

كتيب ملخصات الأبحاث التطبيقية لقسم التمريض الباطني الجراحي  
للعام الجامعي ٢٠٢٤/٢٠٢٥

## Nurses' Knowledge and Attitude Regarding Application of Artificial Intelligence in Hemodialysis Unit at Benha University Hospital

Authors: Ayat Ali Hablass <sup>١</sup> , Ola Ahmed Mohamed Abdelsamad <sup>٢</sup> and Hayam Ahmed Mohamed <sup>٣</sup>

Year: ٢٠٢٥

### Abstract:

Context: Artificial intelligence (AI) has a significant role on our daily life, understanding the perspectives of nurses regarding application of AI with hemodialysis patients is necessary. Aim: the study aimed to assess nurses' knowledge and attitude regarding application of artificial intelligence in hemodialysis unit, Benha university hospital. Design: A descriptive research design was used. Subject: Convenience sample of ٦١ nurses who are working in hemodialysis unit were recruited from August first ٢٠٢٤ till October end ٢٠٢٤, the study utilized the following two tools : Tool I: Selfadministered Questionnaire to assess nurses' knowledge about application of artificial intelligence in hemodialysis unit. Tool II: Nurses' attitude assessment scale toward AI. Results: illustrated that ٥٢,٥% of the studied nurses had poor level of total knowledge about applying artificial intelligence in hemodialysis unit, ٧٧% of them had positive attitude toward AI, as well as there was a statistically significant correlation between total knowledge of the studied nurses and their attitude toward AI. Conclusion: The result concluded deficiency in nurses' level of knowledge about applying artificial intelligence in hemodialysis unit and positive attitude also there was a positive correlation between total level of their knowledge and attitude toward AI

## Nursing Guidelines Regarding Safe and Effective Practices of Supplemental Oxygen Therapy among Critically Care Patients

Authors: Gehad Fares Mohammed, Hayam Ahmed Mohamed Hassanand  
Ashgan Tolba Fathy

Year: ٢٠٢٥

### Abstract:

Background: Supplemental oxygen therapy (SOT) is a lifesaving drug when used appropriately and cause harm if used inappropriately. Administering SOT has an essential role in preventing and managing hypoxemia in both acute and chronic conditions. The aim of the study was to evaluate the effect of nursing guidelines regarding safe and effective practices of supplemental oxygen therapy among critically care patients. Research design: Quasi-Experimental research design (prepost test) was utilized to achieve the aim of the study. Setting: This study was conducted at Intensive Care Unit (ICU) in Benha University Hospital. Sample: Convenient sample of ( ) nurse from both sex who working in ICU during the time of data collection and agree to participate in this study. Tools of data collection: Two tools were used, Tool I: Self-administered questionnaire which consisted of two parts to assess A) Nurses' demographic data. B) Nurses' knowledge questioners about safe and effective administration of supplemental oxygen therapy and Tool II: Observational checklist for nurses' practice regarding safe and effective supplemental oxygen therapy administration. Results: The study revealed that nurses' knowledge and practice regarding safe and effective supplemental oxygen therapy administration pre guidelines implementation was unsatisfactory level which improved post guidelines implementation, there was high significant statistical positive correlation between nurses' knowledge and their practice regarding safe and effective administration of supplemental oxygen therapy at pre and post implementation of nursing guidelines. Conclusion: Nursing guidelines effectively improved nurses' knowledge and practices regarding safe and effective administration of supplemental oxygen therapy. Recommendation: Ongoing educational and training guidelines for nurses are needed regarding safe and effective administration of supplemental oxygen therapy and apply the guidelines on large sample selected from intensive care unit at Benha University Hospital.

## Effect of Educational-Supportive Program about Therapeutic Exercises on Women's Physical, Psychological and Marital Status Undergoing Mastectomy

Authors: †Ola Abdel-Wahab Afifi Araby, ‡Shaimaa Hashem Elsalous, §Ashgan Tolba Fathy, ¶ Samah Saad Mostafa Abo zied Farag and °Gehad Gamal El-sayed

Year: ٢٠٢٤

### Abstract:

**Background:** Worldwide, breast cancer is a significant health issue for women. The removal of one or both breasts in women can frequently result in physical complications, emotional struggles like depression and stress, and issues in marital relationships. **Aim:** The study aimed to evaluate the effect of educational-supportive program about therapeutic exercises on women's physical, psychological and marital status undergoing mastectomy. **Design:** Quasi-experimental research (two groups, "control - study") design was utilized to fulfill the aim of this research. **Setting:** Early breast cancer detection unit affiliated to Benha Faculty of Medicine and General & Oncology Surgery Ward. **Sample:** A purposive sample of (٨٦) women, the sample was divided into two groups (study group involved ٤٣ women, while control group involved ٤٣ women. **Tools:** Data collection involved six primary tools, including a structured self-administered questionnaire and the Wong-Baker Faces Pain Rating scale, Modified Fatigue Impact Scale, Shoulder ability and function questionnaire, anxiety, depression, and stress scale and ENRICH marital satisfaction scale. **Results:** Following the implementation of the educational support program on therapeutic exercises, the study group experienced significantly lower average scores for pain, fatigue, depression, anxiety, and stress compared to the control group. Moreover, the study group showed markedly higher average scores for shoulder function and marital satisfaction than the control group. **Conclusion:** Educational-supportive program about therapeutic exercises had a positive effect on women's physical, psychological and marital status of women undergoing mastectomy. **Recommendation:** The elements of an educational supportive program should be included as a key component of the treatment plan for women undergoing mastectomy.

## Effectiveness of Applying an Educational Program on Health Outcomes for Patients with Cervical Disc Herniation

Authors: Ola Ahmed Mohamed<sup>١</sup> , Wanesa Mohmed Gadallah<sup>٢</sup> and Rehab Rashwan Mohamed<sup>٣</sup>

Year: ٢٠٢٤

### Abstract:

**Context:** Most people experience back or neck pain at some point in their lives, many daily activities become difficult to do, a common cause of back or neck pain is a herniated disk. An Educational program were developed to enhance patient's health outcome by improve ability to perform activity of daily living and their quality of life. **Aim:** This study aimed to evaluate the effectiveness of applying an educational program on health outcomes for patients with cervical disc herniation. **Design:** A quasi-experimental (pre/posttest) research design was utilized. **Setting:** the study was carried out at the orthopedic department at Benha University Hospitals. **Subjects:** A purposive sample of ٣٣ patients of both genders who admitted to the orthopedic department and diagnosed with cervical disc herniation. **Tools:** two tools were used for data collection include I: Structured questionnaire assessment divided into two parts: Patients' socio demographic data and patients' knowledge assessment about cervical disc herniation, II: Patient health outcome dived into two parts, part one :Barthel Index Scale of Activities of Daily Living and part two: Quality of life questionnaire. **The results:** It showed statistically significant improvement in patients' level of knowledge post program. Also, there was statistically significant regarding activities of daily living post program implementation and there was statistically significant in patients' quality of life post program implementation compared to pre implementation level P. value = ٠,٠٠٠

## Effect of Transcutaneous Electrical Nerve Stimulation on Postoperative Pain and Lung Function Among Patients Post Open Heart Surgery

Authors: Asmaa Ashraf Ibrahim Osman<sup>١</sup> , Olaa Ahmed Mohammed Abd ELsamed<sup>٢</sup> , Eman Sobhy Mohamed Omran<sup>٣</sup> , Asmaa Mohammed Abd Elmoaty Ibrahim<sup>٤</sup>

Year: ٢٠٢٤

### Abstract:

**Background:** The application of safe assistive technologies like Transcutaneous Electrical Nerve Stimulation (TENS) can help relieve postoperative pain and improve pulmonary functions after open heart surgery. **Aim:** to examine the effect of transcutaneous electrical nerve stimulation on postoperative pain and lung function post-open cardiac surgery. **Setting:** The study was conducted in the cardiothoracic surgery ICU of Benha University Hospital. **Sample:** A purposive sample of ٦٠ postoperative patients newly admitted to the open-heart ICU. **Design:** A quasiexperimental (study/control group) design was used. **Tools:** (١) Demographic & Medical data sheet, (٢) Calibrated incentive spirometer used to assess vital capacity (VC), (٣) Arterial blood gases to assess oxygenation status of patients, (٤) Visual Analogue Scale (VAS), and (٥) Pain, Inspiratory capacity, and Cough score (PIC Score). **Result:** The study group demonstrated a significant reduction in pain scores, statistically significant differences in the dose of analgesics and ICU length of stay between the intervention and the standard groups, ( $p < ٠,٠٠١$ ). The study reveals a statistically significant difference between the study and control group regarding the pulmonary function (or vital capacity ) after ٢٤,٤٨,٧٢ hr of intervention **Conclusion:** The application of TENS is effective in reducing postoperative pain, decreasing opioid and analgesic requirements, improving lung function, and decreasing ICU length of stay among post-open heart surgery patients

## Effect of Implementing Nursing care Standards on Compliance and Lifestyle Behavior for Patients undergoing Laparoscopic Sleeve Gastrectomy

Authors: Safaa Mohamed Hamed<sup>1, 2</sup>, Ayat Ali Hablass<sup>3</sup> & Ola Ahmed Mohamed Abdelsamad<sup>3</sup>

Year: 2024

### Abstract:

**Context:** The obesity prevalence is rising in developed countries. Surgery is one of the available treatment methods. Among the surgical options, laparoscopic sleeve gastrectomy (LSG) is a common surgical intervention. **Aim:** To evaluate the effect of implementing nursing care standards on compliance and lifestyle behavior for patients' undergoing laparoscopic sleeve gastrectomy. **Research design:** A quasi-experimental (pre/post) design was employed in two settings (General surgery department and the surgical outpatient clinic) of University Hospital in Benha. Thirty nurses were conveniently recruited from both genders who provided direct care for LSG patients and a purposive sample of 44 patients from the same settings within a period of seven months were also recruited in this study. **Tools:** (I) a structured questionnaire for nurses that asked about personal information and knowledge of laparoscopic sleeve gastrectomy management; (II) an observational performance checklist for nurses' practice; and (III) interviewing questionnaire for patients' assessments. **Results:** The overall knowledge and practice scores of nurses showed a significant improvement following the implementation of nursing care standards. Additionally, patients demonstrated a statistically significant increase in compliance and adoption of health-promoting lifestyle behaviors three months after the standards were introduced, reflecting a substantial improvement. Furthermore, assessments conducted one month, and three months postimplementation revealed positive statistically significant correlations between nurses' knowledge and nurses' practices and the patients' compliance and health-promoting behaviors (P

## Effect of Joint Motion Exercises in Reducing Pain and Joint Contractures among Burn Patient at Benha Teaching Hospital

Authors: Nehal Mahmoud Aboelfadl (١), Walaa Shawky Gomea Mohamed (٢), Ola Ahmed Mohamed Abd Elsamad (٣)

Year: ٢٠٢٤

### Abstract:

**Background:** Context: Burns are a global health issue, causing over ٣٠٠,٠٠٠ deaths annually and millions of disabilities. Survivors often face stigma and discrimination due to their disability. Joint contractures, a prevalent complication, can limit joint mobility and adversely affect daily activities. Extreme burns, particularly dermal and full-thickness burns, can lead to deficiency in mobility and daily activities. Despite treatment progress, scar contracture remains a challenge, and patients should receive optimal care to minimize the risk of complications. **Aim:** Evaluate the effect of joint motion exercises in reducing pain and joint contractures among burn patient at Benha Teaching Hospital. **Methods:** A quasi-experimental research, specifically a one-group pre/post-test design, was employed in this study. The research was conducted in burn unit at Benha Teaching Hospital, Benha, Egypt. The study included a purposive sample of ٦٠ patients of both genders over nine months. Five assessment tools were utilized: I-A structured interview questionnaire for gathering personal data, and medical history, II-Observational check list to assess joint motion, III-Contractures assessment questionnaire, IV-Visual Analog Scale (VAS), and V-Patients' verbal expression of the features of pain. **Results:** The study found a statistically significant improvement in patients' joint mobility and strength after a joint motion exercise intervention. The percentage of patients reporting poor performance decreased from ٨٨,٣% pre-intervention to ١,٧% post-intervention. The exercise also improved pain intensity from ٤٣,٣٠% severe pain pre-intervention to ١٣,٣٠% severe pain post-intervention. The progression of contracture degree also improved from ٧٥% moderate contractures pre intervention to ١٥% moderate contractures post-intervention. A highly significant positive correlation was found between joint motion exercises, pain intensity level, and joint contractures post-intervention.  $P=٠,٠٠٠**$



## Effect of Bio-psychosocial Health Model Based Educational Program on Patients' Needs Post Total Knee Arthroplasty

Authors: Ayat Ali Hablass<sup>١</sup> , Mona Shahat Mohamed<sup>٢</sup> & Ola Ahmed Mohamed Abdelsamad<sup>٣</sup>

Year: ٢٠٢٤

### Abstract:

**Background:** Total knee arthroplasty “TKA” is described among the most commonly performed surgical interventions in orthopedics worldwide. Post TKA, bio-psychosocial needs is considered a vital aspect of care as patients may experience intense disabling pain and psychosocial problems that may negatively influence recovery and outcomes **Aim:** To evaluate the effect of biopsychosocial health model based educational program on patients' needs post total knee arthroplasty. **Design:** A quasi experimental (pre/posttest) research design was used to achieve the aim of this study. **Setting:** Orthopedics inpatient and outpatient departments at Benha University Hospital. **Sample:** A purposive sample of ٦٦ adult patients. **Tools:** Tool I: Patients' interview questionnaire, it includes two parts; ١) socio-demographic characteristics of the studied patients, ٢) patients' clinical data. Tool II: Postoperative bio-psychosocial needs assessment; it included three parts; (a)-WOMAC Index, (b)-Hospital Anxiety and Depression Scale, (c)-Social Dysfunction Rating Scale. **Results:** A statistically significant improvement was found between pre-educational program application and after as well follow up post educational program application regarding patient's total knowledge level. Also, there is a statistically significant difference between preeducational program application and after as well follow up post educational program application among the studied patients regarding all domains of physical, psychological and social needs at Pvalue  $\leq ٠,٠٥$

## The Effect of Educational Program on Nurses' Performance and Compliance regarding Infection Control Measures in Isolated Departments

Authors:    ١ Rehab Hamaza Hassan, ٢ Amal Said Taha and ٣ Ashgan Tolba Fathy

Year: ٢٠٢٤

### Abstract:

**Background:** Hospital-acquired infections are the major concern of the health care system and agencies particularly in the isolation department. Nurses have the key and most important role in applying infection control measures in isolated departments. **Aim of study:** This study aimed to evaluate the effect of educational program on nurses' performance and compliance regarding infection control measures in isolated departments. **Design:** Quasi-experimental research design was utilized to conduct the aim of this study. **Setting:** The study was conducted in the isolation departments at Benha University Hospital. **Sample:** A convenient sample of all available nurses (٦٠) from both sexes who are working at the previous mentioned setting. **Tools:** Three tools are used Tool I: A Self – administered questionnaire Tool II: Observational checklist Tool III: — The Isolation Precautions Compliance Scale. **Results:** ١٨ % of the studied nurses had satisfactory level of the total knowledge at preprogram implementation which improved to ٨٥% immediately post and slightly decreased to ٧٨,٣% after ٣ months post program implementation. It showed statistically highly significant improvement between total practice and compliance immediately post and after ٣ months of program implementation as compared with pre program  $p (٠,٠٠١^{**})$ . **Conclusion:** Educational program effectively improved the studied nurses' knowledge and practice regarding infection control measures with a highly statistical significance correlation between nurses performance and their compliance in the isolation department. **Recommendation:** Providing continuous educational or training program for nurses regarding occupational hazards and especially on protective measures.

## Effect of Evidence Based Program on Critical Care Nurses' Performance Related to Care for Intubated Patients

Hala Abd El-Salam Sheta <sup>١</sup> & Nayera Mohamed Tantaewy <sup>٢</sup>

٢٠٢٤

### Abstract:

**Background:** Tracheal intubation constitutes the most commonly performed procedure in the intensive care units and is often lifesaving. In contrast to the high incidence of life-threatening complications that can be avoided by nursing care. Evidence based practice help critical care nurses to apply procedures safely for critically ill patients. **Aim:** To evaluate the effect of evidence based program on critical care nurses' performance related to care for intubated patients. **Method:** A quasi-experimental, pre-test and post-test intervention research design was implemented to conduct the current study. The study was conducted in the general intensive care unit at Benha University Hospital, Qalyubia Governorate, Egypt. A convenient sample of ٦٠ critical care nurses of both gender who assigned care for intubated patients within nine months were enrolled in this study. **Tools:** Three tools were used to collect data: (I) a structured questionnaire for nurses which consisted of nurse's personal data and nurse's knowledge regarding care for intubated patients, (II) observational checklist for nurses' practice, (III) nurses' activities scale. **Results:** Overall knowledge level; procedural practice level and activities mean scores showed significant increase after the program implementation. A statistically significant positive relation was found between total nurses' knowledge scores and total practice scores with their education qualification in immediate post and after three months of program implementation. Also, presence a positive correlation between knowledge, procedural practice and activities pre and post the implementation of the evidence-based practice program. **Conclusion:** Performance mean scores of critical care nurses exposed to evidence- based practice program about intubated patients care was statistically significantly higher than preprogram implementation. **Recommendations:** There is a need for an ongoing planned education and training program offered on a regular basis to critical care nurses to improve their knowledge, practice, and activities towards following evidence based practice recommendations to execute the procedure correctly in the intensive care unit to achieve high quality nursing care for intubated patients

## Effect of Educational Intervention on Self-Efficacy and Quality of Life among Patients with Chronic Gastritis

Hala Abd El-Salam Sheta(١) , Samah El-Sayed Ghonaem(١) , Soha Kamel Mosbah(٢) , Marwa Mosaad Ali (١)

٢٠٢٤

### Abstract:

**Background:** Chronic gastritis is a global health issue that is frequently associated with a variety of complications and is a highly prevalent digestive tract disease that affects individuals of all ages worldwide. Chronic gastritis education is beneficial for patients, as it provides them with additional information to enhance their quality of life and self-efficacy. **Aim of the study:** To assess the effect of educational Intervention on self-efficacy and quality of life among patients with chronic gastritis **Design:** A Quasi experimental design was used for conducting the study. **Setting:** The research was conducted in the medical department and medical outpatient clinic at Benha University Hospital, Egypt. **Subjects:** A purposive subjects of ١١٢ adult chronic gastritis patients divided to ٢ equal groups: Intervention group (٥٦ patients) and control group (٥٦ patients) were selected according to inclusion criteria. **Tools:** Three tools were utilized for data collection ١) A structured interviewing questionnaire ٢) self-efficacy Scale and ٣) Quality of Life Scale. **Results of this research** showed that knowledge, self-efficacy and Quality of Life not significantly different among intervention and control groups pre intervention, while were statistically and significantly different post educational intervention. **Conclusion:** Implementing the educational intervention had a positive and better effect on patients with chronic gastritis evidenced by increased knowledge score, and improved self efficacy and quality of life mean scores among intervention groups than in control group. **Recommendations:** Enhance health education program regarding self-care for patients with chronic and dietary education. Replication of the current study on a large representative sample to achieve generalization of the results.

## Effect of Foot Reflexology and Meditation on Physical and Psychological Outcomes among Patients with Rheumatoid Arthritis

Marwa Mosaad Ali (١), Soha Kamel Mosbah (٢), Hala Abd El-Salam Sheta (١), Asmaa Mohamed Ali ٣, Mona Mohamed Abdel Aziz (٣)

Year: ٢٠٢٤

### Abstract:

**Background:** Rheumatoid arthritis is a major public health problem affecting millions of people all around the world. Which can lead to considerable physical disability and is associated with an increased risk of psychological distress, evidence revealed that reflexology as well as meditation techniques may help to decrease pain and psychological distress in patients with rheumatoid arthritis. **Aim:** to evaluate the effect of foot reflexology and meditation on physical, and psychological outcomes among participant with rheumatoid arthritis. **Research design:** A quasi-experimental research design was used to achieve the purpose of the present research using a pre-/post-test approach. **Setting:** The current research was conducted in; the rheumatology department, and outpatient clinic of university Hospital in Benha, Qalyubia Governorate, Egypt. **Subject** A purposive sample of ٩٠ patients with rheumatoid arthritis who are hospitalized in the Orthopedic department at the previously mentioned setting. **Samples** were randomly selected and divided into three groups of ٣٠: Group A (foot reflexology massage), group B (meditation), and group C (control group). **Tools:** Three tools were utilized to collect data: (I) a structured questionnaire for patients, (II) patients' physical outcomes involving Rheumatoid Arthritis Pain Scale and Health Assessment Questionnaire (HAQ) disability index, (III) patients' psychological outcomes involving psychological distress and coping self efficacy scales. **Results:** Total patients' knowledge level showed significant increase among reflexology and meditation groups than control group after program implementation. There was a marked improvement in patients' outcomes reflexology and meditation groups than control group after program implementation (P=

## Effect of Educational Guidelines on Diabetic Patients' Knowledge, Attitude, and Self-Efficacy Regarding Use of Artificial Pancreas

Hayam A. Mohamed<sup>١</sup>, Safaa M. El Sayed<sup>٢</sup>, Doaa M. Mahmoud<sup>٣</sup>

Year: ٢٠٢٤

### Abstract:

**Context:** Artificial pancreas has a beneficial effect on controlling blood glucose levels. Nurses play a crucial role in helping diabetic patients through educational guidelines that increase their knowledge and improve their attitude and self-efficacy regarding the use of artificial pancreas as a new technology to help continuously control blood glucose levels. **Aim:** to evaluate the effect of educational guidelines on diabetic patients' knowledge, attitude, and self-efficacy regarding using artificial pancreas. **Methods:** A quasi-experimental study design (pre/post-test) was used to achieve the aim of this study. The study was conducted in the medical department and outpatient medical clinic at Benha University Hospital. A purposive sample of ١٠٠ adult patients with type ١ diabetes mellitus were admitted to the mentioned setting during the study period. Three tools were used. Patients' Assessment Questionnaire comprises two parts: Patients' personal data and health history of the disease and patients' knowledge assessment. Patients' attitude Rating Scale regarding the use of the artificial pancreas, and Self-Efficacy Scale. **Results:** The result reported a significant difference in the satisfactory knowledge level of patients from ١٥% pre-educational guidelines to ٥٧% post-educational guidelines. Significant differences in the total level of positive attitude increased from ٢٢,٠% pre-educational guidelines to ٦٣,٠% post-guidelines, and significant differences between the mean self-efficacy scores of the studied patients regarding their perception and confidence in the ability to use the artificial pancreas as it increased from ١,٨±٠,٧ pre to ٣,١±٠,٤ post the educational guidelines implementation. **Conclusion:** Educational guidelines have a positive effect on improving diabetic patients' knowledge, attitude, and self-efficacy regarding the use of artificial pancreas. The study recommends implementing ongoing educational programs and workshops for diabetic patients on artificial pancreas

## The Effectiveness of Exercises Based Mirror Therapy on Functional Activity of the Limbs among Stroke Patients

Safaa Mohamed Hamed<sup>١</sup>, Ebtsam Saad Soliman<sup>٢</sup> and Doaa Mohamed Mahmoud<sup>٣</sup>

Year: ٢٠٢٤

### Abstract:

Cerebrovascular stroke is a perilous health concern that results in motor and functional impairments necessitating continuous care. It is the primary cause of disability and the second leading cause of mortality worldwide. Mirror therapy is an emerging alternative treatment that is simple, cost-effective and patient-centered. Aim: The study aimed to evaluate the effectiveness of exercises-based mirror therapy on functional activity of the limbs among stroke patients. Methods: A quasi-experimental research design (pre/post-test) was employed on a purposive sample of ٦٣ patients diagnosed with stroke admitted to department of Psychiatry and Neurology and outpatient clinics at Benha University Hospital, Qualubya governorate, Egypt. The study utilized the following tools, I: Patients' Structured Interview Questionnaire, II: Fugl-Meyer Assessment for upper extremity (FMAUE), III: Brunnstrom Stages Assessment, IV: Modified Ashworth Scale (MAS) and V: Barthel activity daily living (ADL) Index Scale. Results show a statistically significant enhancement in the overall patients' knowledge mean score after implementing the exercises-based mirror therapy with P

## Buteyko Breathing Technique versus Pranayama Technique on Asthma Control among Asthmatic Patients

Nehal Mahmoud Abo El-Fadl <sup>١</sup> and Doaa Mohammed Mahmoud <sup>٢</sup>

Year: ٢٠٢٤

### Abstract:

Asthma is a persistent respiratory condition that affects individuals across all age groups. Buteyko breathing technique and pranayama technique offer numerous advantages by enhancing breath awareness, promoting nostril breathing, and reducing over breathing. Aim: This research aimed to compare between the effect of Buteyko Breathing technique and Pranayama technique on asthma control among asthmatic Patients. Design: A quasi-experimental research design (pre/post-test) was utilized to study a purposive sample of ٦٠ adult patients with history of bronchial asthma. Setting: This study conducted in chest department at Benha University Hospital, Qualubya Governorate, Egypt. Tools: Four assessment tools were utilized, I: Structured Interview Questionnaire, II: Bronchial asthma severity scale, III: Bronchial asthma control scale and IV: St. George's Respiratory Questionnaire. Results: Showed a highly statistically significant difference in bronchial asthma severity between the patients in the Paranayama and Buteyko groups, post program implementation with a p-value of ٠,٠٠٠. There was a highly statistically significant difference between mean score among studied patients of Buteyko and Pranayama groups in terms of controlling bronchial asthma after program implementation, specifically in relation to daytime asthma symptoms, with a statistically significant P-value of ٠,٠٠٠.



## Effect of Educational Program on Quality of Life and Health Promoting Lifestyle Behaviors for Patients with Inflammatory Bowel Disease

Rawia Ali Ibrahim<sup>١</sup> , Rasha Fathy Mohamed<sup>٢</sup> and Hend Mohamed Allam<sup>٣</sup>

Year: ٢٠٢٤

### Abstract:

Context: Crohn's and Ulcerative colitis disease are two common inflammatory bowel disease (IBD), which is a chronic inflammation in the gastrointestinal tract. Patients frequently experience painful symptoms and encounter adverse effects from medications due to the chronicity of the illness and its relapsing and remitting course, which can reduce quality of life (QoL). Aim: Evaluate the effect of educational program on quality of life and health promoting lifestyle behaviors for patients with inflammatory bowel diseases. Methods: The study used a quasiexperimental design, specifically employing a pre/post-test methodology on a convenience sample of (٦٠) patient with IBD admitted within six months to gastrointestinal outpatient clinic and medicine department of Benha University Hospital. The study utilized the following tools: Patients' Structured Interview Questionnaire, Health Promoting Lifestyle Profile-II Scale, Short Inflammatory Bowel Disease (IBD) Questionnaire. Results indicated a statistically significant improvement in the overall mean score of patients' knowledge after implementing the educational program and at three months later (follow-up) (P

## Tracheostomy Care Bundle: its Effect on Nurses' Performance and Patients' Health Outcomes

Hend Mohamed Mahmod Allam<sup>1</sup> , Eman Gamal Ahmed<sup>2</sup> and Noura Fares Mohammed<sup>3</sup>

Year: ٢٠٢٤

### Abstract:

Context: Patients with a tracheostomy are considered to be high risk for some complications and have numerous complexities for nurses to consider.

Aim: To evaluate how tracheostomy care bundle can affect nurses' performance and patient' health outcomes. Methods: The study employed a quasi-experimental research design. The study was conducted in Benha University Hospital at intensive care unit on a convenience sample of ٧٠ nurses and ٣٦ tracheostomy patients using three tools: Self-administered questionnaire, St Mary's Tracheostomy Care Bundle Observational Checklist and Patient' Health Outcomes sheet. Results: Showed that total knowledge score of studied nurses was poor at pretest phase ٧١,٤%. While being improved into good at immediate posttest ٩٥,٧% and follow up phase ٨٧,١%. In addition, total practice score of studied nurses was inadequate at pretest phase ٨١,٤%. while it changed to be adequate at immediate posttest ٧٨,٦% and at follow up phase ٧٠%. On the same line, more than half of tracheostomy patients experienced low clinical risk and complications after care bundle implementation with high statistically significant differences between pre and post bundle implementation observed as p

## Effect of patients (Recipients) Educational Strategy on Their Health Outcomes Post Liver Transplantation

Rowan Mohamed El-Sayed Morsy<sup>١</sup>, Hanan Gaber Mohamed<sup>٢</sup>, Samah El-Sayed Ghoniem<sup>٣</sup>, Rawia Ali Ibrahim<sup>٤</sup>

٢٠٢٤

### Abstract:

Liver transplantation is a life-saving surgery includes removing a diseased or injured liver from patient, called recipient and replace it with a donated whole or partial healthy liver from another person, called a donor. Aim of the study: to evaluate the effect of patients (recipients) educational strategy on their health outcomes post-liver transplantation. Research design: Quasi experimental research design was used. Setting: The study was conducted in Liver Transplantation Unit of National Liver Institute, Menoufia University, Egypt. Sample: A purposive sample of patients who attended the previously mentioned unit through ١٢ months (n= ٥٥). Tools: three tools were used; (١) The General Data Questionnaire (٢) Recipients' Learning needs Assessment (٣) Recipients health outcomes .Results: shows the mean score of total information was  $١٣,٨٢ \pm ٢,٣٥$  pre educational strategy implementation which improved to  $٤١,٥٦ \pm ٦,٢٦$  and  $٤١,٢٤ \pm ٧,٥٦$  immediate post and at discharge respectively , there was an improvement in the total mean score practice  $١٣,٨٥ \pm ١٧,٢١$  from pre implementing educational strategy , to  $٤١,٥٥ \pm ٦,٦٣$  and  $٤٨,٤٧ \pm ٥,٧٦$  immediate post implementing educational strategy and at disgharge ,respectively. Also, there was statistically significant improvement inpatients' health outcomes post educational strategy implementation at p

## Effect of Educational Program on Activities of Daily Living among Post Liver Transplantation Patients

Rowan Mohamed El-Sayed Morsy<sup>١</sup>, Hanan Gaber Mohamed<sup>٢</sup>, Samah El-Sayed Ghoniem<sup>٣</sup>, Rawia Ali Ibrahim<sup>٤</sup>

٢٠٢٤

### Abstract:

Liver transplantation is an important therapeutic option for patients with life-limiting liver disease, which may present in the form of acute liver failure, end-stage chronic liver disease, primary hepatic cancers, or inborn metabolic disorders. The aim of the study: effect of educational program on activities of daily Evaluate the living among post liver transplantation patients. Research design: Quasi experimental research design was used. Setting: The study was conducted in Liver Transplantation Unit of National Liver Institute, Menoufia University, Egypt. Sample: A purposive sample of patients who attended the previously mentioned unit through ١٢ months they were taken from both sexes, their age ranged from ٢٢ to ٦٢ years old during ١٢ months (n= ٥٢). Tools: three tools were used; (١) The General Data Questionnaire (٢) Barthel Index Scale Results: shows that ٢٥٧٥٥٢ of recipients had total mean score information program implementation, then increased to ٥٦٧٦٦ % and ٥٦٧٣٥٢ post immediate implementation and at discharge, respectively. Also, there was positive improvement regarding patients' independency in activities of daily living post implementing educational strategy. Conclusion: the degree of independence among post liver transplantation patients significantly improved post program implementation which reflects that program was effective in improving patients' daily activity performance with high statistically significance differences. Recommendations: The need for continuous educational and training programs for post liver transplantation patients regarding activity of daily living and maintaining healthy life style.

## Efficacy of Localized Cryotherapy on Physiological Parameters associated with incentive spirometry Among Post Operative Cardiac Patients

Wala Elsayed Khaliel, <sup>١</sup>-Dr/ Marwa Mostafa Raghb, <sup>٢</sup>-Dr/AmalSaied Taha, <sup>٤</sup>-Eman Sobhy Omran

٢٠٢٤

### Abstract:

the use of incentive spirometry contributes to the patient's pain and reduces the patient's ability to perform important activities after CABG. This may be attributed to the fact that incentive spirometry takes a lot of time to be performed and may result in changes in muscle tension and activity in skeletal position, which may contribute to change in physiological parameters. Aim: evaluate the efficacy of localized cryotherapy on physiological parameters among postoperative cardiac patients. Design: Quasi experimental design was utilized. Setting: The study was conducted in cardiothoracic intensive care unit. Sample: A Purposive sample of ٦٠ adult patients were included in the study. Tools of data collection: Two tools were used for data collection; Tool I Structured interview questionnaire, Tool II physiological parameters assessment. Results: There was statistically significant improvement in physiological parameters and return to normal associated with the use of incentive spirometry after cold gel pack application in study group compared to control group. Conclusions: Application of cold gel pack was effective for improving physiological parameters with incentive spirometry in patients post coronary artery bypass graft surgery. Recommendations: More research is necessary to examine the effectiveness of different types of localized cryotherapy, such as (ice pack, massage, and ice towel), on the incisional discomfort linked to incentive spirometry following CABG surgery.

## Effect of Cold Gel Pack Intervention on Controlling Pain Associated with Incentive Spirometry Post Open-Heart Surgery

Wala Elsayed Khaliel, <sup>١</sup>-Dr/ Marwa Mostafa Raghb, <sup>٢</sup>-Dr/AmalSaied Taha, <sup>٤</sup>-Eman Sobhy Omran

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### Abstract:

After open heart surgery, considerable postoperative incisional pain is observed when incentive spirometry is used. As a result, the major postoperative treatment strategy for cardiac surgery is pain management. cold therapy is regarded as a quick, inexpensive, and non-pharmacological pain management technique. Aim: evaluate the effect of cold gel pack intervention on controlling pain associated with incentive spirometry post open-heart surgery. Design: Quasi experimental design was utilized. Setting: The study was conducted in cardiothoracic intensive care unit and cardiothoracic department of Benha University Hospital. Sample: A Purposive sample of ٦٠ adult patients were included in the study. Tools of data collection: Three tools were used for data collection; Tool I Structured interview questionnaire, Tool II Subjective pain assessment sheet, Tool III Objective pain assessment sheet. Results: There were statistically significant effects on pain intensity score, patients' perception and most of physiological indicators related to incisional pain associated with the use of incentive spirometry after cold gel pack application in study group compared to control group. Conclusions: Application of cold gel pack intervention was effective for reducing incisional pain and improving physiological parameters associated with incentive spirometry in patients post coronary artery bypass graft. Recommendations: Cold gel pack application should be promoted as a non-pharmacological treatment option before incentive spirometry for post-operative CABG patients,

## Effect of Structured Teaching Guidelines on Nursing Students' Awareness regarding Computer Vision Syndrome

Eman Abdelwahab Ahmed habeeb<sup>١</sup>, Marwa Moustafa Ragheb<sup>٢</sup>, Safaa Mohamed Hamed<sup>٣</sup>, Wataniya Kamel Atya<sup>٤</sup>

٢٠٢٤

### Abstract:

These days, using a computer or other visual display device is almost a need. Consequently, a great deal of people worldwide experiences a range of visual symptoms, such as dry eyes, ocular strain, ocular irritation, and ocular redness. Computer vision syndrome is the term used to describe all of these visual abnormalities. Aim: This study aims to evaluate the effect of structured teaching guidelines on nursing students' awareness regarding computer vision syndrome. Design: Quasi experimental research design was used to conduct the aim of this study. Setting: This study setting will be conducted in faculty of nursing, Benha University, Qalyubia governorate, Egypt. Sample: Convenience sample of second year students (٣٠٣) from both sexes in the previously mentioned settings during the time of data collection and agree to participate in this study. Tools: Two tools were used; (١) Structured interview questionnaire it involved the Part one student's personal data, Part Two: This part concerned with assessment of students' knowledge regarding computer vision syndrome Part three: - Presence of symptoms after using computer (٢) Likert's scale as measures of level of awareness about CVS. Results: Regarding awareness level about CVS, improved from  $٣٣,٢٦ \pm ١٠,٣١$  pre guidelines implementation to  $٣٦,٨١ \pm ١١,٢٣$  post guidelines implementation. In addition, there were highly statistical differences between their mean scores pre guidelines implementation as compared to post guidelines implementation ( $p=$

## Educational Sessions about Stroke Prevention among Patients with Transient Ischemic Attack

Hala Elsayed Ibrahim Mohamed, Hanan Gaber Mohamed <sup>٢</sup> , Rawia Ali Ibrahim <sup>٣</sup> , Henda Mohamed Allam<sup>٤</sup>

٢٠٢٤

### Abstract:

**Background:** A transient ischemic attack (TIA) is a medical emergency, it is defined as a transient episode of neurologic dysfunction due to the focal brain, spinal cord, or retinal ischemia without acute infarction or tissue injury. The aim of the study: It aimed to evaluate the effect of educational sessions about stroke prevention on patients with Transient Ischemic Attack (TIA). **Research design:** Quasi experimental research design was used to conduct the aim of this study. **Setting:** The study was conducted at the neurological department and out-patient clinics affiliated to Benha University Hospital, Egypt. **Subjects:** A purposive sample of (١٣٣) adult patients with Transient Ischemic Attack were taken from both sexes, their age ranged from ٢١ to ٦٥ years old during five months. **Tools:** two tools were used; (١) Patients' structured interview questionnaire, it involved the patient's socio demographic characteristics, medical history and patients' knowledge assessment questionnaire (٢) Risk assessment data, it involved the warning signs and symptoms of transient ischemic attack (TIA) and Clinical Data Assessment. **Results:** the result of this study revealed that, the total mean score regarding patients' knowledge was ( $٠,٧٧ \pm ١,٣١$  and  $٠,٠ \pm ٠,٠$ ) pre-educational sessions and improved immediately on ٢nd day post educational sessions implementation to  $٥,٠١ \pm ١,٢٥$  and  $٨,٠ \pm ٠,٠$ ) and  $٤,٦٨ \pm ١,٢٦$  and  $٨,٠ \pm ٠,٠$ ), respectively with high significant differences ( $p=$



## Effect of Alternate Nostril Breathing Exercise on Preoperative Patients' Anxiety, Blood Pressure and Heart Beats.

Hend Salah Abd El-ghafar<sup>١</sup>, Amal Said Taha<sup>٢</sup>, Samah Elsayed Ghonaem<sup>٣</sup> and Noura Fares Mohamed<sup>٤</sup>

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### Abstract:

Surgery is a therapeutic intervention that may have a threat to the integrity of human's body and soul. It can cause physiological and psychological responses for patients. The psychological response that may affect preoperative patients is anxiety which characterized by increased pulse and breathing frequency, uncontrolled hand movements, moist palms, restlessness, asking the same questions repeatedly, difficulty sleeping and frequent urination. The aim of the study was to evaluate the effect of alternate nostril breathing exercise on preoperative patients' anxiety, blood pressure and heart beats. Research design: Quasi- Experimental research design was utilized to achieve the aim of the study. Setting: This study was conducted in general surgery units for both males and females at Benha University Hospital.

## Effect of Implementing Educational Guidelines on Nurses' Knowledge and Practice regarding Plasmapheresis Process

Sara Abd El \_Samed Farag<sup>١</sup>, Manal Hamed Mahmoud<sup>٢</sup>, Hayam Ahmed Mohamed<sup>٣</sup> and Nora fares Mohamed<sup>٤</sup>

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### Abstract:

**Background:** Plasmapheresis is a procedure performed for different life-threatening and debilitating diseases as a mode of treatment or as an adjunct with other therapies. It is a process involving extracorporeal removal of plasma from other components of blood, discarding and replacing plasma with physiological fluids. The aim of the study was to evaluate the effect of implementing educational guidelines on nurses' knowledge and practice regarding plasmapheresis process. **Research design:** Quasi-Experimental research design was utilized to achieve the aim of the study. **Setting:** This study was conducted at Hemodialysis departments in Benda University Hospital. **Sample:** Convenient sample of (٦٠) nurse from both sex who working at Hemodialysis departments of Benha University Hospital and agree to participate in the study. **Tools of data collection:** Two tools were used, I: Self-administered questionnaire which consisted of two parts to assess A) Nurses' sociodemographic data. B) Nurses' knowledge questioners about plasmapheresis process and II: Observational checklist for nurses' practice which consisted of three parts to evaluate nurses' actual practices before, during and after care of patient undergoing plasmapheresis process **Results:** The study revealed that nurses' knowledge and performance regarding patient undergoing plasmapheresis process pre guidelines implementation was unsatisfactory level (٨٣,٣% and ٨٠%) which improved immediately post guidelines implementation at satisfactory level (٩٦,٧% and ٩٠%) and return to decline post three month of guidelines implementation at satisfactory level (٦٦,٧% and ٦٣,٣%) respectively. **Conclusion:** There was a positive and highly statistically significant relation between total knowledge and total performance at pre, immediate post and after three month of guidelines implementation. **Recommendation:** Ongoing educational and training guidelines for nurses are needed regarding care of patients undergoing plasmapheresis process and apply the

guidelines on large sample selected from Hemodialysis departments at Benha University Hospital.