



4th International Conference on

Medicine, Nursing and Healthcare

June 22, 2022 | Webinar

ABSTRACTS

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Profiling The Health Behaviors of University Students

Dercan Gencbas

Background: Physical activity, adequate & balanced nutrition, stress management, healthy sexual behaviors decrease morbidity & mortality in chronic diseases. Lifestyle behaviors related to exercise, nutrition, addictions, stress coping, some health issues of university students.

Methods: The study was aimed to reach 323 freshmen among 2044 in a university. A Data Collection Form, Healthy LifeStyle Behavior Scale-II, Stress Coping Styles Scale, Social Media Addiction Scale, and Health Outcomes Form measuring students' health problems were implemented to 136 students(42% of the sample) after ethical approval. Their risky health behaviors were determined with a Risk Assessment Tool. The results of the analysis were presented as mean±standard deviation by the University. From now on, students at risk will be given training modules and individual counseling for 4 months.

Results: 61 of 136 were assigned as at risk for Addiction, 135 for Adequate&Balanced Nutrition and Regular Physical Activity, 54 for Reproductive Health, and 121 for Stress Management. The average age was 20.2. Out of 136, 25.7% use cigarettes, 62.5% use alcohol occasionally, 5.2% use substances, 18.6% were sexually active, 20.8% had multi-partner and 31.9% of them used contraception before. 27.2% were overweighted. Healthy Lifestyle Behavior Scale was scored 130.1±20.3, all scales by gender(p=0.032).

Conclusions: Almost all were found to be at risk in terms of health behaviors within the scope of nutrition, physical activity and stress coping. Students must acquire healthy behaviors to prevent future diseases. Training modules related to healthy lifestyle behaviors should be applied to students throughout the university.

Keywords: nutrition, stress management, chronic diseases, addictions, stress coping

Biography

Dercan Gencbas, Msc, RN, PhD, is an Assistant Professor in the Faculty of Health Science in Atılım University. Her research focus on community health promotion, national publications and she contributed 30+ national&international meetings as speaker/panelist/presenter.

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Telenursing and E-health

Eva Kajti

Teleservices use telecommunication technology to transmit information from one site to another. Applications in clinical practice, research, and administration include telephone consultation, triage, follow up, e-mail inquires and advice, distance learning, videoconferencing, videomonitoring, and digital photography. The delivery of health services over distances, has replaced telemedicine as the inclusive term used to describe the wide range of services delivered by all health-care sites in order to support patient care and medical education. the delivery of nursing care and services using telecommunications, increases access to nursing care interventions for clients in remote or distant locations. Telephone Nursing- is the use of the nursing process to provide care to patients over the telephone. The Picasso Still-Image Videophone was used to capture and send images from the patients' homes to the clinic. Findings from the exploratory study demonstrated that the use of the Picasso Still-Image Videophone was used to capture and send images from the patients' homes to the clinic. Findings from the exploratory study demonstrated that the technology may be used to supplement and enhance clinical education, but not to replace actual patient interactions in clinical education. The technology may be used to supplement and enhance clinical education, but not to replace actual patient interactions in clinical education.

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The Survey On Adherence Rate Of Breathing Exercises In Patients With Chronic Obstructive Pulmonary Disease

Le Thao

Background: Chronic obstructive pulmonary disease is one of the highest causes of death in the world. Compliance with breathing exercises is a key in disease management.

Objective: To determine patient adherence with breathing exercises and predictors of adherence in patients with chronic obstructive pulmonary disease.

Methods: A cross-sectional descriptive study was performed on 100 patients with chronic obstructive pulmonary disease indicated in the general department of the

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Life Style Management in Ayurveda and Yoga

Vilas Ladhe

As a team head, I have been spearheading the cause of health and life style management through the Ayurveda and Yoga-Pranayam. along with the help of modern medicines So far, I have given more than 100+ Powerpoint presentations in promoting the basic approach to the health and the importance of life and