

كتيب ملخصات الأبحاث التطبيقية لقسم صحة الأم والرضيع

للعام الجامعي

2024/2025

- Effect of Early Ambulation on Post Cesarean Section Women's Recovery and Pain
- Soad Hamdy Ali¹, Mohmed Abdelsalam Mohamed², Hend Abdallah El-sayed³ and Elham Abo Zied Ramdan⁴
- 2025

Abstract:

Background: Cesarean section is the oldest surgery performed in obstetrics. Time needed for recovery of post cesarean section woman is more than those needed for vaginal delivery. The nursing role is to make women after C. S more independent in resuming their daily activities as soon as possible. This can be achieved by early exercises to faster her recovery and reduce complications associated with prolonged bed rest after C.S. Aim: To evaluate the effect of early ambulation on post cesarean section women's recovery and pain. Design: A quasi-experimental design was utilized. Sample: A purposive sample of a total 178 women was included. Setting: At obstetrics and gynecology departments at Benha University Hospital. Tools: Structured interviewing questionnaire, Visual analogue scale, structured nursing assessment sheet. Results: Findings of this study revealed that there were significant differences between both groups regarding post-cesarean section recovery variables, which included self-void after catheter removal, breast feeding, oral hydration, and first flatus passed after early ambulation as per the independent t-test (p

- Nurses' Knowledge and Attitude regarding Women's Sepsis during Postpartum Period
- Engy Nabil Fayez rizk¹, Amel Ahmed Hassan Omran², Hend Abdallah Elsayed Afifi³ and Zeinab Rabea Abd El-Mordy⁴
- 2025

Abstract:

Background: Puerperal sepsis is an infective condition of the woman following childbirth and one of the leading causes of death. Aim of study: Was to assess nurses' knowledge and attitude regarding women's sepsis during postpartum period. Design: A descriptive study design was utilized. Setting: The study was conducted at obstetrics and gynecological department in Benha university hospital. Sample: A convenient sample included 70 maternity nurses. Tools of data collection: Two tools were used. Tool (I): Self- administered questionnaire sheet to assess demographic characteristics of the studied nurses and knowledge of maternity nurses regarding women's sepsis during postpartum period. Tool (II): A modified likert scale to assess nurses' attitudes regarding women's sepsis on postpartum period. Results: More than half of the studied nurses had poor knowledge while a minority of them had good knowledge regarding women's sepsis during postpartum period. Also, less than half of the studied nurses had positive attitudes, While, more than half of them had negative attitudes about women's sepsis during postpartum period. and negative attitude regarding women's sepsis during postpartum period respectively. Conclusion: There was positive statistically significant correlation between total knowledge and total attitude scores of the studied nurses.

- Artificial Intelligence in Obstetrics and Gynecological Nursing: A New Era of Precision Healthcare
- Hend Abdallah Elsayed Afifi
- 2024

Abstract:

The applications of artificial intelligence processes have grown significantly in all medical disciplines during the last few decades. The immense potential of artificial intelligence empowers obstetrical and gynecological nurses, ultimately leading to enhanced women's safety, improved health outcomes, and a more personalized and efficient healthcare delivery system. Artificial intelligence has great influence in the nursing field by overcoming diagnostic challenges, decreasing bias in patient care, improving treatment modalities, and reducing workload. Therefore, implementation in obstetrics and gynecology is found to have a spellbound development. There are multifaceted applications of artificial intelligence in this field, highlighting its potential to revolutionize clinical practice, enhance patient outcomes, and empower nurses with data-driven insights.

- Knowledge, Practices and Attitudes of Pregnant Women regarding Deep Venous Thrombosis
- Hend Shaban Hassan Abd El Ftah¹, Amel Ahmed Hassan Omran², Hend Abdallah Elsayed Afifi³ and Mai Mahamoud Hassan⁴
- 2024

Abstract:

Background: The prevalence of deep venous thrombosis is significantly higher in pregnant women than in non-pregnant women. Aim of the study: Was to assess knowledge, practices and attitudes of pregnant women regarding deep venous thrombosis. The setting of the study research: Was conducted at obstetrics and gynecological outpatient clinic in Benha University Hospital. Research design: A descriptive was utilized. Sample: A purposive sample of 100 pregnant women were selected according to inclusion criteria. Tools of data collection: Consisted of three tools: Tool I: A structured interviewing questionnaire which included four parts: Demographic characteristic, obstetrics and gynecology history, medical data and pregnant women's knowledge regarding deep venous thrombosis. Tool II: Pregnant women self-reported practices regarding deep venous thrombosis. Tool III: Modified Likert scale for pregnant women's attitudes toward deep venous thrombosis. Results: Less than one quarter of studied pregnant women had good knowledge regarding deep venous thrombosis. More than one third of studied pregnant women had satisfactory self reported practices regarding deep venous thrombosis. One thirds of studied pregnant women had positive attitude toward deep venous thrombosis. Conclusion: There was a highly significant positive correlation between total knowledge, self reported practices, and attitudes scores of studied pregnant women regarding deep venous thrombosis($p>0.001$).

- Effect of Progressive Muscle Relaxation Techniques on Physiological Parameters, Psychological Factors and Sleep Quality among Pregnant Women with Preeclampsia
- Ola Abdel-Wahab Afifi Araby Ali 1, Fatma Kamal Ali 2, Amira Mohamed Salama 3, Fatma Mansour Abdel Azeem Barakat 4
- 2024

Abstract:

Preeclampsia is a progressive disorder affecting multiple systems, which is distinguished by the sudden appearance of high blood pressure and protein in the urine or other significant end-organ dysfunction. Progressive muscle relaxation techniques is a useful technique to minimize stress, anxiety and blood pressure among pregnant women with preeclampsia. The aim of this research was to evaluate the effect of progressive muscle relaxation techniques on physiological parameters, psychological factors and sleep quality among pregnant women with preeclampsia. Design: A quasi experimental design (Two-Groups, Pre-test / Post-test). Setting: The research was conducted at obstetrics & gynecological outpatient clinic in Benha university hospital. Sample: A purposive sample of 60 pregnant women with mild preeclampsia. Data collection tools: Five tools were used: A structured interviewing questionnaire, Self-rating anxiety scale, Cohen perceived stress scale and Pittsburgh sleep quality index. Results: The total score of knowledge and sleep quality in the study group showed significant improvement post-intervention and two weeks post- intervention compared to pre intervention while in the control group, there was minimal improvement. Also, the physiological parameters, total level of anxiety and total level of stress were significantly decreased in the study group post-intervention and two weeks post-intervention compared to control group. Conclusion: The progressive muscle relaxation technique was effective and have a significant improvement of knowledge, physiological parameters and psychological factors and sleep quality among women with mild pregnancy induced hypertension. Recommendation: Pregnant women with hypertension should be provided with relaxation techniques in antenatal care to improve knowledge, physiological parameters and reduce blood pressure and stress level.

- Effect of Flipped Classroom Strategy Versus Conventional Teaching Methods on Academic Achievement, Self-confidence and Perception of Nursing Students
- Ola Abdel-Wahab Afifi Araby¹, Fatma Mansour Abdel Azeem Baraka² , Amira Mohamed Salama³
- 2024

Abstract:

Background: The flipped classroom is an instructional approach that emphasizes students' active learning while reconstructing traditional teaching techniques. **Aim:** This research aimed to evaluate the effect of flipped classroom strategy versus conventional teaching methods on academic achievement, self-confidence and perception of nursing students. **Design:** A quasi-experimental research design (two groups "control & study", "Posttest only") **Setting:** The present research conducted at obstetrics and gynecological nursing department in faculty of nursing, Benha University in the first semester of the 2023–2024 academic year. **Sample:** A purposive sample of 345 third year nursing. **Tools:** Five tools were used: A structured self-administered questionnaire, nursing students' perception of learning strategy scale, self-confidence in learning scale, students' opinions scale and students' challenges questionnaire. **Results:** The mean scores regarding academic achievement, self-confidence and perception showed highly statistically significant difference between flipped classroom and conventional teaching groups post-implementation with (p- value

- Effect of Lifestyle Modification Strategy based on 5A's Model on Body Image and Quality of Life among Women with Polycystic Ovary
- Ola Abdel-Wahab Afifi Araby¹, Fatma Mansour Abdel Azeem Baraka², Amira Mohamed Salama³
- 2024

Abstract:

Background: Polycystic Ovarian syndrome is associated with hormonal disturbance and adverse psychological consequences, resulting in reduced self-efficacy and quality of life. Aim: This research aimed to evaluate effect of lifestyle modification strategy based on 5As model on body image and quality of life among women with polycystic ovary Design: A quasi-experimental research design (one group, "pre –posttest"). Setting: The present research conducted at obstetrics and gynecological outpatient clinic at Benha University hospitals in Qaliobyah governorate, Egypt. Sample: A purposive sample of 64 infertile women medically diagnosed with PCOS. Tools: Five tools (A structured self-administered questionnaire, Body Image Scale, Women's lifestyle questionnaire, Polycystic Ovary Syndrome Health-Related Quality of Life Questionnaire and Satisfaction with Life Scale). Results: There was a high statistically significant difference among mean scores regarding the body-image, women's PCOS health-related quality of life domains and all items of women's satisfaction with life at pre-implementation, 4 weeks and 3 months post-implementation phases with (p- value

- Effect of Adaptation Model Application on Adolescent Students' Self-Concept and Promoted Health Behavior during Puberty
- Amira Mohamed Salama *, Gehad Gamal El-Said**, Mai Mahmoud Hassan
- 2024

Abstract:

Adolescence is a crucial time of physical and psychological changes in which young people begin to establish social and unique identities. The research aimed to evaluate the impact of the adaptation model on adolescent students' self-concept and promote health behavior during puberty. This research was conducted as quasi-experimental design done at secondary nursing school in teaching hospital at Benha city. A convenient sample of 113 adolescent students was included in this research. Four data collection tools were utilized, including a structured interviewing questionnaire, Adolescents' Self-concept Short Scale, Puberty health behavior questionnaire, and Roy's Adaptation Model construct scale. Results of this research revealed that there was a highly statistically significant difference in all items of studied adolescent students' self-concept and healthy behaviors during puberty before and after four months of adaptation model application ($p \leq 0.001$). This research concluded that application of Roy's Adaptation Model was effective in improving self-concept and enhancing promoted healthy behavior among adolescent students during puberty. This research proposes to benefit from the positive impact of this model as a guide for advancing care training programs to face challenges of adaptation in this period.

- Effect of nursing model based on Snyder's hope theory on fatigue and quality of life among women with cervical cancer
- Amira Mohamed Salama (1), Fatma Kamal Ali (1), & Hanan Fawzy Elsayed
- 2024

Abstract:

Background: Cervical cancer a significant health issue worldwide. Improving women hope level has a pivotal role in reducing fatigue and improve quality of life

Aim: This research aimed to evaluate effect of nursing model based on Snyder's hope theory on fatigue and quality of life among women with cervical cancer

Design: A quasi-experimental research (two groups pre/posttest design). **Sample:** 54 women diagnosed with cervical cancer. **Setting:** The present research conducted at obstetric & gynecological department at Helwan General Hospital, Egypt. **Tools:** Four tools were used for data collection: A structured interviewing questionnaire, Herth hope index, Cancer-related fatigue scale and Functional Assessment of Cancer Therapy- General. **Results:** There was no a statistical significant difference in the mean scores of the Herth Hope Index, Cancer-related fatigue and Quality of life between the study and control groups at pre intervention phase ($p > 0.05$). However, after three and six months of intervention, the mean score of the Herth Hope Index, Cancer-related fatigue and Quality of life were higher among study group than the control group with highly statistical significant difference ($p \leq 0.001$). **Conclusion:** Application of nursing model based on Snyder's hope theory was effective in improving level of knowledge, reducing level of fatigue and improving quality of life among woman with cervical cancer. **Recommendation:** All women diagnosed with cervical cancer should receive printed booklets and brochures containing component of Snyder's hope theory and how to apply it. These booklets should be kept in all obstetrics and gynecological units.

- Effect of Continuous Care Model on Self-esteem and Reported practices of postmenopausal Women with Urinary Incontinence
- Hanan Fawzy Elsayed 1, Fatma kamal Ali 2, Amira Mohamed Salama
- 2024

Abstract:

Background: Postmenopausal women usually complain of urinary incontinence which negatively impact self-esteem. Aim: This research aimed to evaluate the effect of continuous care model on self-esteem and reported practices of menopausal women with urinary incontinence. Design: A quasi-experimental research (pre/posttest design). Sample: Sixty-eight postmenopausal women. Setting: The present research conducted at obstetric & gynecological outpatient clinic and Urological outpatient clinic at Helwan General Hospital, Egypt. Tools: Three tools were used for data collection: A structured interviewing questionnaire, Rosenberg' Self-Esteem Scale, and self-reported practices questionnaire. Results: After four weeks of the implementation continuous care model, the postmenopausal women's mean scores of self-esteem were higher than before implementation with a highly statistical difference. In addition, the majority of studied women had satisfactory total self-reported practices score regarding urinary incontinence at post-implementation phases compared to pre-implementation phase. Moreover, a highly statistically-significant positive correlation was found between studied women' total self-esteem score and total knowledge as well as total practices score regarding urinary incontinence before and after continuous care model implementation. Conclusion: The implementation of the continuous care model effectively improved self-esteem and self-reported practices among postmenopausal women experiencing with urinary incontinence. The results supported the research hypotheses. Recommendation: Postmenopausal women are recommended to be provided with printed booklets and brochures containing comprehensive information about urinary incontinence. These informational materials should be readily available in urological, obstetric, and gynecological units.

- Effect of Enhanced Recovery After Surgery Protocol on Postoperative Outcomes of Women Undergoing Abdominal Hysterectomy
- Shimaa Mosad Mohamed Ibrahim, and Amira Mohammed Salama Abdelfattah,
- 2024

Abstract:

Background: Enhanced recovery after surgery protocol is a standardized, multidisciplinary approach for shorter hospital stay without negatively affecting patient outcomes. The aim of this research was to evaluate the effect of enhanced recovery after surgery protocol on postoperative outcomes of women undergoing abdominal hysterectomy. **Design:** A quasi-experimental design was adopted to fulfil the aim of this research. **Setting:** The research was conducted at Obstetric and Gynecological Department in Benha University Hospital. **Sample:** A purposive sample of 148 women undergoing abdominal hysterectomy divided into two groups. **Data collection:** Three tools were used: Tool (I) structured questionnaire sheet. Tool (II) post-operative pain assessment scale (numerical rating scale). Tool (III) post-operative outcomes assessment sheet. **Results:** There was a highly statistically significant difference between the studied groups regarding all postoperative outcomes ($p = .000$). The women in the study group experienced less mean score of pain compared to those in control group on both 2nd and 3rd day after surgery. Also, there was a statistically significant difference between the studied groups regarding postoperative complication and readmission ($p = .000$). **Conclusion:** Women undergoing abdominal hysterectomy who received enhanced recovery after surgery protocol had better postoperative outcomes than women who received routine perioperative care.

- Effect of Educational Intervention Based on the Health Belief Model on Preventive Behavior of Maternity Nurses towards COVID-19 and Its Vaccination Sabah
- Lofty Mohamed El Sayed¹, Amira Mohammed Salama², Amany S. Badawy
- 2024

Abstract:

Background: Egypt has implemented stringent preventive and precautionary steps against COVID-19 to protect citizens. COVID-19 has a high risk of human-to-human transmission, and millions of people worldwide have suffered negative consequences. Aim: This study aimed to find out how an educational intervention based on the health belief model affects the maternity nurses' behavior towards COVID-19 and its vaccine. Subjects and Method: Setting: In the Department of Obstetrics at Zagazig University Hospital. Subjects: An interventional study was conducted via convenience sampling on all nurses who provided care to women during childbirth using the following tools; 1) Nurses' demographic features; 2) Nurses' understanding of the COVID-19 pandemic; 3) The health belief model; and 4) Nurses' COVID-19 pandemic prevention behavior. Results: The findings revealed a statistically significant positive correlation between nurses' Covid-19 knowledge and educational intervention ($P 0.000$). Before and after the educational intervention, there are statistically significant differences in the mean scores and level of the health belief model ($P 0.000$). A highly significant positive correlation between the health belief model and the intervention ($r = 0.89$ & $p 0.000$) was also found. Conclusion: An educational intervention based on the health beliefs model has significantly improved knowledge and preventive behavior of nurses towards COVID-19. Recommendations: Workers in the health sector should be targeted for health-education interventions since they are at a higher risk of getting COVID-19.

- Effect of Adaptation Model Application on Adolescent Students' Self-Concept and Promoted Health Behavior during Puberty
- Amira Mohamed Salama *, Gehad Gamal El-Said**, Mai Mahmoud Hassan
- 2024

Abstract:

Adolescence is a crucial time of physical and psychological changes in which young people begin to establish social and unique identities. The research aimed to evaluate the impact of the adaptation model on adolescent students' self-concept and promote health behavior during puberty. This research was conducted as quasi-experimental design done at secondary nursing school in teaching hospital at Benha city. A convenient sample of 113 adolescent students was included in this research. Four data collection tools were utilized, including a structured interviewing questionnaire, Adolescents' Self-concept Short Scale, Puberty health behavior questionnaire, and Roy's Adaptation Model construct scale. Results of this research revealed that there was a highly statistically significant difference in all items of studied adolescent students' self-concept and healthy behaviors during puberty before and after four months of adaptation model application ($p \leq 0.001$). This research concluded that application of Roy's Adaptation Model was effective in improving self-concept and enhancing promoted healthy behavior among adolescent students during puberty. This research proposes to benefit from the positive impact of this model as a guide for advancing care training programs to face challenges of adaptation in this period.

- Effect of educational program based on Levine's conservation model on the quality of life of infertile women
- Hend Said Abdelhamed , (2) Samia Abd-Elhakeem Hasneen Aboud, (3) Somia Auda Abd Elmonium and (4) Mai Mahmoud Hassan
- 2024

Abstract:

Background: Infertility is a common global problem and one of the major challenges encountered by individuals of reproductive age. Aim: The study aimed to evaluate the effect of educational program based on Levine's conservation model on the quality of life of infertile women. Study design: Quasi- experimental study (intervention & control group, pre and post test) was utilized to fulfill the aim of the study . Setting: The study was conducted at Obstetrics and Gynecology out -patient clinic at Benha University hospital. Sampling: A purposive sample of 90 women with infertility was used . Tools of data collection: Four tools were used tool (I) A Structured interviewing questionnaire, tool (II) Participated women's knowledge regarding infertility, tool (III) Visual Analogue Scale for Fatigue (VAS-F), Tool (V) Fertility quality of life questionnaire. Results: There was a marked improvement in knowledge, fatigue, energy and quality of life of studied sample regarding infertility after implementation of Levine's conservation model with highly statistically significant difference between study and control group (p

- Effect of Applying Pregnancy Centered Care Model on Pregnant Women's Health Behaviors
- 1Sahar Shafeek Mohammed Afify, 2 Hend Abdallah Elsayed Afifi and 3 Afaf Mohamed Emam.
- 2025

Abstract:

Pregnancy centered care is the most often recommended group antenatal care model which has been shown to be effective, holistic and possibly superior to individual antenatal care. Aim of study: The study aimed to investigate the effect of applying pregnancy centered care model on pregnant women's health behaviors. Study design: A quasi-experimental (non-equivalent groups) study design was used to fulfill the aim of the study. Setting: The study was conducted at the obstetrics and gynecology outpatient clinic in Benha University Hospital. Sample: A purposive sample of 140 pregnant women divided randomly into control group comprised (70) women and study group comprised (70) women. Tools of data collection: A structured interviewing questionnaire, health promotion lifestyle Profile-II and patient participation and satisfaction questionnaire. Results: There was a highly statistically significant improvement of the total knowledge regarding pregnancy after applying pregnancy centered care model, compared with control group. There was a highly statistically significant difference of the total health promotion lifestyle profile II and related dimensions (health responsibility, physical activity, nutrition, interpersonal relations and stress management) after applying pregnancy centered care model, compared with control group. Most of the study group had high participation and satisfaction with the pregnancy centered care model. Conclusion: Pregnant women had improved knowledge, health behaviors and higher satisfaction after applying pregnancy centered care model. Recommendation: Implementation of pregnancy centered care model as a standard practice considering a proper antenatal room design.

- Effect of Applying Centered Pregnancy Model versus Individual Prenatal Care on Maternal and Neonatal Outcomes
- 1Sahar Shafeek Mohammed Afify, 2 Hend Abdallah Elsayed Afifi and 3 Afaf Mohamed Emam
- 2025

Abstract:

Centered pregnancy model is the most well-known and evidence-based approach of group prenatal care which has been recognized to improve maternal and neonatal outcomes. Aim of study: The study aimed to investigate the effect of applying centered pregnancy model versus individual prenatal care on maternal and neonatal outcomes. Study design: A quasi-experimental (non-equivalent groups) study design was used to fulfill the aim of the study. Setting: The study was conducted at the obstetrics and gynecology outpatient clinic in Benha University Hospital. Sample: A purposive sample of 140 pregnant women divided randomly into individual prenatal care group comprised (70) women and centered pregnancy group comprised (70) women. Tools of data collection: A structured interviewing questionnaire, health promotion lifestyle profile-II, birth outcomes assessment sheet and patient participation and satisfaction questionnaire. Results: There was a highly statistically significant difference of the total health promotion lifestyle profile II and related dimensions (health responsibility, physical activity, nutrition, interpersonal relations and stress management) after applying centered pregnancy model compared with the individual prenatal care group. There was a statistically significant improvement in relation to birth outcomes both maternal and neonatal. Also, most of the study group had high participation and satisfaction with the centered pregnancy model. Conclusion: Pregnant women had improved health behaviors, positive birth outcomes and higher participation and satisfaction after applying centered pregnancy model compared with individual prenatal care group. Recommendation: Designing a training workshop to prepare health care providers to deliver centered pregnancy model to be widely used in Egypt.

- Effect of Lamaze Technique on Labor Pain and Women's Satisfaction during First Stage of Labor
- Zeinab Basem Mohamed Shalan¹ , Samia Abd-Elhakim Aboud² , Afaf Mohamed Emam³ and Zeinab Rabea Abd-Elmordy⁴
- 2024

Abstract:

Background: Labor pain is the most severe pain a woman might ever experience in the life. Severity of pain psychologically affects a mother and may lower the confidence, self-esteem and increase duration of labor. Aim: to evaluate the effect of Lamaze technique on labor pain and women's satisfaction during first stage of labor. Design: A Quasi-experimental study design. Setting: The study was conducted at obstetrics and gynecological out-patient clinic and labor unit of obstetrics and gynecological department affiliated to Benha University Hospital. Sample: A purposive sample of 140 pregnant women divided randomly into two groups. Tools of data collection: five tools were used: A structured interviewing questionnaire sheet, Numeric Pain Rating Scale, Partograph, Apgar score and Woman's Satisfaction scale. Results: The result of current study showed that there was no statistically significant difference between both groups regarding intensity of labor pain score during first stage of labor before applying of Lamaze technique while, there was a reduction of intensity of labor pain score among study group compared to control group during the first stage of labor after practicing the Lamaze technique with a highly statistically significant difference between both groups. Also, indicated that there were more than three quarters of studied women were satisfied with applying Lamaze technique compared to more than one fifth of them were unsatisfied. Conclusion: applying Lamaze technique during first stage of labor had a positive effect on enhancing labor pain and increasing women's satisfaction. Recommendation: brochures regarding Lamaze breathing exercise should be available at outpatient clinics and obstetrics and gynecology departments for all pregnant women.

- Effect of Breast Crawl Technique during Third Stage of Labor on Maternal and Neonatal Outcomes
- Hend Mohammed Abd-Elazzem 1, Hend Abdallah Elsayed Afifi2, Eman Mohamed Abd Elhakam3and Ola Abdel-Wahab Afifi4.
- 2025

Abstract:

Background: The breast crawl technique is a remarkable method that reduces maternal and neonatal morbidity as well as mortality. Aim of the study: The current study aimed to investigate the effect of breast crawl technique during third stage of labor on maternal and neonatal outcomes. Study design: A Quasi-experimental research design. Study setting: This study was conducted at labor unit of Obstetrics and Gynecology Department affiliated to Benha University Hospital. Study sample: A purposive sample of 130 parturient women divided equally into study group (65) and control group (65). Tools of data collection: Five tools were used: I) A structured interviewing questionnaire, II) Maternal clinical assessment sheet, III) Neonatal clinical assessment sheet, IV) Mother-to-Infant Bonding Scale and V) Maternal satisfaction regarding breast crawl technique. Results: The mean duration of third stage of labor was shorter in study group 15.03 ± 7.16 minutes than control group 21.45 ± 8.23 minutes ($p \leq 0.001$), significantly decreased mean of blood loss among the study group 255.23 ± 21.80 ml compared to 320 ± 38.87 ml of the control group ($p \leq 0.05$). Also, indicated that the mean score of immediate initiation of breastfeeding, infant breastfeeding competence and mother-to-infant bonding was significantly higher in study group compared to control group ($p \leq 0.05$ and $p \leq 0.001$) and more than two thirds of women in study group had high satisfaction regarding breast crawl technique

- Effect of an Endometrial Cancer Preventive Program on Menopausal Women's Health Behaviors Utilizing Health Beliefs Model
- Yomna Mohamed Elsayed¹, Hend Abdullah Elsayed Afifi² and Gehad Gamal El Elsayed³
- 2025

Abstract:

Background: Menopause is closely associated with an increased risk of endometrial cancer. Understanding the relationship between physiological changes during menopause and risk for endometrial cancer is essential for early detection and prevention, particularly in women with identifiable risk factors. Prevention can be achieved through health beliefs model and adopting health behaviors Aim: the study aimed to investigate the effect of an endometrial cancer preventive program on menopausal women's health behaviors utilizing health beliefs model. Study design: a Quasi-experimental research design. Study setting: The current study was conducted at the administrative building of Benha University Hospitals. Study sample: a purposive sample of 74 menopausal women was selected according to inclusion criteria and divided equally into two groups (37 menopausal women in each group). Tools of data collection: three tools were used: tool (1) a structured interviewing questionnaire, tool (2) health beliefs model scale and tool (3) health promotion lifestyle profile-II. Results: there was statistical significant improvement in all items of knowledge, health beliefs and behaviors regarding endometrial cancer prevention in the study group compared to control group ($P \leq 0.001$). Also, there was a highly statistical significant positive correlation between total scores of knowledge, health beliefs and health behaviors at pre and post intervention ($P \leq 0.001$). Conclusion: Based on the results of the current study, it was concluded that; preventive program utilizing health beliefs model was effective in improving menopausal women's knowledge, health beliefs and health behaviors. Therefore, the study aim was achieved and the study hypotheses were supported. Recommendation: disseminate an educational booklet about endometrial cancer prevention targeting menopausal women across diverse settings to enhance awareness and promote positive health beliefs.