

4th International Conference on

Medicine, Nursing and Healthcare

June 22, 2022 | Webinar

ABSTRACTS

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Profling The Health Behaviors of University Students

Dercan Genchas

Background: Physical activity, adequate & balanced nutrition, stress management, healthy sexual behaviors decrease morbidity & mortality in chronic diseases. Course loads, being awa^ from famil^, self-reali:ation, job-seeking ma^ lead universit^ students to have risk^ health behaviors. The stud^ is aimed to ,nd out 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 and percentage. Independent sample t-test was used to compare independent variables and scale scores. The stud^ was the ,rst part of a project funded 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 overweighed. Healthy Lifestyle Behavior Scale was scored 130.1±20.3, Stress Coping St^les Scale was 51.5116, Social Media Addiction Scale was 66.7117.6.A signi, cant di erence is found between the ph^sical activit^ subscale and 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 Asisstant Professor in the Faculty of Health Science in Atilim University. Her research focus on community health promotion, especiall adolescents and elder She also is interested in using international standard classi, cation s stems in nursing care. She has 7 international and 3 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-related disciplines is broadl' de, ned as medicine practiced at a distance. Telemedicine can be de, ned as the electronic transfer of medical information to remote 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 pressure ulcers can be successfull' managed via telerehabilitation. Since 1986 we can ,nd publications about Telemedicine for learning, what it could be called nowadays online classes. The technology may be used to supplement and enhance clinical education, but not to replace actual patient interactions in clinical rounds presentations. According to old studies: teachers, nurses and administrators, Once the had e perienced it at ,rst hand, almost all concerned began to see ?

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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 stress management. The presentations, with the help of, inter alia, Powerpoint, chie ' gives insight into the basic approaches to our da 'to-da 'activities, stresses, lifest'le, vise-vis what A 'urveda and Yoga have to o er to ensure that the health is not taken for granted. We seldom appreciate that the most marvellous piece of engineering is our own bod '. We, through our interactions with the various age groups of both the se es, make them recogni: e the need to align our dail 'rituals and approaches to ensure that the need to maintain the supreme engineering is respected. We, as a mission, have been undertaking vigorous e orts to enlighten the people on: Lifest'le management in A 'urveda and YOGA .Stress management for students, working classes and senior citi:ens. Sta ', t without medicines. B 'pass the b 'pass surger'. How to increase concentration which eventuall 'results into better performance with more e cienc at work. How to sta 'health' for