

Second

International Nursing Conference 2018

*"Nursing Education, Practice and Research:
Trends and Possibilities"*

Date: February 22nd and 23rd, 2018



Organized by:
Kathmandu University School of Medical Sciences (KUSMS),
Nursing Department

MESSAGE FROM THE VICE CHANCELLOR

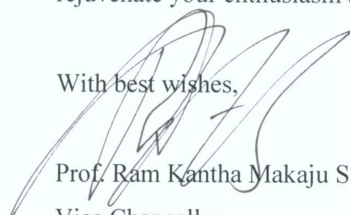


It gives me great pleasure to welcome you to the Second International Nursing Conference organized by the Faculty of Nursing, Kathmandu University School of Medical Sciences on the theme **“Nursing Education, Practice and Research: Trends and Possibilities”** to be held on 22nd and 23rd February 2018 in Dhulikhel Hospital.

The last decade has seen rapid progress in the field of nursing due to globalisation, increased access to information, data and research as well as innovation and technological advancement. This has changed the quality of patient care, decreased time of hospital stay and helped develop high quality holistic healthcare tailored to meet unique needs of specific individuals. To enhance nurse education, practice and research, conferences like this play a valuable role. This years theme will undoubtedly provide an important platform for the participants to discuss challenges and open dialogues on nurse education, research, and developments as well as future prospects from local and global context. It will also offer opportunities and possibilities of sharing ideas, knowledge and skill as well as in building strong and sustainable connections, collaborations and networks.

I would like to thank the organisers for organising this conference for the second time. I hope that all the participants will actively take part in this conference and enjoy this gathering, rejuvenate your enthusiasm and inspire eachother.

With best wishes,



Prof. Ram Kantha Makaju Shrestha
Vice Chancellor,
Kathmandu University



MESSAGE FROM THE DEAN

Nursing education in Nepal has been significantly expanded in last couple of decades. Kathmandu University School of Medical Sciences is one of the key players in this growth along with other institution. The education and skill training is better practiced in most of the institutions however it requires the initiation and enhancement of researches in those academic institutes.

The fundamental of patient care is primarily enhanced with the knowledge of medical sciences including basic sciences to recent advances. However the art and skill of care delivery is foundation of success. Continuous improvement and change in health care practice has been largely possible with the researches and evidences not only in lab-based sciences but also in modules of skilled practices and others. Nursing profession has an unparalleled role in health care and development, which can be strengthened by evidence based practice.

This Second International Nursing Conference with the theme of “Nursing Education, Practice and Research: Trends and Possibilities” is expected to address the current scenario and possibilities of researches in the nursing academic field in Nepal.

Congratulations to all.

A handwritten signature in black ink, appearing to read 'R. Koju' with a stylized flourish at the end.

Prof. Dr. Rajendra Koju
Dean,
KUSMS

SECOND INTERNATIONAL NURSING CONFERENCE 2018

Theme – “Nursing Education, Practice and Research: Trends and Possibilities”

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The Development of Nursing Education in Nepal and its Effect on Nursing Practice, Research and Professionalization

The development of nursing as a profession has been intricately tied with the role of women in the society, and the forces that have impact on society and specifically on the health care system. Nursing, being a part of health care sector, the status of health care system and change that comes in it with time, always has impact on how nurses are trained and the care nurses have to provide as a part of the health service delivery team.

The history of development of nursing in Nepal is very short as compared to the nursing history of the Western world. Initially, nursing started as entrepreneurship. Before the formal training started in nursing in 1956, doctors gave on-the-job training in regard to how to give injections and do the dressing to a handful of female who met the basic physiological health needs of the patients. Then, the focus of nurses training was rather on the task of carrying out doctor's order, than on preparing nurses to make intelligent decisions about how to help patients towards speedy recovery and attainment of better health. It was a hard struggle for nurses to change their subservient image developed earlier in the patriarchal society, and establish nursing as a full-fledged profession. Nevertheless, with globalization, the nursing trends of the time in the other parts of the world had also influenced the development of nursing as a profession in Nepal.

Although, modern health system was introduced in Nepal by establishing Bir Hospital in 1887, the health system in Nepal was still in primitive state until mid 1950s. However, the health sector in Nepal has been rapidly and significantly modernized in the last several decades. Alongside the rapid changes and development in health sector, nursing sector has also gone

Prof. Indira Singh

“Nursing Education, Practice & Research: Trends and Possibilities” You are a Leader!

Registered Nurses practice in Education, Clinical, Research and Administration roles all over the world. The leadership role of RNs is vital in each of these domains of practice. Over the years RNs have been involved in many changes in health care, they are present 24/7 providing health care to patients, families and communities and account for the largest number of health care providers in most countries. Nursing education and research have changed and become more complex and will continue to change to meet practice changes.

It is more important than ever that RNs are leaders in transforming education, practice and research. What skills do they need? This presentation will give a brief overview of some of the trends in nursing and present some key leadership practices that will help RNs meet the many challenges now and into the future. The practices reviewed are from the Registered Nurses Association of Ontario (RNAO) Best Practice Guideline - “Developing and Sustaining Nursing Leadership”. This guideline is evidence based and provides five Transformational Leadership Practices for nurses and organizations. RNs are leaders! You are a leader!

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The Threads that Bind Nurses Throughout the Globe

Nurses, no matter where we live, no matter what field of nursing we practice, no matter if we are researchers, advanced clinicians, administrators, we have threads that bind us. These ties are compassion, integrity, humanity, humility, flexibility, adaptability, advocacy, and activism; nurses are on the front line of responding to the needs of their communities and doing the bulk of medical work.

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Health Care System in Federal Structure: Role of Nurses as Opportunities and Challenges

Previously Nepal's administrative level is defined as five developmental region, 14 zone, 75 districts and 3199 village development committees. After the political revolution of 2062/63, our country is changed into federal structure with 7 province and 753 palikas. The health system is also changing as per change in administrative structure. The changing health system is guided by Sustainable Development Goals (SDG), National Health Policy - 2071, Nepal Health Sector Strategy (NHSS) III (2015 - 2020) and cabinet unbundling to distribute health responsibility in three layers with provision of basic health services to all people as main theme. To sustain the achievement made in the health sector and tackle the aforementioned challenges, NHSS stands on four strategic pillars namely (i) Quality of health services, (ii) Equitable access to health services, (iii) Health sector reform and (iv) Multi sectoral approach.

Now, the health governance structure is federal ministry of health, which oversee academic and super-specialty hospital, the provincial government is responsible for tertiary, secondary and primary hospital and the local government is responsible for primary hospitals, health post and other outreach clinics. The health facility structure is categorized according to catchment population and service provision. There are four types of health post namely health post A, B, C, and D. Similarly, two types of primary hospital as A and B, which is equivalent to district hospital. The secondary hospital is equivalent to zonal and regional/sub regional hospital equivalent to tertiary hospital. In total there will be more than four thousand health institutions with 7 academy (one in each province), 7 central hospitals, 14 tertiary hospital, 14 secondary hospitals, 406 primary hospitals and 3654 health posts.

These all categories of health institution need various cadres of nurses because nurses provide preventive, promotive, curative, rehabilitative and palliative services. Till now, very limited numbers of nurses are involved in public area; the changing structure gives golden opportunity to increase nurses's position from health post to academia. Similarly, specialized nurses are indeed utmost from secondary hospital to academia. They have opportunity to involve in school, industry, disaster management, and other arena too. Nurse in leadership is another prospect as there is 753 local, 7 provincial and one federal government.

Challenges are also prompt in changing context. Mostly there is centralised recruitment and administration which should be redesign on the basis of federal structure. There is mix match in residence, working area, specialization, country's need and willingness of staff to work in certain areas. These issues need to be properly handled in order to have best professional management. The three pillars of university i.e. education, research and practice need to go hand in hand to provide best possible nursing care in this changing context.

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Mapping Disaster Competency in Undergraduate Nursing: A Case Study of Nursing Educators in British Columbia, Canada

The province of British Columbia in Canada is experiencing an increase in both natural and human made disasters as evidenced by recent forest fires, floods and avalanches. Nurses are known to be one of the largest groups of health care workers and are often challenged to care for members of the public during these events. Many nurses have stated that they do not have enough education to provide quality care in a disaster role as they received no education in their undergraduate nursing degrees.

This qualitative case study will explore through the lens of British Columbia Nursing Educators, how disaster knowledge is addressed in nursing schools in British Columbia today and provide some insights on where we need to go in the future.

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"Nursing Education, Practice and Research: Trends and Possibilities"

Shifting Priorities: Developing Prioritization Skills using Standardized Patients

The ability to effectively prioritize the care of multiple, complex clients has been documented as a difficult skill for newly graduated nurses (Hendry and Walker, 2004). Without this skill, it can have detrimental effects on client outcomes. Lab educators at Thompson Rivers University teaching an upper level lab theory and lab practice course, developed a new unit on prioritization and decision making with an interest to trial an innovative learning technique of using standardized patients. The scenario was based on the use of standardized patients, who played multiple clients on an acute medical ward. The lab educators wanted to create an experiential experience that fully engaged students in their learning by developing their communication and collaboration skills with clients and peers, and work on their ability to prioritize and make decisions with multiple and changing client care needs. This presentation will discuss the development of this prioritization unit that includes the simulation experience, the use of standardized patients, and feedback for future simulation experiences.

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Ready For Change ? Midwifery Education And Cadre in Nepal

Nepal has made significant progress in previous decades to improve maternal and newborn health. The next step in the development of quality maternity services in Nepal has been to introduce the profession of midwifery. The incorporation of trained, regulated and licensed midwives into the health system is key for improved quality of care and sustained decreases in maternal and newborn mortality and morbidity. This discussion paper aims to explore the antecedents, current achievements and future challenges associated with this major initiative.

Within this context, students have recently commenced newly validated graduate midwifery courses within two institutions in Nepal. It is timely to review some of the emerging themes for consideration in light of the change this new initiative will bring.

Midwifery is not a wholly new concept in Nepal as there already is an established cadre of nurses with midwifery skills providing care for women and newborn in both remote and urban areas. From within the literature and from stakeholders' perspectives, the key themes of addressing the theory practice gap, managing change within education and service institutions and gaining consensus on the scope of midwives practice in Nepal will be critically explored.

Further consideration will be given to the role of the multi-disciplinary team in supporting this initiative, with an emphasis on the concept of shared learning so that midwives and obstetricians are enabled to work together as an effective team. Finally, a reflection will be provided on the potential impact the midwifery profession may have on shaping the identity and practices of future nurses who work in maternity services in Nepal.

This discussion paper will bring together global perspectives, lessons learnt from countries that have demonstrated significant improvement in maternity care and will provide a context for understanding the introduction and preparation of midwives in Nepal, in readiness for the first registered midwives in 2020.

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“Nursing Education, Practice and Research: Trends and Possibilities”

Group Antenatal Care

Nursing innovations involve creative and disruptive thinking. After several studies in the 1990's and early 2000's demonstrated that prenatal care in its traditional form was ineffective at preventing preterm birth and intrauterine growth restriction, a radical reimagining of prenatal care was undertaken by a group of US midwives. Their vision was group prenatal care that offered more than just health care, but offered a community in which to be a mother.

Prenatal care in the United States in most of Europe has been traditionally delivered through short, 15 minute, one-on-one visits with an obstetric provider. This limits patient time with her provider to only a few hours in their entire pregnancy. Many routine visits include long waiting time and a short time with providers, making it difficult to address all of the pregnancy, nutrition, contraceptive and breastfeeding issues that the patient might want.

Group Antenatal Care is gaining traction as a more patient centered model of delivering prenatal care. The model uses gestational age matching to create stable groups of 8-12 women and combines individual assessment with group education and support. Models vary using differing numbers of prenatal visits, curriculums and lengths of visits. Typically, visits last 2 hours and provide time for individual attention and group care.

The model uses several key components: empowering women to be involved in their care, groups that are interactive and conducted in a circle, groups are stable, and size is appropriate to encourage interaction, there is time built in for socializing. While the curriculum for each group is planned, there is flexibility built into the sessions that allows topics to shift as the groups needs change.

This nursing innovation has been shown to be effective beyond traditional care. Studies have shown a reduction in preterm birth, particularly among low income and minority women, improved breastfeeding initiation and continuation, and contraceptive use with group care as compared to individual care. This is a marked success.

Now, larger multinational organizations and NGOs are looking to expand the model on a global scale. Group care is being explored throughout Africa and is even working in far Western Nepal in the Achham District. Nursing innovations, like Group Antenatal Care, have the power to deliver better care and transform women's lives.

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Baby Massage: 'BMN – Effects, Technique and Psychology

Recent meta-analysis confirm physiological effects of baby massage on preterm infants jaundice levels and defecation frequencies (Lei 2018, Li Wang 2017, Field 2016). Our experience confirms these findings as we observe how our massages improve health and development of newborn infants.

The effects are created by stimulation of skin, fascia and muscle tissue and lead to muscle relaxation, increase in blood circulation and regulation of the vegetative functions as documented in the above mentioned research.

BMN techniques are distinguished by a unique structure, the use of slow rhythms and moderate pressure (Field 2006) which is rarely seen in baby massage. It also includes stretching to support development of joint movements. The baby experiences wellbeing and safety on a psychological level through communication with the body naturally developing mother-child bonding and thus preventing childbed depression.

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ORAL PRESENTATION

Predictors of Job Satisfaction among University Nursing Faculties of Kathmandu Valley

Rekha Timalisina,¹ Sarala KC,¹ Nilam Rai,² Anita Chhantyal³

Background

Job satisfaction gives people a sense of fulfillment which increases the productivity of an employee and enhances career growth. The objective of this study was to identify the predictors of job satisfaction among university nursing faculties of Kathmandu valley.

Methods

A cross-sectional analytical study design was adopted. Proportionate stratified random sampling technique was used for selecting 197 samples from 18 colleges of nursing. Self-administered structured questionnaires were used for the collection of data. Data entry and data cleaning was done using Epi-data software and data analysis was done using SPSS software version 16. Binary logistic regression analysis was used for identifying the predictors of job satisfaction and odds ratio were calculated.

Results

The respondents were satisfied on supervision (62.4%), coworkers (86.3%), nature of work (86.8%), and communication (49.2%). This study also showed that respondents were dissatisfied on pay (49.7%), promotion (54.3%), fringe benefits (47.2%), operating condition (45.2%), and contingent rewards (49.7%). Regarding overall job satisfaction, 55.8 percent of respondents were ambivalent. This study also showed that perception of faculty developmental opportunity and perceived organizational support predicted job satisfaction of the respondents.

Conclusion

Based on the findings of this study, regarding nine facets of job satisfaction, university nursing faculties were satisfied towards supervision, coworkers, nature of work and communication within their organization. However, they were dissatisfied regarding pay, promotion, fringe benefits, operating conditions and contingent rewards. Regarding overall job satisfaction, university nursing faculties were ambivalent towards their job, this means that they neither satisfied nor dissatisfied towards their job. This study also concluded that nursing faculties having favorable perception on faculty developmental opportunity and high level of perceived organizational support had job satisfaction. Therefore, organization must pay attention to the predictors of job satisfaction for enhancing job satisfaction of nursing faculties. So that it may enhance their commitment to the organization and improve productivity which ultimately may influence student's performance and satisfaction.

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Introduction of Early Warning Scoring System at Dhulikhel Hospital; Effectiveness and Challenges

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Background

Early Warning Scoring System (EWS) was developed to facilitate early detection of deterioration by categorizing a patient's severity of illness and prompting nursing staff to request a medical review at specific trigger points utilizing a structured communication tool while following a definitive escalation plan. Dhulikhel Hospital has developed its own scoring system which is called Dhulikhel Hospital Early Warning Scoring System (DEWS). The main objective of the study was to assess the effectiveness and challenges of DEWS in the medical ward of the Dhulikhel Hospital.

Methods

Quantitative, observational pilot study was implemented at medical ward of Dhulikhel Hospital. Before introduction of DEWS at medical ward, various stages of work were performed such as development of protocol, series of educational sessions were conducted for nurses and doctors, and forms (patient observation sheet, audit form, data collection tool) were developed and also oriented to doctors and nurses. Audit was done from the day of start and needful changes and suggestions were made. Data was also collected in two different ways.

Firstly, data collection Performa was developed and data were collected from patient file to evaluate the proper use of protocol and performance of staff and doctors on DEWS. Secondly, survey was done on view of doctors and nurses about DEWS to find out the effectiveness and challenges they encountered during implication of DEWS. Collected data were analyzed and needful changes were made.

Result

Total 24 participants including 4 consultants, 3 residents, 2 medical officers and 15 nurses were included in the survey. Survey result showed that, out of 24, 17 (70.8%) of them stated that it is helpful in recognizing patient condition before getting worse and helps patient to receive care on time. However; 4 (16.7%) had opinion that DEWS made them confused and protocol is difficult to understand. Among all participants, 16 (66.7%) of them emphasized that it should be continued but existing protocol needs to be modified. They also pointed out that different protocol should be made on respiratory rate for patient with respiratory problems like COPD and pneumonia and separate protocol should be formulated for terminally ill and DNR patients.

Conclusion

Implementation of early warning scoring system has been challenging in the setting like Dhulikhel Hospital. Various challenges like; Lack of expertise on EWS, adaptation to the new concept and practice, lack of adequate man power, and conventional nursing practice are the main difficulties for implementation of DEWS. Therefore, team work, dedication to serve, continuous orientation, evaluation and feedback are the key essences of success to this project.

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“5 Ways A School Nurse Benefits To The School Children’s Health”

Daya Laxmi Joshi

The review article from different countries stated that children can be benefited by many ways if they are provided a nurse in a school. Thus the government of Nepal is also going to implement the system in education. The policy been passed from the parliament of Nepal. The discussion is going on about the level of a nurse and post of a nurse that is the nurse should be a teacher or a clinician. This issue is going to be decided after discussion in big forum.

The benefits of a school nurse are as follows; Promotion of positive health, Prevention of communicable and non-communicable disease. Early diagnosis, treatment and follow up defects to prevent further complications. Awakening health consciousness in children, Provision of healthful environment. Adopt good and health food habits and exercise.

The study from different countries also have evidenced that a nurse in school as a teacher or a clinician has helped the school in reducing sexual haresenment and teen age pregnancy as well.

The review article reveal that a nurse in a school has many benefits and reduce health cost in long tern so Nepal also should have nurse in school.

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Effectiveness of Educational Intervention on Knowledge Regarding Pharmacovigilance among Nurses of Kathmandu University Teaching Hospital

Pramila Thapa,¹ Sidhhi Laxmi Bajracharya²

Introduction

Medicines are a major component of the modern health care system and can be considered as a 'double edged sword' having both beneficial as well as harmful effects on human beings. Within this context, concern has been raised worldwide about the increasing number of adverse effects caused by drugs. Pharmacovigilance is "the science and activities relating to the detection, assessment, understanding and prevention of adverse effects or any other possible drug-related problems" –WHO. Nowadays its area has been broadened and is not only confined to modern medicines.

Objective

To assess the Effectiveness of Educational Intervention on Knowledge regarding Pharmacovigilance among Nurses of Kathmandu University Teaching Hospital.

Methods

Pre-experimental, One-group only pre-test post-test study design was conducted. Data were collected by self-administration method which consisted of self-constructed structured questionnaire for socio-demographic data and knowledge regarding Pharmacovigilance. Non-probability purposive sampling technique was used. Descriptive and inferential statistics (frequency, percentage, mean, standard deviation and paired t-test) were used to identify the effectiveness of educational intervention using SPSS version 20.0.

Findings

The mean pre-test knowledge was found to be inadequate 6.5 ± 1.7 out of possible 16, which was increased to 11.8 ± 1.9 after the intervention, with p value less than 0.001 at 5% significance.

Conclusion

The results of this study suggests that there is an inadequate Knowledge of Pharmacovigilance among Nurses of Kathmandu University Teaching Hospital which was remarkably increased after educational intervention, recommending the need of periodic educational intervention for subsequent increase in knowledge, attitude and practice for proper Pharmacovigilance.

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Prevalence of Depression among the Prisoners of Nakkhu Jail, Lalitpur

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Background

Depression is the most common form of mental disorders among the prisoners with prevalence much higher than in general population. This study aims to estimate the prevalence of depression among the prisoners and examine the relationship between depression and demographic variables.

Objective

To identify the prevalence of depression among the prisoners of Nakkhu Jail, Lalitpur.

Methods

This is simple descriptive cross sectional study conducted in Nakkhu Jail, Lalitpur. A total of 266 randomly selected prisoners were interviewed using semi-structured questionnaire for demographic characteristics and translated Nepali version of Beck Depression Inventory Ia. for Depression. SPSS version 16.0 was used to find the result. Chi-square test was applied to find out the association between depression and related variables.

Results

The mean age of the participants was 34.6 years (SD 10.9). The prevalence of depression among prisoners was 52.3%. Using chi-square test the result showed significant association of age ($p=0.002$), residency ($p=0.030$), and current health problems ($p=0.030$). This study was unable to establish statistical association between educational status, employment status, marital status, duration of imprisonment and history of substance abuse.

Conclusion

This study showed there was high rate of depression among the prisoners in Nepal. The result suggests need of further study on psychiatric and rehabilitative care in correctional setting to improve the health status of prisoners.

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Stress and Coping Strategies among Parents of Hospitalized Child at a Children's Hospital, Kathmandu

Astha Sapkota, Mira Kumari Niroula

Introduction

Hospitalization of child can be one of the stressful event for parents. Parents play vital role in treatment and progression in health of their child. As parents experience stress and unable to use effective coping strategies than this may be harmful to parents as well as can negatively affect child's outcome. Therefore this study was carried out to find out level of stress and coping strategies by parents of hospitalized child as main objective of this study.

Methods

Descriptive cross-sectional research design was used for this study. A total of 102 respondents were selected using non-probability purposively sampling method from among the parents of hospital admitted children aged 0-14 years in Kanti Children's hospital. Data was collected through interview technique using semi-structured questionnaire with Kingston caregiver stress scale (KCS) to assess the stress and coping strategies inventory short form (CSI-SF) to assess coping.

Results

Findings revealed that almost half of the respondents (47.1%) had moderate level of stress followed by 34.3% severe stress and 18.6% respondents with mild stress during hospitalization of their child. Similarly, majority of respondents used emotional focused engagement followed by problem focused disengagement and emotional focused disengagement and lastly least respondents used problem focused engagement. However, there was no statistically significant relation between stress and coping strategy.

Conclusion

The obtained information may help hospital to provide adequate therapeutic support to parents during diagnosis and throughout treatment process of child.

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Anxiety among Women Attending in Antenatal Care: A Hospital Based Cross-Sectional Study

Sushila Shrestha

Background

Antenatal anxiety can adversely affect pregnancy outcome, have an impact on maternal competence in childcare. Lot of emphasis has been given on antenatal depression but studies addressing the anxiety issues are few. Objectives were to assess anxiety using the Perinatal Anxiety Screening Scale (PASS) and to identify the associate factors with anxiety among antenatal women.

Methods

Descriptive cross-sectional study was carried out among the prime-gravida mothers attending Antenatal Care Out-patient Department of Dhulikhel Hospital. Pre-tested structured questionnaire was administered to 502 women. Data was collected by face-to-face interview using Systemic Random Sampling Technique from May 2017 to January 2018. Chi-square test was used to test association and p value <0.05 considered as statistically significant.

Results

The mean (\pm Stander deviation [SD]) age of the participants was 23.17 ± 3.9 years. More than half (57.6%) of women were age group 20-25 years, just above two-fifth (41.4%) of participants were in the third trimester of pregnancy. Among 502 antenatal women, nearly half (46.4%) of them were on high risk for anxiety. High risk of anxiety was significantly associated with age and type of family. However significant associations were not seen between high risk of anxiety and abortion history, residence, educational status and period of gestation of women.

Conclusions

The high risk anxiety among antenatal women was quite high. The high risk anxiety was more likely to fall on younger mother (age <20 years) and joint family in comparison to those mothers from older age and single family respectively.

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Stress among Bachelor Level Nursing Students

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Background

The world we live includes many stressful circumstances and that might be the reason stress has been labeled as a global phenomenon. As nursing students are the future work force of a nation, it is a necessity to provide conducive learning environment where students are well supported and inspired. This is all possible by exploring this aspect so that strategies could be planned on time to help students adapt to the numerous challenges of academic life.

Objectives

To find out stress level among bachelor level nursing students and coping strategies used.

Methods

Descriptive cross sectional study design was used. This study was conducted at three different nursing colleges affiliated with Kathmandu University (KU) of Nepal. All the 2nd, 3rd, and 4th year nursing students who are in condition to express their opinion of three nursing colleges of KU were included in this study resulting a sample size of 214. Purposive sampling method was used for sample selection and Self-administered questionnaire was used to collect data from participants.

Results

Nursing students indicated mild level of stress and stressors identified were: assignment and workload, teachers, and clinical environment. No any statistical difference of stress levels was found between the academic years ($P=0.568$). Staying optimistic and problem solving approach was used by majority nursing students in coping with stressful situation. However, avoidance coping approach was frequently used by nursing students when they felt stressed from assignment and workload and clinical environment.

Conclusion

Stress exceeding the critical tolerance ability is a devastating experience for nursing students and this has been reported by various literatures. To maintain high level of academic standards, stress faced by nursing students need to addressed so that efficient and satisfied nursing professionals are developed.

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Knowledge and Preventive Practice of Occupational Health Hazards among Nurses in Various Hospitals, Kathmandu

Sabita Karki

Introduction

Occupational health hazards are recognized as global problems for health care workers, it is quiet high in developing countries. It is increasing day by day due to change in science and technology. This study aimed to find the knowledge and preventive practice of occupational health hazards among the nurses.

Methods

A descriptive, cross sectional study on “Knowledge and Preventive Practice of Occupational Health Hazards among Nurses in Various Hospitals, Kathmandu” was carried out among 339 nurses working in three different teaching hospitals of the Kathmandu from February 28, 2016 to March 28, 2016 using multistage random sampling technique. A self-administered questionnaire was used to collect the data.

Results

The study findings revealed that out of 339 samples of all 72.9% were from age group 20-29 years; 58.1% have work experience of 1 to 5 years; 79.1% nurses were immunized against HBV and only (8.6%) have received training/ in-service education related to occupational hazards. The mean knowledge score was 26.7 ± 7.3 . The level of knowledge of occupational health hazards among the nurses was 68.1% (adequate knowledge). The knowledge was statistically significant with education (OR = 3.47, CI: 2.15-5.59 and p value 0.00). The mean practice score was 7.6 ± 3.1 . The level of preventive practice on occupational hazards was 25.4% (poor practice). The practice was statistically significant with age (OR=2.01, CI = 1.21-3.35 and p = 0.006); designation (OR= 3.08, CI= 1.42-6.69 and p = 0.003); work experience (OR=1.87, CI= 1.13-3.07 and p = 0.01); previous in-service education/ training (OR=2.25; CI= 1.02-4.92 and p = 0.03).

Conclusion

Overwhelmingly, nurses working in various hospitals of Kathmandu had adequate knowledge but poor preventive practice indicating higher risk of occupational hazards hence training and in-service education, adequate provision of personal protective equipments and establishment of effective occupational health program for nurses are needed to encourage them adhere to good practice.

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Blood Transfusion Practice among Healthcare Personnel in Nepal: An Observational Study

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Background

The complications associated with errors in transfusion practice can be minimized by assessing transfusion practices. In Nepal, there is no standard protocol on blood transfusion. So, this study was conducted with an aim to assess the blood transfusion practice among healthcare personnel.

Methods

A descriptive observational study was conducted in two tertiary hospitals in Kathmandu, Nepal, over a period of 10 months. Bedside blood transfusion procedures were observed using structured checklist.

Results

Altogether, 86 observations were made. Time taken from dispatch from the blood bank to transfusion was >2 hours in 53.2% of cases. In majority of the cases, blood was kept in the ward in uncontrolled and unprotected manner by the patients' relatives. Only 8.2% of the patients and/or the relatives were informed about the reasons, associated probable risks (2.4%), and the benefits of transfusion (4.7%). Assessment of vital signs at 15 minutes of initiation of transfusion was done on about 2 to 4% of cases.

Conclusion

We found a suboptimal blood transfusion practice in Nepal, which could be attributable to substantial knowledge gap among healthcare personnel and the absence of quality culture, quality system, and quality management in the area of blood transfusion practices.

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Self-Management Behaviors among Patients with Type 2 Diabetes at Manipal Teaching Hospital.

Gita Ghimire

Background

Diabetes is a serious and costly disease which is becoming increasingly common in Nepalese people. The Nepal Diabetes Association (NDA) had reported that among people aged 20 years and older living in urban areas, 15% are affected by this disease. Among people aged 40 years and older in urban areas, this number climbed to 19%. Public awareness of the self management behaviors of diabetes are an important step towards its control. The aim of this study was to assess the current status of diabetes self-management behaviors among type 2 diabetes patients.

Methods

A cross-sectional descriptive research design was used in this study. The non-probability convenience sampling technique was used to select the 115 type 2 diabetes patients attending medical OPD of Manipal Teaching Hospital during September 5th to 30th of 2016 and adopted version of Diabetes Self-management Questionnaire (DSMQ) was used to collect the data.

Results

The majority 68(59.1%) of participants were between the age group of 36-60 years with mean age 60 years and more than half 62(53.9%) were female. The majority 75(68.2%) of participants had good glucose management practice but more than half 61(53%) participants had poor dietary control. More than half 58(52.7%) participants had poor self care in overall. The self-management behaviors were associated with sex, educational status, occupation and blood glucose level of the participants.

Conclusions

The current study concluded that the majority of patients with diabetes type 2 are poor in diet management as well as diabetes self-management behaviors which are very necessary components for preventing diabetes related complications. So, public awareness program should be instituted to them in order to boost up the self-management behaviors by considering their educational status.

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Health Related Quality of Life of Diabetic Patients

Kalpna Shrestha,¹ Nita Tamrakar²

Introduction

Diabetes is a common and serious global health problem. In Nepal, it is a major expanding non communicable disease. The management of diabetes requires a fundamental change in the lifestyle of patients in which the important outcome criteria is the quality of life.

Objective

The aim of this study was to find out the health related quality of life (HRQOL) of diabetic patients.

Methods

Descriptive cross sectional study was conducted among 116 diabetic patients attending Diabetes, Thyroid and Endocrinology Care Center, Pokhara. Non probability purposive sampling technique was used. Data was collected using structured WHOQOL-BREF tool and analysed using descriptive and inferential statistics such as frequency, percentage, mean, standard deviation, median, interquartile range, Mann Whitney U test, Kruskal Wallis test and Spearman's correlation coefficient test.

Results

The median score of HRQOL was 244 (225-275). Statistically significant difference was observed in age ($p<.001$), sex ($p=.043$), living status ($p=.012$), education ($p=.001$), duration of illness ($p=.038$) and co-morbidity ($p<.001$) with overall HRQOL. Physical domain had strongest correlation ($p<.000$) with overall quality of life.

Conclusion

Diabetic patients have higher HRQOL in physical and social domain. Young adult, male, literate, living with spouse, duration of diabetes for less than 10 years and those without co morbidity have higher HRQOL. Integration of routine counselling programme will be helpful in promoting HRQOL of diabetic patients.

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“The Calming Effect of Mother Breast Milk Odor on Neonates During BCG Vaccination”

Dhakal A, Chaudhary R, Karn B, Yadav U

Objectives To determine the calming effect of mother breast milk odor on neonates during BCG vaccination.

H_0 : The mother breast milk odor has no calming effect on neonates during BCG vaccination.

Methods

The research study was carried out at the immunization clinic of BPKIHS, Dharan. Probability sampling technique and post test only designed was used. Total Hundred term neonates were enrolled for the study using consecutive sampling technique. Neonates were randomly assigned into two groups using lottery method without replacement. During vaccination, experimental group neonates were exposed to own mother milk odor and for the second group no any odor was used. A filter paper containing mother breast milk 2 ml was placed above the lips from 2 minutes prior to the vaccination which was continued during BCG vaccination too. Video recording was done to record the neonates' pain response to vaccination. The recorded video was compared with NIPS tool for the interpretation of neonates' response to pain.

Results

The mean rank pain was 32.89 in mother breast milk exposed neonates whereas in non exposed group it was 62.11 with $p < 0.001$. The NIPS score was found to be significantly lower in neonates exposed to the mother breast milk odor than in non exposed group.

Conclusion

Breast milk odor has an analgesic effect in term newborns and can be used as a safe method for pain relief.

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Experiences of Sexual Harassment among Adolescents of Schools of Banepa Municipality

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Background

Sexual harassment is a non-consensual and unwelcome sexual behavior that affects lives of the victims. It is a major health concern as it has various physical, social and psychological effects. It is a hidden social problem and one of the least documented forms of violence.

Objective To find out the experiences of sexual harassment among adolescents in higher secondary schools of Banepa Municipality

Methods A quantitative analytical cross-sectional design was conducted among 602 adolescent students of schools of Banepa Municipality. A self-constructed semi-structured questionnaire was used. Proportionate stratified simple random sampling technique was used. Descriptive statistics (frequency and percentage) and inferential statistics (Chi-square test) were applied using Statistical Package for Social Science (SPSS) Version 23 for data analysis.

Results

The prevalence of sexual harassment among adolescents of schools of Banepa Municipality was high (66.3%). The common physical effect and psychological effect experienced by the respondents was headache (42.4%) and feeling angry or violent towards the perpetrator (43.9%) respectively. Prevalence of sexual harassment was significantly more common among the grade 12 students, age group 15-19 years and among those who lived at rental rooms separate from parents.

Conclusion

The prevalence of sexual harassment is high. There is a culture of silence regarding this issue as most of the respondents did not report the experiences of sexual harassment to anyone else. The experience of sexual harassment was not significantly different among girls and boys. However, it was significantly common among grade 12 students and those who lived at the rental rooms separate from parents.

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Determinants of Male Participation in Reproductive Health in Nepalese Community

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Background

Although the role of male's involvement in reproductive health is recognized well in the present context, little is known about the influencing factors. The principal aim of the study is to determine the predicting factors for male participation in reproductive health in Nepalese community from both wife's and husband's perspectives.

Methods

A community based cross-sectional study was conducted among 374 married couples living in Bungamati, Karyabinayak municipality of Lalitpur district, Nepal. The data was collected from January to June 2017 through the paper and pencil based interview. The study adopted modified Safe Motherhood and Partnership Family Approach model to determine the influencing factors for male participation in reproductive health. Bi-variate analysis and logistic regression were applied to find out the determining factors for male participation in reproductive health. This study also analyzed inequalities in male involvement in reproductive health by socio-economic status.

Results

The age range of participants for the couples was 15-45 years and mean \pm SD age of marriage for husband and wife was 22.4 \pm 3.5 years. Majority of couples belonged to relatively advantaged janajatis and nearly 90% of them were from middle socio-economic status. Chi-square analysis revealed 25 indicators from both male and female version. However, regression analysis indicated husbands educational status, family income, awareness about immunization, discuss family planning with others and contacts with providers on family planning methods as significant predictors for male involvement in reproductive health on husbands version. Whereas, for the wives, family income, women's occupation and husband: ever been to a health facility, discuss family planning with others, contact with providers on family planning methods and awareness about exclusive breastfeeding were strongly determining factors.

Conclusion

The participation of male involvement in reproductive health is low and is more concentrated on low-income group. Husband's perspectives on influencing factors for male participation in reproductive health differ from that of wife's perspective. Therefore, our findings provide strong evidence on significance of communication between husband and wife on every reproductive health issues and also recommend for effective couple friendly maternal and neonatal health programs.

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Cardiovascular Events in Diabetes Patients

Bimala Neupane

Noncommunicable diseases (NCD) are emerging as the leading cause of death globally and also in the south-east Asia due to many social determinants like unhealthy lifestyle, demographic and economic transitions. Cardiovascular diseases, stroke, chronic infective respiratory diseases, cancer and diabetes are referred to as NCD with well-established risk factors.

According to American heart association (AHA) there is a direct relationship between cardiovascular diseases and diabetes.

At least 68% of people with diabetes who are of age 65 and older die from heart diseases and 16% die of a stroke (Dec, 2017).

People with diabetes are more likely to die from heart diseases than people without diabetes.

Diabetics:

- Have additional causes of Heart diseases, twice the risk of heart failure than other people.
 - At higher risk of heart diseases than those who do not have diabetes.
 - May develop heart diseases at a younger age.
 - Diabetes itself is a risk factor for heart disease and stroke.
 - Are nearly two time more likely to die from heart disease and stroke.
 - Uncontrolled diabetes can eventually lead to other microvascular problems such as vision loss and kidney failure.
- Diabetes also interferes with pain signal normally carried by nerve i.e. a person with diabetes may not experience the typical warning signs of a heart disease (silent killer)

Some statistics of diabetes (Diabetes council):

- 2-3-fold increase risk for heart disease.
- 2-4-fold higher increase in heart disease morbidity and mortality rates.
- 60% chance of dying from heart diseases.

Diabetes has been recognized as an independent risk factor and the atherothrombotic account for 80% of death in this patient. It is the result of the progression of atherosclerosis, and its major manifestation are sudden cardiac death, myocardial infarction, stroke, and peripheral arterial ischemia.

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Nepalese Nurses' Perceptions and Attitude of Evidence Based Practice

Sita Karki

Background

As the evidence based practice (EBP) movement expands, there is a need for health leaders and educators in each country to assess the extent to which health professionals, students and practitioners are prepared to locate, evaluate, and apply evidence to guide their practice.

Objective The study objective was to explore nurses' and nursing students perceptions and attitudes towards EBP.

Methods

This was a descriptive cross-sectional survey administered to all 273 nurses and nursing students from Nepal who attended an EBP conference. The survey instrument that was used by Majid in Singapore was adapted for use in this study with permission from the author.

Results

In total, 121 nurses participated in the study. The majority (93%) of respondents reported that they had no previous training in EBP. The respondents' perceptions of their EBP knowledge and skills were variable, but most demonstrated positive attitudes toward EBP. Respondents identified a number of barriers that limit the implementation of EBP in Nepal. The greatest barriers were lack of time and resources, difficulty understanding research articles and translating the findings to practice, and limited autonomy to change practice based on evidence.

Conclusion

Although respondents had positive attitudes towards EBP, their knowledge and skills were limited and barriers to implementation existed. Nursing faculty can use the findings to guide implementation of EBP into curricula, and nursing administrators and clinicians can use the findings to guide practice changes to promote EBP.

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Hospital Nurses' Perception of the Leadership, Quality of Patient Care, Patient and Nurse Safety on Their Unit

Karen Eisler

Background

Research has demonstrated that quality of care, patient and nurse outcomes are important in healthcare. The goal of this research project was to describe staff nurses' perception of the quality of care, patient and nurse outcomes and examine the relationship of the variables with the nurses' perception of their nurse managers' leadership practices.

Methods

There were 150 surveys distributed and all Registered Nurses, Licensed Practical Nurses and Registered Psychiatric Nurses from three surgical units in two hospitals were invited to complete two surveys. One survey was asking for their perception of their nurse managers' leadership practices using Kouzes and Posners' Leadership Practice Inventory (LPI) (2013). The second survey captured their perception of quality of care on the unit, staff intent to leave, medication safety and overall patient safety. Data was entered into SPSS and descriptive analysis and regression analysis were conducted to examine the relationships between the perception of the managers' leadership practices and the quality of care, patient and nurse safety.

Results

There were 103 completed surveys returned. The statistical analysis did not show a relationship between leadership and the outcomes. However, a significant finding was that sixty-five percent of the nurses did report that the overall quality on the unit in the last year had deteriorated.

Conclusion

This requires further research to understand what factors lead to their perception of the deterioration of the quality care on their units this past year. We know from the research that nurse manager leadership practices does affect patient and staff outcomes (Wong 2015) but more qualitative research is needed to understand what factors affect what outcomes. Research also shows that nurse managers have a role in the number of employees that stay on their unit (Roche 2014).

Overall the good news for the three units in this project are: younger staff, 35 years is the average, plan to stay (average 79%), perceive nursing care as good or excellent (average 78%).

A limitation of this study is that it was conducted in three surgical wards and cannot be generalized to other areas and the participant numbers were low for the advanced statistical tests so that could be a reason there were no relationships detected with any of the outcomes

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Incidence and Associated Risk Factors of Postoperative Sore Throat in Kathmandu University Hospital, Kavre

Shrestha Sulekha,¹ Maharjan Bedana,² Karmacharya Robin Man³

Background

Postoperative sore throat is a relatively minor complaint but a frequent postoperative complication of anesthesia. The incidence of postoperative sore throat varies from 0-50% in most research studies, but some report the incidence is as high as 51-100% following general anesthesia.

Objective The aim of this study was to obtain the incidence and determine the associated risk factors of postoperative sore throat in tertiary care hospital.

Methods

Three hundred and seventy six patients who underwent various surgeries under general anesthesia in Dhulikhel Hospital during a four month period were included. Using a predesigned questionnaire with follow up after 24-30 hours after extubation, data was collected. Sore throat was identified using a four point scale (0-3).

Result

Overall incidence of postoperative sore throat was 50.8%. Patient with airway device endotracheal tubes had the highest incidence (52.2%, 176 of 337), and patient with i-gel had a lower incidence of sore throat (33.3%, 7 of 21). Female patients reported more sore throat than male, more common with older age group and duration of anesthesia more than two hours. Increased incidence of postoperative sore throat was not associated with the type of surgery, number of intubation attempts, category of personnel performing airway management and use of oropharyngeal airway.

Conclusion

Postoperative sore throat is a common complication of airway instrumentation in general anesthesia that can lead to discomfort. The overall incidence of postoperative sore throat in this study was 50.8%. Endotracheal tube, female patients and increased duration of anesthesia were associated with increased postoperative sore throat rates.

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Continuining Nursing Education: The Way to Quality Nursing Care

Sarina Maharjan, Laxmi KC, LD Maharjan

Continuing Nursing Education (CNE) is a systematic professional learning experience designed to augment the knowledge, skills and attitudes of nurses and enrich the nurses' contributions to quality healthcare and to their pursuit of professional career goals. Any CNE program's educational content must be overwhelmingly (> 95% of presentation) clinical in nature to gain approval. Redefinition of roles and functions in the healthcare systems of the future requires embracing to the value of continuing education. Core nursing skills should be competency based with various attributes including Evidence Based Practice, Patient safety, Emergent Action for crisis management, Infection Control, Legal and ethical aspect of nursing, End of life/palliative care, etc. Thus, this presentation will focus on Continuing Nursing Education and role of Clinical Nurse Educators in providing quality nursing care to our patients.

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Nurses Role as an Educator in Management of Non Communicable Disease

Ranjana Neupane

With the advancement of Nursing Education, specialized area of practice is evolving. Nepal is facing dual burden of communicable and non-communicable diseases. Moreover, it is creating a need for comprehensive patient care, prevention strategy and lifestyle modification measures. To address the very need of education in chronic diseases, awareness, prevention, promotion and treatment, the post of Clinical Nurse Educator was introduced in Dhulikhel Hospital in 2012. The personnel in this program are responsible for providing clinical services and counseling, community awareness, academic and research activities in the hospital, outreach centers and community.

A Clinical Nurse Educator is directly involved in patient care with diabetes and chronic obstructive pulmonary disease (COPD). Chronic respiratory disease account for 10% of Non-Communicable Disease and Injury (NCDI) burden, whereas diabetes, urogenital, blood and endocrine disease accounts for 8% of NCDI burden in Nepal (Global Burden of Disease Data, 2015).

Diabetes self-management education (DSME) is a critical element of care for all people with diabetes and those at risk for developing the disease. DSME is the process of facilitating the knowledge, skill, and ability necessary for diabetes self-care (National Standards for Diabetes Self-Management Education and support, American Diabetes Association 2012). Routine diabetes screening, awareness, and counseling program are held at the local community as well as the outreach centers of Dhulikhel hospital. Illiteracy, transport, time and finance were some of the challenges we encountered while conducting education sessions programs.

Pulmonary Rehabilitation is evidence based, multidisciplinary, and comprehensive interventions for patients with COPD. The patients are provided counseling on: normal anatomy, disease, diagnosis, management, smoking cessation, correct use of medicines, devices and vaccination. The benefits to COPD patients from pulmonary rehabilitation has been considerable and rehabilitation hasproved to be the most effective therapeutic strategy. It helped to improve shortness of breath, health status and exercise tolerance (Global Initiative for Chronic Obstructive Lung Disease, 2017).

Clinical Nurse Educator, as well, organizes and coordinates the planning of education sessions. They facilitate training and workshop for staff development program in the hospital. They also provide patient and visitor education to increase awareness of the disease and enhance health seeking behavior of individuals.

Clinical Nurse Educatoris involved in patient education activities empowering them for self-care against chronic disease which is a new opportunity in present scenario. To summarize, the burden of non-communicable disease is escalating in our country where the core principal of self- management education is of utmost importance.

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Proning: Role of Nurse

Bina Bhattarai, Laxmi KC, LD Maharjan

In prone positioning, patients with ARDS are placed on their abdomens for a portion of the day. The concept has been advocated in the literature since 1974 as a way to expand the dependent lung areas. In theory, expanding dependent lung areas opens collapsed alveoli, increasing ventilation capacity and improving oxygenation. Work of breathing can also be reduced with prone positioning because it reduces the pressure on the lungs from the cardiac structures and abdominal organs. Reducing work of breathing saves vital energy that the patient can use for healing and recovery.

Prone positioning requires more diligent care by the ICU nurse. A specific set of skills is needed to care for the patient in the prone position. Overall this presentation explains role and competency of nurse required for proning.

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POSTER PRESENTATION

Patient Satisfaction in a Tertiary Level Hospital of Nepal

Shovana Shrestha, Rashmi Devkota, Sarina Shrestha

ABSTRACT

Background

Patient satisfaction is considered as a vital indicator to assess the quality of care. Being such an important aspect, evidence has shown that this has not been on a priority list of health care system and thus need to be addressed. This study was therefore, conducted to assess patient satisfaction in a tertiary level hospital of Nepal.

Method

It was a descriptive cross sectional study that involved the participation of 470 participants via convenience sampling method. Face to face interview technique was employed to collect data using semi-structured questionnaire. Both descriptive and inferential statistic (chi square test and independent t test) was used for data analysis.

Result

The study finding revealed that more than two third of participants (86.0%) were satisfied with the hospital services and patient satisfaction level was not associated with the variables of the study. Of all the five domains, patients were satisfied with the doctors' care, accessibility of services, and nursing care while they were unsatisfied with hospital policy and hospital facilities. On one hand, patient were satisfied with majority of items of five domains but patients also revealed their dissatisfaction with few items such as: explanation of procedures and way of giving health advice by nurses; cleanliness of bed, toilet, water facilities; payment system and in patient visiting time.

Conclusion

Even though, most of the participants were satisfied with majority of dimensions of care; dissatisfaction with the hospital facilities, hospital policy, nurses' explanation of procedures and health advice calls for the need to take necessary actions in these aspects to enhance patient satisfaction.

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Attitudes of Nepalese Hospital Nurses towards Care of Dying People

Megha Gurung,¹ Rekha Timalina²

ABSTRACT

Background

Caring for dying patients can be emotionally painful, distressing and threatening experience to nurses and attitudes towards care of dying people may influence the nurses' ability to care for and communicate with patients and families.

Method

Across sectional descriptive research design was used to assess attitude of Nepalese hospital nurses towards care of dying people. Convenience sampling technique was used for selecting 110 nurses from Manipal Teaching Hospital, Pokhara, Nepal. Ethical approval was taken from Nepal Health Research Council. Structured questionnaire was used to identify the socio-demographic and professional characteristics of the respondents and Frommelt Attitudes Toward Care of the Dying (FATCOD) was used to examine the attitude towards care of dying among nurses. Data entry and analysis were done using SPSS software version 16. Descriptive as well as inferential statistics namely chi-square test were used.

Result

The findings of the study revealed that the respondents had fair (80.0%) and good (20.0%) attitude towards caring of dying patient and family. Regarding nurses' attitude of caring of dying patient, the respondents had fair (88.2%) and good (11.8%) attitude. Related to nurses' attitude towards caring of family members of dying patient, the respondents had fair (55.5%) and poor (44.5%) attitude.

Conclusion

Based on these findings, it is concluded that hospital nurses had fair attitude towards care of dying. Therefore, it is recommended that organizational authority should play an important role for enhancing positive and good attitude of nurses towards care of dying patient so that nurses may consider for the patient's comfort living with dignity and peaceful death while providing care.

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Effectiveness of Earplugs, Eye Mask and Ocean Sound on Sleep Quality among Patients Admitted in Intensive Care Unit

Chaudhary A,¹ K Vinay,² Neetu²

ABSTRACT

Background

Sleep is one of the basic human needs required for health and energy conservation, appearance and physical well-being. This study aims to assess the effectiveness of ear plugs, eye mask and ocean sound on sleep quality among ICU patients.

Method

A true experimental crossover design was used. Convenience sampling technique was used to select the setting medical ICU and 60 patients. 60 patients were randomly allocated to group 1 and group 2 by simple random sampling method. Group 1 received earplugs and eye mask on the first night followed by washout period on second night and received ocean sound on third night, while the group 2 received ocean sound on the first night followed by washout period on second night and received earplugs and eye mask on third night. The structured sleep quality scale was used to assess the sleep quality of previous night. Scores for each question ranges from 0 to 3, with higher score indicating poor sleep quality.

Result

The findings of the study showed that both the groups (group 1 and group 2) were homogenous and comparable before administering the interventions. The mean post-test sleep quality score of patients in group 1 and group 2 after the use of earplugs and eye mask (10.9 ± 5.06 , 12.43 ± 5.2) was significantly lower than the patients who received ocean sound (16.10 ± 3.88 , 16.07 ± 4.04). The findings indicated that the earplugs and eye mask were more effective in enhancing sleep quality than ocean sound. There was no significant difference ($p=0.08$) in mean sleep quality score before intervention and after the washout period indicating no carryover effect of the interventions on the third night in group 1 and group 2. There was significant association of sleep quality score with marital status and sleep disturbing factor (pain) in group 1.

Conclusion

Ear plug and eye mask are better than ocean sound in improving sleep quality among ICU patients. Earplugs, eye mask, and ocean sound could be used as an adjuvant to pharmacological interventions to improve sleep quality among ICU patients.

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Effectiveness of Structured Teaching Programme on Knowledge Regarding Prevention of Catheter Associated Urinary Tract Infection among Staff Nurses

Amrita Bhattarai

ABSTRACT

Background

Globally, 70-80% of urinary tract infections are attributable to use of an indwelling urethral catheter. In India almost 78% of total population was affected, and among this 68-78% used indwelling catheter as a part of treatment.

Method

Modified Roberta Straessle Abruzzese (RSA) evaluation model (1992). Pre-experiment one group pre-test and post-test design, 56 staff nurses working in intensive care unit at Ramaiah Medical College Hospital, Bengaluru by using non-probability convenient sampling technique. Pre-test was done by using structured questionnaire followed by 45 minute of structured teaching programme. Post-test was conducted on 8th day of pre-test using same structured questionnaire. The data collected were analyzed and interpreted based on descriptive and inferential statistics.

Result

Out of total subjects, in pre-test 37.5 % and 62.5% had inadequate knowledge and moderate knowledge respectively. In post-test 57.1% adequate knowledge and 42.9% had moderate knowledge. Pre-test mean knowledge score was 13.52(± 2.94) and post test mean knowledge score was 19.43(± 3.36). The paired 't' test was used to compare effectiveness of structured teaching programme found that calculated 't' value (12.41) is greater than the 't' value (3.460) at $p < 0.005$. There was no association found between pre test level of knowledge and the socio demographic variables at $p < 0.05$.

Conclusion

Thus on the basis of the research findings, the researcher concluded that structured teaching programme was effective in improving the knowledge of staff nurses regarding prevention of catheter associated urinary tract infection.

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Awareness and Help Seeking Behavior Regarding Mental Illness among Students of a College of Lalitpur

Grishma Shrestha, Parbati Datheputhe

ABSTRACT

Background

Approximately one in every four young adults between the age of 18 - 24 are suffering from mental disorder, yet they are less likely to seek help when in psychological or emotional problems. This study aims to assess the level of awareness and help-seeking behavior regarding mental illness among college students.

Method

A descriptive cross-sectional design included 167 BBA students by probability simple random sampling. The study was carried out at Little Angles' College of Management, Hattiban, Lalitpur. Structured self-administered questionnaires were used. Obtained data were analyzed by using descriptive and inferential statistics.

Result

Among 167 students, a majority of the respondents (60.5%) were moderately aware of the mental illness. Majority of the respondents (86.2%) believed that mental illness is caused due to stress. Regarding help-seeking behavior, 56.3% had sought help, mainly with friends (65%) and family (62.5%) when they faced emotional problems. Major cause of emotional problems were family related (62%) and relationship related (46.5%). Among the 44.7% respondents who expressed reluctance to seek help, the most commonly endorsed reason was "I want to solve it myself" (53.2%). Statistically significant association was found between awareness with the level of education and parent's education.

Conclusion

Only one fifth of students were adequately aware of mental illness and only half of the respondents sought help when in emotional problems. Therefore proper awareness related to mental health should be implemented regardless the stream of the students involving the parents so that they can provide support and counseling to those young people seeking help.

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Anxiety and Depression among Caregivers of Cancer Patients in a Cancer Hospital

Sumnima Bhusal, Archana Shrestha

ABSTRACT

Background

With the increment in the population of cancer patient, the burden associated with caregiving among the family members is increasing simultaneously. Caregivers of cancer patient are at increased risk of psychological problem among which anxiety and depression is considered as major problem. So, this study aimed to find out the anxiety and depression among caregiver of cancer patient.

Method

Descriptive cross sectional study was carried out. Non-probability purposive sampling technique was used to collect data from 104 caregivers of cancer patient. Data was collected in Bhaktapur cancer hospital by face to face interview through use of a structured questionnaire and Hospital Anxiety and Depression scale (HADS).

Result

Findings of the study revealed that 27.9% of the respondents had normal level of anxiety and 31.7% had borderline level of anxiety whereas 40.4% had abnormal level of anxiety. Similarly, half of the respondents had normal level of depression and 26.9% had borderline level of depression and 23.1% of the respondents had abnormal level of depression. Anxiety level of respondents had significant association with types of cancer ($p=0.038$), educational level of caregiver ($p=0.001$), family income per month ($p=0.014$) and duration of care ($p=0.002$). However, level of depression of respondents was significantly associated with educational level of caregiver ($p=0.018$) and relation with patient ($p=0.027$). Similarly, significant positive interrelationship was found between anxiety and depression ($r=0.65$).

Conclusion

Caregivers of cancer patient are at high risk for clinical anxiety and depression. So, early screening for the psychological morbidity and psychosocial counselling for the family caregivers should be integrated in oncology clinical practice.

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Knowledge and Willingness to Pay for Social Health Insurance Scheme among Marginalized Adults of Lulang, Myagdi

Insha Pun

ABSTRACT

Background

The Social Health Security Scheme under Social Health Protection plan of World Health Organization is a newly launched programme in Nepal that aims to increase the access of health services to the poor, the marginalized, and people in hard to reach areas of the country. So the objective of the study was to examine the Knowledge and Willingness to pay (WTP) for Social Health Insurance Scheme (SHIS) among the marginalized adults of Lulang in Myagdi district.

Method

A Descriptive cross-sectional study was carried out among 98 adults. Non- probability purposive sampling technique was used and the interview was continued until the required sample size was achieved. Semi-structured interview technique was used to collect data. The WTP was estimated through a Contingent Valuation Method. Obtained data were analyzed using descriptive statistics including percentage, frequency, mean, standard deviation and inferential statistics including Fisher's exact test.

Result

The findings revealed that 94.9% had inadequate knowledge whereas, 95.9% were WTP for proposed SHIS, and the average amount that they were willing to contribute per annum per household was NRs. 1135.64 (11 US \$). Respondent's knowledge level was statistically significant with sex and occupation, similarly the status of WTP was statistically significant with education level, household income, and past history of financial hardship while paying medical bills ($p < 0.05$).

Conclusion

In conclusion, this study finding suggests that almost all the respondents had inadequate knowledge and an overwhelming number of them were WTP for proposed SHIS. The average amount that they were WTP was nearly half of the premium amount that Government of Nepal has stated. So, it is recommended that a comprehensive sensitization and awareness programme be conducted as early as possible and that the premium amount for marginalized and hard to reach areas of our country be devised as per their capacities.

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Knowledge and Attitude Regarding Organ Donation among School Teachers of the Selected Schools of Pokhara, Kaski, Nepal

Bijaya Ghimire, Mana Maya Rana

ABSTRACT

Background

Organ donation is the donation of the biological tissue or organ of the human body from a living or dead person to a living recipient in need of transplantation. The biggest advantage to organ donation is it saves lives that would otherwise be lost.

Method

A descriptive cross-sectional study was conducted to assess the knowledge and attitude among 108 school teachers in the selected schools of Pokhara, Kaski, Nepal between 25th June to 1st July 2017. Data was collected by self-administered semi structured questionnaire. Non-probability purposive sampling technique was used to select the participants. The data was analyzed using Excel 2007, Statistical Package for the Social Science (SPSS) for Windows Versions 16.0.

Result

The results showed that majority (56.5%) of the participants were from the age group ≤ 37 years among which (52.8%) were male. Majority (77.8%) of them were married. Most of (45.4%) them had completed bachelor level qualification One-third of the participants were the teachers of primary level (33.3%). Regarding ethnicity, most of them were Brahmin and Chhetri (79.6%). Majority of (89.8%) them were following Hindu religion.

More than half of the participants 62 (57.4%) had good knowledge while 46 (42.6%) had poor knowledge regarding organ donation. Most of the participants 59 (54.6%) had negative attitude while 49 (45.4%) had positive attitude towards organ donation. There was no any significant association of the knowledge level and the attitude level with the selected demographic variables i.e. age, educational status and level of teaching. There was weak positive correlation between knowledge and attitude score at the significance level $p < 0.05$ ($r = 0.224$).

Conclusion

Study concluded that majority of the participants had good knowledge regarding organ donation but majority of them had negative attitude towards organ donation. Teachers are more educated as compared to others and are more respected in our society. Though most of the teachers had good knowledge regarding organ donation they are still lacking positive attitude towards it. Therefore, there is need for various awareness programs regarding organ donation to improve overall knowledge and attitude of the school teachers as well as the general public regarding organ donation and its benefits.

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Impact of Health Education on Menstrual Hygiene among Female Adolescent

Ritu Ghimire, Barsha Bhandari

ABSTRACT

Background

Although developed countries may have overcome the issues related to menstrual hygiene, it is the issue in developing countries. Poor menstrual hygiene linked with reproductive tract infection, which is up to 70 percent more common among girls with poor menstrual hygiene. Which further linked with chronic pelvic inflammatory disease and subfertility. Female adolescents especially from developing countries often lack knowledge about menstrual hygiene. Which is one of the factors of poor menstrual hygiene.

Method

A pre-experimental (one group pre-test and post-test) study was intervene to assess the impact of health education regarding knowledge about menstrual hygienic in a government school of Chitwan district. All students from grade IX and X, who were present during the study were included. A pretested questionnaire was administered and health education about menstrual hygiene was given on same day. Post-test was done after 2 weeks Pre and post intervention; data were compared using the Wilcoxon Signed Ranked Test.

Result

Pre-test and Post-test mean scores were 8.24 ± 2.30 and 16.28 ± 0.81 respectively. There was significant increase in the mean score of the respondents after implementation of the structured health program about menstrual hygiene. The mean difference in their knowledge score is 0.804 ($p < 0.5$). Direction of genitalia washing was answered correctly by only 44% girls in pretest and 98% in post test. Similarly 72% of them reported soap water should be used in cleaning genitalia all of them answer correctly in post on the same variable.

Conclusion

This educational intervention produced significant improvement in knowledge of adolescent girls. The study result focuses a need of health education about menstrual hygiene. And it also stressed the effectiveness of such programs.

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Awareness and Practice Regarding Child Labour among Parents Having School Aged Children

Shanti Bajracharya

ABSTRACT

Background

Child labor is the work that is harmful to physical and mental development. Although the number of working children has been decreasing around the world in recent years, child labour continues to be a widespread problem today, especially in developing countries. More importantly, the persistence of the problem reinforces the cycle of disadvantage resulting from poverty, illiteracy and lack of viable economic alternatives. The objective of the study was to identify the awareness and practice regarding child labour among parents having school aged children.

Method

Community-based descriptive exploratory study design was used to assess the level of awareness and practice on child labour. The study was conducted in Ward no. 2 of Sarawal Gaupalika of Nawalparasi District of Tharu Community. Census method was used to collect the data. Seventy parents of school aged children were interviewed by using semi-structured questionnaire. Descriptive statistics such as frequency, percentage, mean and standard deviation was used to describe the socio-demographic characteristics and inferential statistics namely Pearson Continuity Correction test was used to analyze the association of awareness with selected demographic variables and practice.

Result

Out of 70 respondents, majority of the respondents (47.1%) were of age group 36-40 years with mean age 39.03, SD ± 4.11 . Most of the respondents (67.1%) had primary level of education. Regarding knowledge, the main cause for the child labor was poverty (91.4%). Regarding practice, most of the respondents (62.9%) children were engaged in child labor with age 13-16 years (70.45%) with the main cause being to support the family (79.5%). Most of the respondents (80%) had low level of awareness on child labour and the mean score was 10.97 ± 6.99 .

Conclusion

Findings reveals that, there found strong significant association between parental awareness with education, income and practice on child labour but there was no significant association between parental awareness with parent's age, sex, occupation and types of family.

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Role of Home Vegetable Gardening for Improvement in Food Security and Livelihoods of Chinnadada, Pokhara-18, Nepal

Gnanakshi,¹ Parimala Paran Jyothi,² Mercy Rani³

ABSTRACT

Background

With the global population expected to reach over 9 billion by 2050, there is a continuous need to increase food production and buffer stocks. In this scenario, countries around the world, especially developing countries where the frequency of hunger and food scarcity is more acute, are resorting to various counter strategies to meet the growing demand and to avert food insecurity and famine. Over the recent years there has been growing interest to strengthen and intensify local food production in order to mitigate the adverse effect of global food shocks and food price volatilities. Consequently, there is much attention towards home gardens as a strategy to enhance household food security and nutrition. Globally, home gardens have been documented as an important supplemental source contributing to food and nutritional security and livelihoods. Keeping these points in mind, the present study was planned to conduct for evaluation of home vegetable gardening on food security and family relationships.

Method

This community-based cross sectional study design was conducted on 625 respondents who had been involved in doing vegetable gardening. The present study was carried out in Chinnadada, Nepal during the period of 08-0-2017 to 10-02-2017. Measures included a pre tested standardized gardening survey questionnaire, key informant interviews and observations. Socio economic condition, method, use of fertilizer, and production of commodities by involving in home vegetable farming were obtained by interview.

Result

Majority of the respondents were in the age group 31-60 years (59.5%). 58% of respondents were having information of vegetables gardening from neighbors. 74% serves as having supplementary income from vegetable gardening. Around 60%, 3-4 family members are fed by vegetable gardening. Around 68%, Bio-intensive method was used for veg-gardening. For home need, 84% are having reason for doing veg-gardening.

Conclusion

A home vegetable gardening can reduce the food insecurity and strengthen family relationships.

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Knowledge and Attitude Towards Lesbian, Gay, Bisexual and Transgender among Medical Students of KUSMS

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ABSTRACT

Background

LGBT individuals experience unique health disparities. Hostile or insensitive attitude towards sexual minorities from untrained health care providers, can deter those engaging same sex conduct from seeking out and gaining access to health services". Denying an equal access to health care or deterring them from seeking health care based on person's sexual orientation or gender identity constitute discrimination and is a clear violation to which Nepal is a signatory. The attitudes of medical professionals towards LGBT can influence their willingness to provide these individuals with medical help. The study evaluated the medical Students' knowledge and attitude towards LGBT. The objective of the study is to assess the knowledge and Attitude towards LGBT among Medical Students of KUSMS.

Method

An analytical cross sectional study was conducted. It was done among undergraduate medical students of KUSMS. Sample size was 180. Questionnaires were Self-administered which consisted of Self-developed questionnaire. Proportionate Stratified sampling technique was used. Descriptive and inferential statistics (Mann- Whitney U test, Kruskal-Wallis test, t-test and ANOVA) were used to identify the association between variables using SPSS version 21.

Result

Out of 180 respondents, nearly half of the respondents have knowledge score less than mean value. Also, the result shows that more than half of the respondents have attitude score less than mean value.

Conclusion

Females had more positive attitude towards LGBT. In the study, Knowledge is significantly associated with gender and exposure with LGBT. Also attitude is significantly associated with gender and year of medical schooling. Knowledge and attitude towards LGBT could be better done by adding the topic in the medical curriculum.

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A Study on Awareness among Parents about School Backpack and its Related Musculoskeletal Disorder of Ekta Academy School Thecho, Lalitpur

Malla A, Subedi Bhandari N

ABSTRACT

Background

Backpack is the basic educational tool for school children. Parents are the best advocator for their children. So, parents should be aware on proper selection of school backpack and correct method of using backpack to prevent from health-related issues in adult life. The objective of the study was to assess the awareness among parents about school backpack and its related musculoskeletal disorder at Ekta Academy School, Thecho, Lalitpur.

Method

An analytical, cross-sectional study was done among 130 parents of Ekta Academy School after parents meeting by Non-probability purposive sampling method. Self-administered questioner was given for data collection. Descriptive and inferential statistics was done for data analysis with the use of SPSS version 16.

Result

This study showed that 47.7% respondents were aware about school backpack and its related musculoskeletal disorder and 52.3% respondents were not aware about school backpack and its related musculoskeletal disorder. There was no significant association between relation to children, grade of the children and occupation except on educational level (p value=0.013).

Conclusion

This study revealed that most of the parents were unaware of the standard school backpacks, correct method for carrying the school backpack and musculoskeletal disorder related to use of heavy school backpack. Therefore, parents must be educated which is more likely to help to reduce backpack related injuries among school children by supervising school backpack carrying, checking backpack weights and selecting safe school backpacks.

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Knowledge and Practice of Oral Care among Patients Receiving Chemotherapy in a Selected Cancer Hospital

Asmita Shrestha, Archana Shrestha

ABSTRACT

Background

A cancer is the tumors that can invade and destroy adjacent structures and spread to distant sites to cause death. Cancer is one of the leading causes of morbidity and mortality worldwide, with approximately 14 million new cases in 2012. Approximately 70% of deaths from cancer occur in low- and middle-income countries. The objective of the study to find out the knowledge and practice of oral care among patients receiving chemotherapy in a cancer hospital.

Method

A non-probability purposive sampling method was used to select the sample. Anonymity and confidentiality was maintained. Data was collected by face to face interview using structured interview questionnaire. Data was analyzed by using descriptive statistics such as frequency, percentage, mean and standard deviation and inferential statistics such as chi-square and fisher's exact test to find out association between selected variables.

Result

Findings of the study showed that more than half of the respondents (59.8%) had adequate knowledge about oral care among patients receiving chemotherapy, however, (40.2%) had inadequate knowledge. The majority of the respondents (67.9%) had sufficient practice, however, (32.1%) had insufficient practice about oral care among patients receiving chemotherapy. There was no significant association between level of knowledge with selected variables. There was significant association between level of practice with sex ($P=0.000$) and level of practice with education ($P=0.009$). The Pearson correlation, (r) value is 0.218 which implies that there is 21.8% relationship between knowledge and practice of oral care during chemotherapy.

Conclusion

In conclusion, the most of the participants had adequate knowledge and sufficient practice about oral care among patients receiving chemotherapy. So, awareness program should be launched to further uplift the level of knowledge and practice of oral care during chemotherapy.

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Factors Associated with Medication Adherence among Diabetic Patients Attending Diabetic Center of Lalitpur

Sushma Dhungel, Archana Shrestha

ABSTRACT

Background

Diabetes Mellitus is a major global health problem. Poor medication adherence in patients with diabetes has been associated with poor glycemic control increasing complication rates, costs and mortality. The aim of the present study is to evaluate the factors associated with medication adherence among diabetic patients. The objective of the study is to find out the factors associated with medication adherence among diabetic patients.

Method

A Cross sectional descriptive study and non-probability sampling technique was used among 101 selected diabetic patients attending Kathmandu Diabetes and Thyroid Center Pvt. Ltd Jawalakhel. Data was collected by interviewing the patients using structured questionnaire with Morisky, Green & Levin Adherence Scale to assess the medication adherence. The obtained information was entered in SPSS version 23 and analyzed using descriptive and inferential statistics such as frequency, percentage, mean, standard deviation, interquartile range and chi-square.

Result

The study had found out that majority of patients (63.4%) had medium level of adherence, high adherence (34.7%) and low adherence (2.0%) with antidiabetic medications. Majority of patients (87.1%) had adequate level of knowledge regarding the disease. Studied sociodemographic characteristics, health related factors and knowledge related factors were not significantly associated with medication adherence level.

Conclusion

Adherence to antidiabetic medication was found to be medium. Studied variables did not affect the medication adherence. For improving the adherence level among diabetic patient's helpful methods like using pill boxes and medication dose reminders into their daily routine should be incorporated. Periodically, awareness program to a group or individual counseling regarding the consequences of non-adherence should be created.

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Knowledge and Attitude Regarding Menstruation among Adolescent Boys in an Urban and a Rural School

Binita Kutu, Radha Ranabhat

ABSTRACT

Background

In patriarchal societies, mostly male member dominant important decisions, customs and rituals followed within families and throughout the societies. Among rituals, menstruation related beliefs are also influenced by male members. The awareness to the male is equally important in order to maintain menstrual hygiene. Thus, this study was carried out to find out knowledge and attitude of adolescent boys regarding menstruation with the aim to overcome menstrual stigma and enable girls to deal with their menstrual periods.

Method

The study was carried out in Mangala Secondary School, Myagdi and Padmodaya Secondary School, Kathmandu. Total of 151 adolescents male students were taken using simple random sampling method. The semi structured self-administered questionnaires were used. The obtained data were analyzed using appropriate statistical tool.

Result

More than half of the respondents (61.4% in urban and 57.4% in rural) believed that girls couldn't worship or go to temple during menstruation. Similarly more than half of the respondents (57.8% in urban, 57.4% in rural) said girls should use separate mats while 32.5% of respondents in urban and 42.6% in rural stated girls couldn't see or touch men during menstruation. Only 37.3% of respondents in urban and 45.6% in rural had adequate knowledge regarding menstruation. Likewise in urban 22.9% while in rural 42.6% had negative attitude regarding menstruation. Only in Urban there was statistically significant association between knowledge and classes of respondents ($p\text{-value}=0.02$) while ethnicity with attitude regarding menstruation ($p\text{-value}=0.01$) at 0.05 significant level.

Conclusion

Thus it can be concluded that educating boys (particularly from adolescence) on the menstruation and challenges that girls face could help them to become more understanding and supportive as fathers, teachers, uncles, brothers, peers, colleagues or husbands. For which educational campaigns and more reproductive health concerning programs focusing menstruation as a normal physiological process should be held among adolescents.

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Adolescent Pregnancy and its Associated Factors among Pregnant Women Attending Antenatal Out-Patient Department of Dhulikhel Hospital

Shristi Acharya, Binu Thapa

ABSTRACT

Background

Adolescent pregnancy is a significant medical and social problem in many parts of the world. Complications of the child birth and unsafe abortion are among the main causes of death for women under age 20. The objective of study is to assess the proportion and associated factors of adolescent pregnancy among the pregnant women attending Antenatal Out-Patient Department of Dhulikhel Hospital.

Method

An analytical, cross-sectional study was conducted. Non-probability purposive sampling technique was used. Data were collected using self-constructed semi-structured questionnaire by interview technique. Descriptive (mean, standard deviation, frequency, percentage) and inferential statistics (chi-square test) were used for data analysis.

Result

The proportion of Adolescent pregnancy among 275 respondents was 36 (13.1%). The associated factors for Adolescent pregnancy were found to be educational status, husband's educational status, employment status, husband's employment status, decision making for current pregnancy, knowledge regarding Adolescent pregnancy and use of contraceptives.

Conclusion

The proportion of Adolescent pregnancy was nearly one-eighth of the total respondents. Adolescent pregnancy is associated with educational status, husband's educational status, employment status, husband's employment status, decision making for current pregnancy, knowledge regarding Adolescent pregnancy, use of contraceptives. The evidence from the study might point to need programs on adolescent health issues especially pregnancy and childbirth.

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