha and Outpatient Clinic of Oncology Department at Benha University Hospital and followed by home visits. The sample: A Purposive sample of women attended previously mentioned settings to have mastectomy surgery, total sample size was 90 women. Tools: Two tools were used I): A structured interviewing questionnaire which consists of 3 parts to assess a): Demographic characteristics of post mastectomy women b): Medical history of women regarding breast cancer and mastectomy c): knowledge of women regarding breast cancer and mastectomy, II): Observational checklist which consists of 2 parts to assess a): women's practices after mastectomy b) home environment of women after mastectomy. Result: 45.6% of the studied women aged 50 and more years with mean age 52.25 ± 10.67 years and 80.0% of them were married while 66.7%% of women had good total knowledge level regarding breast cancer and mastectomy post implementation of home health care intervention and 77.8% of them had satisfactory total practices level post implementation of home health care intervention. There were statistical significant differences between pre/post home health care implementation among the studied women's satisfactory practices level with p

- Application of Roy's Adaptation Model on Women's Satisfaction after Mastectomy
- Heba Adel Ali Mohamed 1 , Mahbouba Sobhy Abd El-Aziz 2 , Amina Abdelrazek Mahmoud 3
- 2025

Abstract:

Background: Mastectomy is the most common surgical treatment for breast cancer that lead to serious impacts on women's adaptation and satisfaction due to the surgical alteration of the breasts. Aim of the study: Was to evaluate application of Roy's adaptation model on women's satisfaction after mastectomy. Research design: A quasi – experimental design was utilized in this study. Setting: This study was conducted at Health Insurance Hospital in Benha and Outpatient Clinic of Oncology Department at Benha University Hospital and followed by home visits. The sample: A Purposive sample of women attended previously mentioned settings to have mastectomy surgery, total sample size was 90 women. Tools: Four tools were used I): A structured interviewing questionnaire which consists of 3 parts to assess a): Demographic characteristics of post mastectomy women b): Medical history of women regarding breast cancer and mastectomy c): knowledge of women regarding breast cancer and mastectomy, II): Observational checklist which consists of 2 parts to assess a): women's practices after mastectomy b) home environment of women after mastectomy. III): Roy's Adaptation Model Scale to assess the adaptation level of women after mastectomy. IV): Women satisfaction scale to assess satisfaction of women after mastectomy. Result: 45.6% of the studied women aged 50 and more years with mean age 52.25 ± 10.67 years and 80.0% of them were married while 66.7%, 65.6% of women had good total knowledge level regarding breast cancer and mastectomy post implementation and at follow up phase respectively and 77.8%, 75.6% of them had satisfactory total practices level post implementation and at follow up phase respectively. 63.3% of women had high adaptation post implementation which improved to 71.1% at follow up phase and 62.2% of women were satisfied post implementation which improved to 66.7% at follow up phase. Conclusion: Roy adaptation model had a positive effect on improvement of women's knowledge, practice, adaptation level and satisfaction after mastectomy. There were positive correlations between knowledge, practices, adaptation and satisfaction pre, post implementation of Roy's adaptation model and at follow up phase. Recommendation: Continous application of Roy's adaptation model for women at home after mastectomy to enhance their knowledge, practices, adaptation level and satisfaction

- Caregivers' Empowerment regarding Care of their Children with Thalassemia
- Aziza Mohamed Nasif¹, Ebtisam Mohamed Abd El-Aal², Doaa Mohamed Sobhy El-Sayed³, and Walaa Kamal Kamel Shedeed⁴
- 2024

Abstract:

Thalassemia is a group of autosomal recessive genetic diseases caused by mutations in globin. The aim of this study was to assess caregivers' empowerment regarding care of their children with thalassemia. Research design: Descriptive research design was utilized in this study. Setting: This study was carried out at Out-Patient Clinic at Benha Specialized Pediatric Hospital at Benha City. Sample: Purposive sample was used in this study; the total sample included 62 caregivers. Tools: Two tools were used I): An interviewing questionnaire which consisted of four parts to assess a): Demographic characteristics of caregivers and personal data of thalassemia children, b): Medical characteristics of children, c): Knowledge of caregivers regarding thalassemia and empowerment and, D): Reported practices of caregivers regarding care of their children II): Family empowerment scale to assess how caregivers deal with children problems, utilize services and participate in the community. Results: 56.5% of caregivers aged from 28 -38 years, 66.1 % of them had secondary education. 54.8% of the studied caregivers had average total knowledge regarding thalassemia and empowerment, 62.9% of caregivers had satisfactory reported practices regarding care of thalassemia children, and 46.8% of the studied caregivers had low total family empowerment level regarding thalassemia. Conclusion: There was a highly positive correlation between studied caregivers' total knowledge, total empowerment and their total reported practices regarding thalassemia. Recommendations: Health educational programs should be developed and implemented for studied caregivers to increase their awareness regarding prenatal counseling, early detection of thalassemia and care of thalassemia children.

- Health Risks Related to Extreme Temperature Resulting from Climate Changes among Older Adults with Respiratory Diseases
- Esraa I. Elsayed, Hanaa A. Abd El-Megeed, Hedy F. Mohy El-Deen, and Huda A. Afifi
- 2024

Abstract:

Extreme temperatures are major environmental health hazards resulting from climate changes, represent a massive direct threat to respiratory health by aggravating respiratory diseases or indirectly by increasing exposure to risk factors for respiratory diseases and associated with an overall morbidity and mortality of older adults with chronic respiratory diseases. This study aimed to assess health risks related to extreme temperature resulting from climate changes among older adults with respiratory diseases. Research design: A descriptive research design was utilized in this study. Setting: Chest Outpatient Clinic in Benha University Hospital. The sample: A simple random sample was used which included 297 older adults with chronic respiratory diseases. Tool: One tool was used: A structured interviewing questionnaire to assess socio-demographic characteristics of the studied older adults with chronic respiratory diseases, respiratory health risks of the studied older adults related to extreme temperature, knowledge of the studied older adults regarding extreme temperatures resulting from climate change and chronic respiratory diseases and reported practice of the studied older adults regarding their adaptation to lessen the impact of extreme temperature on their respiratory health. Results: 66% of the studied older adults aged from 60 to less than 65 years with mean \pm SD 63.21 \pm 7.52, 35.7% of them had asthma, 66.3 % of them had average total knowledge level about extreme temperatures and chronic respiratory diseases and 73.7 % of them had satisfactory total reported practices level regarding their adaptation to lessen the impact of extreme temperature on their respiratory health. Conclusion: There was a positive highly statistically significant relation between the studied older adults' total knowledge level and their total practices level. Recommendation: Health education program should be developed and implemented to improve older adults with chronic respiratory diseases knowledge and practices regarding their adaptation to lessen the impact of extreme temperature on their respiratory health status.

- Perception of Non-Medical Faculties Female Students regarding Polycystic Ovary Syndrome
- Sara Abd Elfatah Nabawy Mohamed¹, Mahbouba Sobhy Abd-El Aziz ², Ahlam El Ahmady Sarhan ³, and Wafaa Atta Mohammed ⁴
- 2024

Abstract:

Polycystic ovary syndrome is a multifaceted condition regarded as a hyperandrogenic disorder associated with menstrual irregularities, small cysts on one or both ovaries, chronic oligo-anovulation and hirsutism. Aim of study: Was to assess perception of non-medical faculties' female students regarding polycystic ovary syndrome. Research design: A descriptive research design was utilized to conduct this study. Setting: The study was conducted at Faculty of Arts, Commerce and Education. Sample: A purposive sample, included 370 female students. Tools: Three tools were used to conduct this study. Tool I: A structured interviewing questionnaire which included 2 parts: Part I: A) It was concerned with demographic characteristics of female students. B) It was concerned with menstrual and obstetric history of female students. Part II: It was concerned with knowledge of female students regarding polycystic ovary syndrome. Tool II: It was concerned with attitude of female students regarding polycystic ovary syndrome. Tool III: The modified Ferriman Gallwey (mFG) scale to assess hirsutism of female students. Results: Showed that ;57% of studied female students had average total knowledge levels regarding polycystic ovary syndrome. While, 63% of studied female students had negative total attitude regarding polycystic ovary syndrome. Also 50.8% of them had mild hirsutism. Conclusion: There was a highly statistically significant correlation between female students 'total knowledge levels and their total attitude levels regarding polycystic ovary syndrome. Recommendation: Perform health educational program for non- medical faculties female students to improve, and update them with the most current information about PCOS.

- Mothers' Care for their Children with Open Heart Surgery
- Zeinab A. Elsayed, Hanaa A. Abd El-Megeed, Amina A. Mahmoud and Nashwa S. Abd El-Aziz
- 2024

Abstract:

Background: Open heart surgery is an incision that is made through the breastbone while the child is under general anesthesia. The aim of the study was to assess mothers' care for their children with open heart surgery. Research design: A descriptive research design was utilized to conduct this study. Setting: This study was carried out at the Cardiac Outpatient Clinic in the Kaluobia Governorate, which is connected to the Bahtem Health Insurance Hospital for Specialized Surgeries. Sample: Purposive sample was used in this study. It included 150 mothers whose children had open heart surgery. Tool of data collection: one tool was used and consisted of five parts: A structured interviewing questionnaire to assess socio demographic characteristics of mothers, personal characteristics of children, medical history of children, knowledge of mothers about open heart surgery, and reported practices of mothers care for their children with open heart surgery. Results: 48.7% of the studied mothers were between the ages of 20 and fewer than 35 years old. 50% of the studied children aged 1 to less than 5 years, 63.3% of them were boys. 48% of the studied mothers had average total knowledge level about open heart surgery. 55.3% of studied mothers had satisfactory total reported practices level regarding open heart surgery. Conclusion: there was positive highly statistically significant correlation between total knowledge score, and total reported practices score of mothers regarding open heart surgery. Recommendation: Develop health educational program for mothers whose children had open heart surgery to increase mothers' understanding of open heart surgery, and their care for children with open heart surgery